



We are having a special Thanksgiving meal at the Senior Center on Wednesday, November 27.

There is a \$5 ticket price for this event. In order to participate, YOU MUST PURCHASE YOUR TICKET BY NOVEMBER 20 AT 2PM.

Information & Referrals

Macedonia FACE Active for Life Senior Center provides seniors and their families with information about services available in the community.

Call 412-636-4903 to speak with a member of the Senior Center staff.

Suggestions or Comments?
Give us a call at our main office
412-281-2573!



Macedonia FACE Active for Life Senior Center

November 2024

412-281-2573

www.MacedoniaFACE.org

A MESSAGE FROM US TO YOU

Dear Friends,

Happy November! This time of year makes us all pause and think about the blessings we have received and to express special appreciation for the people in our lives. We, at the Macedonia FACE Active for Life Senior Center are a community who love and support each other. In addition, we are surrounded during the year by contributors whose skills and expertise have enriched our lives through art, music, movement, stories, breathing, history, food and technology. This Thanksgiving, we are inviting our contributors to join us in breaking bread because they, too, are part of our community.

In addition to having a meal together, we will be sending our love and care to those who need it most during this holiday. The center will be collecting donations of food, toiletries and paper goods for our neighbors Jubilee Kitchen. If you can't give anything, just speak to a stranger. Sometimes a warm greeting can touch a heart in ways we could never imagine.

Have a Happy Thanksgiving!



The Macedonia FACE Active for Life Senior Center will be closed Thursday, 11/28 and Friday, 11/29 in observance of Thanksgiving



United Way of Southwestern Pennsylvania
United Way Contributor #888941
Combined Federal Campaign #14659

DAILY PROGRAM GUIDE



MONDAYS

Cardio H2O- Aqua Aerobics

Mondays @ 10:00 AM

Greater mobility, reduced pain and fatigue, and enhanced sleep quality are just a few of the benefits of a regular fitness workout in the pool.

Chair Yoga

Monday, November 4th, 11th and 18th @ 12:15 PM

Join us for focused and relaxed chair yoga instruction.

Matilda Theiss Health Series

Monday, November 11th @ 10:00 AM

Join a representative from UPMC as they present on health topics. This month the topic is Medication Checks.

Charles "Teenie" Harris Building

Monday, November 18th

Join us for a day of programming at the Charles "Teenie" Harris Building. Please note that the Senior Center will be operating out of this location for the whole day.

African Dance

Monday, November 25th @ 12:15 PM

Come enjoy African Dance with Ebony Castaphany and Baba Yamoussa. It is an interactive and culturally relevant way to get fit.

TUESDAYS

Active@Any Age Strength

Tuesdays @ 12:15PM, YMCA Fitness Studio

Increase strength, range of movement and improve balance, coordination and agility.

A Taste of African Heritage

Tuesdays, November 5th, 12th, 19th @ 10:00 AM

Enjoy a 6 week series (ending December 10th) that presents a history of the mostly plant-based diet promoting its health benefits presented by Penn State Nutrition Links. You must be registered for this class. To register call 412-636-4903.

Garden Committee Meeting

Tuesday, November 5th @ 12:15 PM

Join us for a meeting with the center Garden Committee and representatives from Grow Pittsburgh.

TUESDAYS (CONT.)

Wal-Mart Shopping Trip

Tuesday, November 12th @ 9:30 AM

Join other members for a Wal-Mart shopping trip. Transportation is provided and pre-registration required. Space is limited. Call 412-636-4903 to register.

Restaurant Outing

Tuesday, November 19th @ 10:30 AM

Join other members for lunch at a local eatery. Transportation is provided and pre-registration required. Space is limited. Call 412-636-4903 to register.

Shopping Trip

Tuesday, November 26th @ 9:30 AM

Join us for a shopping trip. Destination to be determined. Transportation to and from the Senior Center will be provided. Pre-registration required. Space is limited. Call 412-636-4903 to register.

Steel Smiling Senior Support Group

Tuesdays, November 12th & 26th @ 1:00 PM

Join us for facilitated mental wellness conversations that includes topics of self-care among others.

WEDNESDAYS

Cardio H2O- Aqua Aerobics

Wednesdays @ 10:00 AM

Greater mobility and increased muscle strength are just a few of the benefits of a regular fitness workout in the pool.

Bible Study

Wednesdays @ 11:00 AM

Making our way through the Bible week by week.

Ornament Making Workshop

Date To Be Announced

Join the workshop and make an ornament that will be displayed on the holiday tree in Harrisburg.

Community Forum

Wednesday, November 6th @ 9:00 AM

Join us for a conversation about the happenings at the center.

WEDNESDAYS (CONT.)

Dance Party

Wednesday, November 6th & 20th @ 12:15PM

Join Norma Jean Barnes as she choreographs dances through the decade.

Information Seeking with Jennifer Nwogu

Wednesday, November 6th & 13th @ 12:15PM

Join Jennifer for a focus group on legitimate sources and best practices for seeking information.

Health Presentation

Wednesday, November 13th @ 11:00AM

Join Baleigh Butler for a health presentation.

Virtual Reality

Wednesday, November 20th @ 12:15 PM

Join Dr. Tim Huang, from the University of Pittsburgh and Charlene Foggie-Barnett, from the Teenie Harris Collection at the Carnegie Museum of Art, to create an interactive history of spaces in the Hill using personal memory, community history and technology.

Thanksgiving Celebration

Wednesday, November 27 @ 11:30AM

Join us for a holiday meal as we give thanks for each other. **TICKETS FOR THIS EVENT COST \$5 PER PERSON. YOU MUST SIGN-UP FOR THIS SPECIAL EVENT BY NOVEMBER 20th.**

THURSDAYS

Tai Chi

Thursdays @ 10:00 AM

Tai chi is a form of slow motion movements that has numerous benefits such as improving balance, focus, and overall flexibility.

On The Move

Thursdays @ 11:00 AM

This class will focus on strength and mobility with a combination of seated and standing exercises.

Line Dancing

Thursdays @ 1:00 PM

Learn the latest line dances with Darryl Daughtry in the Fitness Center.

Therapeutic Chair Massage

Thursday, November 7 @10AM

Join Delores Gavin's, a Certified Massage Therapist, for a relaxing chair massage. Pre-registration required.

THURSDAYS (CONT.)

Jewelry Making

Date To Be Confirmed

Join us as we work with an artist to make individual jewelry items

Lunch and A Movie

Thursday, November 7th @ 11:30 AM

Enjoy lunch and a movie. Old and new movies will be screened as a part of this series.

Holiday Bake-Off

Thursday, November 21st @ 10:00 AM

Show off your baking skills. Bring your best dessert for the competition. The winner will get supplies to make the winning dish for our December holiday meal.

FRIDAYS

BINGO

Fridays @ 12:00 PM

Join us for BINGO. You must be a registered member of the senior center.

Therapeutic Chair Massage

Fridays, November 8th & 22nd @ 10:00 AM

Join Delores Gavin's, a Certified Massage Therapist, for a relaxing chair massage. Call 412-636-4903 to register. Pre-registration is required.

Vaccination Clinic

Friday, November 15th @ 10:00AM-12:00PM

Thelma Lovette YMCA Lobby

Come to the Senior Center to get your shots for Covid-19, RSV, Shingles, Tetanus, Pneumonia and Flu. Pre-registration preferred.

Storytelling & the Arts

Fridays, November 8th, 15th & 22nd @ 10:00 AM

Join Baba Amir Rashidd as we explore the art, culture and history of the Hill via stories.

Duquesne University Nursing Students

Friday, November 15th @10AM

Join the nursing students as they do vascular dopler imaging at the center.

Active@Any Age Strength

Fridays @ 12:15PM, YMCA Fitness Studio

Increase strength, range of movement and improve balance, coordination and agility.

InterPlay

Fridays, November 3rd & 17th @ 12:15 PM

Join Lois McClendon for InterPlay sessions that combine music, storytelling and movement.