



We are celebrating International Women’s Day over a series of days. It is an opportunity to acknowledge the contributions that phenomenal local women have made to our community. The Senior Center will play host to four truly amazing and revolutionary local female leaders.

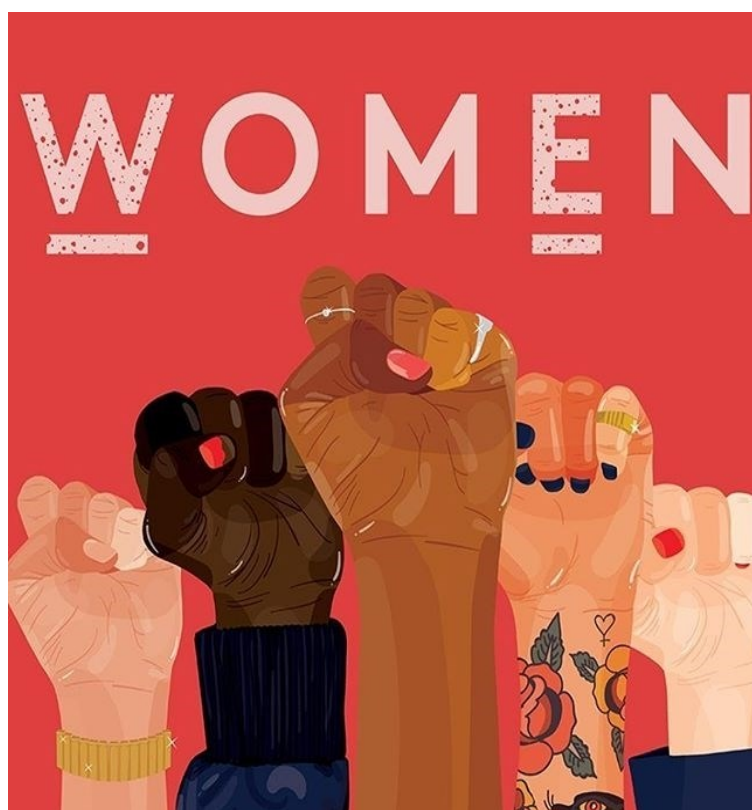
*Check out the schedule and make plans to join us for their presentations.*

Junyetta Seal is a costume designer who created memory capes. It’s a way of using fabric from the clothing of loved ones to create a tangible keepsake. This workshop begins on March 5th is limited and registration is required. Call 412-636-4903 to register.

Cynthia Kenderson, President of Women of Visions, will talk about this African American artists guild on March 8th.

Jonnett Solomon, owner of the National Negro Opera House, will talk about the opportunities and challenges related to saving a landmark building on March 22nd.

Tammy Thompson, Executive Director of Catapult Pittsburgh, has an incredible story of endurance and persistence will share her story on March 25th.



### 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

March 2024

412-281-2573

[www.MacedoniaFACE.org](http://www.MacedoniaFACE.org)

### A MESSAGE FROM US TO YOU

Dear Friends,

In March, diverse cultures attribute different meanings, be it the arrival of spring or the celebration of birth. Wishing joy to all who observe these varied traditions, we acknowledge and honor the cultural richness that makes this month uniquely significant.

March 1st. *Maha Shivaratri* is a sacred festival honoring the Hindu god of Shiva. It is a day of remembrance in overcoming darkness and ignorance in the world.

March 8th. *International Women’s Day* is a day that recognizes the incredible contribution that women have made in history.

March 15th. *Cherry Blossom Festival* celebrates the beautiful cherry blossom flower, typically found in Japan.

March 17th. *St Patrick’s Day* is a cultural and religious celebration signifying the introduction of Christianity in Ireland by Saint Patrick.

March 21st. *World Poetry Day* celebrates “linguistic diversity through poetic expression and increasing the opportunity for endangered languages to be heard.”

March 31st. *Easter Sunday* Christians celebrate the Resurrection of Jesus Christ on the third day after his Crucifixion. Macedonia FACE wishes you and your loved ones a Happy Easter.

The Macedonia FACE Active for Life Senior Center is closed on March 29 in observance of Good Friday.



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

Other notable dates in March:

March 10— Daylight savings begins (set your clock ahead 1 hour)  
March 19—The first day of Spring

# 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.

### **Fire Safety**

**Monday, March 4 @ 10:00 AM**

Join us for a presentation from the Pittsburgh Bureau of Fire and the Center for Hearing and Deaf Services.

### **Chair Yoga**

**Monday, March 4 and March 18 @ 12:15 PM**

Join us for focused and relaxed chair yoga instruction.

### **Matilda Theiss Health Series**

**Monday, March 11 @ 10:00 AM**

Join Jessica Magnu, Community Engagement Coordinator, UMPC Matilda Theiss Health Center, for a presentation on urinary tract infections (UTIs).

### **Guest Speaker: Amakiasu Turpin-Howze**

**Monday, March 18 @ 10:00 AM**

Join the author as she shares excerpts from her book, "Buried Treasure: Unearth Your Golden Soul."

### **A Story of Survival**

**Monday, March 25 @ 10:00 AM**

Join Tammy Thompson, the Executive Director of Catapult Pittsburgh, as she shares her story of challenges and triumphs.

### **African Dance**

**Monday, March 25 @ 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 @ 12:00 PM, YMCA Fitness Studio**

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

## TUESDAYS (CONTINUED)

### **Casino Trip**

**Tuesday, March 5 @ 10:00 AM**

Join us for a visit to the Rivers Casino. Transportation is provided, but seating is limited. Pre-registration required. Call 412-636-4903 to sign up.

### **Planting Day**

**Tuesday, March 5 @ 10:00 AM**

Join us as we plant seeds and seedlings for this season to later be transplanted to the terrace garden. All of the activities will happen inside.

### **Wal-Mart Shopping Trip**

**Tuesday, March 12 @ 9:30 AM**

Join other members for a Wal-Mart shopping trip. Transportation is provided and seating is limited. Pre-registration required, call 412-636-4903 to sign up.

### **Restaurant Outing**

**Tuesday, March 19 @ 10:30 AM**

Join other members for lunch at a local eatery. Transportation is provided. Seating is limited and you must pre-register.

### **Memory Capes**

**Tuesday, March 5th, 12th, 19th & 26th @ Noon**

### **Steel Smiling Senior Support Group**

**Tuesdays, March 12th and 26th @ 1:00 PM**

Join us for a facilitated mental wellness conversation that includes discussions of self-care and other topics.

### **Shopping Trip**

**Tuesday, March 26 @ 10:00 AM**

Join other members for a shopping trip to a location to be determined. Transportation is provided and seating is limited. Pre-registration required. Call 412-636-4903 to sign up.

## 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.

## WEDNESDAYS (CONTINUED)

### **Fiber Arts**

**Wednesdays @ 10:00 AM**

Join a fiber arts class lead by members of the Senior Center.

### **Bible Study**

**Wednesdays @ 10:30 AM**

Making our way through the Bible week by week. The study group is led by Pastor McFarland.

### **Community Forum**

**Wednesday, March 6 @ 9:00 AM**

Join us for a conversation about upcoming programs and events at the Senior Center.

### **Dance Party**

**Wednesday, March 13th & 27th @ 12:15 PM**

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

### **Virtual Reality**

**Wednesday, March 20 @ 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.

## 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.

### **Short Story Session**

**Thursdays, March 7th & 21st @ 12:30 PM**

Join Dave Shifren, writer and former film critic, for a discussion of short stories.



## FRIDAYS

### **Active@Any Age Strength**

**Fridays @ 12:00 PM, YMCA Fitness Studio**

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

### **BINGO**

**Fridays @ 12:00 PM**

Join us for BINGO. You must be a registered member of the Senior Center. Register by the day before in order to play.

### **Therapeutic Chair Massage**

**Friday, March 1st, 22nd & 29th @ 10:00 AM**

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

### **Storytelling & the Arts**

**Friday, March 1 @ 10:00 AM**

**Friday, March 8th and March 15th @ 12:15 PM**  
Join Baba Amir Rashid as we explore the art, culture and history of the Hill via stories.

### **Blood Pressure Screening**

**Friday, March 1 @ 11:00 AM**

Join the UPMC Living-at-Home Nurses who will be available to speak with you about any health issues and check your blood pressure.

### **Women of Visions**

**Friday, March 8 @ 10:00 AM**

Learn about the Women of Visions and their 40 year legacy highlighting African American women and visual artists, from current president, Cynthia Kenderson.

### **Guest Speaker: Emma Alaquiva**

**Friday, March 15 @ 10:00 AM**

Meet Emmy Award winning artist Emma Alaquiva and learn about his work in film, photography and composition.

### **InterPlay**

**Friday, March 15 @ 12:15 PM**

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

### **National Negro Opera House**

**Friday, March 22 @ 12:15 PM**

Learn about the National Negro Opera House from its owner, Jonnet Solomon