



There are many powerhouse women who have shaped the Hill District. As we mark Women's History Month, we wanted to call out some pretty amazing women who shaped the neighborhood: Alma Speed Fox, Thelma Lovette, Mary Walker, Anna B. Heldman, Selma Burke and Daisy Lampkin.

However, they are by no means the only ones. Take a moment and honor the cool women who influenced you and improved the community. Say their names and keep their memories alive.



**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 2026 412-281-2573

www.MacedoniaFACE.org

**A MESSAGE FROM US TO YOU**

Dear Friends,

When most of us think about St. Patrick's Day and Ireland, specific images may come to mind. The famous Pittsburgh parade; Green Apparel; Shamrocks; Leprechauns. However, in the Hill District, our experience with Ireland over the past 15 years conjures up very Different recollections. We have hosted young people from Dublin, Belfast and Newry. They learned about the neighborhood and did service learning activities. The connection came through an organization called Amizade.

In an effort to give young people from the neighborhood the opportunity to become global citizens, groups visited Northern Ireland, Jamaica and Tanzania. Additionally, young folks from Brazil, Peru, France and Puerto Rico have spent time here. It's crucial that stories like these be told so we recognize that the Hill has been part of a series of global conversations.

The Hill has been part of an arts exchange with the International Children's Arts Festival organized by the Sticky Fingers Arts program in Newry, Ireland (just outside of Dublin.)

Pictured here are artist Celeta Hickman, musician Kenny Blake and Sticky Fingers Director Grainne Powell in Newry.

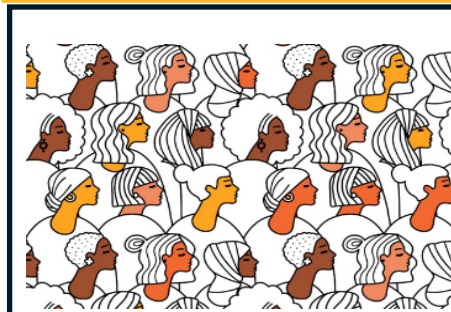


We hope this gives you a new view of St. Patrick's Day.

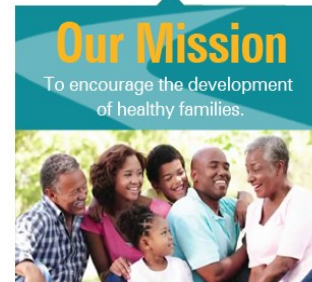
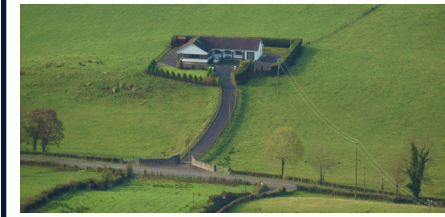
See you at the Center!

**Please Note: A number of activities – based inside and outside of the center— are confirmed after the calendar is printed. Those activities are displayed and distributed at the Senior Center.**

**Please note that special events and trips require sign-up in advance. Special programs may have a small fee for participation. The fee will be included in the description. Activities are subject to change.**



Join us in celebrating Women's History Month and St. Patrick's Day in March



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

# DAILY PROGRAM GUIDE



## MONDAYS

### Cardio H2O- Aqua Aerobics

Mondays @ 10:00AM

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.

### Active@Any Age Balance

Mondays @ 10:00AM, YMCA Fitness Studio

This class will focus on strength and mobility while seated and standing.

### Virtual Reality

Dates to be announced.

Join Dr. Tim Huang, from the University of Pittsburgh to create an interactive history of spaces in the Hill using personal memory, community history and technology.

### Garden Meeting

Monday, 3/2 @ 12:30PM

Join the Garden Committee to work in the garden and plan for the next growing season.

### Teenie Harris Building

Monday, 3/30 @ 9:00AM

Join us as we hold programming off-site at the Teenie Harris Building, 2195 Webster Avenue. Artist Fearless will be doing an art project on-site.

## TUESDAYS

### Active@Any Age Tai Chi

Tuesdays @ 11:00AM, YMCA Fitness Studio

Come and learn the benefits of slow movements that can help with balance, focus and overall flexibility.

### Line Dancing

Tuesdays @ 1:00PM, Fitness Studio

A beginner's class that will teach the fundamentals of line dancing.

### Wal-Mart Shopping Trip

Tuesday, 3/3 @ 9:30AM

Join other members for a Wal-Mart shopping trip. **Transportation is limited and pre-registration is required. Call 412-636-4903 or stop in to sign up. THERE IS A TWO BAG LIMIT PER SHOPPER, NO EXCEPTIONS.**

### Casino Trip

Tuesday, 3/10 @ 9:30AM

Join us for an outing to the Rivers Casino.

**Transportation is limited and pre-registration is required. Call 412-636-4903 or stop in to sign up.**

## TUESDAYS (CONT.)

### Steel Smiling Senior Support Group

Tuesdays, 3/10 and 3/24 @ 1:00PM

Join us for facilitated mental wellness conversations that include topics such as self-care.

### Restaurant Trip

Tuesday, 3/17 @ 10:30AM

Join other members for lunch at a local eatery. **Transportation is provided. Seating is limited and you must pre-register. Call 412-636-4903 or stop in to sign up.**

### Shopping Trip

Tuesday, 3/24 @ 9:30AM

Join other members for a shopping excursion to various destinations. **Transportation is provided. Seating is limited and you must pre-register. Call 412-636-4903 or stop in to sign up.**

### Activities with UPMC Living At Home Program

Tuesday, 3/31 @ 12:30PM

Join Mataya Hoskey, from the UPMC Living At Home Program for a variety of fun health related games and activities.

## WEDNESDAYS

### Active@Any Age Cycling

Wednesdays @ 9:15AM, Cycling Studio

Come enjoy the benefits of cycling.

### Cardio H2O- Aqua Aerobics

Wednesdays @ 10:00AM

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

### Active@Any Age Circuit

Wednesdays @ 10:00AM, YMCA Fitness Studio

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

### Bible Study

Wednesdays @ 10:30AM

Join the study group as they make their way through the Bible week by week.

### Chair Yoga

Wednesdays @ 11:00AM, Fitness Studio

This class is tailored for seniors, offering gentle poses, mindful breathing, and relaxation techniques to promote flexibility, strength, and inner peace.

### Rent Rebate Clinic

Wednesday, 3/4 @ 10:00AM

Sign up for rent rebate support with help from Rep. La'Tasha Mayes office. Also sign up a free/reduced cost bus pass.

## WEDNESDAYS (CONT.)

### Alzheimer's Education

Wednesdays, 3/11 and 3/25 @ 10:00AM

Staff from the Alzheimer's Association, Greater PA Chapter, will lead a series of presentations on this important topic.

### Soul Brain Sessions

Wednesday, 3/11 @ 10:00AM

Join the University of Pittsburgh's Alzheimer's Disease Research Center for Line Dancing and Brain Health. **You must RSVP with them at 412-692-2739 or brownm14@upmc.edu**

### Dance Party

Wednesdays, 3/11 and 3/25 @ 12:30PM

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

### Free Community Health Screenings

Wednesday, 3/18 @ 10:00AM

Join the Duquesne University Center for Integrative Health for free blood pressure and diabetes screenings.

### Community Forum

Wednesday, 3/18 @ 12:30PM

Join us for a conversation about ways we can enhance the activities at the center.

## THURSDAYS

### Tai Chi

Thursdays @ 10:00AM

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

### Line Dancing

Thursdays @ 1:00PM, Dance Studio

Learn the latest line dances with Darryl Daughtry.

### Detroit Urban Ballroom

Thursdays @ 2:00PM, Fitness Studio

Learn the smooth moves of ballroom dancing with Darryl Daughtry.

## THURSDAYS (CONT.)

### Mobility & Balance Class

Thursdays @ 12:00PM

Offered by the Parkinson Foundation Western PA, this class will be held at the Teenie Harris Center (2195 Webster Avenue) as an outreach program. Hosted by KBK Foundation, the classes are most beneficial for those who have difficulty with balance and/or walking. **Transportation is available. Call 412-636-4903 or stop in to sign up.**

### Nutrition Education Classes

Date to be Confirmed @ 10:00AM

Join us for a series of nutrition and food demonstrations offered by Penn State Cooperative Extension.

## FRIDAYS

### BINGO

Fridays @ 12:00PM

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

### Active At Any Age Stretch/Balance

Fridays @ 11:15AM, Fitness Studio

This class will focus on strength while seated and standing.

### Active@Any Age Circuit

Fridays @ 12:15PM, YMCA Fitness Studio

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

### UPMC Living At Home Program

Friday, 3/6 @ 10:00AM

Join the staff from the Living At Home Program for blood pressure checks.

### World Storytelling Day

Friday, 3/20 @ 10:00AM

Join us as we observe World Storytelling Day with a series of storytellers at the center.

