



Here a few photos from July at the Macedonia FACE Active for Life Senior Center:



Pictures (clockwise from top left): Healthy Breakfast Demonstration with Melita Terry; Clay Sculpting with Altha Pittrell; Lionel Harris talking about his father, Charles "Teenie" Harris; Feedback session with Abdullah Salem, owner of Salem's Market; and veggies from the patio garden.



Macedonia FACE Active for Life Senior Center

August 2024

412-281-2573

www.MacedoniaFACE.org

ATTENTION: SCHEDULE ADJUSTMENT

August 28th the Senior Center will be open from 9-5PM.

The hours are changed for a trip to the Bellvue Farmers Market (details inside)

A MESSAGE FROM US TO YOU

Dear Friends,

We hope you are enjoying the summer. At the Macedonia FACE Active Life Senior Center—we have been having a grand time. We have been enjoying the fruits of two new relationships—with KBK Enterprises and Women of Visions.

Through KBK Enterprises, we have been utilizing the Teenie Harris Building on Webster Avenue. We even had a special visit with Lionel Harris, Charles "Teenie" Harris' son. He provided great insight into his father's work. As a result of this relationship, the center will have one day a month of programming at this great space!



Two new art classes were led by members of Women of Visions—cardmaking and clay sculpting. Look for more workshops in the coming months.

See you soon at the Center!

Check these can't miss special events in August:

August 8- Lunch with musician Preston McKenzie

August 26- A sing-along with Tony Lawrence

August 29- Labor Day Picnic on the Patio

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!



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.

Life Insurance Bingo

Monday, August 12th @ 10:00 AM

Join us for a session on the basics of life insurance presented by Candace Coston.

Matilda Theiss Health Series

Monday, August 12th @ 10:00 AM

Join a pharmacist from UPMC as they present on medication management and upcoming vaccines. A pharmacy resident will be able to meet individually to discuss medications after the presentation.

Chair Yoga

Monday, August 5th, 12th & 19th @ 12:30 PM

Join us for focused and relaxed chair yoga instruction.

Sing-A-Long

Monday, August 26th @ 10:00 AM

Join Lionel Harris, son of Teenie Harris and Tony Lawrence, guitarist, for a sing-along at the Teenie Harris Building, 2195 Webster Avenue. Space is limited and you must register in advance by calling 412-636-4903.

African Dance

Monday, August 26th @ 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

Casino Trip

Tuesday, August 6th @ 10:00 AM

Join us for a visit to the Rivers Casino. Transportation is provided, but seating is limited. Call 412-636-4903 to reserve your spot.

Wal-Mart Shopping Trip

Tuesday, August 13th @ 9:30 AM

Join other members for a Wal-Mart shopping trip. Transportation is provided and seating is limited. Call 412-636-4903 to reserve your spot.

TUESDAYS (CONT.)

Active@Any Age Strength

Tuesdays @ 12:00 PM, YMCA Fitness Studio

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

Steel Smiling Senior Support Group

Tuesday, August 13th & August 27th @ 1:00 PM

Join us for a facilitated mental wellness conversation that includes a variety of topics including self-care.

Restaurant Outing

Tuesday, August 20th @ 10:00 AM

Join other members for lunch at a local eatery (location to be determined). Transportation is provided. Space is limited and you must register in advance by calling 412-636-4903

Shopping Trip

Tuesday, August 27th @ 10:00 AM

Join other members for a shopping trip to a location to be determined. Transportation is provided. Space is limited and you must register in advance by calling 412-636-4903

WEDNESDAYS

Community Forum

Wednesday, August 7th @ 9:00 AM

Join us for a conversation about the activities and changes happening at the senior center.

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.

Fiber Arts

Wednesdays @ 10:00AM

Join a fiber arts class lead by members of the senior center.

Bible Study

Wednesdays @ 10:30AM

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

PWSA Presentation

Wednesday, August 7th @ 12:15 PM

Join us for a presentation by the Pittsburgh Water and Sewer Authority.

Avoiding Scams

Wednesday, August 14th @ 10:00 AM

Join Joe Giuffre, from the District Attorney's office, to learn about scams and fraud.

WEDNESDAYS (CONT.)

Dance Party

Wednesday, August 14th & 28th @ 12:15 PM

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

Virtual Reality

Wednesday, August 21st @ 12:15 PM

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.

Health Presentation

Wednesday, August 28th @ 11:00 AM

Join Beleigh Butler for a series of talks on health topics.

Farmers Market Trip

Wednesday, August 28 @ 2:00 PM

The Senior Center will transport members to the Farmers Market in Bellevue. Vouchers are price matched at this market. Transportation is provided. Space is limited and you must register in advance by calling 412-636-4903. The Senior Center hours are 9-5 PM

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

Kristen Lippert with the Thelma Lovette YMCA facilitates this class. The class has a focus on strength and mobility with a combination of seated and standing exercises.

Active@Any Age Strength

Thursdays @ 12:00 PM, YMCA Fitness Studio

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

A Presentation on Strokes

Thursday, August 8th @ 12:15 PM

Learn about strokes and a new study on the subject.

Notary Support

Thursday, August 8th @ 9:30 AM- 12:30 PM

A notary will be on site to have items notarized. Must bring ID and documents with you.

THURSDAYS (CONT.)

Lunch with a Musician

Thursday, August 8th @ 11:30 AM

Join us for lunch on the patio with saxophonist, Preston McKenzie. Space is limited and you must register in advance by calling 412-636-4903.

Labor Day Picnic

Thursday, August 29th @ 11:30 AM

Join us for a picnic on the patio. Space is limited and you have to sign up in advance.

Lunch and a Movie

Dates To be determined @ 11:00AM -1:00PM

Enjoy lunch and a movie on our large screen television.

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.

Blood Pressure Screening

Friday, August 2nd @ 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.

InterPlay

Fridays, August 2nd & 16th @ 12:15 PM

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

Storytelling & the Arts

Fridays, August 2nd, 9th & 16th @ 10:00 AM

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

Therapeutic Chair Massage

Fridays, August 9th, 16th & 23rd @ 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.