



Spring has finally arrived!

If you are looking for an opportunity to be outdoors, to put your hands in dirt and grow food, please join us in the garden this season. Eat the veggies that you know are healthy and organic. Let the staff know if you want to join the Garden Committee!



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

April 2025 412-281-2573

www.MacedoniaFACE.org



Wishing everyone a Blessed Easter. The Center will be closed on April 18th for Good Friday. The Center will be closed on April 29th for Professional Development.

A MESSAGE FROM US TO YOU

Dear Friends,

Spring is officially here. Flowers are blooming, leaves are sprouting, and days are lengthening. After a very cold winter, we welcome the opportunities to shed layers, sit on the porch, and soak up the sun.

At Macedonia FACE Active for Life Senior Center, we are heralding the change of seasons by preparing our community garden. With funding from Grow Pittsburgh, and support from the Thelma Lovette YMCA, we are planning how our garden will grow. This year, we are adding medicinal herbs to the mix, making the space even more accessible and adding art .

Two of the benefits of growing your own food: you know exactly what goes into the soil and you can eat what you cultivate. If you want to indulge your green thumb, or try something completely different, come join us in the garden!

In this time of renewal, we wish a Blessed Easter to everyone who observes the holiday.



Give Meaningfully to:



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

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.



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.

Virtual Reality

Mondays, 4/7 and 4/21 @ 10:00AM

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.

Chair Yoga

Mondays, 4/7, 4/14 and 4/21 @ 12:15 PM

Join us for a focused and relaxed chair yoga instruction that focuses on slow breathing, gentle movements and intentions.

UPMC Matilda Theiss Presentation

Monday, 4/14 @ 10:00 AM

Join representatives from UPMC as they present on a variety of health topics each month.

Garden Meeting

Monday, 4/28 @ 10:00 AM

Join the Garden Committee to plan for the upcoming planting season.

Teenie Harris Building

Monday, 4/28 @ 9:00 AM

Join us as we continue to enjoy off-site programming at the Teenie Harris Building, located at 2195 Webster Avenue.

African Dance

Monday, 4/28 @ 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

Chair Yoga

Tuesdays@10:00AM

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

Active@Any Age Circuit

Tuesdays @12:15 PM, YMCA Fitness Studio

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

TUESDAYS (CONT.)

Beginner Soul Line Dancing

Tuesdays @ 1:00 PM

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

Wal-Mart Shopping Trip

Tuesday, 4/1 @ 9:30 AM

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.**

Casino Trip

Tuesday, 4/8 @ 10:00 AM

Join us for a visit to the Rivers Casino.

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

Steel Smiling Senior Support Group

Tuesdays, 4/8 and 4/22 @ 1:00 PM

Join us for a facilitated mental wellness conversation that includes topics such as self-care.

Restaurant Trip

Tuesday, 4/15 @ 10:30 AM

Join other members for lunch at a local eatery.

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

Shopping Trip

Tuesday, 4/22 @ 10:30 AM

Join other members for lunch at a local eatery.

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

Go Fly A Kite

Tuesday, 4/22 @ 10:00AM

Celebrate spring by making and flying a kite. An artist will assist with the design and painting of the kites.

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.

Art Activities

Wednesdays- Dates To Be Confirmed @10:00 AM

Women of Vision artists will lead a variety of arts activities at the center.

WEDNESDAYS (CONT.)

Bible Study

Wednesdays @ 10:30 AM

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

Nutrition Presentation

Wednesday, 4/2 @ 10:30 AM

Join us for a nutrition presentation by Tiffany Kinney, from UPMC, where we will make personal pan pizzas. **You must pre-register. Call 412-636-4903 or stop in to sign up.**

Duquesne University/Senior Center Newsletter

Wednesday, 4/2 @ 12:15 PM

Join us for the release of the latest newsletter co-created with the Duquesne University Writing Center and Senior Center members.

Dance Party

Wednesdays, 4/9 and 4/23 @ 12:15 PM

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

InterPlay

Wednesday, 4/16 @ 12:15 PM

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

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.

Active@Any Age Stretch/Balance

Thursdays @ 11:00 AM

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

Crochet Class

Thursdays @ 10:00AM

This class is for all skill levels.

Diabetes Prevention Workshop

Thursdays, 4/3, 4/10, 4/17 and 4/24 @ 12:00 PM

Duquesne University Nursing School is offering a series of workshops on diabetes prevention

Chicago Style Stepping and Movement

Thursdays @ 12:15 PM

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

FRIDAYS

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.

Active@Any Age Circuit

Fridays @12:15PM, YMCA Fitness Studio

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

Therapeutic Chair Massage

Fridays, 4/4, 4/11 and 4/25 @ 10:00 AM

Join Delores Gavins, a Certified Massage Therapist, for a relaxing chair massage. **You must pre-register. Call 412-636-4903 or stop in to sign up.**

Storytelling & the Arts

Fridays, 4/4, 4/11 and 4/25 @ 10:00 AM

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

Health Presentation

Friday, 4/4 @ 11:00 AM

Join us for a health presentation by Baliegh Butler, from the UPMC Living-at-Home Program.

Technology Sessions

Friday, 4/25 @12:15 PM

Learn how to use your phone to get text messages, take photos and read emails.

Paint and Sip

Friday, 4/25 @ 5:30 PM

Join artist Ernest Bey for a Paint and Sip event at Nafasi on Centre. **This event is limited to 12 people and registration is required. Call 412-636-4903 or stop in to sign up. You must provide your own transportation.**

Community Forum

Friday, 4/25 @ 10:00 AM

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

