



**Did You Know?**  
**The Pittsburgh Fire Bureau will supply and install smoke detectors to any City resident that requests one. The request can be made by contacting the 311 Response Center.**

**Information & Referrals**  
**Macedonia FACE Active for Life Senior Center provides seniors and their families with information about services available in the community.**  
**Call 412-315-0992 Extension 5007 to speak with a member of the Senior Center staff.**

**FACTS**

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



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



**Macedonia FACE Active for Life Senior Center**

October 2023      412-281-2573      www.MacedoniaFACE.org

**OCTOBER IS...**



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

**A MESSAGE FROM US TO YOU**  
**Dear Friends,**  
**October is here and we are getting ready for the change of seasons. The leaves are changing colors—filled with shades of orange, red, brown and yellow. There is a briskness in air. The time has come to get out sweaters, turtlenecks and blankets. At the Farmer’s Market, we are searching for the autumn essentials -apple cider, pumpkins and squash. The sound of cicadas replaces the song of morning birds. Take a moment to acknowledge the switch in seasons. And enjoy all that the fall months have to offer. James Wright offers some colorful words about autumn.**

**BEGINNING BY JAMES WRIGHT**  
**The moon drops one or two feathers into the field.**  
**The dark wheat listens.**  
**Be still.**  
**Now.**  
**There they are, the moon's young, trying**  
**Their wings.**  
**Between trees, a slender woman lifts up the lovely shadow**  
**Of her face, and now she steps into the air, now she is gone**  
**Wholly, into the air.**  
**I stand alone by an elder tree, I do not dare breathe**  
**Or move.**

**Join us for our Halloween Party on October 31. Please feel free to wear your scariest costume!**



# 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.

### Fraud Education Session

Monday, October 2 @ 10:00 AM

Joe Giuffre, Senior Justice Advocate, with the District Attorney's Office will join us for a session on how to spot fraud and scams.

### Good Mood Food

Monday, October 9 @ 11:00 AM

Join us for a healthy food conversation and a demonstration led by Christina White, a Schweitzer Fellow with Pitt Medical Center.

### Coffee and Paint

Mondays, October 23 and October 30 @ 10:30 AM

Join us as we paint on canvas while enjoying your favorite morning beverage.

### Food As Medicine

Monday, October 23 @ 12:15 PM

Join Reggie Howze for a talk and demonstration on foods that promote good health.

### African Dance

Monday, October 30 @ 12:15PM

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

## TUESDAYS

### Dance and Be Fit with Roland Ford

Tuesdays @ 11:00 AM, YMCA Fitness Studio

Come exercise and dance with Roland Ford. Exercises are cardio and low impact, alternating between standing and sitting.

### Active@Any Age Strength

Tuesdays @ 12:00 PM, YMCA Fitness Studio

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

### Casino Trip

Tuesday, October 3 @ 10:00 AM

Join us for an visit to the Rivers Casino. Transportation is provided, but limited. Pre-registration is required. Please call 412-315-0992 Extension 5007 to sign up.

### Wal-Mart Shopping Trip

Tuesday, October 10 @ 9:30AM

Join other members for a Wal-Mart shopping trip. Transportation provided and pre-registration is required. Call 412-315-0992 Extension 5007 to sign up.

## TUESDAYS (CONT.)

### Steel Smiling Senior Support Group

Tuesdays, October 10 and October 24 @ 1:00 PM

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

### Men's Discussion Group

Tuesdays, October 10 and October 24 @ 1:00 PM

Join the discussion group to talk about men's issues.

### Chess Club

Tuesdays, October 10 and 24 from 12:00-1:00 PM

The chess club is open for beginning and experienced players. The club is facilitated by Community Engagement Officer Dave Shifren.

### Restaurant Outing Trip

Tuesday, October 17 @ 10:30 AM

Join other members for lunch at a local eatery. Transportation is provided and there is limited seating. To pre-register call 412-315-0992 Extension 5007.

### Information Seeking with Jennifer Nwogu

Tuesdays, October 17 and October 24 @ 12:15 PM

Join us for a focus group on legitimate sources and best practices for seeking information,

### Shopping Trip

Tuesday, October 24 @ 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. Call 412-315-0992 Extension 5007 to register.

### Virtual Reality Project

Tuesday, October 31 @ 10:00 AM

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.

### Halloween Party

Tuesday, October 31 @ 11:00 AM

Join the party at the center for a howling good time. Feel free to come in masks and costumes!

## WEDNESDAY

### Cardio H2O- Aqua Aerobics

Wednesdays @ 10AM

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

### Community Forum

Wednesday, October 4 @ 9:00AM

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

## WEDNESDAYS (CONT.)

### Bible Study

Wednesdays @ 10:30 AM

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

### Karaoke Wednesdays

Wednesdays @ 12:15 PM

Have fun singing and dancing to your favorite tunes.

### Therapeutic Chair Massage

Wednesdays, October 11, 18 and 25 @ 10:00 AM

Join Delores Gavin's, a Certified Massage Therapist, for a relaxing chair massage. Pre-registration required. Call 412-315-0992 Extension 5007 to reserve a spot.

### Lunch and A Movie

Wednesdays, October 11 and 18 @ 11:00 AM

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

## 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 Stories Session

Thursdays, October 5 and October 19 @ 12:30 PM

Join Community Engagement Officer Dave Shifren for a discussion of short stories.

### Dance Party

Thursdays, October 12 and October 26 @ 12:15 PM

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

### Food As Medicine

Thursday, October 19 @12:15 PM

Join Reggie Howze for a talk and demonstration on foods that promote good health.

## 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 Strength

Fridays @ 12:00 PM, YMCA Fitness Studio

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

### Food As Medicine

Friday, October 6 @ 10:00 AM

Join Reggie Howze for a talk and demonstration on foods that promote good health.

## FRIDAYS (CONT.)

### UMPC Blood Pressure Screenings

Friday, October 6 @ 11:30AM

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

### Flight Plan Exhibition by Njaimeh Njie at the Carlow University Art Gallery

Friday, October 6 @ 9:30 AM

Join us for a visit to see Njaimeh Njie's latest show. Spots are limited and you must reserve a space. Call 412-315-0992 Extension 5007 to reserve.

### Master Plan Listening Session

Friday, October 13 @ 10:00 AM

Please join us for a listening session on the Pennsylvania Department of Aging (PDA) Master Plan for Older Adults in Allegheny County.

### InterPlay

Fridays, October 13 and October 27 @ 12:15 PM

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

### Boost Your Brain Workshop

Fridays, October 13, 20 and 27 at 12:15 PM

Bring your family photos and add them to the collection of images for a public art project by artist, Walter Hood.

### Storytelling & the Arts

Friday October 20 and October 27 @ 10:00 AM

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

