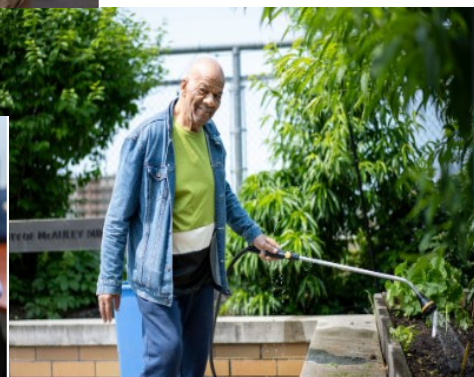
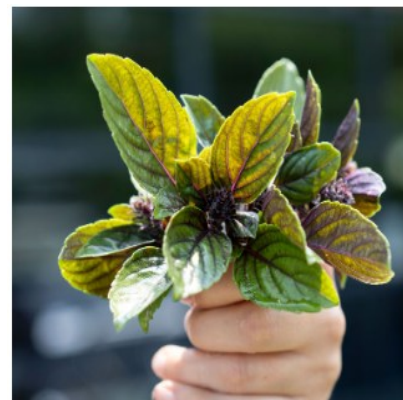




They say a picture is worth 1,000 words. Please enjoy the photos taken by Nancy Andrews for United Way of Southwestern Pennsylvania.



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

August 2025 412-281-2573

www.MacedoniaFACE.org

A MESSAGE FROM US TO YOU

Dear Friends,

Welcome to August. It's amazing how quickly time has flown this year. We are 3/4 of the way through the year. Here are some of the activities on the schedule for this month:

- **A presentation on Riverlife**
- **A tour of the historic St. Benedict the Moor Church**
- **An update on the Citizens Science Lab on Herron Avenue**
- **A meeting with music students from Duquesne University**
- **A Virtual Reality "Teenie Harris" Museum tour**
- **Monday morning creative sessions with local artists**
- **Chair Yoga on Mondays and Thursdays**
- **An update on Salem's Market**
- **A legal needs assessment with Neighborhood Legal Services**
- **An Ice Cream Social sponsored by Representative Aeron Abney**

Updates for additional activities will be available at the center. Join us for community, fun, information and new adventures.

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.



The Macedonia FACE Active for Life Senior Center will be closed on Monday, September 1 and will reopen on September 2 at our regular time.



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.

Virtual Reality

Mondays, 8/4 and 8/18 @ 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.

Coffee with an Artist

Mondays, 8/11 and 8/25 @ 10:00AM

Join us for coffee and painting on Monday mornings. We will have a rotating list of artists for these sessions.

Legal Needs Assessment

Monday, 8/4 @ 10:00AM

Come participate in a needs assessment with Neighborhood Legal Services. A light breakfast and an incentive will be provided. Up to 20 people can take part. **Pre-registration required.**

Chair Yoga

Monday, 8/4, 8/11 and 8/18 @ 12:30PM

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

Garden Meeting

Monday, 8/4 @ 10:00AM

Join the Garden Committee for a conversation about our garden and see the new raised beds!

Health Talk presented by UPMC Matilda Theiss

Monday, 8/18 @ 10:00AM

A member of the UPMC Matilda Theiss Health Center will present on a medical topic on a quarterly basis.

Grocery Store Update

Monday, 8/18 @ 1:00PM

Join us for an update on the grocery store.

Teenie Harris Building

Monday, 8/25 @ 9:00AM

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

African Dance

Monday, 8/25 @ 12:15PM

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, offering gentle poses, mindful breathing, and relaxation techniques to promote flexibility, strength, and inner peace.

Active@Any Age Circuit

Tuesdays @ 12:15PM, YMCA Fitness Studio

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

Beginner Soul Line Dancing

Tuesdays @ 1:00PM

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

Casino Trip

Tuesday, 8/5 @ 9:30am

Join us for a trip to the Rivers Casino.

Transportation is provided. Seating is limited. To pre-register call 412-636-4903 or stop in to sign up.

Shopping Trip

Tuesday, 8/12 @ 9:30AM

Join other members for lunch at a local eatery.

Transportation is provided. Seating is limited. To pre-register call 412-636-4903 or stop in to sign up.

Wal-Mart Shopping Trip

Tuesday, 8/19 @ 9:30AM

Join other members for a Wal-Mart shopping trip.

Transportation is provided. Seating is limited. To pre-register call 412-636-4903 or stop in to sign up.

Steel Smiling Senior Support Group

Tuesdays, 8/12 and 8/26 @ 1:00PM

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

Restaurant Trip

Tuesday, 8/26 @ 10:30AM

Join other members for lunch at a local eatery.

Transportation is provided. Seating is limited. To pre-register call 412-636-4903 or stop in to sign up.

WEDNESDAYS

Cardio H2O- Aqua Aerobics

Wednesdays @ 10:00AM

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

Bible Study

Wednesdays @ 10:30AM

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

WEDNESDAYS (CONT.)

Riverlife

Wednesday, 8/13 @ 10:00AM

Come hear a presentation about Riverlife and activities along the riverfronts.

August Wilson Archives

Wednesday, 8/20 @ 10:00AM

Join us for a visit to the August Wilson Archives at the University of Pittsburgh. **Transportation is provided. Seating is limited. To pre-register call 412-636-4903 or stop in to sign up.**

Dance Party

Wednesday, 8/20 and 8/27 @ 12:30PM

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

Community Forum

Wednesday, 8/20 @ 9:00AM

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

InterPlay

Date to be Determined @ 12:15

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

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.

Active At Any Age Stretch/Balance

Thursdays @ 11:00AM

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

Chicago Style Stepping and Movement

Thursdays @ 12:15PM

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

Lunch on the Patio

Thursday, 8/7 @ 11:30AM

Join us for a box lunch on the Patio.

Lunch and A Movie

Thursday, 8/14 @ 11:30AM

Come on over for lunch and a movie, shown on a 70" screen. Popcorn provided!

Diabetes Prevention Workshop

Thursday, 8/21 @ 12:00PM

Duquesne University School of Nursing offers this series of workshops on diabetes prevention.

THURSDAYS (CONT.)

Ice Cream Social

Thursday, 8/28 @ 12:30PM

Come get information and enjoy ice cream provided by Rep. Aerion Abney.

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@Any Age Circuit

Fridays @ 12:15PM, YMCA Fitness Studio

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

Blood Pressure Checks

Friday, 8/1 @ 11:00AM

Have your blood pressure checked by the staff of the UPMC Living-At-Home Program.

Therapeutic Chair Massage

Fridays, 8/1, 8/8 and 8/15 @ 10:00AM

Join Delores Gavins, a Certified Massage Therapist, for a relaxing chair massage. **Pre-registration is required. Call 412-636-4903 or stop in to sign up.**

Storytelling & the Arts

Fridays, 8/1, 8/8 and 8/15 @ 10:00AM

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

Health Presentation

Friday, 8/22 @ 10:30AM

Join us for a health presentation by staff from the UPMC Living-At-Home Program.

Technology Sessions

Friday, 8/29 @ 12:15PM

Learn how to use the technology on your cellphone.

