

**Martin Luther King, Jr. Day** is observed on the third Monday in January in the United States. It commemorates the life and work of Dr. King, who was a Baptist minister and prominent leader in the American civil rights movement. Legislation making it a federal holiday was passed in 1983, and the first nationwide observance took place in 1986.

There are many ways to observe this holiday.

- You can volunteer with a non-profit organization.
- You can watch a documentary about Dr. King's life to more fully appreciate his contributions to the world.
- You can also attend performances that commemorate the life of Dr. King. The Kelly Strayhorn Theater, located at 5941 Penn Avenue, is hosting programs that explore his activism.

-Programs are taking place:

- 1:00pm – 4:00pm Community Partner Activities
- 2:00pm – 3:00pm Performance Program

Check out other opportunities in the neighborhood and around the city. Make this day a meaningful one.

### 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

January 2025 412-281-2573

[www.MacedoniaFACE.org](http://www.MacedoniaFACE.org)

### A MESSAGE FROM US TO YOU

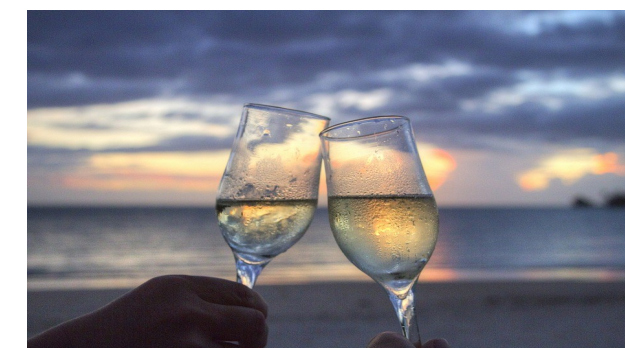
Dear Friends,

Happy New Year and welcome to 2025! The hectic holiday season is behind us and the brand new year looms ahead. Full of possibilities, fresh perspectives, clean slates and renewed energy. As you contemplate what changes you want to make, please remember to give yourself grace.



Change is a process that requires trying, failing, taking two steps up and a few steps back. Please remember that resolutions can change over time and they don't have to start on January 1. As we settle into 2025, we wish you peace, happiness, joy, good health and love!

Please continue to join us for wellness classes, social activities, performances, trips, off-site experiences, adventures, nutrition classes, parties, gardening and fun. Cheers!



**The Macedonia FACE Active for Life Senior Center is closed:**

**Wednesday, January 1st for New Year's Day**

**Tuesday, January 14th for Professional Development**

**Monday, January 20 for Martin Luther King Day.**



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.

### **Garden Meeting**

**Monday, January 6th @ 10:00 AM**

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

### **Mathilda Theiss Presentation**

**Monday, January 13th @ 10:00 AM**

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

### **Chair Yoga**

**Mondays, January 6th & 13th @ 12:15 PM**

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

### **Martin Luther King, Jr. Day**

**January 20th @ 9:00 AM—3:00 PM**

The Senior Center will be closed in observance of the Martin Luther King, Jr. holiday. Regular programming will resume on January 22nd at 8:00AM.

### **Teenie Harris Building**

**Monday, January 27th @ 9:00 AM**

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

### **African Dance**

**Monday, January 27th @ 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 @ 10:00 AM**

This class is tailored for seniors. Chair Yoga offers gentle poses, mindful breathing, and relaxation techniques to promote flexibility, strength, and inner peace. Join us and embark on a journey to holistic well-being.

## TUESDAYS (Cont.)

### **Active@Any Age Circuit**

**Tuesdays @ 12:15 PM, YMCA Fitness Studio**

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

### **Beginner Soul Line Dancing**

**Tuesdays @ 1:00 PM**

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

### **A Taste of African Heritage**

**Tuesdays, January 7th & 21st @ 10:00 AM**

Enjoy a 6-week series that presents a history of the mostly plant-based diet promoting its health benefits. Presented by Penn State Nutrition Links.

### **Casino Trip**

**Tuesday, January 7th @ 11:00 AM**

Join us for a visit to the Rivers Casino.

Transportation is limited and registration is required. Call 412-636-4903 to sign up.

### **Health Presentation**

**Tuesday, January 7th @ 11:00 AM**

Hear a health presentation by Baliagh Butler from the UPMC Living-at-Home Program.

### **Wal-Mart Shopping Trip**

**Tuesday, January 21st @ 9:30 AM**

Join other members for a Wal-Mart shopping trip. Transportation limited and pre-registration required. Call 412-636-4903 to sign up.

### **Restaurant Trip**

**Tuesday, January 28th @ 10:30 AM**

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

### **Steel Smiling Senior Support Group**

**Tuesday, January 28 @ 1PM**

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

## 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 TBD @ 10:00 AM**

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

### **Community Forum**

**Wednesday, January 8th @ 9:00 AM**

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

### **Dance Party**

**Wednesday, January 8th & 22nd @ 12:15PM**

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

### **Virtual Reality**

**Wednesday, January 29th @ 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.

## 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 At Any Age Stretch/Balance**

**Thursdays @ 11:00 AM**

This class is offered by the Thelma Lovette YMCA. This class focuses on strength and mobility with a combination of seated and standing exercises.

### **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.

### **Volunteer Kitchen Training**

**Fridays January 10th & 17th**

Come learn the ins and outs of lunch service if you are interested in volunteering to serve!

### **Active@Any Age Circuit**

**Fridays @12:15PM, YMCA Fitness Studio**

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

### **Therapeutic Chair Massage**

**Friday, January 3rd, 10th & 17th @ 10:00AM**

Join Delores Gavins, a Certified Massage Therapist, for a relaxing chair massage. Pre-registration required.

### **Storytelling & the Arts**

**Friday, January 3rd, 10th & 17th @ 10:00 AM**

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

### **InterPlay**

**Friday, January 3rd & 17th @ 12:15 PM**

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

