



**Macedonia FACE Active for Life Senior Center**  
 December 2025 412-281-2573 www.MacedoniaFACE.org



**Chanukah, the Festival of Lights, begins on December 15th at nightfall and ends on December 22nd at nightfall. The holiday is also often spelled Hanukkah; both forms refer to the same celebration. The festival celebrates the triumph of light over darkness and spirituality over materiality. On each of the eight nights of Chanukah, a candle is lit on the menorah (candelabras), adding another flame each night, until on the eighth night eight flames are burning.**

**Christmas, commemorates the birth of Jesus Christ, observed on December 25th as a religious and cultural celebration among billions of people around the world. Popular holiday traditions include gift-giving; Christmas music and caroling; watching Christmas films; viewing a Nativity play; an exchange of Christmas cards; attending church services; a special meal; and displaying various Christmas decorations, including Christmas trees, Christmas lights, nativity scenes, poinsettias, garlands, wreaths, mistletoe, and holly.**

**Kwanzaa is an African-American cultural celebration beginning on December 26th and ending on January 1st. Each day highlights one of Seven Principles, known as the Nguzo Saba: Umoja (Unity); Kujichagulia (Self-determination); Ujima (Collective work and Responsibility); Ujamaa (Cooperative economics); Nia (Purpose); Kumuba (Creativity); and Imani (Faith).**



**Merry Christmas and Happy New Year. The Senior Center will be closed from Wednesday, December 24th through Friday, December 26th.**

**The following week we will be closed on January 1st and 2nd. The center re-opens on Monday, January 5th.**

**A MESSAGE FROM US TO YOU**

Dear Friends,

Welcome to winter. As we make our way through December, there are a number of holidays that bring light and joy into our lives. For our Jewish friends, Chanukah (aka Hanukkah) marks the festival of lights. Everyday, for eight days, a candle is lit on the menorah until all of the candles are illuminated. The dreidel, a four-sided spinning top game, is played. Each year, we have someone come to the Senior Center to share the meaning of the holiday with us.

Christmas is the holiest day on the Christian calendar. It marks the birth of Jesus Christ and signals a time for Christians to stop and remember why the day is so meaningful. It's not about gifts or materialism. It's about sharing the love of God with our fellow human beings— every day of the year.

Kwanzaa is an African-American cultural celebration that begins December 26th and ends on January 1st. It is centered on seven principles that focus on collective activities. There are Kwanzaa events all around the city of Pittsburgh and someone from the Hill will be coming to talk about it with us.

**The Senior Center will be closed from Wednesday, December 24th through Friday, December 26th for the Christmas holiday. We will re-open on Monday, December 29th. In observance of the New Years holiday, we will close on Thursday, January 1st and Friday, January 2nd. Happy New Year!**

See you at the Senior Center!

**Please Note: A number of activities –based inside and outside of the Senior 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.**

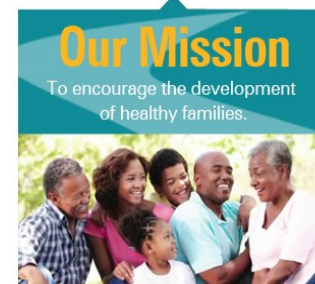
**Information & Referrals**

**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 @ 10:00AM

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.

### Active@Any Age Balance

Mondays @ 10:00AM, YMCA Fitness Studio

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

### Virtual Reality

Monday 12/1 and 12/15 @ 10:00AM

Join Dr. Tim Huang, from the University of Pittsburgh as we create an interactive history of spaces in the Hill using personal memory, community history and technology.

### Monday Morning with an Artist

Monday, 12/8 @ 10:00AM

Join us for as a local artist leads a relaxing and creative art class.

### Garden Meeting

Monday, 12/8 @ 12:30AM

Join the Garden Committee to plan for the next season.

### Holiday Dinner

Monday, 12/22 @ 11:00AM

Join us for a Holiday meal. **You must pre-register for this event. Call 412-636-4903 or stop in to sign up.**

### Teenie Harris Building

Monday, 12/29 @ 9:00AM

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

## TUESDAYS

### Active@Any Age Tai Chi

11:00AM, YMCA Fitness Studio

Come and learn the benefits of slow movements that can help with balance, focus and overall flexibility.

### Active@Any Age Circuit

Fridays @ 12:15PM, YMCA Fitness Studio

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

### Line Dancing

Tuesdays @ 1:00PM, Fitness Studio

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

### Wal-Mart Shopping Trip

Tuesday, 12/2 @ 9:30AM

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.**

## TUESDAYS (CONT.)

### Casino Trip

Tuesday, 12/9 @ 9:30AM

Join us for an outing to the Rivers Casino.

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

### Duquesne University Nursing Students

Tuesday, 12/9 @ 10:00AM

Find out about Doppler testing from students and faculty from Duquesne University.

### Technology Project

Date to be announced

Join us for an opportunity to participate in a technology project regarding seniors and technology. **Space is limited and you must sign up in advance. Call 412-636-4903 or stop in to sign up.**

### Steel Smiling Senior Support Group

Tuesday, 12/9 and 12/23 @ 1:00PM

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

### Restaurant Trip

Tuesday, 12/16 @ 10:30AM

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 12/23 @ 9:30AM

Join other members for local shopping trip.

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

## WEDNESDAYS

### Active@Any Age Cycling

Wednesdays @ 9:15AM, Cycling Studio

Come enjoy the benefits of cycling.

### Cardio H2O- Aqua Aerobics

Wednesdays @ 10:00AM

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

### Art with Rachael

Wednesdays @ 10:00AM

Enjoy doing a variety of crafts with Senior Center Supervisor, Rachael Webster.

### Active@Any Age Circuit

Wednesdays @ 10:00AM, YMCA Fitness Studio

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

## WEDNESDAYS (CONT.)

### Bible Study

Wednesdays @ 10:30AM

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

### Chair Yoga

Wednesdays @ 11:00AM, Fitness Studio

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

### Warning Signs of Alzheimer's

Wednesday, 12/10 @ 10:00AM

Learn the warning signs of Alzheimer's from the Alzheimer's Association, Greater Pittsburgh Chapter.

### Dance Party

Wednesday, 12/10 @ 12:30PM

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

### Community Forum

Wednesday, 12/10 @ 12:30PM

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

## 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.

### Chair Yoga

Thursdays @ 11:00AM, Fitness Studio

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

### Line Dancing

Thursdays @ 1:00PM, Dance Studio

Learn the latest line dances with Darryl Daughtry.

### Detroit Urban Ballroom

Thursdays @ 2:00PM, Fitness Studio

Learn the smooth moves of ballroom dancing with Darryl Daughtry.

## THURSDAYS (CONT.)

### Mobility & Balance Class

Thursdays @ 12:00PM

Offered by the Parkinson Foundation Western PA, this class will be held at the Teenie Harris Center (2195 Webster Avenue) as an outreach program. Hosted by KBK Foundation, the classes are most beneficial for those who have difficulty with balance and/or walking. **Transportation is available. Call 412-636-4903 or stop in to sign up.**

### Duquesne University Nursing Students

Thursday, 12/4 @ 10:00AM

Find out about Doppler testing from students and faculty from Duquesne University.

### Recovery Education 101 Screening

Thursday, 12/18 @ 10AM

Join us for a film screening for families who have a loved one with a substance use disorder.

### Diabetes Prevention Workshop

Thursday, 12/18 @ 12:00PM

Duquesne University Nursing School wraps up its year long series of workshops on diabetes prevention.

## 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 At Any Age Stretch/Balance

Fridays @ 11:00AM, Fitness Studio

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

### Music Showcase

Friday, 12/5 @ 10:00AM

Join us at the Pitt CEC (1908 Wylie Avenue) for a special music program created for the senior center by music students from the Mary Pappert School of Music at Duquesne. **Seating is limited and you must pre-register. Call 412-636-4903 or stop in to sign up.**

### Storytelling & the Arts

Fridays, 12/12 and 12/19 @ 10:00AM

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

