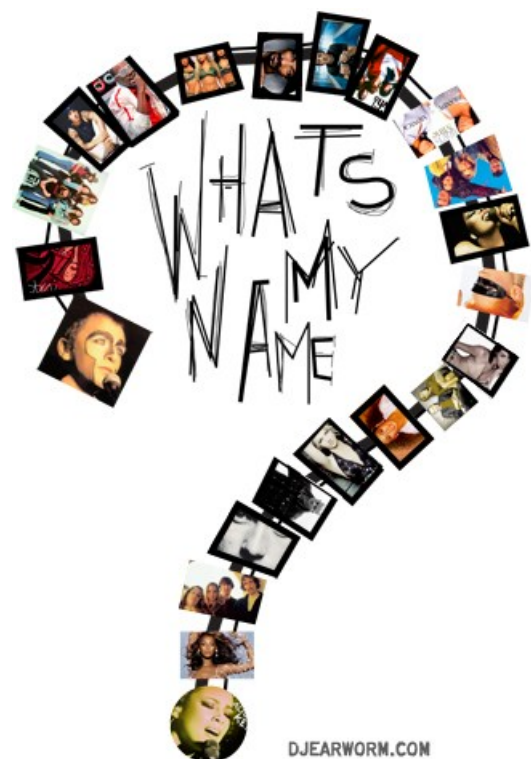




## What's In A Name?

For three years, we have planted vegetables , herbs and fruits in the spaces along the terrace at the Thelma Lovette YMCA. Now, it is time our lovely garden got a proper name.

Submit your suggestions to the staff or a member of the Garden Committee by Friday, July 18th at 11:00AM. The winning submission will be announced on Friday, July 25th at 11:00AM. The individual whose name is selected will receive a \$50.00 Giant Eagle Gift card.

Thank you in advance for your creativity!

## 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

July 2025 412-281-2573

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

## A MESSAGE FROM US TO YOU

Dear Friends,

We have an exciting series of events planned for July. On July 3rd, we are having a box lunch on the patio. It's a relaxed way to enjoy the space, get some fresh air and take in the breathtaking views of the Hill and downtown.

The patio has a new look this year. We have expanded the garden to include five new raised beds and a new shed. We planted new veggies—sweet potatoes, eggplant, okra, zucchini and spinach. The blueberry bushes and pear trees we installed two years are blooming. The strawberries have ripened. The Nasturtiums and marigolds have bloomed.

Members expressed an interest in having an area dedicated to medicinal herbs. In response to the request, we planted lemon balm, mint and hibiscus to make our own teas. Tomatoes, basil, dill, parsley, kale, collards, cilantro, grape leaves and African basil have rounded out our garden.

Now, all we need is a name. Read the back page to see how you can help us!

The Senior Center will be closed on Friday, July 4th, in observance of Independence Day. We will re-open on Monday, July 7th at 8:00AM



**Our Mission**  
To encourage the development of healthy families.



Give Meaningfully to



United Way of Southwestern Pennsylvania

United Way Contributor #888941  
Combined Federal Campaign #14659

**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.**



# 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

Monday, 7/7 and 7/21 @ 10:00AM

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

### Coffee and Painting

Monday, 7/14 and 7/28 @ 10:00AM

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

### Chair Yoga

Monday, 7/7, 7/14 and 7/21 @ 12:30PM

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

### Garden Meeting

Monday, 7/14 @ 10:00AM

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

### Teenie Harris Building

Monday, 7/28 @ 9:00AM

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

### African Dance

Monday, 7/28 @ 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.

## TUESDAYS (CONT.)

### 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 will teach the fundamentals of line dancing.

### Wal-Mart Shopping Trip

Tuesday, 7/1 @ 9:30AM

Join other members for a Wal-Mart shopping trip.

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

### Casino Trip

Tuesday, 7/8 @ 9:30am

Join us for a trip to the Rivers Casino.

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

### Steel Smiling Senior Support Group

Tuesday, 7/8 and 7/22 @ 1:00PM

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

### Health Talk presented by Matilda Theiss

Tuesday, 7/15 @ 10:00AM

A member of the Matilda Theiss Health Center joins us to present on a medical topic on a quarterly basis.

### Restaurant Trip

Tuesday, 7/15 @ 10:30AM

Join other members for lunch at a local eatery.

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

### Shopping Trip

Tuesday, 7/22 @ 10:30AM

Join other members for a local shopping trip.

**Transportation is limited and pre-registration is required. Call 412-636-4903 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.

### Dance Party

Wednesday, 7/9 and 7/23 @ 12:15PM

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

### Community Forum

Wednesday, 7/16 @ 9:00AM

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

### InterPlay

Wednesday, 7/16 @ 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, 7/3 @ 11:30AM

Join us for a box lunch on the Patio. It's a great way to ease into the holiday weekend.

## THURSDAYS (CONT.)

### Diabetes Prevention Workshop

Thursday, 7/17 @ 12:00PM

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

### Lunch and A Movie

Thursday, 7/24 @ 11:30AM

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

## 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, 7/11 @ 10:00AM

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

### Therapeutic Chair Massage

Friday, 7/11, 7/18 and 7/25 @ 10:00AM

Join Delores Gavins, a Certified Massage Therapist, for a relaxing chair massage.

**Pre-registration is required. Call 412-636-4903 to sign up.**

### Storytelling & the Arts

Friday, 7/11, 7/18 and 7/25 @ 10:00AM

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

### Name the Garden

Friday, 7/18 @ 11:00AM

Last call to submit your name suggestion for the patio garden.

### Garden Name Chosen

Friday, 7/25 @ 11:00AM

Learn the new name of the garden and see who wins the \$50.00 Giant Eagle gift card!

### Technology Session

Friday, 7/25 @ 12:15PM

Learn how to use the technology on your cellphone.