



**May has two important holidays—Mother's Day and Memorial Day. At the Macedonia FACE Active for Life Senior Center, we are excited to observe both.**

**On May 9th, we will be celebrating all Moms with a luncheon. Natural mothers, Stepmothers, Aunties, Grannies, and Bonus Mothers. We are thankful for all of the woman who loved, nurtured, counseled, corrected, held, cradled, chastised, praised, comforted and prayed for us. Space is limited for the Mother's Day lunch. To reserve a spot call 412-636-4903 or stop in and speak to a member of the staff.**

**On May 16th, we will honor those who gave their lives fighting for this country. We will have a picnic on the patio (weather permitting). It will be a chance to use our new grill and enjoy each others company. Please register in advance for this event. To register call 412-636-4903 or stop in and speak to a member of the staff.**

### 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

May 2024

412-281-2573

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

### A MESSAGE FROM US TO YOU

Dear Friends,

**Happy May! Spring has sprung in all of its glory. The flowers are blooming, the birds are chirping and the trees are spreading out in all their green splendor. Please take time to go out into nature. It will refresh your soul and do wonders for your heart!**

**The Senior Center is closed on May 27 for Memorial Day**



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

**This month we will honor Mothers with a luncheon on May 9th. If the weather permits, we will hold it on the patio, in the sunshine. In case of inclement weather, it will be in the multi-purpose room. Space is limited and you have to register in advance.**

**Later in the month, on May 16th, we will honor those who gave their lives for America. The Active for Life Senior Center invites you to join us for a picnic on the patio. Due to space limitations, you must sign-up in advance.**

**See you soon at the Center!**

***Do you have a green thumb?  
Do you want to learn about gardening?  
Join our Garden Committee to plant and tend to the garden this season! Contact the center staff for more details and to sign up!***

# 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.

### **Chronic Disease Self Management Course**

**Mondays, May 6th to June 24th @ 9:30 AM**

This is a peer-lead chronic health condition management course. The class runs for six weeks. Registration is required. Call 412-636-4903 to register.

### **Chair Yoga**

**Monday, May 13th @ 12:15 PM**

Join us for focused and relaxed chair yoga instruction.

### **Matilda Theiss Health Series**

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

Join Jessica Magnu, Community Engagement Coordinator, UPMC Matilda Theiss Health Center, for a presentation on a to be determined topic.

## TUESDAYS

### **Active@Any Age Strength**

**Tuesdays @ 12:00 PM, YMCA Fitness Studio**  
Increase strength, range of movement and improve balance, coordination and agility.

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

**Tuesday, May 7th @ 9:30 AM**

Join other members for a Wal-Mart shopping trip. Transportation is provided and seating is limited. Call 412-636-4903 to register.

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

**Tuesdays, May 7th and May 21st @ 1:00 PM**

Join us for a facilitated mental wellness conversation on topics including self-care among others determined by the group.

### **Casino Trip**

**Tuesday, May 14th @ 10:00 AM**

Join us for a visit to the Rivers Casino. Transportation is provided. Pre-registration required. Call 412-636-4903 to reserve a spot.

## TUESDAYS (CONT.)

### **Restaurant Outing**

**Tuesday, May 21st @ 10:30 AM**

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

### **Shopping Trip**

**Tuesday, May 28th @ 10:00 AM**

Join other members for a shopping trip to a location to be determined. Transportation is provided and seating is limited. Pre-registration is required. Call 412-636-4903 to register.

## 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.

### **Fiber Arts**

**Wednesdays @ 10:00 AM**

Join a fiber arts class lead by members of the senior center.

### **Bible Study**

**Wednesdays @ 10:30 AM**

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

### **Virtual Reality**

**Wednesdays, May 1st & 15th @ 12:15 PM**

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.

## WEDNESDAYS (CONT.)

### **Community Forum**

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

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

### **Dance Party**

**Wednesdays, May 8th & 22nd @ 12:15PM**

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

## 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.

### **On The Move**

**Thursdays @ 11:00 AM**

This is a new class lead by Kristen Lippert, personal trainer and wellness coach at the Thelma Lovette YMCA. The class focuses on strength and mobility with a combination of seated and standing exercises.

### **Short Story Session**

**Thursdays, May 2nd & 16th @ 12:15 PM**

Join Dave Shifren, writer and former film critic, for a discussion of short stories.

### **Mother's Day Luncheon**

**Thursday, May 9th @ 11:30 AM**

Join us for a special lunch honoring Mothers. This event requires registration and space is limited. Call 412-636-4903 to register.

### **Memorial Day Picnic**

**Thursday, May 16th @ 11:30 AM**

We will celebrate Memorial Day and use our new grill for a picnic on the patio. Call 412-636-4903 to sign up.

### **Jazz In the Hill**

**Thursday, May 23rd @ 12:15 PM**

Musician Colter Harper will talk about his new book, "Jazz In The Hill."

## FRIDAYS

### **Active@Any Age Strength**

**Fridays @ 12:00 PM, YMCA Fitness Studio**

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

### **BINGO**

**Fridays @ 12:00 PM**

Join us for BINGO. You must be a registered member of the senior center to play. Register no later than the day before in order to play.

### **Blood Pressure Screening**

**Friday, May 3rd @ 11:00 AM**

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

### **InterPlay**

**Friday, May 3rd and May 17th @ 12:15 PM**

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

### **Therapeutic Chair Massage**

**Friday, May 10th, 17th & 24th @ 10:00 AM**

Join Delores Gavin's, a Certified Massage Therapist, for a relaxing chair massage. Pre-registration is required as space is limited. Call 412-636-4903 to sign up.

### **Storytelling & the Arts**

**Friday, May 10th, 17th & 24th @ 10:00 AM**

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

