



Have you ever wondered why the masks, parade floats and beads for Mardi Gras are Purple, Green and Gold?

Purple represents justice. This color has long been associated with royalty and nobility, making it a fitting choice for a celebration that includes kings and queens.

Green symbolizes faith. This color is often linked to growth and renewal, reflecting the spirit of the season and the hope that comes with it.

Gold stands for power. Gold is a color that signifies wealth and grandeur, aligning with the festive opulent nature of Mardi Gras Celebrations.

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

February 2026 412-281-2573

www.MacedoniaFACE.org

A MESSAGE FROM US TO YOU

Dear Friends,

We are 30 days into winter and visions of sunny days are dancing in our heads. We just got through a massive snow storm, which was the biggest winter weather system since 2010. While we cannot change the weather in February, we can, however, celebrate special days that warm our hearts and souls. Enter Valentine's Day and Mardi Gras.



Happy Valentine's Day!

Why do we give candy on this holiday? Chocolates are a tradition that shows care and affection for loved ones.

On this day, remember to also be kind to yourself and be your own Valentine!

On February 12th, we will mark Valentine's Day with a candy making workshop. Try your hand at making chocolate goodies. Even the mistakes will be delicious! The instructor is one of our members who brings smiles whenever she shares her chocolate treats. **You have to register for this workshop and supplies will be provided. Please let us know if you have any food allergies when you sign up for the activity.**

On February 16th, we will join hands with folks in New Orleans and eat some amazing food provided by Chef Easy at Roux Orleans. The NOLA native will share his journey from Louisiana to Pittsburgh. He will talk about the food from his hometown and prepare southern favorites like Red Beans and Rice, Fried Catfish and King Cake. **This event has limited capacity and you must pre-register. The event has a required donation of \$5.00.**

On February 19th at 10:00 AM, Dr. Carlene Thornton will be visiting to talk about her new book about Freedom House Ambulance Service. (FHAS) She is also interested in hearing first hand stories about FHAS.

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.

Special events and trips do require that you sign-up in advance. Special programs may have a small fee for participation. The fee when applicable is included in the activity description.

Activities are subject to change.



Our Mission

To encourage the development of healthy families.



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.

Active@Any Age Balance

Mondays @ 10:00 AM, YMCA Fitness Studio

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

Virtual Reality

Dates to be announced.

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.

Music, Games & Creative Engagement Series

Mondays, 2/2, 2/9, 2/16 and 2/23 @ 10:00 AM

Join us for a series of activities including *Name That Tune*, Card games, and coloring activities, developed and implemented by our Duquesne University Public Health fieldwork student.

Garden Meeting

Monday, 2/2 @ 12:30 PM

Join the Garden Committee to plan for the next growing season.

Mardi Gras Celebration

Monday, 2/16 @ 11:00 AM

Join us for a celebration of Mardi Gras. The New Orleans meal will be provided by Chef Easy, of Roux Orleans restaurant. He will talk about the food and his journey to Pittsburgh.

"Laissez les bons temps rouler"-Let the good times roll! **You must pre-register for this event and pay \$5.00 for the meal. Participation is limited.**

Teenie Harris Building

Monday, 2/23 @ 9:00 AM

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

TUESDAYS

Active@Any Age Tai Chi

11:00 AM, 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 @ 12:15 PM, YMCA Fitness Studio

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

TUESDAYS (CONT.)

Line Dancing

Tuesdays @ 1:00 PM, Fitness Studio

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

Wal-Mart Shopping Trip

Tuesday, 2/3 @ 9:30 AM

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.**

Casino Trip

Tuesday, 2/10 @ 9:30 AM

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.

Steel Smiling Senior Support Group

Tuesdays, 2/10 and 2/24 @ 1:00 PM

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

Restaurant Trip

Tuesday, 2/17 @ 10:30 AM

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, 2/24 @ 9:30 AM

Join other members for a shopping excursion to various destinations. **Transportation is limited and pre-registration is required. Call 412-636-4903 or stop in to sign up.**

Activities with the UPMC Living At Home Program

Tuesday, 2/24 @ 12:30 PM

Join Mataya Hoskey, from the UPMC Living At Home Program for a variety of fun health related games and activities.

WEDNESDAYS

Active@Any Age Cycling

Wednesdays @ 9:15 AM, Cycling Studio

Come enjoy the benefits of cycling.

Cardio H2O- Aqua Aerobics

Wednesdays @ 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.

Active Age Circuit

Wednesdays @ 10:00 AM, YMCA Fitness Studio

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

WEDNESDAYS (CONT.)

Bible Study

Wednesdays @ 10:30 AM

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

Chair Yoga

Wednesdays @ 11:00 AM, Fitness Studio

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

Music, Games & Creative Engagement Series

Wednesdays, 2/4 and 2/18 @ 10:00 AM

Join us for a series of activities including *Name That Tune*, Card games, and coloring activities, developed and implemented by our Duquesne University Public Health fieldwork student.

Alzheimer's Education

Wednesdays, 2/11 and 2/25 @ 10:00 AM

Staff from the Alzheimer's Association Greater PA Chapter, will lead a series of presentations on this important topic.

Dance Party

Wednesdays, 2/11 and 2/25 @ 12:30 PM

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

Community Forum

Wednesday, 2/18 @ 12:30 PM

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

Rent Rebate Clinic

Wednesday, 2/24 @ 10:00 AM

Complete your rent rebate forms with the assistance of staff from Rep. La'Tasha Mayes office. You can also fill out the paperwork for a free or reduced bus pass.

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.

Chair Yoga

Thursdays @ 11:00 AM, Fitness Studio

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

THURSDAYS (CONT.)

Line Dancing

Thursdays @ 1:00 PM, Dance Studio

Learn the latest line dances with Darryl Daughtry.

Detroit Urban Ballroom

Thursdays @ 2:00 PM, Fitness Studio

Learn the smooth moves of ballroom dancing with Darryl Daughtry.

Mobility & Balance Class

Thursdays @ 12:00 PM

Offered by the Parkinsons 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.**

Nutrition Education Classes

Dates to be Confirmed @ 10:00 AM

Join us for a series of nutrition and food demonstrations offered by Penn State Cooperative Extension.

Candy Making Workshop

Thursday, 2/12 @ 12:30 PM

Join us for a participant-led candy making workshop. Materials will be supplied. **Pre-registration is required. Call 412-636-4903 or stop in to sign up.**

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.

Elder Law Clinic

Fridays, 2/6, 2/13, 2/20 and 2/27 @ 10:00 AM

Join us as we explore legal issues that are relevant to seniors. This series is offered by the Duquesne University Law Clinic and Neighborhood Legal Services.

Active At Any Age Stretch/Balance

Fridays @ 11:15 AM, Fitness Studio

This class will focus on strength while seated and standing.

