



THURSDAY JUNE 22, 2023
1:00PM UNTIL 4:00PM

FOOD AS MEDICINE HEALTH FAIR
in partnership with
UPMC Magee Women's Hospital.

AT THE THELMA LOVETTE YMCA ROOFTOP
 2114 Centre Avenue, Pittsburgh PA 15219



- FOOD SAMPLES
- HEALTH SCREENINGS
- INFORMATION
- GIVE-A-WAYS



For more information call 412-281-2573 • info@macedoniaface.org

Information & Referrals

Macedonia FACE Active for Life Senior Center provides seniors and their families with information about services available in the community.

Call 412-315-0992 extension 5007 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

June 2023 412-281-2573 www.MacedoniaFACE.org

A MESSAGE FROM US TO YOU

Dear Friends,

June is another month full of days set aside for festivities and celebrations. On June 18th, we honor all of the fathers, grandfathers and father figures in our lives. We thank them for teaching us valuable life lessons about how to make our way through the world as men and women. On June 15th, there will be a Father's Day Lunch. It is open to Senior Center members and you must reserve a seat because space is limited.

On June 28, we will host an intergenerational dinner. The Senior Center has been working on a Virtual Reality Project that combines the stories about the Crawford Grill and Freedom Corner with cutting edge technology. It's an innovative way of sharing senior's recollections with the younger generation. It will also be a catalyst for the young folks to think about their own stories of the Hill District. There will also be a meal and music!

Please call us to join! The event will be at the Pitt Community Engagement Center's Multi-purpose Room, located at 1908 Wylie Avenue., Pittsburgh, PA 15219.

We hope to see you there!

Upcoming Special Events (Registration Required)

Call 412-636-4903 to reserve a space

June 15, 10:30AM- Father's Day Lunch
June 28, 5-7PM- Community Family Dinner

The Senior Center will be closed on 6/19 in observance of Juneteenth



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 AM

Greater mobility, reduced pain and fatigue, increased muscle strength and enhanced sleep quality are just a few of the benefits of a regular fitness workout in the pool.

Coffee and Paint

Mondays @ 10:30 AM

Join us as we paint on canvas while enjoying your favorite beverage.

Understanding Dementia in the Black Community

Monday, June 5 @ 12:00 PM

Learn how dementia is impacting the African American Community. Registration is required. Call 412-636-4903 to register.

Senior Games

Monday, June 12 @ 12:15 PM

Join Reggie Howze, Senior Games athlete, and learn about the Senior Games this July.

African Dance

Monday, June 26 @ 12:15 PM

Come enjoy African Dance with Ebony Castaphany and Baba Yamoussa. It is an interactive and culturally relevant way to get fit.

Vacant Property Study

Monday, June 26 @ 12:15PM

Join the staff and community representatives as they discuss the vacant property study in the Hill District.

Smoothies

Tuesday, June 26 @ 12:30 PM

Join Christina White, a Pittsburgh Schweitzer Fellow, as she prepares smoothies!

TUESDAYS

Dance and Be Fit with Roland Ford

Tuesdays @ 11:00 AM, YMCA Fitness Studio

Come exercise and dance with Roland Ford. Exercises are cardio and low impact, alternating between standing and sitting.

Active@Any Age Strength

Tuesdays @ 12 PM, YMCA Fitness Studio

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

TUESDAYS (CONT.)

UPMC Research Project

Tuesday, June 6 @ 9 AM

Join Melita Terry, from the University of Pittsburgh Alzheimer's Disease Research Center, to learn about an exciting new research project.

Information Seeking

Tuesday, June 6 @ 10 AM

Join us for a focus group on legitimate information sources and best practices for information seeking.

Steel Smiling Senior Support Group

Tuesday, June 6 and 27 @ 1PM

Join us for facilitated mental wellness conversations that includes topics of depression, self-care and other topics identified by the group.

Men's Discussion Group

Tuesday, June 6 and 27 @ 1 PM

Join the discussion group to talk about men's issues.

Restaurant Outing

Tuesday, June 13 @ 10:30 AM

Join other members for lunch at a local eatery. The location is voted upon by those attending. Transportation is provided. Space is limited. Pre-register by calling 412-636-4903.

Virtual Reality Project

Tuesday, June 20 @ 10 AM

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.

Casino Trip

Tuesday, June 20 @ 11AM

Join other members at Rivers Casino. Transportation is provided. Space is limited. Pre-register by calling 412-636-4903.

Supermarket Presentation

Tuesday, June 27 @ 10 AM

Join Abdullah Salem as he discusses his vision for Salem's Market & Grill in the Hill District.

WEDNESDAYS

Cardio H2O- Aqua Aerobics

Wednesdays @ 10 AM

Bible Study

Wednesdays @ 11 AM

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

Therapeutic Chair Massage

Wednesday, June 7 and 21 @ 10AM

Join Delores Gavins, a Certified Massage Therapist, for a relaxing chair massage. Pre-registration required. Call 412-636-4903 to sign up.

Fiber Arts Class

Wednesdays @ 10:30 AM

Join Senior Center members, for crocheting and conversation.

Community Forum

Wednesday, June 21 @ 10AM

Join us for a conversation about activities and upcoming plans at the senior center.

Preventing Falls

Wednesday, June 28 @ 11AM

Learn techniques to stay safe and prevent falls.

Karaoke Wednesdays

Wednesdays @ 12:15 PM

Have fun singing and dancing to your favorite tunes.

Community Family Dinner

Wednesday, June 28 @ 5PM

Join us for an intergenerational meal, stories, technology and music. Pre-registration is required. Call 412-636-4903 to sign up.

THURSDAYS

Tai Chi

Thursdays @ 10 AM

Tai chi is a form of slow motion movements that has numerous benefits such as improving balance, focus, and overall flexibility.

Wal-Mart Shopping Trip

Thursday, June 8 @ 9:30AM

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

THURSDAY (CONT.)

Short Stories Session

Thursday, June 8 and 22 @ 12:30 PM

Join Community Engagement Officer Dave Shifren for a discussion of short stories.

Father's Day Lunch

Thursday, June 15 @ 10:30 AM

Join Chef Ola Femi for a celebration of Father's Day with a special menu. Seating is limited and you must register in advance. Call 412-636-4903 to sign up.

Shopping Trip

Thursday, June 15 @ 9:30 AM

Destination to be determined. Transportation will be provided. Call 412-636-4903 to sign up.

UMPC Blood Pressure Screenings

Thursday, June 15 @ 10 AM

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

Dance Party

Thursday, June 15 and 29 @ 12:15PM

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

FRIDAY

BINGO

Fridays @ 12PM

You must be a registered member of the Senior Center. Register by the day before in order to play.

Storytelling & the Arts

Friday, June 2 and 30 @ 10 AM

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

Pittsburgh Parks Conservancy

Friday, June 9 and 23 @ 10 AM

Join the staff from the Pittsburgh Parks Conservancy for crafts and activities.

Jemma Stemley

Friday, June 9 @ 10:30 AM

Join our guest for music in the morning at the Senior Center.

Susan Delaney

Friday, June 16 @ 10:30 AM

Join poet Susan Delaney for poetry.