



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

May 2023

412-281-2573

www.MacedoniaFACE.org

The Senior Center will be closed on 5/29 in observance of Memorial Day.



MEMORIAL DAY

REMEMBERING & HONORING ALL WHO SERVED



Our Mission

To encourage the development of healthy families.



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

A MESSAGE FROM US TO YOU

Dear Friends,

May is a month full of joy and celebrations. First, we celebrate Mother's Day on May 14th. It is a time to stop and appreciate all of the Mothers in our lives—birth moms, stepmoms, grandmothers and all of the others who have played that role in our lives.

We also observe Memorial Day, a time to honor the brave men and women who served, and continue to serve, their country. We are all grateful for their efforts and sacrifice.

We have a few upcoming special events in May to share. Join us on May 5th, for our Community Orchard Planting Day from 10am to Noon. We will be working with community partners to plant fruit trees and vegetables on the terrace of the Thelma Lovette YMCA.

Later in the month we are hosting an Open House on May 26, from 10am to 1pm. Senior Centers throughout Allegheny County, are opening their doors to show off the activities that they offer. Join us for refreshments, African Dance, Storytelling and Tai Chi.

We hope to see you there!

Upcoming Special Events

May 5 , 10AM-12PM – Community Orchard Planting Day

May 11 , 10:30AM– Mother's Day Tea (Space is limited). Call 412-636-4903 to register.

May 26, 10AM-1PM—Open House.

DAILY PROGRAM GUIDE



MONDAY

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 during a guided painting lesson.

Vacant Property Study

Monday, May 15 @ 12:15 PM

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

Smoothies

Monday, May 22 @ 12:15 PM

Join Reggie Howze as he shares recipes for smoothies. Mr. Howze is an athlete who will be participating in the Senior Games this July.

TUESDAY

Dance and Be Fit with Roland Ford

Tuesdays @ 11 AM, YMCA Fitness Studio

Come exercise and dance with Roland Ford and other Senior Center members! 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. This class is appropriate for the fit and active, offering modifications for beginners.

Men's Discussion Group

Tuesday, May 9 and 23 @ 1 PM

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

Supermarket Presentation with Abdullah Salem

Tuesday, May 2 @ 10 AM

Join Abdullah Salem as he discusses his vision for Salem's Market & Grill in the Hill District. He will focus on the restaurant that will be in the supermarket.

TUESDAY (CONT.)

Wal-Mart Shopping Trip

Tuesday, May 9 @ 9:30 AM

Join other members for a Wal-Mart shopping trip. Transportation to and from the Senior Center will be provided. You must pre-register for this. Please call Liz at 412-636-4903 to sign up

Information Seeking

Tuesday, May 9 @ 10AM

Join us to learn more about legitimate information sources and best practices for information seeking.

Steel Smiling Senior Support Group

Tuesday, May 9 and 23 @ 1PM

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

Good Mood Food

Tuesday, May 16 @ 12:30 PM

Join Christina White, a Pittsburgh Schweitzer Fellow, as she talks about the connection between food and your mood. The presentation includes a cooking demonstration.

Virtual Reality Project

Tuesday, May 23 @ 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. The project connects personal memory, community history and technology.

Home Meds

Tuesday, May 30 @ 10 AM

Safe medication management is essential. Join us to complete a medication screening during 1 on 1 appointments by FACE staff. Please pre-register by calling Liz at 412-636-4903.

WEDNESDAY

Fiber Arts Class

Wednesdays @ 10:30 AM

Join Senior Center members, for crocheting and conversation.

Cardio H2O- Aqua Aerobics

Wednesdays @ 10AM

Bible Study

Wednesdays @ 11:00 AM

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

Karaoke Wednesdays

Wednesdays@12:15 PM

Have fun singing and dancing to your favorite tunes.

Therapeutic Chair Massage

Wednesday, May 3, 17 & 31 @ 10AM

The overall health benefits from massage are profound—reducing pain and swelling and decreasing stress. Join Ms. Gavin's, a Certified Massage Therapist, for a chair massage. Preregister by calling Liz at 412-636-4903

UPMC Research Project

Wednesday, May 17 @ 12:15 PM

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

Community Forum

Wednesday, May 31 @ 11 AM

Join us for a conversation about activities and changes at the Senior Center.

THURSDAY

Tai Chi

Thursdays @ 10AM

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

Creating a Hill District Newsletter

Thursday, May 4 @ 10AM

The team from the Duquesne University's Community Writing Center helps members document stories and poems of their own!

Short Stories Session

Thursday, May 11 and May 25 @ 12:30 PM

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

THURSDAY (CONT.)

Mother's Day Tea

Thursday, May 11 @ 10:30 AM

Join Chef Ola Femi for a Mother's Day celebration with a special menu. Space is limited. Pre-registration is required, call Liz at 412-636-4903 to sign up.

Shopping Trip

Thursday, May 18 @ 9:30 AM

Join us for a shopping trip. Destination to be determined. Transportation to and from the Senior Center will be provided. You must pre-register for this. Please call Liz at 412-636-4903 to sign up.

UMPC Blood Pressure Screenings

Thursday, May 18 @ 10 AM

Join the UPMC Living-at-Home Nurses who will be available to speak with you about any health issues or concerns. Please come and have your blood pressure checked with us!

Restaurant Outing

Thursday, May 25 @ 10:30 AM

Join other members for lunch at a local eatery. This event is limited. Transportation to and from the Senior Center will be provided. Seating is limited and you must pre-register by calling Liz at 412-636-4903.

FRIDAY

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.

Community Orchard Planting Day

Friday, May 5 @ 10 AM

Join us as we plant fruit trees and veggies on the terrace at the Thelma Lovette YMCA.

Storytelling & the Arts

Friday, May 19 @ 10 AM

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

Open House

Friday, May 26 @ 10 AM to 1 PM

Celebrate Older Americans Month at the Senior Center with food, dancing and fun!