

# BLACK HISTORY

## TRIVIA

- 1 Along the Gulf Coast of Louisiana, what type of music is played with the accordion?
- 2 Who wrote "Their Eyes Were Watching God"?
- 3 Which one of composer/pianist Anthony Davis' operas premiered in Philadelphia in 1985 and was performed by the New York City Opera in 1986?
- 4 Since 1987, who has held the position of director of jazz at Lincoln Center for the Performing Arts in New York City?
- 5 Of what profession were Langston Hughes, Zora Neale Hurston, and Countee Cullen, major contributors to the Harlem Renaissance?
- 6 Who wrote *Clovel*, or *The President's Daughter*, the first published novel by a Black American in 1833?
- 7 Who published *The Escape*, the first play written by a Black American?

### 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 2024

412-281-2573

www.MacedoniaFACE.org

### A MESSAGE FROM US TO YOU



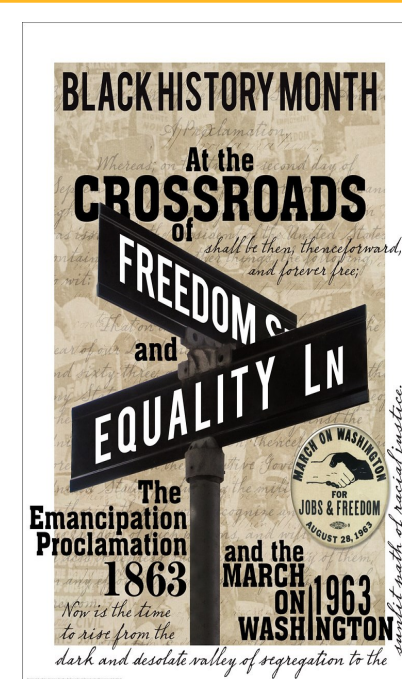
Dear Friends,

Welcome to February, a month filled with so many ways to celebrate love and pride. This month, and every month, we proudly commemorate the contributions that African Americans have made to America and the world. Legislation and harsh words cannot diminish our gifts.

Valentine's Day gives us the opportunity to demonstrate our love of wives, husbands, lovers and family members. When you are observing this day, don't forget to show love and compassion to yourself.

Mardi Gras, or Fat Tuesday, is the party before the observance of Lent. As they say in New Orleans, "Laissez les bon temps rouler" - let the good times role. Grab your mask, your tri-color beads (purple, green and gold), your gumbo, and join the parade!

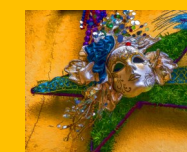
Whatever you honor and mark in February, enjoy yourself and add some light to the winter.



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

### Answers to the Black History Quiz:

1. Zydeco
2. Zora Neale Hurston
3. X: The Life of Malcolm X
4. Wynton Marsalis
5. Writers
6. & 7. William Wells Brown
7. William Wells Brown



# 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.

### Handy Household Tips

Monday, February 5 @ 9:00 AM

We will learn easy home repair tips from Tenika Chavis, the Lady Carpenter.

### Chair Yoga

Mondays, February 5th and 19th @ 12:15 PM

Join us for focused and relaxed chair yoga instruction.

### Mardi Gras Mask Making

Monday, February 12 @ 10:00 AM

Get into the spirit of Mardi Gras by making a one-of-a-kind mask. We will enjoy some King Cake as well! Laissez les bons temps rouler - *"Let the good times roll!"*

### The Bitter Truth About Sugar

Monday, February 19th & 26th @ 10:00 AM

Learn about sugar and how it affects your health. The sessions are led by Reginald Howze.

### African Dance

Monday, February 26 @ 12:15PM

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

## TUESDAYS

### Active@Any Age Strength

Tuesdays @ 12:00 PM, YMCA Fitness Studio

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

### Casino

Tuesday, February 6 @ 10:00 AM

Join us for an visit to the Rivers Casino. Transportation is provided, but seating is limited. Pre-registration required, call 412-636-4903 to reserve your spot.

## TUESDAYS (CONT.)

### Gallery Tour at Nafasi

Tuesday, February 6 @ 12:15 PM

Join the gallery manager for a tour of the Nafasi Gallery on Centre Avenue.

### Steel Smiling Senior Support Group

Tuesday, February 13th and 27th @1PM

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

### Wal-Mart Shopping Trip

Tuesday, February 13 @ 9:30 AM

Join other members for a Wal-Mart shopping trip. Transportation is provided and seating is limited. Pre-registration required, call 412-636-4903 to reserve your spot.

### Chess Club

Tuesday, 2/13 and 2/27 from 12-3:00 PM

The chess club is open for beginning and experienced players. The club is facilitated by Community Engagement Officer Dave Shifren.

### Restaurant Outing

Tuesday, February 20 @ 10:30 AM

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

### Artist Talk with Njaimeh Njie

Tuesday, February 20 @ 12:15 PM

Join local artist, Njaimeh Njie, as she discusses her works and inspiration.

### Shopping Trip

Tuesday, February 27 @ 10:00AM

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

## 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.

## WEDNESDAYS (CONT.)

### Bible Study

Wednesdays @ 10:30 AM

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

### Fiber Arts

Wednesdays @ 10:30 AM

This is a beginner's crochet class. All are welcome!

### Karaoke Wednesdays

Wednesdays @ 12:15 PM

Have fun singing and dancing to your favorite tunes.

### Community Forum

Wednesday, February 7 @ 9:00 AM

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

### Dance Party

Wednesday, February 14th & 21st @ 12:15PM

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

### Virtual Reality

Wednesday, February 14 @ 10:00 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.

### Heart Health

Wednesday, February 14 @ 11:00 AM

Join the UPMC Living-at-Home Nurse who will present on heart health.

## 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.

### Restoration and Relaxation

Thursday, February 1 @ 10:00AM

Learn relaxation techniques offered by an instructor from CCAC.

## THURSDAYS (CONT.)

### Struggles in Steel

Thursday, February 29 @12:15

Filmmaker Tony Buba will show his film "Struggles in Steel." We will go the Charles "Teenie" Harris Building, located on Webster Avenue and Kirkpatrick Street. Transportation will be provided. Registration is required. Call 412-636-4903 to sign up.

### Short Story Session

February 1 and February 15 @12:30

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

## 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. Register by the day before in order to play.

### Therapeutic Chair Massage

Friday, February 9th, 16th & 23rd @ 10:00 AM

Join Delores Gavin's, a Certified Massage Therapist, for a relaxing chair massage. Pre-registration required. Call 412-636-4903 to reserve a spot.

### Blood Pressure Screening

Friday, February 2 @ 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.

### National Pizza Day

Friday, February 9 @ Lunchtime

We will celebrate National Pizza Day with a lunch time meal.

### InterPlay

Friday, February 2nd & 16th @ 12:15 PM

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

### Storytelling & the Arts

February 2 and 16th @ 10:00 AM

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