

TOTAL SOLAR ECLIPSE PARTY AT THE SENIOR CENTER

We are celebrating the total solar eclipse on April 8 , from 10AM to 4PM at the Senior Center with an Eclipse Party. Join us for fun, food , music and a once-in-a-lifetime experience (eclipse glasses to be provided!).

An eclipse occurs when the moon passes between the sun and the Earth, casting a shadow on our planet. The 2024 eclipse is particularly significant because it will feature a total solar eclipse, where the moon will completely block out the sun, creating a stunning display of darkness during the day.

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



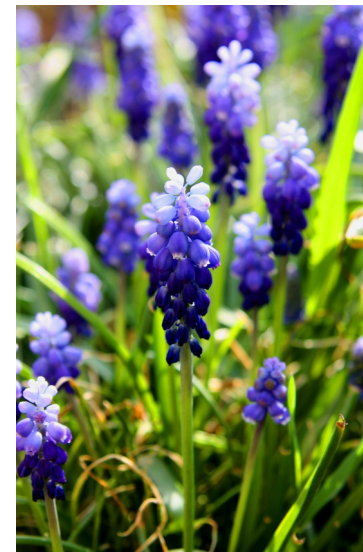
Macedonia FACE Active for Life Senior Center

April 2024

412-281-2573

www.MacedoniaFACE.org

Happy Spring!



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,

Welcome to Spring! We have a number of activities that will help us to usher in the new season.

First, we are celebrating the total solar eclipse with a party at the center. We are adjusting our time for April 8th—opening at 10:00am and closing at 4:00 pm. We have the special glasses and will be watching from the patio. Registration is required, call 412-636-4903 to register.

We are attending the Titanic Exhibit at the Kamin Science Center on April 15th. April 15th is coincidentally the date that the ship sunk on its maiden voyage to New York. Advanced registration is required. Seating is limited. Call 412-636-4903 to register.

On Thursday, April 25th, we will be sharing an update on the Virtual Reality Project with the greater community. We will have a meal and presentation beginning at 4:30 PM. The event will be held at the University of Pittsburgh’s Community Engagement Center, located at 1908 Wylie Avenue. Please register for this event. Call 412-636-4903 to register.

Please note: The Senior Center will be CLOSED Friday 4/5/24 due to a building closure.

Stay tuned for the dates and details for the planting day for our rooftop garden, located on the terrace of the Thelma Lovette YMCA.

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.

Chair Yoga

Mondays, April 8th and April 22nd @ 12:15 PM

Join us for focused and relaxed chair yoga instruction.

Matilda Theiss Health Series

Monday, April 8th @ 10:00 AM

Join Jessica Magnu, Community Engagement Coordinator, UMPC Matilda Theiss Health Center, for a presentation Urinary Tract Infections.

Titanic Exhibit at the Kamin Science Center

Monday, April 15th; Time To Be Announced

Join us for a visit to the Titanic Exhibit. Seating is limited and registration is required. Call 412-636-4903 to sign up.

African Dance

Monday, April 29th @ 12:15 PM

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

Community Dinner Update on the Virtual Reality Project

Monday, April 29 @ 4:30PM-6:00PM,

University of Pittsburgh's Community Engagement Center, 1908 Wylie Avenue, Pittsburgh, PA 15219

Join us for a community update on the Virtual Reality Project. The project was recently shared with the Governor and the First Lady at their residence for the Teenie Harris Lecture.

TUESDAYS

Active @ Any Age Strength

Tuesdays @ 12:00 PM, YMCA Fitness Studio

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

Casino Trip

Tuesday, April 2nd @ 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 sign up.

TUESDAYS (CONT.)

Wal-Mart Shopping Trip

Tuesday, April 9th @ 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 sign up.

Restaurant Outing

Tuesday, April 16th @ 10:30 AM

Join other members for lunch at a local eatery, location to be decided upon. Transportation is provided. Seating is limited. Call 412-636-4903 to register.

Memory Capes

Tuesdays, April 2nd, 9th, 16th and 23rd @ 12 PM

Steel Smiling Senior Support Group

Tuesdays, April 9th and April 23rd @ 1:00 PM

Join us for a facilitated mental wellness conversation that includes topics of self-care and other topics.

Shopping Trip

Tuesday, April 23rd @ 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 required. Call 412-636-4903 to sign up.

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 @ 10:00AM

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

Bible Study

Wednesdays @ 10:30AM

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

WEDNESDAYS (CONT.)

Community Forum

Wednesday, April 3rd @ 9:00 AM

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

Dance Party

Wednesday, April 10th and 24th @ 12:15 PM

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

Virtual Reality

Wednesday, April 3rd and 17th @ 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.

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.

Short Story Session

Thursday, April 4th and April 18th @ 12:15 PM

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

Community Dinner Update on the Virtual Reality Project

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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.

Active@Any Age Strength

Fridays @ 12:00 PM, YMCA Fitness Studio

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

Therapeutic Chair Massage

Friday, April 12th, 19th, and 26th @ 10:00 AM

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

Storytelling & the Arts

Fridays, April 19th and April 26th @ 10:00 AM

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

Blood Pressure Screening

Friday, April 5th @ 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, April 19th @ 12:15 PM

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

