

Picture yourself here! Join us at the Macedonia FACE Active for Life Senior Center for music, arts, dancing, book presentations, storytelling, joy and laughter

FACE

Macedonia Family and Community Enrichment Center, Inc.

Macedonia FACE Active for Life Senior Center

September 2024

412-281-2573

www.MacedoniaFACE.org

A MESSAGE FROM US TO YOU

Dear Friends,

September marks the change of seasons when the leaves change from the greens of summer to the reds, browns and oranges of autumn. Change is a big part of the Macedonia FACE Active for Life Senior Center.



Pictured above are changemakers at the center who participated in an innovative project with University of Pittsburgh researcher, Jennifer Nwogu. Ms. Nwogu is studying how African American seniors engage with information technology. Each participant received a gift card for each session they attended.

Ms. Nwogu wrote a paper and asked for feedback to make sure the comments reflected the experiences of the seniors. She will submit the paper to a journal and to an international conference scheduled in 2025.

See you at the Center!

Autumn officially begins the 22nd at 8:43a.m. The day has nearly equal hours of day and night. What you can do to mark the start of fall::

- Make a fall collage or art project using leaves and pine cones.
- Make homemade apple cider or apple sauce
- Take a drive through a local park or visit a nearby trail.
- Buy a new fall fragrance

Special Events in September:

September 19– So Long Summer Swan Song

September 23– Salad Lunch and Learn at the Teenie Harris Building.



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

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!

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.

Matilda Theiss Health Series

Monday, September 9th @ 10:00 AM

Join representatives from UPMC as they present on health topics.

Chair Yoga

Mondays, September 9th, 15th & 22nd @ 12:30 PM

Join us for focused and relaxed chair yoga instruction.

Salad Lunch & Learn at the Charles "Teenie" Harris Building

Monday, September 23rd @ 10:00 AM

Join Melita Terry for a hands-on healthy food demonstration at the Charles "Teenie" Harris Building.

African Dance

Monday, September 30th @ 12:15 PM

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

TUESDAYS

Active@Any Age Strength

Tuesdays @ 12:00 PM

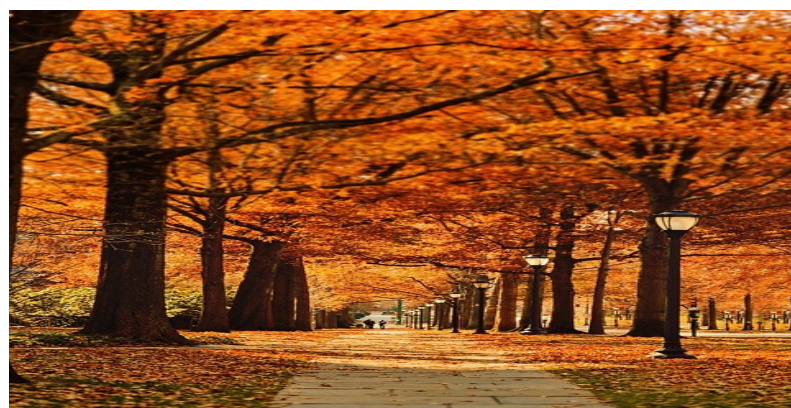
YMCA Fitness Studio

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

Casino Trip

Tuesday, September 3rd @ 10:00 AM

Join us for a visit to the Rivers Casino. Transportation is provided, but seating is limited. Pre-registration is required. Call 412-636-4903 to sign up.



TUESDAYS (CONT.)

Wal-Mart Shopping Trip

Tuesday, September 10th @ 9:30AM

Join other members for a Wal-Mart shopping trip. Pre-registration required. Transportation is provided, but seating is limited. Pre-registration is required. Call 412-636-4903 to sign up.

Steel Smiling Senior Support Group

Tuesdays, September 10th and 24th @ 1:00PM

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

Restaurant Outing

Tuesday, September 17th @ 10:00 AM

Join other members for lunch at a local eatery. Transportation is provided, but seating is limited. Pre-registration is required. Call 412-636-4903 to sign up.

Shopping Trip

Tuesday, September 24th @ 10:00 AM

Join other members for a shopping trip to a location to be determined. Transportation is provided, but seating is limited. Pre-registration is required. Call 412-636-4903 to sign up.

WEDNESDAYS

Community Forum

Wednesday, September 11th @ 9:30 AM

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

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 @ 10:00 AM

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

Bible Study

Wednesdays @ 10:30 AM

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

WEDNESDAYS (CONT.)

Dance Party

Wednesdays, September 11th & 25th @ 12:15PM

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

Virtual Reality

Wednesday, September 18th @ 12:15 PM

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.

Health Presentation

Wednesday, September 25th @ 11:00 AM

Join Baleigh Butler for part of a series on a variety of health topics.

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.

On The Move

Thursdays @ 11:00 AM

On The Move is a new class lead by Kristen Lippert from the Thelma Lovette YMCA. The class will focus on strength and mobility with a combination of seated and standing exercises.

Active@Any Age Strength

Thursdays @ 12:00PM

YMCA Fitness Studio

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

Wills and Trusts

Thursday, September 19th @ 9:30 AM

Notary Mikia Wilson will help notarize documents for center participants. Pre-registration is required. Call 412-636-4903 to sign up.

So Long Summer Swan Song

Thursday, September 19th @ 11:30 AM

Join us as we bid summer a fond farewell. We will have lunch and entertainment on the patio. Pre-registration is required. Call 412-636-4903 to sign up.

Lunch and a Movie

Thursdays (Dates TBD) @ 11:00 AM -1:00 PM

Enjoy lunch and a movie on our large screen television.

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.

Blood Pressure Screening

Friday, September 6th @ 11:00AM

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

Storytelling & the Arts

Fridays, September 6th, 13th & 20th @ 10:00AM

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

InterPlay

Fridays, September 6th and 20th @ 12:15 PM

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

Therapeutic Chair Massage

Fridays, September 13th, 20th & 27th @ 10:00 AM

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

