



*Join us for our celebration of Mother's Day
on Wednesday, May 7th at 11:00 AM.*

Wear your best hat and outfit!

*This event has a limited capacity and you
must register in advance.*

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

May 2025 412-281-2573

www.MacedoniaFACE.org

A MESSAGE FROM US TO YOU

Dear Friends,

Welcome to May—a month full of celebrations. Mother's Day is May 11th. It is a special time to honor our mothers, grandmothers, sisters, aunts, friends, neighbors and other mother figures who have taken the time to love and educate us.

On May 26th, we observe Memorial Day—a time to honor and mourn the heroic men and women who gave their lives in service to their country. We are forever grateful for their bravery and sacrifices.

May is also Older Americans Month, a time to recognize the contributions made by elders. The theme for this year is "Flip the Script on Aging." The focus is on transforming the way society perceives, talks about and approaches aging. Senior centers are constantly exploring ways to keep seniors active, engaged and vibrant.

Finally, we are preparing for planting day on the patio garden at the Thelma Lovette YMCA. There are so many ways to support the garden—watering plants, pulling weeds, harvesting plants, taking photos, cleaning up, planning the planting party and creating activities for the harvest.

We look forward to seeing you at the Center!

Note: A number of activities – based inside and outside of the center— are confirmed after the calendar is printed. Those activities are displayed and distributed at the senior center.

Please note that special events and trips require sign-up in advance. Special programs may have a small fee for participation. The fee will be included in the description. Activities are subject to change.



**The Senior Center is
closed on Monday,
May 26 in
observance of
Memorial Day.**



Give Meaningfully to



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



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.

Virtual Reality

Monday, 5/5 and 5/19 @ 10:00 AM

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.

Chair Yoga

Monday, 5/5, 5/12 and 5/19 @ 1:00 PM

Join us for a relaxed chair yoga instruction that focuses on slow breathing, gentle movements and intentions.

UPMC Matilda Theiss Health Presentation

Monday, 5/12 @ 10:00 AM

Join representatives from UPMC as they present on a variety of health topics each month.

Garden Meeting

Monday, 5/5 and 5/12 @ 10:00AM

Join the Garden Committee to plan for the upcoming planting season.

Teenie Harris Building

Monday, 5/19 @ 9:00 AM

Join us as we continue to enjoy off-site programming at the Teenie Harris Building, 2195 Webster Avenue.

African Dance

Monday, 5/19 @ 12:15 PM

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

TUESDAYS

Chair Yoga

Tuesdays @ 10:00 AM

This class is tailored for seniors, offering gentle poses, mindful breathing, and relaxation techniques to promote flexibility, strength, and inner peace.

Active@Any Age Circuit

Tuesdays @ 12:15 PM, YMCA Fitness Studio

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

Beginner Soul Line Dancing

Tuesdays @ 1:00PM

A beginner's class that will teach the fundamentals of line dancing.

TUESDAYS (CONT.)

Wal-Mart Shopping Trip

Tuesday, 5/6 @ 9:30 AM

Join other members for a Wal-Mart shopping trip. **Transportation is limited and pre-registration is required. Call 412-636-4903 or stop in to sign up.**

Casino Trip

Tuesday, 5/13 @ 10:00 AM

Join us for a visit to the Rivers Casino.

Transportation is limited and pre-registration is required. Call 412-636-4903 or stop in to sign up.

Steel Smiling Senior Support Group

Tuesday, 5/13 and 5/27 @ 1:00 PM

Join us for facilitated mental wellness conversations that include topics such as self-care .

Restaurant Trip

Tuesday, 5/20 @ 10:30 AM

Join other members for lunch at a local eatery.

Transportation is limited and pre-registration is required. Call 412-636-4903 or stop in to sign up.

Shopping Trip

Tuesday, 5/27 @ 10:30 AM

Join other members for a trip to Red, White & Blue.

Transportation is limited and pre-registration is required. Call 412-636-4903 or stop in to sign up.

WEDNESDAYS

Cardio H2O- Aqua Aerobics

Wednesdays @ 10:00 AM

Greater mobility and increased muscle strength are just a few of a the benefits of regular pool workout.

Bible Study

Wednesdays @ 10:30 AM

Join the study group as they make their way through the Bible week by week.

Nutrition Presentation

Wednesday, 5/7 @ 10:30 AM

Join us for a nutrition presentation by Tiffany Kinney, from UPMC, where we will make personal pan pizzas. **You must pre-register. Call 412-636-4903 or stop in to sign up.**

Mother's Day Tea

Wednesday, 5/7 @ 11:00 AM

Join us for a special Mother's Day meal. **This event has a limited capacity and pre-registration is required. Call 412-636-4903 or stop in to sign up.**

Community Forum

Wednesday, 5/14 @ 9:00 AM

Join us for a conversation about ways we can enhance the activities at the center.

WEDNESDAYS (CONT.)

Mental Health Presentation

Wednesday, 5/14 @ 10:30 AM

Join the staff from Macedonia FACE for a mental health presentation.

Dance Party

Wednesday, 5/14 and 5/28 @ 12:15 PM

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

InterPlay

Wednesday, 5/21 @ 12:15 PM

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

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.

Active@Any Age Stretch/Balance

Thursdays @ 11:00 AM

This class will focus on strength and mobility while seated and standing.

Crochet Class

Thursdays @ 10:00 AM

This class is for all skill levels.

Chicago Style Stepping and Movement

Thursdays @ 12:15 PM

Learn the latest line dances with Darryl Daughtry in the Fitness Center.

Diabetes Prevention Workshop

Thursday, 5/1, 5/8 ,5/15 and 5/22 @ 12:00 PM

Duquesne University Nursing School is offering a series of workshops on diabetes prevention.

Grocery Store Update

Thursday, 5/15 @ 10:00 AM

Join us for an update on the supermarket from Abdullah Salem.

Fly Walkers with Ernest Bey

Thursday, 5/22 @ 10:00 AM

Join us for a unique project to embellish canes, walkers and wheelchairs. Once the "walkers" are decorated, we will find a date to show them off during a walk on Centre Avenue.

Planting Day

Thursday, 5/29 @ 10:00 AM

Join us as we plant our garden. There are many ways you can lend a hand!

THURSDAYS (CONT.)

Potluck Lunch

Thursday, 5/29 @ 11:00 AM

Bring your favorite dish and we will enjoy a feast of goodies!

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 Circuit

Fridays @ 12:15 PM, YMCA Fitness Studio

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

Therapeutic Chair Massage

Friday, 5/2, 5/9 and 5/16 @ 10:00 AM

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

Storytelling & the Arts

Friday, 5/2, 5/9 and 5/16 @ 10:00 AM

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

Technology Sessions

Friday, 5/30 @ 12:15 PM

Learn how to use the technology on your cellphone.

Health Presentation

Friday, 5/2 @ 11:00 AM

Join us for a health presentation by Baleigh Butler, from the UPMC Living-at-Home Program

