



SAVE *the* DATE

Jazz

FOR HOPE

MACEDONIA FACE ANNUAL EVENT

THURSDAY,
SEPTEMBER 28, 2023
5:30pm to 8:00pm

August Wilson African American Cultural Center,
980 Liberty Avenue, Pittsburgh, PA 15222



Macedonia FACE Active for Life Senior Center

September 2023

412-281-2573

www.MacedoniaFACE.org

The Senior Center is closed on September 4th for Labor Day.



HAPPY
LABOR
DAY



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,

Summer is winding down, but there are still great opportunities to enjoy the outdoors before the weather changes. Look out for festivals and community events happening throughout the city.

September is Blood Cancer Awareness Month, a time to honor the 1.5 million people in the U.S. living with or in remission from blood cancers. For all those impacted by cancer, every minute matters—whether it's racing against time to find the right treatment, achieving remission, or savoring quality moments with friends and family. Leukemia, lymphoma, myeloma, myelodysplastic syndromes (MDS), and myeloproliferative neoplasms (MPNs) are types of cancer that can affect the bone marrow, the blood cells, the lymph nodes, and other parts of the lymphatic system. To learn more visit www.lls.org.

The last week in September is also Banned Books Week. Book bans erase history and represent the effort to silence those most underrepresented in literature. Some ways fight book bans are to stay informed, read banned books, share banned books with others, and speak out against book banning. (www.goodgoodgood.co). Keep your eyes and ears out for more information about our Banned Book Week events!



WORDS HAVE
POWER

READ A
BANNED BOOK

ALA.ORG/BBOOKS

ALA American Library Association

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.

Coffee and Paint

Mondays @ 10:30 AM

Join us as we paint on canvas while enjoying your favorite beverage.

Vacant Property Study

Monday, September 11 @ 12:15 PM Join the staff of Grounded Strategies and community representatives as they discuss the vacant property study in the Hill District.

Good Mood Food

Monday, September 18 @ 11:00 AM

Join us for a healthy food conversation and a demonstration led by Christina White, a Schweitzer Fellow with Pitt Medical Center.

Kayaking

Monday, September 18 @ 2:00 PM

Join us in the pool for this unique introduction to kayaking by Venture Outdoors and Kayak Pittsburgh. This event is open to members, their family members and friends. It will take place in the pool at the Thelma Lovette YMCA.

African Dance

Monday, September 25 @ 12:15PM

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

TUESDAYS

Dance and Be Fit with Roland Ford

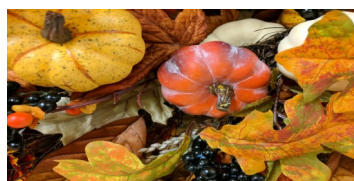
Tuesdays @ 11:00 AM, YMCA Fitness Studio

Come exercise and dance with Roland Ford. Exercises are cardio and low impact, alternating between standing and sitting.

Active@Any Age Strength

Tuesdays @ 12:00 PM, YMCA Fitness Studio

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



TUESDAYS (CONT.)

Steel Smiling Senior Support Group

Tuesday, September 12 & 26 @ 1:00 PM

Join us for facilitated mental wellness conversations that includes topics of self-care among others.

Men's Discussion Group

Tuesday, September 12 and 26 @ 1:00 PM

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

Healthy Breakfast Demonstration

To Be Announced

Join Melita Terry, Senior Community Engagement Coordinator, University of Pittsburgh, Alzheimer's Disease Research Center, for a healthy breakfast demonstration.

Supermarket Presentation with Abdullah Salem

To Be Announced

Join Abdullah Salem as he discusses updates for Salem's Market & Grill in the Hill.

Information Seeking with Jennifer Nwogu

Tuesday, September 5 @ 12:15 PM

Join Jennifer for a focus group on legitimate sources and best practices for seeking information.

Casino Trip

Tuesday, September 5 @ 10:00 AM

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

Chess Club

Tuesday, September 12 and 26, from Noon—3pm.

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

Wal-Mart Shopping Trip

Tuesday, September 12 @ 9:30 AM

Join other members for a Wal-Mart shopping trip. Transportation provided and pre-registration required, call 412-636-4903 to sign up.

Virtual Reality Project

Tuesday, September 19 @ 10:00AM

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.

TUESDAYS (CONT.)

Restaurant Outing

Tuesday, September 19 @ 10:30 AM

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

Shopping Trip

Tuesday, September 26 @ 9:30AM

Join us for a shopping trip, destination to be determined. Transportation to and from the Senior Center will be provided. 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 Class

Wednesdays @ 10:30 AM

Join Senior Center members, for crocheting and conversation.

Bible Study

Please note that no meetings will be held in September. Look for its return coming soon!

Karaoke Wednesdays

Wednesdays @ 12:15 PM

Have fun singing and dancing to your favorite tunes.

Therapeutic Chair Massage

Wednesday, September 13, 20 and 27 @ 10:00 AM

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

Community Forum

Wednesday, September 6 @10AM

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

THURSDAYS

Farmer's Market Trips

Thursdays @ 9:30 AM

Join us for trips to the Market Square Farmer's Market. Register for a spot and you will get Food Bucks to use at the market. Space is limited. Call 412-636-4903 to reserve a place.

THURSDAYS (CONT.)

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 Stories Session

Thursday, September 7 and 21 @ 12:30 PM

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

First Day of Fall Picnic

Thursday, September 21 @ 11:00 AM

We are celebrating the first day of fall with a picnic on the terrace.

Dance Party

Thursday, September 14 and 28 @ 12:15 PM

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

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 @ 12:00PM, YMCA Fitness Studio

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

UPMC Blood Pressure Screenings

Friday, September 1 @ 11:30 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, September 1 and 15 @ 12:15 PM

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

Storytelling & the Arts

Friday, September 8 and 22 @ 10:00 AM

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

Gallery 820

September 15 @ 9:30 AM

Join us for a tour of the exhibit, "Traveling While Black" at the 820 Gallery. Space is limited. Call 412-636-4903 to reserve a space.

