



BEECHVIEW

HAL Senior Center



HAL—Health Active Living, is committed to ensuring that all persons 60 and older live active and healthy lives.

CitiParks HAL Senior Centers focus on improving the lives of older Pittsburghers—physically, intellectually, socially, culturally and financially.

1555 Broadway Avenue
(Beechview)
Pittsburgh, PA 15216
412-567-7290

HOURS OF OPERATION

Monday-Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*

BEECHVIEW'S Hot Lunch is served at 11:30 AM.

**Schedule subject to change—around holidays, building maintenance, weather, etc.*

SENIOR LUNCH DETAILS

*Home to
Pittsburgh Hispanic
Development
Corporation*

CENTER ACTIVITIES INCLUDE

- ⇒ Fitness Equipment, Exercise Opportunities
- ⇒ BINGO
- ⇒ Arts & Crafts
- ⇒ Guest Speakers
- ⇒ Excursions: Shopping, Meals, Cultural Experiences
- ⇒ Group Activities
- ⇒ Holiday Themed Celebrations

For more information on the daily activities offered check out the BEECHVIEW ACTIVITIES CALENDAR on Page 2.



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CITIPARKS
HEALTHY ACTIVE LIVING



Beechview Healthy Active Living Senior Center

Staff: Roberta Jones, Director
 Gina Molinaro & Jaiza Magwood, Rec. Leaders
 1555 Broadway Avenue, Suite 101, Pittsburgh, PA 15216
 Phone: (412)567-7290 / Fax: (412)567-3382



Daily activities include: board games, cards, computer lab, fitness center, pool, puzzles, reading library, tech help, television/movies, volunteer opportunities and Wii games/sports.

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Hours of Operation Monday - Friday 8:00am - 4:00pm Lunch will be served Mon- day - Friday, from 11:30am - 12:00pm. Meals provided by the Area Agency on Aging.	OPT TRIPS All OPT trips will be submitted 3 full business days prior to trip date. At least 4 members must sign- up. Schedule is subject to change.			1 OPT - Big Jim's in the Run 11:30am - 2:00pm *Nutrition Education "National Raspberry Cream Pie Day" 12:00pm - 12:30pm Fitness Club (Cardio / Free Weights) 1:00pm - 3:00pm
4 Tai Chi (Meditation / Forms) 10:00am - 11:00am Book Club 12:15pm - 1:30pm	5 Yoga (Breathing / Poses) 10:00am - 11:00am Quilting 10:00am - 11:30am Center closing @ 2:00pm Staff Appreciation Day	6 Chair Exercises (Stretching / Strengthening) 10:00am - 11:00am Summer Safety w/ Dreona Bey Of PA Health & Wellness 12:00pm - 2:00pm	7 Advisory Council Meeting 9:00 am - 10:00am Line Dancing w/ Lynette 10:00am - 11:00am Arts & Crafts w/ Lynn 12:00pm - 2:00pm \$8.00 fee	8 OPT - AL's Café 11:30am - 2:00pm *Nutrition Education "National Mochi Day" 12:00pm - 12:30pm Fitness Club (Cardio / Free Weights) 1:00pm - 3:00pm
11 Tai Chi (Meditation / Forms) 10:00am - 11:00am General Membership Meeting 12:00pm - 2:00pm	12 Yoga (Breathing / Poses) 10:00am - 11:00am Quilting 10:00am - 11:30am Wii Bowling 12:30pm - 3:00pm	13 Chair Exercises (Stretching / Strengthening) 10:00am - 11:00am **Protecting Yourself for all of Life's Moments" W/ David Ely Bridge Insurance Group, Inc. 12:00pm - 2:00pm	14 Line Dancing w/ Lynette 10:00am - 11:00am * "Carnegie Library of Pittsburgh (CLP) 101" w/ Carnegie Library of Pittsburgh Representative, Whitney Archer 12:00pm - 2:00pm	15 OPT - Applebees 11:30am - 2:00pm *Nutrition Education "National Lemon Meringue Day" 12:00pm - 12:30pm Fitness Club (Cardio / Free Weights) 1:00pm - 3:00pm
18 Tai Chi (Meditation / Forms) 10:00am - 11:00am *Cultural Awareness: "Discovery Day" 12:00pm - 12:30pm Movie Afternoon 12:15pm - 3:00pm	19 Yoga (Breathing / Poses) 10:00am - 11:00am Quilting 10:00am - 11:30am Wii Bowling 12:30pm - 3:00pm	20 Chair Exercises (Stretching / Strengthening) 10:00am - 11:00am Domestic Violence Prevention w/ Janice Goldsborough Women's Shelter & Center 12:00pm - 2:00pm	21 Line Dancing w/ Lynette 10:00am - 11:00am **"Tea Party" w/ Tracy Paris of Oak Street Health 12:00 pm - 2:00pm	22 OPT - Central Diner 11:30am - 2:00pm *Nutrition Education "National Pecan Torte Day" 12:00pm - 12:30pm Fitness Club (Cardio / Free Weights) 1:00pm - 3:00pm
25 Tai Chi (Meditation / Forms) 10:00am - 11:00am *Cultural Awareness: "Notting Hill Carnival" 12:00pm - 12:30pm Board Games 1:00pm - 3:00pm	26 (Breathing / Poses) 10:00am - 11:00am Quilting 10:00am - 11:30am Wii Bowling 12:30pm - 3:00pm	27 Chair Exercises (Stretching / Strengthening) 10:00am - 11:00am * "Blood Pressure & Wellness Check" w/ City of Pittsburgh Paramedic, Sara 12:00pm - 2:00pm	28 Line Dancing w/ Lynette 10:00am - 11:00am 12:00pm - 3:00pm	29 OPT - Pasta Too 11:30pm - 2:00pm *Nutrition Education "National Chop Suey Day" 12:00pm - 12:30pm Fitness Club (Cardio / Free Weights) 1:00pm - 3:00pm

Please sign-up for trips with staff. Activities & events that have an * please sign-up in the Activities Binder.



Beechview Healthy Active Living Senior Center Newsletter August 2025



Welcome to the Beechview HAL Senior Center!

The Beechview Healthy Active Living Senior Center welcomes any individual (60 years of age or older), who resides in Allegheny County to become a member. Membership is free and may be obtained by stopping by the senior center to fill out a registration form. Once an active participant, you'll quickly see how the senior center focuses on improving the lives of our members culturally, financially, intellectually, physically and socially.

A nutritious lunch is provided daily to our members free of charge. However, there is a suggested donation of .50¢ for program activities. Center activities include: arts & crafts; bingo; excursions for cultural experiences, meals & shopping; fitness equipment & exercise opportunities; guest speakers; group activities and holiday-themed celebrations.

If you are interested in becoming a member of the Beechview HAL Senior Center, stop by for a tour of our facility and sign-up today!

Information & Assistance for:

- ACCESS Transportation (Individual Trips)
- OPT Transportation (Center Group Trips)
- Property Tax & Rent Rebates
- LIHEAP (Energy Assistance)
- Medicare & Medicaid
- SNAP Benefits
- Farmers Market Vouchers
- Senior Food Boxes
- VITA Tax Preparation
- Other Information & Assistance



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Thank you to everyone that pitched in and helped with the Center Picnic! To those who organized the picnic, choose the menu, ordered the food, picked up the food, lent us kitchen equipment, got gift cards for the door prizes, helped in any way to make the Ice Cream basket and to our staff here at the Center, THANKS SO MUCH!!

To the Picnic Committee, I can't Thank You enough for stepping up and all that you did!!

Sue Pfeuffer

Staff

Center Director: Roberta Jones
Recreation Leader 1: Gina Molinaro
Recreation Leader (PT): Jaiza Magwood

Hours of Operation

Monday - Friday, 8am - 4pm

Lunch is Served

Monday - Friday at 11:30am - 12:00pm
(Pre-register by 12pm two business days prior)

*"Healthy Active Living Programs
are funded in part by the
Allegheny County Area Agency on Aging"*

Senior Citizens Day is August 17, 2025

The elderly population of the world is huge and expected to just keep on growing. By 2025, experts estimate that there will be over one billion people over 65. Because of their experience, expertise, and dedication to life, these people deserve to be recognized for the achievements. Luckily, August 21 is Senior Citizens Day, a national holiday intended to honor and show appreciation for the older adults in our lives.

Founded by President Ronald Reagan in 1988, this holiday celebrates the 40.3 million senior citizens that live in the United States. Many of these seniors are still active and independent, with 28 percent of people over 65 still living on their own and 16.2 percent still maintaining jobs. Older people carry with them the wisdom and knowledge that takes a lifetime to learn, so it is important not to simply push them to the side after they reach a certain age. In turn, show them much appreciation and love on this day dedicated to them.

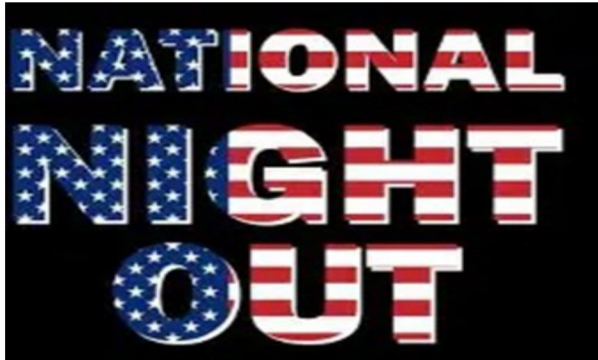


Grandparents

U K A F G I W F A X A X B
E O L A L D N I X L L N U
A O Z L A E U W S L O N C
G U H L S N K S I D O N K
M V E S S T A W E I O D E
E E I W E I G H T F S M T
D C M D S S L C G K U H L
I B E O X T E S S F T L I
C R R C R L K A F L Y O S
A I S T L Y T F A W T N T
R D M O N E Y E M A R E U
E G C R J D H T I L A L S
D E C L I N E Y L K V Y C
R E L I G I O N Y E E X A
G S E C U R I T Y R L M N
E S I L W P A T I E N C E

ALONE	MEDICARE
ALZHEIMERS	MEMORY
BRIDGE	MONEY
BUCKET LIST	PATIENCE
CANE	RECOLLECTION
DECLINE	RELIGION
DENTIST	SAFETY
DOCTOR	SECURITY
FALLS	TASKS
FAMILY	TRAVEL
GLASSES	USEFUL
GOLF	WALKER
HEALTH	WEIGHT
LONELY	WILL
	WISDOM

National Night Out is August 5, 2025



It's becoming a summer event all across the country. In some cities and communities, National Night Out is celebrated in individual neighborhoods. In others, the event is citywide.

From the schedule of entertainment, it may appear that National Night Out (NNO) is just for fun. Sponsored by the National Association of Town Watch, the events are intended to be fun, but they have a more serious purpose: To bring members of the community and local police together in a partnership that promotes safety in neighborhoods.

The alcohol-free, family oriented events make August more fun. With no other significant holiday events occurring in this month, NNO is there to highlight August with an evening or afternoon of activities. Of course, you could go to the fair, but your NNO celebration is probably closer and doesn't cost anything.

Will you see local law enforcement people there? You probably will. It will give you an opportunity to meet them in person and see how friendly they are. And NNO gives you a fine opportunity to introduce your kids to smiling police officers. They'll like the attention they get, and they'll learn that the police are friendly and protective.

National Aviation Day is August 19, 2025

Observance of National Aviation Day was established in 1939 by President Franklin Delano Roosevelt. He issued a presidential proclamation which designated the day be observed on the anniversary of Orville Wright's birthday.

According to the National Aeronautics and Space Administration: His adventurous nature and drive to succeed combined with his brother Wilbur's research skills to achieve what is considered by many to be the greatest, most influential accomplishment of the 20th century. Their feat changed the way we live our lives, the way we see the world and "revolutionized both peace and war."



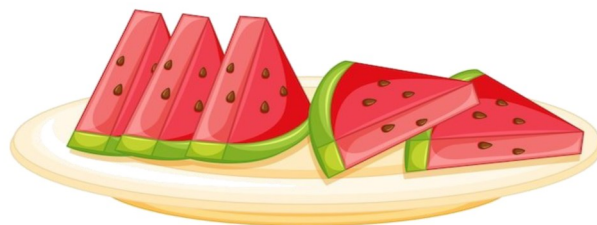


National Farmers Market Week, celebrated every first week in August, from August 3 to 9 this year, is the time of year where local farmers are provided with an extra opportunity to market the goods they grow. It also serves as a way to advertise and promote the numerous benefits of organic produce, as well as the value of such markets for a community. Yes, farmers' markets not only make a nation healthier but also give back to the community by providing jobs. So this National Farmers Market Week, understand the essence of organic food and have the time of your life by partaking in the fun events, contests, and activities held to honor the week. Be Sure to shop farmers market this week and take your vouchers.



Do you like to play games? How about Scrabble?? We know some of you like to do puzzles. We know some of you like to play Bingo. We have all kinds of games at the Center. See or talk with Gina or Peg and let them know that you would like to get together for a game day.

Watermelon: The Superfood You Love



Summer refreshment: Have a sip of watermelon! Forget broccoli and spinach for today -- here's the superfood everyone loves to eat!

The juicy pink smile of a watermelon slice (one cup diced) is actually a thirst quencher at 92 percent water. Its ample potassium, more than in a banana, also makes it a good preventative for heat stroke. Additionally, it packs a giant dose of glutathione to deter free radicals and enhance the immune system.

Watermelon is second only to tomatoes as a key source of the cancer-fighting antioxidant lycopene, and it has a lot of vitamin C besides. This superfood has as much fiber as a slice of whole-wheat bread, also features vitamin A, thiamine and magnesium, and all of this for little more than 50 calories a cup. Actually, it's enough just to know you can eat this treat anytime and feel good about doing it.

Selecting: Look for one with a brown stem attached. Thump the center to see if it makes a nice thud. That means it's ripe.

Storing: Uncut watermelons can be stored unrefrigerated for three to four days. After cutting, cover and refrigerate any leftover chunks.

For a refreshing thirst quencher, puree with apple and lemon juices, or freeze this puree for ice pops.

Though we don't recommend eating them, watermelon seeds are a folk remedy for high blood pressure. The seeds contain the compound cucurbitacin, which helps dilate capillaries and boost kidney function-- key mechanisms