



GLEN HAZEL 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.

**945 Roselle Court
(Hazelwood)
Pittsburgh, PA 15216
412-422-6554**

CENTER ACTIVITIES INCLUDE

- ⇒ 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 GLEN HAZEL ACTIVITIES CALENDAR on Page 2.

HOURS OF OPERATION

Monday-Friday
10 AM—3 PM

SENIOR LUNCH PROGRAM*

GLEN HAZEL'S Hot Lunch is served at 12 PM.

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

SENIOR LUNCH DETAILS



This is a satellite location.

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HEALTHY ACTIVE LIVING

Glen Hazel Healthy Active Living Center

David Washington, Valeria James, Marlana Edge
945 Roselle Ct.; Pittsburgh, PA 15207; 10:00 AM – 3:00 PM
Pho: (412) 422-6554; Fax: (412) 422-6438



CITIPARKS
HEALTHY ACTIVE LIVING

Daily Activities Include: Cards, Exercise Equipment, Darts, Puzzles, Volunteer Opportunities, Wii Games and Tech Support for Tablets, Computers and Smartphones (by Appointment)

August 2025

| MON | TUE | WED | THU | FRI |
|---|--|--|--|--|
| | | | | |
| <p>Lunch Served Mon, Wed & Thurs 11:00 AM—12:00 PM Provided by the Area Agency on Aging (Suggested donation \$0.50)</p> | | | | <p>1 Silver Sneakers (Hazelwood) 10:00-11:00</p> <p>**Help at Home (Hazelwood) 10:00-12:00</p> <p>BINGO (Hazelwood) 12:30-3:45</p> |
| <p>4 Silver Sneakers 10:00-11:00</p> <p>Chair Exercises 1:00-2:00</p> | <p>5 Line Dancing (Hazelwood) 10:00-11:30</p> <p>Center Closing At 1:00 pm</p> | <p>6 <u>Walmart</u> 9:30-12:00</p> <p><u>The Original Pancake House</u> 12:30-3:30</p> | <p>7 Breathing Exercise 10:00-11:00</p> <p>Craft Class 12:00-2:00</p> | <p>8 Silver Sneakers (Hazelwood) 10:00-11:00</p> <p>**Nutrition Education (Hazelwood) 10:00-12:00</p> <p>BINGO (Hazelwood) 12:30-3:45</p> |
| <p>11 **PRT Bus Safety 11:00-12:00</p> <p>Advisory Council Meeting 12:00-1:00</p> | <p>12 Line Dancing (Hazelwood) 10:00-11:30</p> <p>BINGO (Hazelwood) 12:30-3:45</p> | <p>13 <u>Trax Farm</u> 9:30-3:30</p> | <p>14 <u>Visit To Morningside</u> 9:30-3:30</p> | <p>15 Silver Sneakers (Hazelwood) 10:00-11:00</p> <p>**Park Ranger Presentation (Hazelwood) 10:30-12:00</p> <p>BINGO (Hazelwood) 12:30-3:45</p> |
| <p>18 Silver Sneakers 10:00-11:00</p> <p>Chair Exercises 1:00-2:00</p> | <p>19 Line Dancing (Hazelwood) 10:00-11:30</p> <p>BINGO (Hazelwood) 12:30-3:45</p> | <p>20 <u>Visit To Lawrenceville</u> 9:30-3:30</p> | <p>21 Breakfast Club(\$5) 10:00-11:30</p> <p>Craft Class 12:00-2:00</p> | <p>22 Silver Sneakers (Hazelwood) 10:00-11:00</p> <p>**UPMC Living at Home (Hazelwood) 10:00-12:00</p> <p>BINGO (Hazelwood) 12:30-3:45</p> |
| <p>25 Silver Sneakers 10:00-11:00</p> <p>Chair Exercises 1:00-2:00</p> | <p>26 Line Dancing (Hazelwood) 10:00-11:30</p> <p>BINGO (Hazelwood) 12:30-3:45</p> | <p>27 Silver Sneakers 10:00-11:00</p> <p>Birthday Club 1:00-2:00</p> | <p>28 <u>Market Square Farmer’s Market</u> 9:30-12:00</p> <p><u>Acrisure Stadium Rib Cook-Off</u> 12:30-3:30</p> | <p>29 Silver Sneakers (Hazelwood) 10:00-11:00</p> <p>**PA Health & Wellness (Hazelwood) 10:00-12:00</p> <p>BINGO (Hazelwood) 12:30-3:45</p> |