



GREENFIELD 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.

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 GREENFIELD ACTIVITIES CALENDAR on Page 2.

FACILITY/PARK OFFERINGS

- ⇒ Home to **Magee Recreation Center**
 - ⇒ Weight Room—requires Fitness Membership (\$5/month)
 - ⇒ Indoor Gymnasium/Basketball Court
- ⇒ Magee Park
 - ⇒ Playground
 - ⇒ Basketball Courts
 - ⇒ Magee Swimming Pool (Outdoor/Seasonal)
 - ⇒ Bocce Court
 - ⇒ Magee #1 & #2 Baseball Fields

FOLLOW US ON:



**745 Greenfield Avenue
(Greenfield)
Pittsburgh, PA 15217
412-422-6551**

HOURS OF OPERATION

Monday-Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*

GREENFIELD'S Hot Lunch is served at 12 PM.

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

Click here for:

[SENIOR LUNCH DETAILS](#)



CITIPARKS
HEALTHY ACTIVE LIVING

GREENFIELD
HEALTHY ACTIVE LIVING

745 Greenfield Ave.
Pittsburgh PA 15217
(412) 422-6551












Monday thru Friday
8:00 a.m. to 4:00 p.m.



2025

Thomas Horan — Center Director
Dynasti Dickerson — Recreation Leader
Meiluan Yao — Recreation Leader
Isabella Fero — Recreation Leader

Calendar is subject to change!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	CITIPARKS HEALTHY ACTIVE LIVING			BINGO Tuesdays & Fridays 1:00	LUNCH 12:00 Suggested Donation of \$0.50	Funded in Part by the Area Agency on Aging
	Information and Referral daily Masks at your own discretion	 	National Immunization Awareness Month	 	1 Matter of Balance 10:00 AM BINGO 1:00	2 August Flowers: • Gladiolus • Poppy
3 	4 Bocce 10:15-11:45 Chinese Dancing 10:30 AM Nintendo Sport 1:00 PM	5 CENTER PICNIC 10:00-3:45	6 SilverSneakers 10:30 AM Documentary Tours: Scuba Diving 11:15 AM	7 Tai Chi 10:30 AM Nintendo Bowling 1:00 PM	8 Aerobics 10:30 AM VisAbility Pittsburgh 11:00 AM BINGO 1:00	9 August Zodiac • Leo • Virgo 
10 	11 Bocce 10:15-11:45 Chinese Dancing 10:30 AM Nintendo Sport 1:00 PM	12 Chair Yoga 10:00 AM PRT Police Safety Class 11:30 AM BINGO 1:00	13 SilverSneakers 10:30 AM Arts & Crafts with Staff 1:15 PM	14 Tai Chi 10:30 AM Nintendo Bowling 1:00 PM	15 Aerobics 10:30 AM Travel Tour: Caribbean Islands 11:15 AM BINGO 1:00	16 Stay Hydrated!
17 	18 Bocce 10:15-11:45 Chinese Dancing 10:30 AM Nintendo Sport	19 Chair Yoga 10:00 AM 43 Ways to Cook Potatoes 11:15 AM BINGO 1:00	20 Nutrition Education 11:15 AM OPT Dining 12:30 PM	21 Tai Chi 10:30 AM Nintendo Bowling 1:00 PM	22 Aerobics 10:30 AM Healthier Smoothies 11:00 AM BINGO 1:00	23 August Colors • Burnt Red • Orange
24/31 	25 Bocce 10:15-11:45 Chinese Dancing 10:30 AM Nintendo Sport	26 Chair Yoga 10:00 AM Nutrition Education 11:15 AM BINGO 1:00	27 SilverSneakers 10:30 AM Arts & Crafts with Staff 1:15 PM	28 Tai Chi 10:30 AM Nintendo Bowling 1:00 PM	29 Estate Planning 11:00 AM August Birthdays BINGO 1:00	30 August Birthstones • Peridot • Sardonyx • Spinel



Greenfield General August 2025



A Message from the Staff...

Greetings..

Sunshine in June, adventures in July, patience, peace, and purpose in August.

The month August — originally the 6th month until 8 B.C. — was named Sextile in Latin and changed to August to honor the emperor Augustus. He chose August because several of his great triumphs occurred during this occurred in the month.

A time of the in between — August settles the summer toward the harvest of fall. August is a time to embrace comfort, recenter your life, and direct wisely for the fall. August reminds us that what we sow today, we reap tomorrow. Plant the proper seeds for yourself, put in the effort where necessary, and have patience.

- If you could plant feelings into your life like seeds into dirt, what would you plant? How would you plant it?
- Just as plants need fertilizer, water, etc., what else can you do to help yourself bloom?
- What have you enjoyed about summer?

Remember to keep your bodies and minds active—get blood flowing by stretching, walking, tai chi... jog the mind— music, puzzles, art, reading, writing...

Whether you read your favorite book, watch your favorite show or movie, listen to your favorite music, paint in your favorite style, cook your favorite meal, plant in your garden, listen to the birds, write in your journal... Have fun and get creative!

If you're looking for great company and activities, come to the Greenfield HAL center, with catered meals daily. We'll be happy to give you a tour and sign you up with a free application and free Membership!

Keep safe, live healthy, and take care of yourself... **Happy Summer!!**

All our best,
Greenfield
HAL Center



Upcoming OPT Group Trips

Wednesday August 20th 12:30-3:15

- *OPT Dining*

Tuesday August 5th & 19th

- *OPT BOLD to Monroeville Mall
(Blind Outdoor Leisurely Development)*

Upcoming Center Special Events + Activities

Tuesday August 5th

Center Picnic 10:00 AM to 3:45 PM

Wednesdays August 13th & 27th

Arts & Crafts with Staff 1:00 PM

Friday August 29th

Estate Planning Class 11:00 AM

Friday August 29th

August Birthday Lunch 12:00 PM

AUGUST CLOSURES

N/A



Regularly Scheduled Daily & Weekly Activities

LUNCH IS SERVED

**MONDAY THRU FRIDAY—12:00
(Preregister 2 days in Advance)**

- **Nutrition Classes**
At Least Once a Month—See Calendar
- **BINGO**
Tuesdays + Fridays—1:00
- **Documentaries**
- **Blood Pressure**
Request from Staff
- **Chair Yoga with Donna**
Tuesdays 10:00—See Calendar
- **Chinese Dancing**
Mondays, Wednesdays, + Fridays
10:30
- **Tai Chi w/ Yao**
Thursdays 10:30
- **Arts & Crafts with Staff**
Wednesdays 1:00—see calendar
- **Reading, Relaxation Painting, Board Games, Cards, Wii Bowling, Exercise, Documentaries, etc.** available daily upon request.
- **Program, activity, and topic suggestions are welcomed & encouraged.** Please let us know if you may have any requests of what you'd like to participate in, and we can consider the accommodation.

CCAC CLASSES

N/A UNTIL FALL

