

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.



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

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



7321 Frankstown Avenue (Homewood) Pittsburgh, PA 15208 412-244-4190

HOURS OF OPERATION

Monday-Friday 8 AM—4 PM

SENIOR LUNCH PROGRAM*

HOMEWOOD'S Hot Lunch is served at 12 PM.

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

SENIOR LUNCH DETAILS





FOLLOW US ON:













HOMEWOOD HEALTHY ACTIVE LIVING CENTER 7321 FRANKSTOWN AVENUE PITTSBURGH, PA. 15208

"Happy August! May your month be filled with peace and happiness."

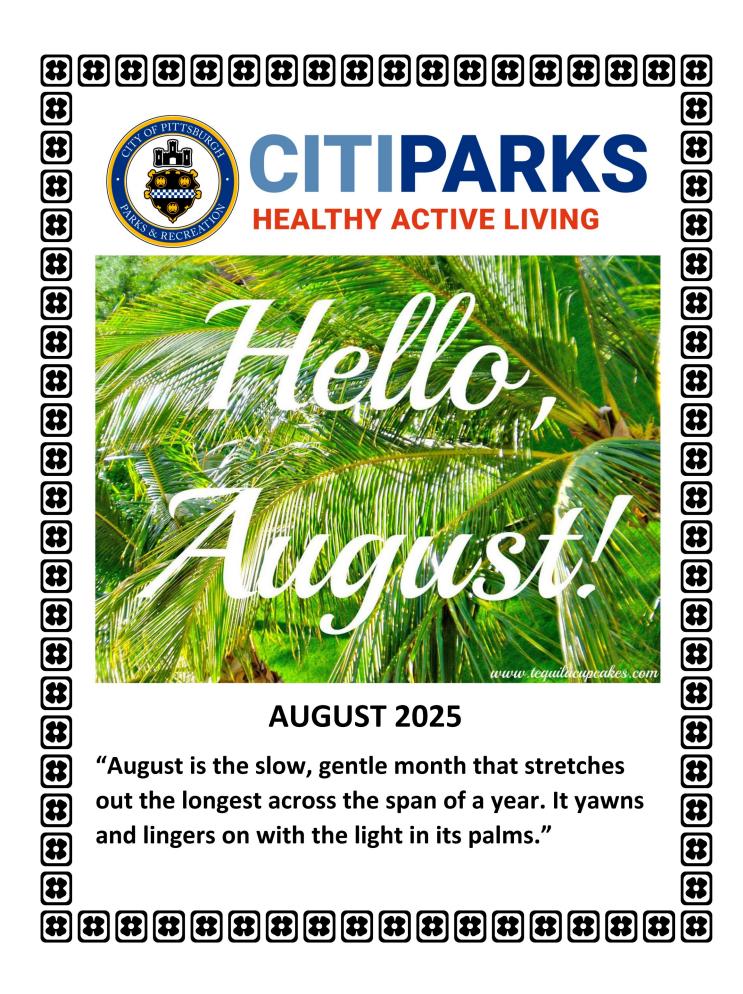


AUGUST IS.... Women's Equality Day Friendship Day National Immunization Awareness Month Pittsburgh Veg-Fest in Allegheny Commons

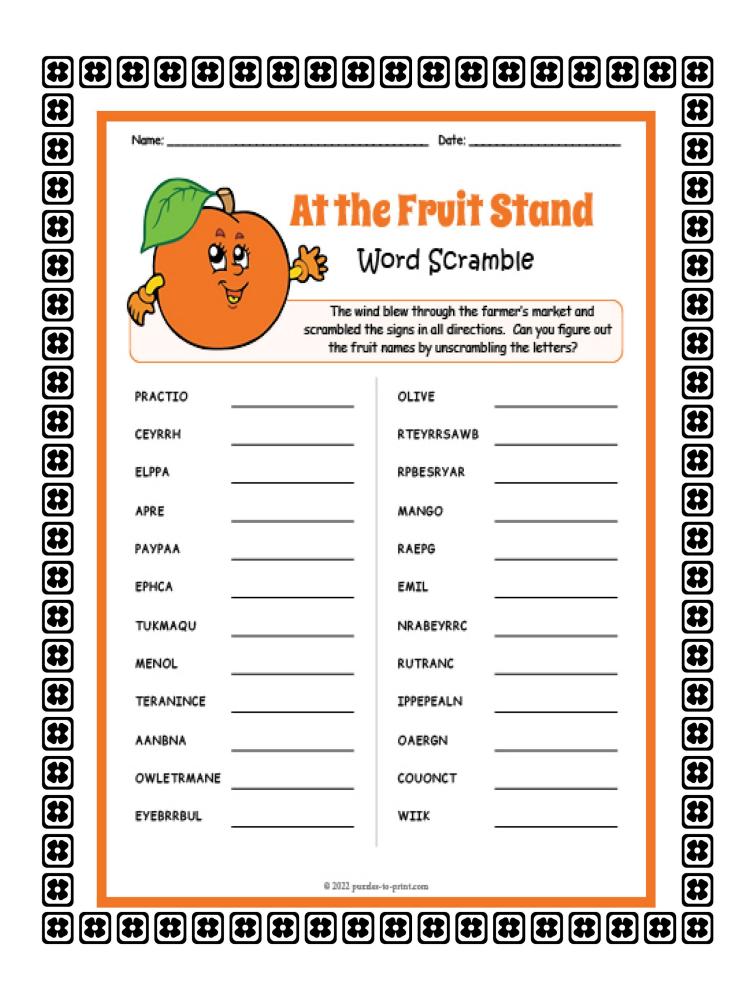
Melinda McCormick/ Director Deborah Starling /Rec Leader 1 Aishelle Boyd / Rec Leader 1

Center hours: Monday thru Friday 8:00 a.m. to 4:00 p.m. 412-244-4190

	Mon	Tue	Wed	Thu	Fri	Sat
HARPY SUNDAY MAYEA (EVILLY MORNING	Homewood HALC sponsored in part by AAA All trips, Classes and Activities are subject to change.	Visit the virtual senior academy for online activities. Suggested donation .50 Cards, Ceramics, Crafts, Bingo, Pool, Darts and Computers	Neighborhood Legal Aid, upon request.	Information and Referral available Upon Request. Advice Help Cardiner Service Support Assistant of Office Carton	L Exercise with HASFIT for Seniors @ 10:00 a.m. Blood pres- sures with Melinda after exercise Movie Fridays @ 1	Happy Safurday!
3	4	5	6	7	8	9
HARPY SUNDAY TAVE A LEVILLY MORNING	Ceramics class with Mr. Madison @ 10:00 a.m. Parkinson Association Exercise class from 1:00 p.m. to 1:45 p.m. Fellowship @ 1:00 p.m. Line dancing—1 to 3 p.m.	All Centers will close AT 1 pm TODAY. Please schedule your OPT to reflect the time change.	Ceramics class with Mr. Madison @ 10:00 a.m. Diamond Art @ 11:00 a.m. with Miss Simon	Pokeno @ 9:30 am Special Presentation @ 11:30 a.m. from West Brook Medical Assoc. with Duke Stankowski. Bingo @ 1:00 pm	Exercise with HASFIT for Seniors @ 10:00 a.m. Blood pressures with Melinda after exercise Movie Fridays @ 1	Happy Safurday! HAVE A BEAUTIFUL WEEKEND!
10	11	12	13	14	15	16
HAPPY BUNDAY HAVE A BOVLEY MORNING	Ceramics class with Mr. Madison @ 10:00 a.m. Parkinson Association Exercise class from 1:00 p.m. to 1:45 p.m. Fellowship @ 1:00 p.m. Line dancing from 1:00 to 3:00 p.m.	Line Dance—10 to 12 noon Jazz on the Patio with Rico Sneed, Guitarist and Singer @ 1:00 p.m.	Homewood Senior Center Annual Picnic 11-3 p.m. Schenley Park Viet Nam Vet Pavilion	Pokeno @ 9:30 am Bingo @ 1:00 pm	Exercise with HASFIT for Seniors @ 10:00 a.m. Blood pressures with Melinda after exercise Movie Fridays @ 1	Happy Saturday! Have a Beautiful Weekeno!
17	18	19	20	21	22	23
HARPY SUNDAM MAY ALOVEY MORGING	Ceramics class with Mr. Madison @ 10:00 a.m. Parkinson Association Exercise class from 1:00 p.m. to 1:45 p.m. Fellowship @ 1:00 p.m. Line dancing from 1:00 to 3:00 p.m.	Line Dance—10 to 12 noon UPMC Vision Institute Opthamology Community Outreach Eye Presentation from 11:30 to 12:30 Lunch and Learn	Ceramics class with Mr. Madison @ 10:00 a.m. Special Pokeno and Rummikub games from 9 to 11 a.m. Diamond Art @ 11:00 a.m. with Miss Simon	Pokeno @ 9:30 am Bingo @ 1:00 pm	Exercise with HASFIT for Seniors @ 10:00 a.m. Blood pres- sures with Melinda after exercise Movie Fridays @ 1	Happy Safurday! Have A Beautiful Weekend!
24	25	26	27	28	29	30
HAPPY	Ceramics class with Mr. Madison @ 10:00 a.m. Parkinson Association Exercise class from 1:00 p.m. to 1:45 p.m. Fellowship @ 1:00 p.m. Line dancing from 1:00 to	Line Dance—10 to 12 noon Let's workout to music @ 1:00 p.m.	It's Golden Corral Time, again (in Robinson Tom, Center) OPT Van leaves at 10:30 a.m.	Pokeno @ 9:30 am Bingo @ 1:00 pm	Let's make Water Candles with Deb and enjoy a Sundae as we say goodbye to Summer @ 1:00 Movie Fridays @ 1	Happy Safurday! HAVE A BEAUTHUL WEEKEND!
31						Happy Safurday!













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SENIOR SPOTLIGHT FOR AUGUST – MR. MADISON CHERRY

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Mr. Madison Cherry is a man of many talents and skills. Long before he joined the Homewood Senior Center as our Ceramics Instructor, his careers spanned over several decades. Exciting and Interesting life! Beginning with the birth of his two sons; Raymond and Tremel. Mr. Madison is a proud grandpa of eight! A military man serving in the Air Force, Mr. Madison trained the troops how to cook and prepare meals from Bunsen burners for soldiers in the field in Viet Nam. His exposure to celebrities during that time introduced Mr. Madison to Manager Branch Rickey of the Brooklyn Dodgers who was instrumental in integrating team with the famous Jackie Robinson, breaking the color barrier. The first Viet Nam POW Everett Alvarez Jr. was his second instruction to one of the greats. Mr. Madison prepared the celebratory dinner for Alvarez, in which actress, Jane Fonda was the guest speaker. Mr. Madison was there, front and center to meet Ms. Fonda before the others arrived. Mr. Madison traveled around the world, with culinary skills and food management which includes opening and trouble shooting problem accounts for Del Monte.



