



HOMWOOD

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.

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

HOURS OF OPERATION

Monday-Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*

HOMWOOD'S Hot Lunch is served at 12 PM.

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

SENIOR LUNCH DETAILS

CENTER ACTIVITIES INCLUDE

- ⇒ 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 HOMWOOD ACTIVITIES CALENDAR on Page 2.



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HEALTHY ACTIVE LIVING



**HOMWOOD 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
	Homewood HALC sponsored in part by AAA <i>All trips, Classes and Activities are subject to change.</i>	<i>Visit the virtual senior academy for online activities.</i> <i>Suggested donation .50 Cards, Ceramics, Crafts, Bingo, Pool, Darts and Computers</i>	Neighborhood Legal Aid, upon request. 	<i>Information and Referral available Upon Request.</i> 	1 <i>Exercise with HASFIT for Seniors @ 10:00 a.m. Blood pres- sures with Melinda after exercise</i> <i>Movie Fridays @ 1</i>	2 
	3 4 <i>Ceramics class with Mr. Madison @ 10:00 a.m.</i> <i>Parkinson Association Exercise class from 1:00 p.m. to 1:45 p.m.</i> <i>Fellowship @ 1:00 p.m.</i> <i>Line dancing—1 to 3 p.m.</i> 	5 <i>Line Dance—10 to 12 noon</i>  <i>All Centers will close AT 1 pm TODAY. Please schedule your OPT to reflect the time change.</i>	6 <i>Ceramics class with Mr. Madison @ 10:00 a.m.</i> <i>Diamond Art @ 11:00 a.m. with Miss Simon</i>	7 <i>Pokeno @ 9:30 am</i> <i>Special Presentation @ 11:30 a.m. from West Brook Medical Assoc. with Duke Stankowski.</i>  <i>Bingo @ 1:00 pm</i>	8 <i>Exercise with HASFIT for Seniors @ 10:00 a.m. Blood pres- sures with Melinda after exercise</i> <i>Movie Fridays @ 1</i>	9 
	10 11 <i>Ceramics class with Mr. Madison @ 10:00 a.m.</i> <i>Parkinson Association Exercise class from 1:00 p.m. to 1:45 p.m.</i> <i>Fellowship @ 1:00 p.m.</i> <i>Line dancing from 1:00 to 3:00 p.m.</i> 	12 <i>Line Dance—10 to 12 noon</i>  <i>Jazz on the Patio with Rico Sneed, Guitarist and Singer @ 1:00 p.m.</i>	13 Homewood Senior Center Annual Picnic 11-3 p.m. Schenley Park Viet Nam Vet Pavilion	14 <i>Pokeno @ 9:30 am</i> <i>Bingo @ 1:00 pm</i> 	15 <i>Exercise with HASFIT for Seniors @ 10:00 a.m. Blood pressures with Melinda after exercise</i> <i>Movie Fridays @ 1</i>	16 
	17 18 <i>Ceramics class with Mr. Madison @ 10:00 a.m.</i> <i>Parkinson Association Exercise class from 1:00 p.m. to 1:45 p.m.</i> <i>Fellowship @ 1:00 p.m.</i> <i>Line dancing from 1:00 to 3:00 p.m.</i>	19 <i>Line Dance—10 to 12 noon</i> UPMC Vision Institute Ophthamology Community Outreach Eye Presentation from 11:30 to 12:30 Lunch and Learn	20 <i>Ceramics class with Mr. Madison @ 10:00 a.m.</i> <i>Special Pokeno and Rummikub games from 9 to 11 a.m.</i> <i>Diamond Art @ 11:00 a.m. with Miss Simon</i>	21 <i>Pokeno @ 9:30 am</i> <i>Bingo @ 1:00 pm</i> 	22 <i>Exercise with HASFIT for Seniors @ 10:00 a.m. Blood pres- sures with Melinda after exercise</i> <i>Movie Fridays @ 1</i>	23 
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	31					



CITIPARKS

HEALTHY ACTIVE LIVING



AUGUST 2025

"August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms."

AUGUST ACTIVITIES FOR SENIOR (SEASONED) CITIZENS

Visit Farmer's Markets and pick produce to make a healthy meal.

Reminisce with friends about school days.

Visit various gardens and take pictures of flowers in bloom.

Plan and go on a Picnic!

Reminisce about old friends for National Friendship Day on August 5th

Enjoy Life!



Name: _____ Date: _____



At the Fruit Stand

Word Scramble

The wind blew through the farmer's market and scrambled the signs in all directions. Can you figure out the fruit names by unscrambling the letters?

PRACTIO

CEYRRH

ELPPA

APRE

PAYPAA

EPHCA

TUKMAQU

MENOL

TERANINCE

AANBNA

OWLETRMANE

EYEBRRBUL

OLIVE

RTEYRRSAWB

RPBESRYAR

MANGO

RAEPG

EMIL

NRABEYRRC

RUTRANC

IPPEPEALN

OAERGN

COUONCT

WIIK

NATIONAL IMMUNIZATION AWARENESS MONTH

National Immunization Awareness Month (NIAM) is an annual observance in August that highlights the importance of vaccinations for people of all ages. It's a time to remind everyone to talk to their healthcare provider about recommended vaccines and ensure they and their families are up to date on their vaccinations.

National Immunization Awareness Month aims to raise awareness about the importance of vaccination across the lifespan to help protect communities from serious diseases.

Be wise....Immunize!



**HOMWOOD SENIOR CENTER'S ANNUAL GATHERING IN THE
PARK / VIETNAM VET PAVILION**

**COME ONE, COME ALL....LET'S GATHER AND BREAK BREAD
TOGETHER, PLAY CARDS, LINE DANCE AND BE JOYFUL!**

WEDNESDAY, AUGUST 13, 2025

FROM 11:00 A.M. TO 3:00 P.M.

Vietnam Veterans Pavilion

Overlook Dr, Pittsburgh, PA 15260



SENIOR SPOTLIGHT FOR AUGUST – MR. MADISON CHERRY



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.

This led our Mr. Madison to one of his last positions, working at Carnegie Mellon for over 15 years as Director of Dining Services. As a lifelong worker, Mr. Madison just could not stop! He served as an Investigator for cases that involve business and industry and to this day, is still active in the field. Upon joining the Homewood Senior Center, Mr. Madison identified an exciting area with which to travel in the area of ceramics. He embellished the program through innovation and heightened creativity. The Ceramics Class took off! One of his special creations had spanned the test of time. His lamps created with popsicle sticks are now, and have always been a Homewood favorite.



Mr. Madison and his partner Kim Casteel work hand in hand on many of his amazing projects. Teamwork makes the Dream work! Kim shows one of her skills, below. This painted football was for the youth football team for Hill District Youth. See the Youth Football Team (Mascot) Lamp!



EVENTS AND PROGRAMS IN AUGUST 2025 AT HOMEWOOD HALC

TUESDAY, AUGUST 5, 2025 – CENTER IS CLOSED AT 12 NOON

- Special Rummikub and Pokeno Wednesday games – every Wednesdays in AUGUST 2025
- Parkinson's Foundation exercise – Every Monday in AUGUST from 1:00 to 1:45 p.m.
- Ceramics Class with Mr. Madison Every Monday and Wednesday in AUGUST
- Fellowship Program Every Monday in AUGUST @ 1:00 p.m.
- Diamond Art Class with Mrs. Simon Every Wednesday in AUGUST from 9:00 a.m. to 11:00 a.m.
- Brook Medical Association Presentation on Thursday, August 7th at 11:30
- Exercise with HASFIT for Seniors @ 10:00 a.m. every Friday in AUGUST
- Movie Fridays (Every Friday in AUGUST)
- JAZZ on the PATIO with Rico Sneed, Guitarist on Tuesday, August 12th at 1:00 p.m.
- HOMEWOOD ANNUAL Gathering in the Park, Wednesday, August 13, 2025 from 11:00 a.m. to 3:00 p.m. (Please sign up for OPT Travel)
- UPMC Vision Institute presentation, Tuesday, August 19, 2025 from 11:30 to 12:30 p.m.
- GOLDEN CORRAL LUNCHEON, Wednesday, August 27th (van leaves at 10:30 a.m.)
- LET'S Have SUNDAES and make Water Candles with DEB.....SAY GOODBYE to Summer at 1:00 p.m.
- Line Dancing every Monday and Tuesday from 1 to 3:00 p.m. and 10:00 to 12:00 noon



"Sunlight, travel and joy happens between the months of June and August. Soak in the sun and enjoy!"

Melinda McCormick, Director