



# MORNINGSIDE 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 MORNINGSIDE ACTIVITIES CALENDAR on Page 2.**



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**1802 Jancey Street  
(Morningside)  
Pittsburgh, PA 15206  
412-665-4342**

## HOURS OF OPERATION

Monday-Friday  
8 AM—4 PM

## SENIOR LUNCH PROGRAM\*

*MORNINGSIDE'S Hot Lunch is served: Mon-Thurs 12 PM, Fri 11:30 AM*

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

## SENIOR LUNCH DETAILS

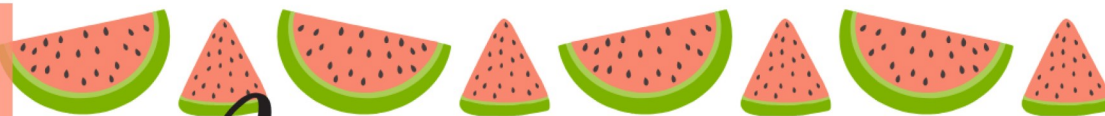


**CITIPARKS**  
HEALTHY ACTIVE LIVING

**Morningside  
Healthy Active Living**

1802 Jancey Street  
Pittsburgh, PA 15206  
(412)-665-4342

Monday — Friday  
8:00 am to 4:00 pm



Emma Sciuillo  
David Sniderman

Calendar is subject to change

MONDAY LUNCH @ NOON	TUESDAY LUNCH @ NOON	WEDNESDAY LUNCH @ NOON	THURSDAY LUNCH @ NOON	FRIDAY LUNCH @ 11:30
				1
Suggested Donation of .50 Cents for Meals  <b>*Bingo Jackpot: "KABOOM!"</b>  <i>*Friday Bingo Card Sales End at 12:50pm</i>	 <b>CITIPARKS</b> HEALTHY ACTIVE LIVING <i>Funded in part by Allegheny County Agency on Aging</i>			<b>Dance Fitness Video</b> 10am  1-3pm
4	5	6	7	8
Virtual Workout Video 10 am  <b>Walmart- Pgh Mills</b> 11am-1pm	<b>Yoga &amp; Balance w/ Bethany</b> 10 am  <b>CLOSED @ 1:30pm</b>	Virtual Workout Video 9:30 am  <b>Hand &amp; Foot Tournament</b> 9:30am-3pm	<b>*THERAPETS w/ Simone the Cat*</b> 9-10 am  <b>Penny Bingo</b> 1-3 pm	<b>Silver Sneakers Fitness w/ Danielle</b> 10am  1-3pm
11	12	13	14	15
<b>Left Right Center</b> 10am  <b>Olive Garden</b> 11am - 1:30pm	<b>Advisory Co. Meeting</b> 10-11 am  <b>Birthday Lunch</b> 12 pm  <b>Movie &amp; Popcorn</b> 1-3 pm	<b>Red White &amp; Blue</b> 10:30am-1:00pm  <b>Tai Chi w/ Sharif</b> 1-2 pm	<b>*Senior Visit from Hazelwood HAL!*</b> 10am- 3pm  <b>Penny Bingo</b> 1pm	<b>*VisAbility PGH Vision Presentation*</b> 10am  1-3pm
18	19	20	21	22
<b>*Diabetes &amp; Foot Care w/ Westbrook Med Center*</b> 10am  <b>Cornhole</b> 1-3pm	<b>Breakfast (\$5) &amp; Bingo @ Hazelwood HAL!</b> 10:00am - 2:30pm  <b>Yoga &amp; Balance w/ Bethany</b> 1pm	Virtual Workout Video 9:30 am  <b>Hand &amp; Foot Pickup</b> 9:30am-3pm	<b>Picnic @ Schenley Park - 10am-2:30pm</b> <b>\$10.00</b>  <b>*ACCESS @ 9:30</b> 	<b>Christian Home Healthcare Presentation</b> 10am  1-3pm
25	26	27	28	29
<b>Mexican Train Dominoes</b> 10 am  <b>"Meeting Grief" w/ Lisa &amp; Donna</b> 1-2 pm	<b>River's Casino</b> 10am-2pm  <b>Wii Bowling</b> 1-3 pm	<b>Art Class w/ Carmella</b> 10 am  <b>Tai Chi w/ Sharif</b> 1-2 pm	<b>*Your Health, Your Way: Bone &amp; Joint Health Series* Wk 1</b> 10am  <b>Penny Bingo</b> 1-3 pm	<b>Exercise Class w/ Baleigh</b> 10am  1-3pm