



# WEST END HAL Senior Center



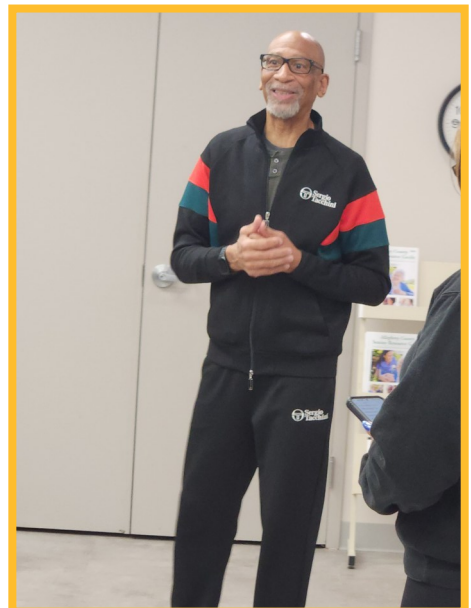
**HAL—Health Active Living, is committed to ensuring that all persons 60 and older live active and healthy lives.**

**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 WEST END ACTIVITIES CALENDAR on Page 2.**



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# August, 2025

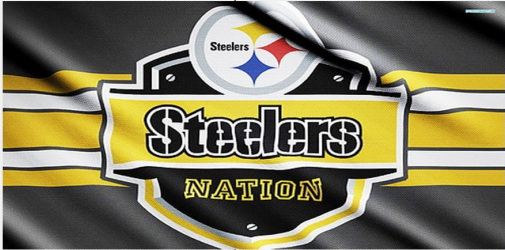
## West End Healthy Active Living Center

Julia Heath (Center Director)

80 Wabash Street, Pittsburgh, PA 15220

Phone: (412) 937-3068 / Fax: (412) 937-3076



Monday	Tuesday	Wednesday	Thursday	Friday
Lunch is Served Monday-Friday Between 11:30- 11:45 Donation \$.50 Funded in Part By the Allegheny County Area Agency on Aging	<b><u>MARK YOUR CALENDAR CRAFT SHOW AT THE WEST END SATURDAY AUGUST 2nd 10:00-3:00</u></b>	<b><u>TRAINING CAMP</u></b> 	<b><u>THIS MONTH GOOD LUCK</u></b>	1 Walking 10:00 Exercise Equipment Puzzles <u>True Story</u> <u>"A Life Saved,</u> <u>A Life Lost"</u> 11:30
4 Walking 10:00 <u>Board Game Day</u> Yahtzee 10:30 <u>Brain Busters 11:30</u> <u>JEWELRY SALE</u> <u>CONTINUES</u> <u>ALL WEEK</u>	5 <u>Speaker</u> <u>District Attorney's</u> <u>Office 11:00</u>  <u>Nutrition</u> Safe Cooking 12:00  Poker 12:00	6 <u>NO ACTIVITIES</u> <u>TODAY</u>  <u>GATEWAY</u> <u>CLIPPER</u> <u>Luncheon Jazz</u> <u>Cruise</u>	7 <u>Board Game Day</u> <u>Learn to play</u> <u>Canasta</u> 10:00  <u>Rock Painting</u> 12:15  Exercise Equipment	8 Walking 10:00 <u>Craft</u> <u>Tea Cup</u> <u>Decoration Using</u> <u>Button</u> 12:15 \$2.00 Grief Counseling 5:00 <u>LAST DAY OF</u> <u>JEWELRY SALE</u>
11 <u>Speaker</u> <u>Diabetes</u> <u>Prevention</u> 10:00  <u>Rock Painting</u> 12:15	12 Poker 12:00 <u>Superstitions</u> 11:30 <u>Dinner</u> <u>w/Friends</u> <u>Texas Roadhouse</u> <u>Bridgeville</u> 4:30	13 Walking 10:00  Heart Healthy Exercise 11:00  Blood Pressure 11:30	14 Exercise Equipment  <u>"Painting</u> <u>w/Seniors</u> 3-5 <u>\$10 Includes</u> <u>Dinner</u>	15 <u>Painting</u> <u>w/Joyce</u> <u>Paint Pour</u> 10:00  <u>Nutrition</u> "Easy Ways to Boost Fiber 11:30
18 Walking 10:00  Nutrition "Sodium" 11:30	19 Board Game Day Rubicube 10:00  Poker 12:00	20 Walking 10:00 *Heart Healthy Exercise 11:00 Book Club 12:00	21 <u>Pizza Day</u> <u>&amp;</u> <u>Movie Day</u> 12:00 <u>Lucy &amp; Desi</u> <u>Long Long Trailer</u>	22 Walking 10:00 <u>Let's Talk</u> <u>Put Freeze or</u> <u>Alert on Credit</u> 11:30 Grief Counseling 5:00
25 <u>Advisory</u> <u>Council Mtg.</u> 10:00 <u>WQED Elizabeth</u> <u>Black Story Part 1</u> 12:15	26 Poker 12:00 <u>Brain Health</u> <u>"The Mighty Word"</u> 11:30 <u>Craft</u> <u>Pearl Ornament</u> 12:15	27 Walking 10:00 Heart Healthy Exercise 11:00 <u>WQED Elizabeth</u> <u>Black Story Part 2</u> 12:15	28 Exercise Equipment  Puzzles	29 Walk 10:00 <u>Craft</u> <u>Lean How to</u> <u>Make Bows</u> 12:15





# WEST END HALC "Senior Newsletter" AUGUST, 2025



Hello Young at Heart Friends,

August is here, and this summer is going by too fast. The weather has been extremely hot and Humid, sometime becoming unbearable if you don't have air conditioning. The City of Pittsburgh has Cooling Centers available to you, make sure to watch the news or you can call a center and they will be happy to provide you with all of the information regarding the Cooling Centers, my number is 412-937-3068, and I will be happy to provide you with this information.

I hope you have been staying in the air conditioning, staying hydrated, and wearing light cool Clothing.. Be careful everyone.

Its been fun at the center this summer. We have had parties, hot dog roasts, a bingo fundraiser, ice cream socials, and we have a Craft Show coming up here at the West End on Saturday, August 2, 2025, from 10-3. If your not a member, please stop by anytime between 8-4, Monday thru Friday at 80 Wabash Street in the West End and I will be happy to sign you up. Its free and all you need is a current photo id.

**Lunch is served between 11:30-11:45. Need to order 2 days in advance. .**

All my best,

*Julie*



## **AWESOME FUN FACTS ABOUT THE MONTH OF AUGUST**

August 1st \* Lammas Day (Harvest Season)  
August 4th \* National Friendship Day  
August 7th \* Purple Heart Day  
August 30th \* National Beach Day  
August 19th \* World Humanitarian Day  
August 16th \* Elvis Presley Left This World

- August is a Common Boy's name in Sweden
- There are 3 Birthstones in the month of August, Sardonyx, Spinel & Peridot
- Famous People who have Birthdays In August, Barack Obama, Sean Connery, Jennifer Lawrence and Whitney Houston

**August is also known as:**

**National Golf Month :** A celebration for golf enthusiasts to enjoy the sport

**Family Fun Month:** Encourages families to spend quality time together through various Activities

**Peach Month:** Celebrates the deliciousness of peaches, perfect for summer recipes and treats

**International Clown Week:** August 1-7  
A fun week dedicated to clowns and the joy they bring

**August is often seen as a time for relaxation and enjoyment, making it a great month for Vacations, outdoor activities, and family gatherings**

**Whether you celebrate a specific holiday, or simply enjoy the summer weather, August offers plenty of opportunities for fun for everyone**



## **RECIPE CORNER**

### **WATERMELON COOLER**

- 1/4 Watermelon (seedless)
- 4 Strawberries (Frozen can be used)
- 1/8 cup Sugar
- 1/8 cup Water
- 1 cup Crushed Ice

**Cut the watermelon into Square pieces, then put into the Blender**

**Cut the tops off of the Strawberries, add to blender Mix**

**Add remaining ingredients To blender Mix well**

**This recipe makes 2 large Glasses**

**(leftovers, put into container with lid, leave room for expansion. Put into the freezer for 30-60 days)**

### **VARIATIONS**

- Add a piece of fruit to the rim of the Glass, or cut up strawberries add to the drink
- Garnish with fresh mint leaves
- Serve with a festive straw
- Add a splash of lemon juice
- Use carbonated water for a bubbly effect