



# BEECHVIEW

## 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.*

1555 Broadway Avenue  
(Beechview)  
Pittsburgh, PA 15216  
412-567-7290

### HOURS OF OPERATION

Monday-Friday  
8 AM—4 PM

### SENIOR LUNCH PROGRAM\*

*BEECHVIEW'S Hot Lunch is served at 11:30 AM.*

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

### SENIOR LUNCH DETAILS

*Home to  
Pittsburgh Hispanic  
Development  
Corporation*

### 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 BEECHVIEW ACTIVITIES CALENDAR on Page 2.**



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HEALTHY ACTIVE LIVING




# Beechview Healthy Active Living Senior Center

Staff: Melinda McCormick, Director  
Gina Molinaro & Jaiza Magwood, Rec. Leaders  
1555 Broadway Avenue, Suite 101, Pittsburgh, PA 15216  
Phone: (412)567-7290 / Fax: (412)567-3382



Daily activities include: board games, cards, computer lab, fitness center, pool, puzzles, reading library, tech help, television/movies, volunteer opportunities and Wii games/sports.

## December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>Tai Chi (Meditation / Forms) 10:00am - 11:00am</p> <p>*Nutrition Education "Hanukah Meals" 12:00pm - 12:30pm</p>	<p><b>2</b></p> <p>Yoga (Breathing / Poses) 10:00am - 11:00am</p> <p>Quilting 10:00am - 11:30am</p> <p>*Nutrition Education "The Feast of the Seven Fishers" 12:00pm - 12:15pm</p>	<p><b>3</b></p> <p>Chair Exercises (Stretching / Strengthening) 10:00am - 11:00am</p> <p>Board Game Afternoon 12:30pm - 3:30pm</p>	<p><b>4</b></p> <p>Advisory Council Meeting 12:15pm - 1:30pm</p>	<p><b>5</b></p> <p>OPT - Cheesecake Factory 11:00am - 1:30pm</p> <p>*Cultural Awareness "The History of Christmas" 12:00pm - 12:15pm</p>
<p><b>8</b></p> <p>Neighborhood Resilience Booster Shot Clinic 10:00am - 12:00pm</p> <p>Book Club 12:30pm - 2:00pm</p>	<p><b>9</b></p> <p>Yoga (Breathing / Poses) 10:00am - 11:00am</p> <p>Quilting 10:00am - 11:30am</p> <p><b>GENERAL MEMBERSHIP MEETING</b> 12:00pm - 2:00pm</p>	<p><b>10</b></p> <p>Chair Exercises (Stretching / Strengthening) 10:00am - 11:00am</p> <p>* "Blood Pressure &amp; Wellness Check" w/ City of Pittsburgh Paramedic, Sara 12:00pm - 1:30pm</p>	<p><b>11</b></p> <p>Meals on wheels Craft w/ Rose McInerney 12:00pm - 2:00pm</p>	<p><b>12</b></p>  <p>11:00am - 3:00pm</p>
<p><b>15</b></p> <p>Tai Chi (Meditation / Forms) 10:00am - 11:00am</p> <p>PA Health &amp; Wellness Dreona Bey 12:00pm - 2:00pm</p>	<p><b>16</b></p> <p>Yoga (Breathing / Poses) 10:00am - 11:00am</p> <p>Quilting 10:00am - 11:30am</p> <p>Nutrition Education w/ Kato Sherman of Humana 12:00pm - 2:00pm</p>	<p><b>17</b></p> <p>Chair Exercises (Stretching / Strengthening) 10:00am - 11:00am</p> <p>* "Protecting Yourself for all of Life's Moments" w/ David Ely of Bridge Insurance Group, Inc. 12:00pm - 1:30pm</p>	<p><b>18</b></p>  <p>12:00pm - 3:00pm</p>	<p><b>19</b></p> <p>OPT - The Porch 11:00am - 1:30pm</p> <p>*Cultural Awareness "The History of Hannukah" 12:00pm - 12:15pm</p>
<p><b>22</b></p> <p>Tai Chi (Meditation / Forms) 10:00am - 11:00am</p> <p>Arts &amp; Crafts w/ Greta 12:00pm - 2:00pm</p> <p>Book Club 12:30pm - 2:00pm</p>	<p><b>23</b></p> <p>Yoga (Breathing / Poses) 10:00am - 11:00am</p> <p>Quilting 10:00am - 11:30am</p> <p>* Nutrition Education "Traditional Kwanzaa Meal &amp; Recipes" 12:00pm - 12:30pm</p>	<p><b>24</b></p> <p>Chair Exercises (Stretching / Strengthening) 10:00am - 11:00am</p> <p>Hot Chocolate Social 12:00pm - 1:00pm</p>	<p><b>25</b></p> <p>CENTER CLOSED</p>  <p>SEASONS GREETINGS</p>	<p><b>26</b></p> <p>*Cultural Awareness "The History of Kwanza" 12:00pm - 12:15pm</p>
<p><b>29</b></p> <p>Tai Chi (Meditation / Forms) 10:00am - 11:00am</p> <p>Movie Afternoon 12:30pm - 3:00pm</p>	<p><b>30</b></p> <p>Yoga (Breathing / Poses) 10:00am - 11:00am</p> <p>Quilting 10:00am - 11:30am</p>	<p><b>31</b></p> <p>Chair Exercises (Stretching / Strengthening) 10:00am - 11:00am</p> <p>* New Year's Toast and Senior Resolutions 12:30pm - 2:00pm</p>	<p><b>OPT TRIPS</b></p> <p>All OPT trips will be submitted 3 full business days prior to trip date.</p>	<p>Lunch is served Monday - Friday, from 11:30am - 12:00pm</p> <p><b>**CALENDAR IS SUBJECT TO CHANGE**</b></p>

**Please sign-up for trips with staff. Activities & events that have an \* please sign-up in the Activities Binder.**



# Beechview Healthy Active Living Senior Center Newsletter December 2025



## WELCOME TO THE BEECHVIEW HALC CENTER!

The Beechview Healthy Active Living Senior Center welcomes any individual (60 years of age or older), who resides in Allegheny County to become a member. Membership is free and may be obtained by stopping by the senior center to fill out a registration form. Once an active participant, you'll quickly see how the senior center focuses on improving the lives of our members culturally, financially, intellectually, physically and socially.

A nutritious lunch is provided daily to our members free of charge. However, there is a suggested donation of .50¢ for program activities. Center activities include: arts & crafts; bingo; excursions for cultural experiences, meals & shopping; fitness equipment & exercise opportunities; guest speakers; group activities and holiday-themed celebrations.

If you are interested in becoming a member of the Beechview HAL Senior Center, stop by for a tour of our facility and sign-up today!

### Information & Assistance for:

- ACCESS Transportation (Individual Trips)
- OPT Transportation (Center Group Trips)
- Property Tax & Rent Rebates
- LIHEAP (Energy Assistance)
- Medicare & Medicaid
- SNAP Benefits
- Farmers Market Vouchers
- Senior Food Boxes
- VITA Tax Preparation
- Other Information & Assistance

## ***“Beechview Bingo Fundraiser”***

The Beechview Healthy Active Living Center held a Bingo Fundraiser at the Beechview Senior Center on Saturday, November 8th. The fundraiser had 50 people attend. The games consisted of 16 regular games, 3 special games, and 1 jackpot. In addition to the multiple bingo games being played, over 10 door prizes were distributed, several baskets were raffled off, share the wealth had 3 lucky winners, lucky ducky, and lollipop game of chance were offered. The event granted participants plenty of opportunities to walk away with something. A special “thank you” to all those who attended and volunteered, and especially the donors who contributed a basket, gift card, or monetary donation to help make this event successful. The money raised will be used for senior programming activities, events, supplies, and special functions held by the Center.

### Staff

Melinda McCormick, Director  
Gina Molinaro, Recreation Leader 1  
Jaiza Magwood, Recreation Leader

### Hours of Operation

Monday - Friday, 8am - 4pm

### Lunch is Served

Monday - Friday at 11:30am - 12:00pm  
**(Pre-register by 12pm two business days prior)**

*“Healthy Active Living Programs  
are funded in part by the Allegheny County Area  
Agency on Aging*

## Factors that contribute to memory decline, and ways to counter it.

Some memory declines have nothing to do with aging and are completely reversible.

Certain factors can instead be the cause, according to the American Psychological Association, including:

- Anxiety
- Dehydration
- Depression
- Infections
- Medication
- Poor nutrition
- Psychological stress
- Substance abuse
- Thyroid imbalance

Regardless of the cause, a variety of memory aids can help. And the most common memory aids among seniors include lists and routines.

A routine: Always putting your meds next to the coffee pot. Always putting the keys in your purse.

Lists: To-Do lists, either electronic or written, can be added to routines. Always put the to-do list on the kitchen table, for example. Refer to it often.

Other strategies: Take your time. Try to establish a simple, tidy living arrangement.



“Dear, do I take Holly or Jolly with food?”

## “Urgent & Essential Needs”

Members of the Beechview Senior Center are participating in a project called, “Urgent & Essential Needs”, which will provide the homeless population in the area with daily supplies needed.

We ask that all items being donated be NEW and in its original packaging. Drop-off is at the Beechview Senior Center.

Program ends on Friday, December 19th.

Below is a list of the most commonly requested items (Again, NEW and in its original packaging):

- Toiletries
  - Shampoo & Conditioner
  - Body Wash
  - Lotion
  - Baby Powder
  - Deodorant
  - Toothbrushes & Toothpaste
  - Floss
  - Chapstick
  - Shaving Cream
  - Q-Tips
  - Tissues
  - Sanitizer
- Brush, Comb & Hair Accessories
- Towels / Wash Clothes / Bath Poufs
- Clothing
  - White T-Shirts
  - Jogging Pants
  - Underwear
  - Bras
  - Socks
  - Winter Hats & Gloves
  - Shoes
- Handwarmers
- Journals/Notebooks, Puzzle Books & Pens
- Snacks
  - Granola Bars or Fruit Snacks
  - Chips, Cookies, or Crackers
  - Bottled Water



## Fun! How to find the kind that appeals to you!



Older adults need fun as much or more than young people and the good news is that you can not only have fun, you can create the kind of fun you like.

Different kinds of people actually have different ways of having fun, according to Dr. Stuart Brown, author of the book "Play".

Here are the different fun personalities:

- \* Joker types have fun watching comedies or telling jokes to others.
- \* Kinesthetes have fun doing activities like walking.
- \* Explorers like to discover strange facts and odd stories.
- \* Competitors like games or sports.
- \* Directors like to organize events.
- \* Collectors like to collect and show off their collections.
- \* Creatives like to play an instrument, paint, build, sing or knit.
- \* Storytellers love to write stories, read, or even be part of stories in the theater.

It's helpful to know where you might fall in these categories. A person who likes physical activities might not like doing a scrapbook. But the categories may well overlap, too.

Kinesthetes, storytellers and explorers might love to get season tickets to the local high school basketball games. It's exciting (good for kinesthetes). There's the thrill of victory (or agony of defeat) for the storytellers, and the explorers get to discover the secrets of the local sports conference. Or they all might join the local theater troupe.

Winston Churchill said, "The cultivation of a hobby and new forms of interest is a policy of first importance. To be really happy and really safe, one ought to have at least two or three hobbies."

## Holiday Cookies

S U G A R C O O K I E S K  
H P S P E C U L A S P F M  
O R E H O V K I K S E O E  
R Y I K P P M E E I P S L  
T A U P L Q K N A A P S O  
B N N I R R I B L B E P M  
R I E Z E E G I F K R O A  
E K L Z L S T S A O K L K  
A I N E E H G C J L A V A  
D I D L D L G O O A K O R  
L A B L D N W T R C O R O  
M A P E I H C T E H R O N  
S X D D E J D I S Y C N O  
V P D S P R I N K L E E S  
L E B K U C H E N V D S X  
W F L O R E N T I N E X R

ALFAJORES  
BISCOTTI  
FLORENTINE  
KOLACHY  
LEBKUCHEN  
LINZERKEKSE  
MADELEINES  
MELOMAKARONO  
OREHOVKI  
PEPPERKAKOR  
PIZZELLE  
POLVORONES  
PRYANIKI  
SABLES  
SHORTBREAD  
SPECULAS  
SPRINKLE  
SUGAR COOKIES  
WEDDING CAKES

