



HAZELWOOD

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.

5344 Second Avenue
(Hazelwood)
Pittsburgh, PA 15207
412-422-6549

HOURS OF OPERATION

Monday-Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*

HAZELWOOD'S Hot Lunch is
served: M-W-Th: 12 PM
Tu & F: 11:30 AM

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

SENIOR LUNCH DETAILS

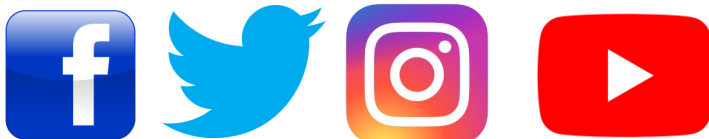
CENTER ACTIVITIES INCLUDE

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

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



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HEALTHY ACTIVE LIVING

Hazelwood Healthy Active Living Center

David Washington (Center Director); Marlana Edge, Valeria James (Rec Leaders)
5344 Second Ave.; Pittsburgh, PA 15207; Tue, Thu & Fri 8:00 AM – 4:00 PM
Pho: (412) 422-6549; Fax: (412) 422-6406



CITIPARKS
HEALTHY ACTIVE LIVING

Daily Activities Include: Cards, Exercise Equipment, Darts, Volunteer Opportunities, Wii Games and Device Tech Support

Legend: Stars (**) Denote Presentations & Speakers; Underlines (____) Denote Trips

December 2025

MON	TUE	WED	THU	FRI
1 Silver Sneakers (Glen Hazel) 10:00-11:00 Chair Exercises (Glen Hazel) 12:30-1:30	2 Line Dancing 10:00-11:30 **Bluetooth Jungle 11:30-12:00 BINGO 12:30-3:45	3 <u>Walmart</u> 9:30-12:00 <u>Golden Corral</u> 12:30-3:30	4 Chair Exercise 10:00-11:00 Pokeno 1:00-3:30	5 Silver Sneakers 10:00-11:00 **TaiJi Balance Demonstration 12:00-12:30 BINGO 12:30-3:45
8 Advisory Council Meeting (Glen Hazel) 10:00-11:00 Chair Exercises (Glen Hazel) 12:30-1:30	9 Line Dancing 10:00-11:30 **Duquesne University Health Screening 10:00-12:00 BINGO 12:30-3:45	10 <u>PuttShack</u> <u>(\$14)</u> 9:30-3:30	11 Chair Exercise 10:00-11:00 Pokeno 1:00-3:30	12 Silver Sneakers 10:00-11:00 **Humana 11:30-12:30 BINGO 12:30-3:45
15 Silver Sneakers (Glen Hazel) 10:00-11:00 Hot Dog Sale (Glen Hazel) 12:30-2:00	16 Breakfast Club(\$5) 10:00-11:30 **Community Life 10:00-12:00 BINGO 12:30-3:45	17 <u>HOLIDAY</u> <u>LIGHTS</u> <u>(\$1)</u> 4:00-10:00	18 Chair Exercise 10:00-11:00 Pokeno 1:00-3:30	19 Silver Sneakers 10:00-11:00 **Park Ranger Presentation 10:30-12:00 BINGO 12:30-3:45
22 Silver Sneakers (Glen Hazel) 10:00-11:00 Chair Exercises (Glen Hazel) 12:30-1:30	23 Line Dancing 10:00-11:30 **Confiable Home Healthcare 10:00-12:00 BINGO 12:30-3:45	24 <u>SPINS</u> <u>Bowling</u> <u>(\$14)</u> 9:30-3:30		26 Silver Sneakers 10:00-11:00 **PA Health & Wellness 10:30-12:00 BINGO 12:30-3:45
29 Silver Sneakers (Glen Hazel) 10:00-11:00 Chair Exercises (Glen Hazel) 12:30-1:30	30 Line Dancing 10:00-11:30 Nutrition Education 11:30-12:30 BINGO 12:30-3:45	31 Birthday Club (Glen Hazel) 12:00-1:00 Movie Club (Glen Hazel) 1:00-3:00 New Year's Toast (Glen Hazel) 2:30-3:00		Lunch Served Tue & Fri 11:30 AM—12:00 PM Thu 12:00—12:30 PM Provided by the Area Agency on Aging (Suggested donation \$0.50)