



LAWRENCEVILLE 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 LAWRENCEVILLE ACTIVITIES CALENDAR on Page 2.

FACILITY/PARK OFFERINGS

- ⇒ Leslie Park
 - ⇒ Playground (w/water feature, turned on seasonally)
 - ⇒ Basketball Court
 - ⇒ John "Baldy" McGrane Fields #1 & #2

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CITIPARKS
HEALTHY ACTIVE LIVING

**4600 Butler Street
(Lawrenceville)
Pittsburgh, PA 15208
412-622-6918**

HOURS OF OPERATION

Monday-Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*

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

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

SENIOR LUNCH DETAILS



LAWRENCEVILLE
HEALTHY ACTIVE
LIVING

4600 Butler Street
Pittsburgh
PA.15201
(412) 622-6918

Monday thru Friday



CITIPARKS
HEALTHY ACTIVE LIVING

Margaret Randall —
Center Dir
Laverne Blumling Rec 1

December 2025

*Calendar is subject to
change!*

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|---|---|---|
|  | 1 <i>Open Talk</i> 8AM CHAIR YOGA 10AM MOVIE 12PM | 2 <i>Beat the blues</i> 8am Monthly Recalls | 3 Name that tune 8am Living alone 9am Bingo 1pm | 4 <i>cooking tips</i> 8am <i>current events</i> 10a | 5 Dancing to the oldies 9am Tray craft 10am | 6 |
| 7 | 8 <i>Leg Exercise</i> 8am <i>Solo living</i> 10am <i>Pokeno</i> 12pm | 9 <i>Walking 9 History Class</i> 10am <i>Walmart trip</i> 11am | 10 <i>Walking</i> 8am <i>Baltimore life speaker</i> 10 | 11 <i>Chair exe</i> 9:00 to 10:00 <i>twist and shout dance</i> 10 am | Hand Exercises 8 Specker Humana Care 10 am BINGO 1:00 |  |
| 14 | 15 <i>leg exercise</i> 9 am <i>You Tube Travel video</i> 10am | 16 <i>Walking</i> 8am <i>Coping with stress</i> 9am <i>Dancing</i> 12pm | 17 Christmas Party 9-3 | 18 <i>Fitness class</i> 9 am <i>Nutrition class</i> 10am | 19 <i>Zumba</i> 9am <i>UPMC Speaker</i> 10 am <i>Bingo</i> 12 | 20 |
| 21 | 22 <i>Walking</i> 8am <i>Pickle Ball</i> 10 am <i>Movie</i> 12pm | 23 <i>Silver sneakers</i> 9:00 10:00 OPT DINE TRIP 11:00 | 24 <i>Chair aerobic</i> 9 am <i>Stress less</i> 10am <i>bingo</i> 12pm | 25 Christmas Day  | 26 <i>rock vase class</i> 9am <i>Tech class</i> 10am <i>bingo</i> 1pm | 27 |
| 28 | 29 <i>Meditation</i> 9am ED <i>Baltimore life</i> 10 am | 30 <i>Stretch for flexibility</i> 9am <i>Skin & beauty tips</i> 10 am | 31 New Year Party all day event | | | |
| | Funded in part by Alleghany Area of Aging | | |  | | |



CITIPARKS
HEALTHY ACTIVE LIVING

BEST HOLIDAY WISHES

Christ's Birthday, Hanukkah, Kwanzaa, Santa Claus, toys, trees, lights, presents, cookies, cooking, baking, stress, relatives, friends, shopping, last minute gifts, travel, stress, gingerbread houses, gift wrapping, Elf on a Shelf, once a year church attendance, ugly sweater competitions, office parties, stress, eggnog, Charlie Brown, A Christmas Story, Frosty, Rudolf, Christmas tunes, jingle bells, candy canes, tinsel, garland, giving trees, Christmas stocking, coal, stress, sleighs, reindeer, wreaths, poinsettias, mistletoe, snowmen, nativity scene, caroling, Christmas cards, more stress. Its is truly the most wonderful time of the year regardless of any worry!

Visitors to our center in November included the Attorney General, Baltimore Life, Aetna and bingo with UPMC—UPMC visits monthly. The Super Bingo held on the 15th netted the center's members and other guests an enjoyable Saturday as well as a very nice profit. OPT trips for shopping and dining are always popular with the seniors twice a month.

Members wanting to play Pickle Ball continued to do so in November. The play date in December will be available on the 22nd. REMINDER: The center will be closed the 25th in observance of Christmas. The center's Christmas party will be held on the 17th. We can start the rock vases that day and finish on the 26th if necessary. Another party? Yep, it's the New Year's all day event on the 31st. Hopefully the seniors will survive all the festivities and tempting food.

Baltimore Life will be at the center on the 29th—the representatives gave members practical and seldom known tactics, facts and advise for staying safe and not becoming a victim of any scam. UPMC will visit again on the 18th. Humana is here on the 12th. Our serving tray craft extends into December on Friday, December 5th.

Seniors—if you have ideas for different items you would like to add to the center's snack cart, please let the staff know. Also, gather your ideas for a movie list for the upcoming months of January and February. Start working on those New Year's resolutions that typically begin and end on New Year's. Members will start a "get to know your neighbor" by selecting one senior each month who will highlight their interests, likes or dislikes. We will also start Wii bowling and dart teams. Members can decide to hold these events monthly or on a weekly basis. If anyone is interested in starting a monthly book club, please let Margaret know.

"Internet Shopping" is available for your last minute holiday shopping."



Lawrenceville Healthy Active Living Center

4600 Butler Street

Pgh. PA 15201

412-622-6918

fax: 412-622-6945

Center Director: Margaret Randall
P/T Rec. Leader: Laverne Blumling

The Center is opened Mondays and Fridays 8:00 am to 4:00 pm (times are subject to change). Lunch is served at 11:30 am, Mondays thru Fridays.

The Center offers a wide variety of activities including reading, painting, board games, card games, Wii bowling, exercise classes, documentaries, guest speakers, crafts and Bingo. Check calendar for times and dates for special and daily activities.



I MADE A GINGER BREAD HOUSE FOR CHRISTMAS

