



MT. WASHINGTON 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
- ⇒ Outdoor Bocce (weather permitting)
- ⇒ Indoor Shuffle Board

For more information on the daily activities offered check out the MT. WASHINGTON ACTIVITIES CALENDAR & more—scroll down.



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CITIPARKS
HEALTHY ACTIVE LIVING

**122 Virginia Avenue
(Mt. Washington)
Pittsburgh, PA 15211
412-488-8405**

HOURS OF OPERATION

Monday-Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*

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

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

SENIOR LUNCH DETAILS

Mount Washington Healthy Active Living

122 Virginia Avenue
Pittsburgh, PA 15211
(412) 488-8405

Monday - Friday



Shawn Thomas
Lisa Wilson
Roberta Jones

Calendar is subject to change!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
<u>Flip The Center</u> Healthy Endeavors Exercise Class 10:15 Craft w/ Cheryl 12:30	Healthy Active Balance 10:15 Advisory Council Meeting 12:30 Movie Day 1:30	Healthy Endeavors Exercise Class 10:15 Texas Hold 'Em 12:30 McKnight Shopping Center Trip	Holiday Brain Teasers 11:30 Bingo 12:15 Caste Village Restaurants 3:30-6:00	Healthy Endeavors Exercise Class 10:15 Walmart Robinson Trip 1:00-3:00	Hidden Treasures Convent Shopping Trip 9:00-1:00 *50% Off in December*
8	9	10	11	12	13
Healthy Endeavors Exercise Class 10:15 Trip to West End HALC 10:00-3:30	Healthy Active Balance 10:15 Movie Day 1:30 Giant Eagle Brentwood Shopping Trip 1:00-3:30	Healthy Endeavors Exercise Class 10:15 Texas Hold 'Em 12:30 Wii Sports 2:00	<u>Dollar Dog Day</u> Holiday Brain Teasers 11:30 Bingo 12:15 Big Jim's Restaurant Trip 3:30-6:00	Healthy Endeavors Exercise Class 10:15 Wii Bowling League 12:00 Ollie's McKeesport Shopping Trip 12:30-3:00	
15	16	17	18	19	20
Healthy Endeavors Exercise Class 10:15 Trader Joe's Shopping Trip 12:30-3:00 Holiday Movie Day Series 1:00	Healthy Active Balance 10:15 Confiable Home Health Care Presentation 12:00 Phipps Holiday Light Show Trip 1:30-3:30	Healthy Endeavors Exercise Class 10:15 Texas Hold 'Em 12:30 Wii Sports 2:00	Holiday Brain Teasers 11:30 Bingo 12:15 LeMont Holiday Dinner Party 5:00-8:00	Healthy Endeavors Exercise Class 10:15 Wii Bowling League 12:00 McKnight Aldi Shopping Trip 12:30-3:30	
22	23	24	25	26	27
Healthy Endeavors Exercise Class 10:15 Bone Density Presentation 12:30 Holiday Movie Day Series 1:30	Healthy Active Balance 10:15 Center Christmas Party 12:30-3:30	Healthy Endeavors Exercise Class 10:15 Texas Hold 'Em Tournament 12:30 Wii Sports 2:00	Center Closed	Healthy Endeavors Exercise Class 10:15 Wii Bowling League 12:00 Ice Cream Social 1:00	
29	30	31			
Healthy Endeavors Exercise Class 10:15 Holiday Movie Day Series 1:00	Healthy Active Balance 10:15 Winter Nutrition Class 11:30 Book Club 1:00	Healthy Endeavors Exercise Class 10:15 Bingo 12:15 Wii Sports 2:00	*Suggested Voluntary Donation of 50 Cents for Meals*	LUNCH @ 11:30 DAILY	



CITIPARKS

HEALTHY ACTIVE LIVING

News from the Mount

Every week will be a count down towards Christmas. The kids will be getting excited for Santa and everyone will be checking their lists, not once but twice. Just to make sure they have everything that is needed to make the holiday perfect. In the mean time you need to get to the stores to finish up your holiday shopping or to mark off your shopping list for groceries. We have you covered. Come check out our calendar for December and sign up to get your holiday list marked off. If your not wanting to cook, well we have that covered as well. Join our dinner out to the LeMont for our holiday dinner party to get you in the spirit and ready for the center Christmas party the following week. So get ready for a month of fun and entertainment with your friends. And from the center staff at Mt. Washington have a Merry Christmas!

December 2025

- 12-1 Center craft with Cheryl
- 12-6 Hidden Treasures 50% off
- 12-16 Phipps Holiday Light Show
- 12-18 LeMont Holiday Dinner
- 12-23 Center Christmas Party
- 12-25 Center is closed
- 12-30 Book Club Discussion

Mt. Washington Healthy Active Living Center

122 Virginia Ave. Pittsburgh, Pa 15211

412-488-8404 fax: 412-488-8300

Shawn Thomas

Lisa Wilson

Roberta Jones

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, Wii bowling, exercise classes, documentaries, movies, guest speakers, crafts and Bingo.

Check calendar for times and dates for other activities.

Reminder: We have computer tablets and desk tops available for use in the center along with tech help, information and referral.

Please let Lisa or Shawn know of any activities/new ideas you have or would like to see provided in the Center.

