

SOUTH SIDEHAL 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.

412-488-8404

12th & Bingham Streets

Pittsburgh, PA 15203

HOURS OF OPERATION

Monday-Friday 8 AM—4 PM

(South Side)

SENIOR LUNCH PROGRAM*

SOUTH SIDE'S Hot Lunch is served at 12 PM.

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

SENIOR LUNCH DETAILS

CENTER ACTIVITES INCLUDE

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

For more information on the daily activities offered, check out the SOUTH SIDE ACTIVITIES CALENDAR on Page 2.



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Walking Time w/ Deborah

11:30am

Open Recreation 1pm-3pm

New Year's Bingo!

_STAFF: KRISTIN COYNE-CENTER DIRECTOR

DEBORAH SMITH-GLOVER FT REC.LEADER

> RON HERBINKO PT REC LEADER

SECURITY GUARD Ja'Vonna Miller



WORKOUT ROOM OPEN DAILY

9AM-3PM

* MUST BE A REGISTERED MEMBER*

->PICKLEBALL M-T-W & F 10am<-

THE SOUTH SIDE MARKET HOUSE HEALTHY ACTIVE LIVING CENTER

1201 Bingham Street Pittsburgh Pa.15203 412-488-8404

HOURS: 8am-4pm

FREE PARKING FOR ALL MEMBERS

Monday-Friday 10am-3pm (Parking lot by DQ)

		->PICKLEBALL M-T-	OU MUST BE IN THE CENTER)	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Blood Pressure check 9am LCR Dice Game 11am Walking Time w/ Deborah 11:30am Open Recreation 1pm-3pm 8 Blood Pressure check 9am LCR Dice Game 11am Walking Time w/ Deborah 11:30a Movie Day: Pearl Harbor 1pm	Chair Volleyball exercises w/ Deborah 10am Tai Chi w/ Gurney 10:45pm Mexican Train w/ Pauline 12:30pm Talking Food w/ Ron "Pasta & Marinara 1:30pm-3pm" 9 Chair Volleyball exercises w/ Deborah 10am Advisory Meeting 10:30pm Tai Chi w/ Gurney 10:45pm Mexican Train w/ Holly 12:30pm	3 Piano Lessons w/ Judy 9am Meditation, Dance &Laughter w/ Renee 11am Christmas sing along w/ Judy Verzella 1pm ALL WELCOME 10 Piano Lessons w/ Judy 9am Meditation, Dance &Laughter w/ Renee 11am Holiday Stress Discussion w/ Kristin1pm	Deal or No Deal Holiday Bingo 11am Pauline's Holiday Pop-up Shop10am-2pm The Istandary Pop-up Shop10am-2pm 11 Steeler Bingo 11am "Wear your Black & Gold" Pauline's Holiday Pop-up Shop10am-2pm	Blood Pressure check 9am Chair Volleyball exercises w/ Deborah 10am Walmart OPT— West Mifflin Supercenter 1pm 12 Blood Pressure check 9am Movie Day: "Home Alone" 10am Home Alone 2:Lost in New York 1pm
Blood Pressure check 9am City Controller Rachael Heisler 10:30am Human discussion w/ Kato 10:30am LCR Dice Game 11am Open Recreation 1pm-3pm	16 Chair Volleyball exercises w/ Deborah 10am Tai Chi w/ Gurney 10:45pm Mexican Train w/ Patricia 12:30pm Glass Fabric Plates \$1.00 a Plate 1pm	Piano Lessons w/ Judy 9am Meditation, Dance &Laughter w/ Renee 11am WQED-"The Story of Elizabeth Black w/ David Solomon 12:30pm Produce to the People 5:30am- 7pm	18 Christmas Bingo	Blood Pressure check 9am Chair Volleyball exercises w/ Deborah 10am Christmas Gathering Spaghetti Fundraiser 4pm-8pm Dine In or Take Home <—FLYER ATTACHED—>
Blood Pressure check 9am LCR Dice Game 11am Walking Time w/ Deborah 11:30am Christmas Walmart shopping Trip 1pm-3pm	23 Chair Volleyball exercises w/ Deborah 10am Pittsburgh EMT w/ Sara and Crew 11am Mexican Train w/ Clyde 12:30pm	24 Piano Lessons w/ Judy 9am Meditation, Dance &Laughter w/ Renee 11am Open Recreation 1pm	PLEASE NOTE WE WILL BE CLOSED ON 25 DECEMBER FOR Christmas	26 Blood Pressure check 9am Chair Volleyball exercises w/ Deborah 10am After Holiday relaxation afternoon: Movie: WICKED pm Board games, Wii, LCR, GREED, Cards, Diamond Painting 1pm-3pm
29 Blood Pressure check 9am Advisory Council Thank you Gathering Bagel breakfast 10am LCR Dice Game 11am	30 Tai Chi w/ Gurney 10:45pm New Years Bingo 11am Mexican train w// Nancy	31 Piano Lessons w/ Judy 9am Meditation, Dance &Laughter w/ Renee 11am New years Toast w/ Apple Juice 12pm	DECEMBER INCLUDES: *PEARL HARBOR REMEBRANCE *BACON DAY *TURQUOISE BIRTHSTONE *SAGITTARUS & CAPRICORN *HANUKKAH	Holiday craft

New Years Resolution Time

Capsule 1pm

(To be opened on December 31st, 2026)

*KWANZZA

*FRUIT CAKE

*FOOD DRIVE FOR THE FOOD BANK-ANY PARISHABLES WILL BE ACCEPTED FROM 12/1/2025-12/22/2025 Time capsule



The South Side Market House Healthy Active Living Center Newsletter December 2025

Affirmation:

December provides me with endless reasons to be happy..

Welcome December 2025. This was a fast approach but we are ready for it. This month we are ready to embark on a month filled with cheer and happy hearts. December 2025 will bring us all good and beautiful blessings, calmness, and the mindset to enter a new state of mind. Many things that we all deserve will happen effortlessly and without demand. December is probably the most expensive month of the year, but the most happiest month of the year. This is the time to come together and know the importance that you have in everyone's life. It's time to be thankful for all the blessings that you have received and to manifest the blessings you want to receive. End this year with a grateful heart and a happy mindset. Carry all your new lessons that you have learned into the next year and be ready to promise new beginnings. Remembering the

grateful heart and a happy mindset. Carry all your new lessons that you have learned into the next year and be ready to promise new beginnings. Remembering the past is ok but towards the future is the goal. Always remember it's better to give than receive, so cheers to 2025, where the miracles, the love and the joy that we strive for will continue on in 2026. From our family to yours, Happy Holidays.

Love Kristin, Deborah & Ron









