



SOUTH SIDE 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.

12th & Bingham Streets
(South Side)
Pittsburgh, PA 15203
412-488-8404

HOURS OF OPERATION

Monday-Friday
8 AM—4 PM

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 ACTIVITIES INCLUDE

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

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



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HEALTHY ACTIVE LIVING



STAFF:
KRISTIN COYNE-
CENTER DIRECTOR

DEBRA SMITH-
GLOVER
FTREC.LEADER

RON HERBINKO
PT REC LEADER



WORKOUT ROOM OPEN DAILY

8AM-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)

(YOU MUST BE IN THE CENTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>\$4.00 entry fee</p> <p>Senior Games DARTS(60-74) @ SSMH 10am-2pm</p> <p>Senior Games Basketball(60-74) @ SSMH 10am-2pm</p>	<p>3</p> <p>\$4.00 entry fee</p> <p>Senior Games DARTS (75+) @ SSMH 10am-2pm</p> <p>Senior Games Basketball (75+) @ SSMH 10am-2pm</p>	<p>4</p> <p>Piano Lesson w/ Judy 9am</p> <p>Meditation, Dance & laughter w/ Renee 11am</p> <p>LCR 11am</p>	<p>5</p> <p>Wild Ball Bingo (Snack Day) 11am</p> 	<p>6</p> <p>Blood Pressure 9am</p> <p>Walking Group 10am</p> <p>Park Day 10am-12pm</p> <p>Disney Movie: Lion King 1pm</p>
<p>9</p> <p>Blood Pressure 9am</p> <p>Walking Group 10am</p> <p>LCR 11am</p>	<p>10</p> <p>Farmers Market Voucher 9am-12pm & 1pm-3pm</p>	<p>11</p> <p>Piano Lesson w/ Judy 9am</p> <p>\$5.00 Bingo 11am</p>	<p>12</p> <p>Wild Ball Bingo 11am (Bring a Shareable snack)</p> 	<p>13</p> <p>Blood Pressure 9am</p> <p>Walking Group 10am</p> <p>Father's Day Cookout 1pm-3pm</p> <p>Disney Movie: Mufasa 1pm</p>
<p>16</p> <p>Blood Pressure 9am</p> <p>Walking Group 10am</p> <p>EMS w/ Sara 10:30am (Wellness Check)</p> <p>LCR 11am</p>	<p>17</p> <p>Advisory Meeting 10am</p> <p>Meditation, Dance & laughter w/ Renee 11am</p> <p>Stress Class-Discussion "How stressing is your job"? 12:30pm</p>	<p>18</p> <p>Piano Lesson w/ Judy 9am</p> <p>Cooking Class—Homemade Chocolate Chip ice cream sandwiches 1pm</p>	<p>19</p> <p>CLOSED</p> <p>Our office is CLOSED in observance of JUNETEENTH</p>	<p>20</p> <p>Blood Pressure 9am</p> <p>Walking Group 10am</p> <p>1st Day of Summer Root Beer Float Social 12:30pm</p> <p>Disney Movie: The Little Mermaid</p>
<p>23</p> <p>Blood Pressure 9am</p> <p>Walking Group 10am</p> <p>LCR 11am</p> <p>Netflix: Ma Rainey's Black Bottom 1pm</p>	<p>24</p> <p>Meditation, Dance & laughter w/ Renee 11am</p> <p>\$1.00 Bingo 1pm</p> <p>Netflix: Dolemite is my name 1pm</p>	<p>25</p> <p>Piano Lesson w/ Judy 9am</p> <p>Glass Mushroom Craft 1pm \$3.00</p> 	<p>26</p> <p>Cyndi W/ The DA office 10am</p> <p>Wild Ball Bingo 11am</p> 	<p>27</p> <p>Blood Pressure 9am</p> <p>Walking Group 10am</p> <p>Netflix movie: Rudy 1pm</p>
<p>30</p> <p>Blood Pressure 9am</p> <p>Walking Group 10am</p> <p>LCR 11am</p>	<p>Information & Referrals services are available Monday-Friday 9am-11am & 1pm-3pm</p> <p>All Activities & Trips are subject to change.</p> <p>Funded by The Allegheny County Area on Aging</p>	<p>SENIOR GAMES:</p> <p>All Games Are 10am-2pm</p> <p>Greenfield—Archery (60-74) 5/29</p> <p>Greenfield—Archery (75+) 5/30</p> <p>NETFLIX MOVIE MONTH</p>	<p>West End— Bocce (60-74) 6/4</p> <p>West End— Bocce (75+) 6/5</p> <p>West End— Horseshoes (60-74) 6/4</p> <p>West End-Horseshoes (75+) 6/5</p>	<p>5/28 MANDATORY ARCHERY SAFETY SESSION @ Greenfield 10:30AM-11:30 & 1PM-2PM BE ON TIME!!!</p>

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

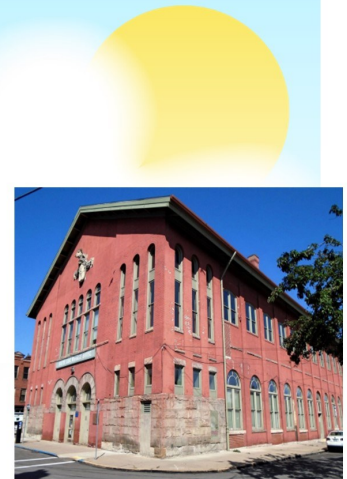
JUNE is here already AND WHO IS READY?. Affirmation: Simple phrases & kind words can help counter negative thoughts, promoting a more positive self-image and & encouraging self-worth! We all have value and worth and we all will stay blessed and humble till our last breath..

Senior games applications are available. Farmers Market Vouchers are 6/10/2025 9-11:30 & 1-3pm. These vouchers are on a first come first serve basis. Proxy forms are available (4 proxies per person). Juneteenth is freedom day on 6/19/2025, lets all recognize this day.

LCR has become a very popular game at the Market House and it has 10 Players and more each week. They enjoy each others time & they get to catch up on what has been happening in their lives.

Well the summer is upon us. The picnics, Ken-nywood days, family get togethers, ice cream trips & vacations are here. Enjoy every minute cause it goes by quickly. South Side has so much to offer so many people. Deborah, Ronald & myself want to thank you for the support you give us everyday. Stay healthy, stay strong, stay wise and stay happy.

Sincerely, Kristin Coyne (Director)



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