



WEST END 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 WEST END ACTIVITIES CALENDAR on Page 2.



**80 Wabash Street
(West End)
Pittsburgh, PA 15220
412-937-3068**

HOURS OF OPERATION

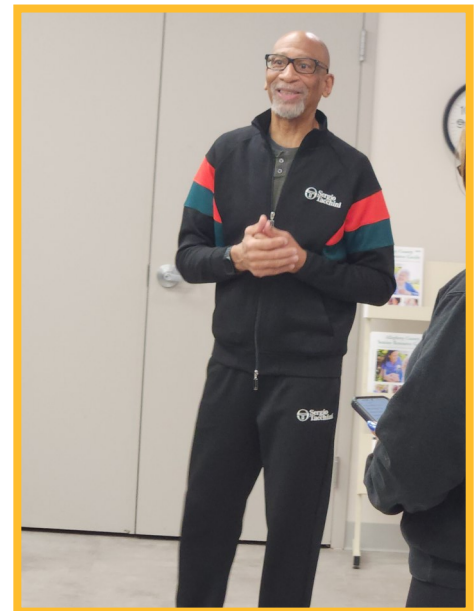
Monday-Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*

WEST END'S Hot Lunch is served at 11:15 AM.

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

SENIOR LUNCH DETAILS



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HEALTHY ACTIVE LIVING



June, 2025

West End Healthy Active Living Center

Julia Heath (Director)

80 Wabash Street, Pittsburgh, PA 15220

Phone: (412) 937-3068 / Fax: (412) 937-3076



Monday	Tuesday	Wednesday	Thursday	Friday
Lunch is Served Monday-Friday Between 11:30-11:45 Donation \$.50	Funded in Part By the Allegheny County Area on Aging Center Hours 8-4 Monday thru Friday			
2 *Walking Club 10-10:30 *Yoga w/Patti 12:30-1:30 *BINGO 12:15	3 *Tai Chi 10-11 *Blood Pressure Sara/EMS 11:30 *Poker 12-2 <u>HOAGIE SALE ENDS</u>	4 *Senor Games 10-2 *Walking Club-10-10:30 *Needlework Gathering 10:30 *Heart Healthy Exercise w/Karen 11 *Line Dancing 5-6	5 *Senior Games 10-2 *LAST CLASS Tai Chi 10-11 Dinner w/Friends Blinky's 4:30	6 *Walking Club 10-10:30 *Nutrition Class Fill in the Blanks Subject: The Kitchen 11-11:30 *Craft Umbrella's 12:15
9 *Walking Club 10-10:30 *BINGO 12:15	10 * <u>FARMER'S MARKET VOUCHERS</u> STARTING @ 9:00 NO ACTIVITIES TODAY	11 *Walking Club-10-10:30 *Needlework Gathering 10:30 *Heart Healthy Exercise w/Karen 11:00 *Let's Play Cards	12 *Crafts w/Mary Ann "Cats" 12:15 \$3 *Nutrition Class "Whole Grains 11-11:30	13 *Walking Club 10-10:30 *Hot Dog Day \$2.00 (includes chips & drink) 11:00 *Grief Counseling Group 5:00
16 *Walking Club *BINGO 12:15	17 *Poker 12:00 *CRAFT Mesh Wreath Class w/Julie 12:15	18 *Walking Club-10-10:30 *Needlework Gathering 10:30 *Heart Healthy Exercise w/Karen 11 *Book Club 12-1 *Modern Dance 5-6	19 CENTER CLOSED TODAY 	20 *Walking Club 10-10:30 *Nutrition—Cutting Down on Sodium 11:45 *SPEAKER Janice Goldborough Women's Shelter 10:45
23 *Walking Club 10-10:30 *BINGO 12:15	24 *Advosry Council Meeting 10-11 *Poker 12:00 *CRAFT Bird Seed Ornament 12:15	25 *Walking Club-10-10:30 *Needlework Gathering 10:30 *Heart Healthy Exercise w/Karen 11 Le'ts Talk -Card Skimmer Fraud 12 *Line Dancing 5-6	26 *Yoga w/Patti 12:30-1:30 *JEWELRY CLASS w/Joyce Eye Glass Chain 5:00 \$2 Snacks Served	27 *Walking Club 10-10:30 *Craft Paper Marbling 12:15 <u>SATURDAY 6/28</u> Breakfast w/Friends Brighton Hot Dog Shop 9:00 am
30 *Walking Club—10—10:30 Sr. Painting 3-5 \$10—Dinner "Bust Out Picture" <u>No Bingo</u>				



WEST END HALC "Senior Newsletter" June, 2025



Hello everyone,

I hope everyone is doing well and enjoying the beautiful weather we have had. This is a special Month, Father's Day is on June 15th, so don't forget to give your Dad a hug and tell him that you love him. If he is no longer with you, look up to the sky and say "Dad I miss you and love you, and throw him a great big kiss into the clouds. .

Remember, West End is open and If you have not stopped by to see our remodeled center please do so soon. It is beautiful, and I would love for you to come by and feel the happiness in the air, and find out what we do for our seniors here at the West End HAL Center. If your not a member, please stop by anytime between 8-4, Monday thru Friday at 80 Wabash Street in the West End and we will get you signed up. Its free and all you need is your current photo id.

Lunch is served between 11:30-11:45.

Stop in, I would love to meet you. Please know, you are among friends here at the West End Healthy Active Living Center....

All my best,

Julie



HAPPY FATHER'S DAY

Father's day in the U.S. is in honor of all of the Father's. The originating holiday is given to Sonora Smart Dodd of Spokane, Washington, whose father, a Civil War Veteran, raised her and her five siblings after their mother died in childbirth. The First Father's day was celebrated on June 19, 1910. It became a national holiday in 1972, proclaimed by President Lyndon B. Johnson. Grandfathers, or uncles who assumed parental roles are also honored on that day. Roman Catholics continue to observe the feast day of St. Joseph on March 19th as a tribute to fathers.

JUNETEENTH

Juneteenth (short for "June Nineteenth") marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops' arrival came a full two and a half years after the signing of the Emancipation Proclamation. Juneteenth honors the end to slavery in the U.S. and is the longest running African American holiday.

Emancipation Proclamation was issued by President Abraham Lincoln on January 1, 1863,

In 1979 Texas became the first state to make Juneteenth an official holiday, several others followed suit over the years.

Congress passed a resolution establishing Juneteenth as a federal holiday; President Joseph Biden signed it into law on June 17, 2021.

RECIPE CORNER

"BACON RANCH PASTA SALAD

Ingredients

1 lb. cavatappi pasta 12 oz. bacon
1/2 cup mayo 1/2 cup sour cream
1/2 cup buttermilk 1 1/2 tsp. lemon juice
1/4 cup parsley chopped
1 garlic clove grated 1 tsp. black pepper
1/4 cup fresh dill, chopped, keep some to top
1 pt. grape tomatoes halved
6 oz. sharp cheddar cheese, cut into 1/2" Cubes
1 cup frozen peas, thawed
1 4 oz. container pimentos, drained
1 3.8 oz. can sliced black olives, drained

DIRECTIONS

Bring a large pot of salted water to a boil.

In a large skillet, cook the bacon, turn as needed, until the fat has rendered and the bacon is golden and crispy, 8 to 10 minutes. Drain the bacon on a paper towel, let it cool & crumble into bite size pieces.

Cook the pasta 1 minute longer than package directions, drain, rinse with cold water and let cool

In a large bowl combine, mayo, sour cream, buttermilk, parsley, dill, lemon juice, garlic, salt & pepper, then add the pasta, tomatoes, cheese, peas, pimentos, olives, green onion, & half of the bacon. Toss well until combined. Add salt & pepper to taste, Top the salad with the remaining bacon & dill. Serve & Enjoy...