



GREENFIELD 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 GREENFIELD ACTIVITIES CALENDAR on Page 2.

FACILITY/PARK OFFERINGS

- ⇒ Home to **Magee Recreation Center**
 - ⇒ Weight Room—requires Fitness Membership (\$5/month)
 - ⇒ Indoor Gymnasium/Basketball Court
- ⇒ Magee Park
 - ⇒ Playground
 - ⇒ Basketball Courts
 - ⇒ Magee Swimming Pool (Outdoor/Seasonal)
 - ⇒ Bocce Court
 - ⇒ Magee #1 & #2 Baseball Fields

FOLLOW US ON:



**745 Greenfield Avenue
(Greenfield)
Pittsburgh, PA 15217
412-422-6551**

HOURS OF OPERATION

Monday-Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*

GREENFIELD'S Hot Lunch is served at 12 PM.

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

Click here for:

[SENIOR LUNCH DETAILS](#)



CITIPARKS
HEALTHY ACTIVE LIVING



MARCH

2026

Calendar is subject to change!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				BINGO Tuesdays & Fridays 1:00	LUNCH 12:00 Suggested Donation of \$0.50	<i>Funded in Part by the Area Agency on Aging</i>
1 	2 <i>Tai Chi</i> 10:30 AM <i>Nintendo Sport</i> 1:00 PM	3 <i>Chair Yoga</i> 10:00 AM <i>Neighborhood Resilience</i> 10:00-12:30 BINGO 1:00	4 <i>SilverSneakers</i> 10:30 AM <i>Craft: Pot of Gold/Rainbow</i> 1:15 PM	5 <i>Tai Chi</i> 10:30 AM <i>Dance Class</i> 1:00 PM	6 <i>Silver Scripts</i> 10:00-12:00 <i>Travel Tour: Celtic Isles</i> 11:00 AM BINGO 1:00	7 <i>March Flowers:</i> • Daffodils 
8 	9 <i>Tai Chi</i> 10:30 AM <i>Nintendo Sport</i> 1:00 PM	10 <i>Chair Yoga</i> 10:00 AM <i>Two Men & A Junk Trunk</i> 11:00 AM BINGO 1:00	11 CENTER CLOSED STAFF RETREAT	12 <i>Tai Chi</i> 10:30 AM <i>Dance Class</i> 1:00 PM	13 <i>Aerobics</i> 10:30 AM NLS <i>Presentation</i> 11:00 AM BINGO 1:00	14 <i>March Zodiac</i> • Pisces • Aries 
15 	16 <i>Tai Chi</i> 10:30 AM <i>Nintendo Sport</i> 1:00 PM	17 <i>Chair Yoga</i> 10:00 AM <i>St. Pat. Party</i> 10:30-12:00 <i>UPMC BP</i> 11:00 AM BINGO 1:00	18 <i>Nutrition Education</i> 11:00 AM <i>OPT Dining</i> 12:30 PM <i>Art: Shamrock</i> 1:15 PM	19 <i>Tai Chi</i> 10:30 AM <i>Dance Class</i> 1:00 PM	20 <i>Aerobics</i> 10:30 AM NLS <i>Presentation</i> 11:00 AM BINGO 1:00	21 
22 	23 <i>Tai Chi</i> 10:30 AM <i>Nintendo Sport</i> 1:00 PM	24 <i>Chair Yoga</i> 10:00 AM WM: <i>Kamala Harris</i> 11:00 AM BINGO 1:00	25 <i>SilverSneakers</i> 10:30 AM <i>Collage Craft: Women Who Inspire You</i> 1:15 PM	26 <i>Tai Chi</i> 10:30 AM <i>Dance Class</i> 1:00 PM	27 NLS <i>Presentation</i> 11:00 AM <i>March Birthdays</i> BINGO 1:00	28 <i>March Colors</i> • Emerald Green • Purple • Light Blue
29 	30 <i>Tai Chi</i> 10:30 AM <i>Nintendo Sport</i> 1:00 PM	31 <i>Chair Yoga</i> 10:00 AM WM: <i>Jane Elliot</i> 11:00 AM BINGO 1:00	NATIONAL NUTRITION MONTH	 <i>Spring is marching forward</i>	<i>Information and Referral daily</i> <i>Please wear your mask at your discretion.</i>	March Birthstones • Aquama- rine • Bloodstone • Jade



Greenfield Gazette March Messages 2026



A Message from the Staff...

Greetings..

Marching toward spring! — March in many parts of the world marks the turn of the season toward spring, depending if the groundhog saw its shadow or not, of course. The name March (Martius) is named after Mars — the Roman God of War — as march was the month in which active military campaigns resumed.

Looking forward to brighter days, March represents a time of new growth and renewal into the world — a time of reignition, March asks us to move forward and plant the new seeds of our lives. A time for advancement, March says embrace the future!

Modern March is National Nutrition Month — helping us keep our health in mind and in action — as well as hosting the famed international holiday St. Patrick’s Day — a holiday honoring the foremost patron saint of Ireland. March is also women’s month, celebrating the women who have created and inspired the world we live in!

As the weather warms up and the sun shines, remember to keep your bodies and minds active—get blood flowing by stretching, walking, tai chi... jog the mind— music, puzzles, art, reading, writing...

Whether you read your favorite book, watch your favorite show or movie, listen to your favorite music, paint in your favorite style, cook your favorite meal, write in your journal... Have fun and get creative!

If you’re looking for great company and activities, come to the Greenfield HAL center, with catered meals daily. We’ll be happy to give you a tour and sign you up with a free application and free membership!

Keep safe, live healthy, and take care of yourself... **Happy March!**

All our best,
Greenfield
HAL Center



Upcoming OPT Group Trips

Wednesday March 18th 12:30-3:15

- *OPT Dining St. Patrick's — TBD*

Upcoming Center Special Events + Activities

Tuesdays

Women's Month Documentaries

Tuesday March 3rd

Neighborhood Resilience Project

10:00-12:30

Friday March 6th

Silver Scripts

10:00-12:00

Wednesdays 4th, 18th, 25th

Craft Class with Staff 1:15

Friday March 17th

St. Patrick's Celeb. 10:30-12:00

Wednesday March 18th

Nutrition Education 11:00

Friday March 27th

March Birthday Lunch

March CLOSURES

Staff Retreat:

Wednesday March 11th 2026



Regularly Scheduled Daily & Weekly Activities

LUNCH IS SERVED

MONDAY THRU FRIDAY—12:00
(Preregister 2 days in Advance)

- Nutrition Classes
At Least Once a Month—See Calendar
- BINGO
Tuesdays + Fridays—1:00
- Documentaries
- Blood Pressure
Request from Staff
- Chair Yoga
Tuesdays 10:00—See Calendar
- Chinese Dancing
Mondays, Wednesdays, + Fridays
10:30
- Tai Chi w/ Yao
Thursdays 10:30
- Crafts w/ Staff
Wednesdays 1:15—see calendar
- Reading, Relaxation Painting, Board Games, Cards, Wii Bowling, Exercise, Documentaries, etc. available daily upon request.
- Program, activity, and topic suggestions are welcomed & encouraged. Please let us know if you may have any requests of what you'd like to participate in, and we can consider the accommodation.