



HOMEWOOD 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.

7321 Frankstown Avenue
(Homewood)
Pittsburgh, PA 15208
412-244-4190

HOURS OF OPERATION

Monday-Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*

HOMEWOOD'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

For more information on the daily activities offered check out the HOMEWOOD ACTIVITIES CALENDAR on Page 2.



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CITIPARKS
HEALTHY ACTIVE LIVING

“WOMEN’S HISTORY MONTH PAYS
HOMAGE TO THE TRAILBLAZERS BEFORE US,
BUILDS HOPE AND INSPIRATION TO US AND
OFFERS AN EXAMPLE OF PRIDE AND EXCEL-
LENCE FOR YOUNGER GENERATIONS.”



2026

MARCH IS.....
WOMEN’S HISTORY MONTH
Social Work Month
National Reading Month
Disability Awareness Month
Kidney Cancer Awareness Month

Deborah Starling / Acting Director
Keith McBroom / Rec Leader 1
Brandon Randall / Rec Leader 1

Center hours: Monday thru
Friday 8:00 a.m. to 4:00 p.m.
412-244-4190

Mon Tue Wed Thur Fri Sat

<p>1</p> 	<p>2</p> <p>Parkinson’s Exercise @ 1:00 to 1:45 p.m.</p> <p>Fellowship @ 1:00</p> <p>Line dancing— 1 to 3 p.m.</p>	<p>3</p> <p>Line Dance—10 to 12 Noon</p> <p>Storytelling on Frankstown with some of the greats! from 1:00 to 3:00 p.m.</p> <p>Lamp making with Mr. Madison from 10:00 to 12:00 noon</p>	<p>4</p> <p>WALMART TRIP—OPT (N. VERSAILLES) LEAVES AT 10:00 A.M</p> <p>Diamond Art @ 11:00</p> <p>Lamp making with Mr. Madison from 10:00 to 12:00 noon</p>	<p>5</p> <p>Pokeno @ 9:30 am</p> <p>Bingo @ 1:00 pm</p> 	<p>6</p> <p>Senior Roundtable 9:00 to 11:00 a.m.</p> <p>Movie Fridays @ 1</p> <p>The Grandparent’s Club from 3 to 4</p>	<p>7</p> 
<p>8</p> 	<p>9</p> <p>General Membership Meeting @ 9:00 a.m. (coffee and donuts) Please be there!</p> <p>Fellowship @ 1:00</p> <p>Advisory Council Meeting @ 2:00</p> <p>Line dancing—1 to 3</p>	<p>10</p> <p>Line Dance—10 to 12 noon</p> <p>Jazz on the Patio with BASHIR ANSARI @ 1:00 p.m.</p> <p>Lamp making with Mr. Madison from 10:00 to 12:00 noon</p>	<p>11</p> <p>Homewood Senior Center is Closed for staff training</p>	<p>12</p> <p>Pokeno @ 9:30 am</p> <p>Bingo @ 1:00 pm</p> 	<p>13</p> <p>Senior Roundtable 9:00 to 11:00 a.m.</p> <p>Movie Fridays @ 1</p> <p>Let’s make Creative Planters with Yvonne at 11:00</p>	<p>14</p> 
<p>15</p> 	<p>16</p> <p>Women’s History Month presentation with Representative Abigail Salisbury @ 12:00 noon</p> <p>Fellowship @ 1:00 p.m.</p> <p>Line dancing from 1:00 to 3:00 p.m.</p>	<p>17</p> <p>Line Dance—10 to 12 noon</p> <p>Lunch at Cracker Barrel Restaurant OPT leaves at 11:00 a.m.</p> <p>Lamp making with Mr. Madison from 10:00 to 12:00 noon</p>	<p>18</p> <p>Women’s History Month presentation with Dr. Hill from Westinghouse H.S. and Tawana Cook Purnell with Pittsburgh Public Schools @ 12 noon</p> <p>Lamp making 10:00 to 12:00 noon</p>	<p>19</p> <p>Pokeno @ 9:30 am</p> <p>Bingo @ 1:00 pm</p> 	<p>20</p> <p>Senior Roundtable 9:00 to 11:00 a.m.</p> <p>Movie Fridays @ 1</p> <p>Let’s make Abayomi Dolls with Debbie @ 1:00 p.m.</p>	<p>21</p> 
<p>22</p> 	<p>23</p> <p>Parkinson Association Exercise class from 1:00 p.m. to 1:45 p.m.</p> <p>Fellowship @ 1:00 p.m.</p> <p>Line dancing from 1:00 to 3:00 p.m.</p>	<p>24</p> <p>Line Dance—10 to 12</p> <p>Women’s History Month presentation with Janice Goldsborough from Women’s Shelter of PGH @ 12:00 noon</p> <p>Lamp making 10:00 to 12:00 noon</p>	<p>25</p> <p>BREAKFAST CLUB from 9 to 11:00 a.m. \$5.00 per person Full breakfast and beverage Beginning at 9 a.m.</p> <p>Lamp making 10:00 to 12:00 noon</p>	<p>26</p> <p>Pokeno @ 9:30 am</p> <p>Bingo @ 1:00 pm</p> 	<p>27</p> <p>Senior Roundtable 9:00 to 11:00 a.m.</p> <p>Movie Fridays @ 1</p>	<p>28</p> 
<p>29</p> 	<p>30</p> <p>Parkinson Association Exercise class from 1:00 p.m. to 1:45 p.m.</p> <p>Fellowship @ 1:00 p.m.</p>	<p>31</p> <p>Line Dance—10 to 12 noon</p> <p>Lamp making with Mr. Madison from 10:00 to 12:00 noon</p>	<p>Homewood HALC sponsored in part by AAA</p> <p>All trips, Classes and Activities are subject to change</p>	<p>"Goodness is not measured by grand gestures, but by the gentle ways we make life softer for each other."</p>	<p>Rain or shine, March delivers opportunities.</p> 	<p>31</p> 
	<p>Visit the virtual senior academy for online activities.</p>	<p>Suggested donation .50 Cards, Ceramics, Computer, Games</p>	<p>Information and Referral available Upon Request.</p>			

MARCH 2026



HOMEWOOD HEALTHY ACTIVE LIVING - WELCOME SPRING!



**HEALTH AND WELLNESS
NATURE WALKS!**

Take nature walks to enjoy the fresh air and appreciate the blossoming world. These activities can enhance both physical and mental well-being.

**YOUR MENTAL HEALTH
MENTAL HEALTH IS KEY!**

The National Mental Health Hotline offers a safe and confidential way for seniors to receive support. It's important for seniors to know how to access these resources and when to seek help.

**TRAVEL AND HAVE FUN!
GET OUT AND GET GOING!**

CRUISES ARE AN EXCELLENT OPTION FOR SENIORS WITH MOBILITY CHALLENGES. THEY OFFER ALL-INCLUSIVE AMENITIES AND CAN ACCOMMODATE SPECIAL NEEDS, MAKING IT EASY TO EXPLORE MULTIPLE DESTINATIONS WITHOUT EXCESSIVE PHYSICAL CHALLENGES.



EXERCISE AT HOMEWOOD

Tai Chi with our favorite instructor, Sharif, makes everything relaxing after a busy afternoon at Homewood HALC!



MARCH IS WOMEN'S HISTORY MONTH!



Programs for MARCH 2026 - Homewood Senior Center - HALC

March 4th - Walmart trip at 10:00 a.m. (OPT)

March 6th - Grandparent's Club Meeting from 3 to 4 p.m.

March 10th - JAZZ on the Patio with Bashir Ansari @ 1:00 p.m.

March 11th - CENTER IS CLOSED FOR STAFF TRAINING

March 16th - Women's History Month presentation with Rep. Abigail Salisbury

March 17th - Lunch at Cracker Barrel Restaurant - OPT leaves at 11:00 a.m.

March 18th - Women's History Presentation with Dr. Hill from Westinghouse H.S. and Tawana Cook from Pittsburgh Public Schools

March 24th - Women's History Presentation with Janice Goldsboro from Women's Shelter of PGH

March 25th - Breakfast Club meal from 9:00 a.m. to 11:00 a.m. - \$5.00