



# MORNINGSIDE 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 MORNINGSIDE ACTIVITIES CALENDAR on Page 2.**



**FOLLOW US ON:**



**1802 Jancey Street  
(Morningside)  
Pittsburgh, PA 15206  
412-665-4342**

## HOURS OF OPERATION

Monday-Friday  
8 AM—4 PM

## SENIOR LUNCH PROGRAM\*

*MORNINGSIDE'S Hot Lunch is served: Mon-Thurs 12 PM, Fri 11:30 AM*

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

## SENIOR LUNCH DETAILS



**CITIPARKS**  
HEALTHY ACTIVE LIVING

**Morningside  
Healthy Active Living**

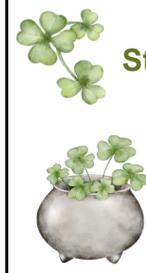
1802 Jancey Street  
Pittsburgh, PA 15206  
(412)-665-4342

Monday — Friday  
8:00 am to 4:00 pm

Emma Sciuolo  
Aishelle Boyd

Calendar is subject to change

# March

MONDAY LUNCH @ NOON	TUESDAY LUNCH @ NOON	WEDNESDAY LUNCH @ NOON	THURSDAY LUNCH @ NOON	FRIDAY LUNCH @ 11:30
2	3	4	5	6
<p>Left, Right, Center 10am</p> <p><u>Walmart Supercenter</u> 11am - 1pm</p>	<p>Yoga &amp; Balance w/ Bethany 10 am</p> <p>Lantern Fest- Lunar New Year 1pm - 3pm</p> 	<p>Virtual Workout 10 am</p> <p>Hand &amp; Foot Tournament 9:30am-3pm</p>	<p>*TheraPets 9-10 am</p> <p>*Community Life Pittsburgh* 10am</p> <p>Penny Bingo 1-3 pm</p>	<p>*Property Tax &amp; Rent Rebate Workshop— Rep. Lindsay Powell* 9:30am</p> <p><b>BINGO</b> 1-3pm</p>
9	10	11	12	13
<p>*Hearing &amp; Biometrics Clinic* 10 am</p> <p>Intro to Diamond Art 1 pm</p>	<p>Advisory Co. Meeting 10-11 am</p> <p>Birthday Lunch 12 pm</p> <p>Movie &amp; Popcorn 1-3 pm</p>	<p><u>Salvation Army (South Side)</u> 10:30am-1pm</p> <p>Tai Chi w/ Sharif 1 pm</p>	<p>*Chronic Pain Presentation w/ Doctor's Connect* 10am</p> <p>Penny Bingo 1-3 pm</p>	<p>Silver Sneakers Fitness w/ Danielle 10 am</p> <p><b>BINGO</b> 1-3pm</p>
16	17	18	19	20
<p><u>Aldi &amp; Family Dollar</u> 10:30am-12:00pm</p> <p>Diamond Art 1 pm</p>	<p> St. Patrick's Day Party 10am-2pm \$2.00</p>	<p>Virtual Workout 10 am</p> <p>Hand &amp; Foot Pickup 9:30am-3pm</p>	<p>*TheraPets 9-10 am</p> <p>General Assembly Meeting! 10 - 11:30am 1pm - 2:30pm</p>	<p>*Decluttering &amp; Downsizing w/ 2 Men &amp; a Truck* 10am</p> <p><b>BINGO</b> 1-3pm</p>
23	24	25	26	27
<p>*Grief Beyond Loss w/ Becca- UPMC* 10am</p> <p>Diamond Art 1pm</p>	<p><u>Dining Out @ Big Jim's</u> 11am-1:30pm</p> <p>Wii Bowling 1 pm</p>	<p>Art Class w/ Carmella 10 am</p> <p>Tai Chi w/ Sharif 1 pm</p>	<p>*AI Scams w/ Joe- County DA's Office* 10am</p> <p>Penny Bingo 1-3 pm</p>	<p>Exercise Class w/ UPMC at Home 10 am</p> <p><b>BINGO</b> 1-3pm</p>
30	31			
<p>Crafts with Aishelle! 10am-EOD</p> <p>Diamond Art 1pm</p>	<p>Yoga &amp; Balance w/ Bethany 10 am</p> <p><u>River's Casino</u> 10am-2pm</p>	<p> <b>CITIPARKS</b> HEALTHY ACTIVE LIVING Funded in part by Allegheny County Agency on Aging</p>	<p>*Check out our Senior Exercise Room (open Mon-Fri) &amp; our Group Fitness Classes!</p> 	<p>Play our New Bingo Jackpot: "KABOOM!"</p> <p>*Friday Bingo Card Sales End at 12:50pm*</p> <p>*Suggested Donation of \$0.50 for Meals*</p>