MT. WASHINGTON
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 ACTIVITES INCLUDE

⇨ Fitness Equipment, Exercise Opportunities

⇨ BINGO

⇨ Arts & Crafts

⇨ Guest Speakers

⇨ Excursions: Shopping, Meals, Cultural Experiences

⇨ Group Activities

⇨ Holiday Themed Celebrations

⇨ Outdoor Bocce (weather permitting)

⇨ Indoor Shuffle Board

For more information on the daily activities offered check out the MT. WASHINGTON ACTIVITIES CALENDAR & more—scroll down.

**122 Virginia Avenue
(Mt. Washington)
Pittsburgh, PA 15211
412-488-8405**

HOURS OF OPERATION
Monday-Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*

MT. WASHINGTON'S Hot Lunch is served at 11:30 AM.

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

SENIOR LUNCH DETAILS

FOLLOW US ON:

Mount Washington Healthy Active Living

122 Virginia Avenue
Pittsburgh, PA 15211
(412) 488-8405

Monday - Friday

March

Shawn Thomas
Lisa Wilson

Calendar is subject to change!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	**3**	**4**	**5**	**6**	**7**
Flip the Center Healthy Endeavors Exercise Class 10:15 Crash Course Mondays 12:00 Rummikub Tournament 1:00	Healthy Active Balance 10:15 Advisory Council Meeting 12:30 Language Learning Class 2:00	Healthy Endeavors Exercise Class 10:15 Texas Hold 'Em 12:30 Banjo Club 6:00-10:00	Humana Health 10:30 Bingo 12:15 Chili's & Hobby Lobby Trip 3:30-6:00	Sliver Scripts 9:00 Healthy Endeavors Exercise Class 10:15 Ice Cream Social 2:00 Wii Bowling League 2:30	
9	**10**	**11**	**12**	**13**	**14**
WQED Documentary Special 9:30 Healthy Endeavors Exercise Class 10:15 Banksville Aldi 12:30-2:30 Book Club Series: "Little Fires Everywhere" 1:00	Healthy Active Balance 10:15 Tasting History Tuesdays 12:00 Walmart Robinson 12:30-3:00 Language Learning Class 1:00	**Center Closed**	Dollar Dog Day Aetna Ron 10:30 Bingo 12:15 Fortune Start Restaurant Trip 3:30-6:00	Healthy Endeavors Exercise Class 10:15 Book Club Series: "Little Fires Everywhere" 1:00 Bobby's Dining Trip 3:30-6:00	Hidden Treasures 9:00-12:00
16	**17**	**18**	**19**	**20**	**21**
Healthy Endeavors Exercise Class 10:15 Crash Course Mondays 12:00 Craft w/ Cheryl 12:30-3:00	Healthy Active Balance 10:15 St. Patrick's Day Party 12:30-3:00 $3.00	Healthy Endeavors Exercise Class 10:15 Texas Hold 'Em 12:30 Banjo Club 6:00-10:00	Humana Health 10:30 Bingo 12:15 Red Lobster 3:30-6:00	Healthy Endeavors Exercise Class 10:15 Community Thrift Center Shopping Trip 1:00-3:00 Wii Bowling League 2:00	Women's History Month
23	**24**	**25**	**26**	**27**	**28**
Healthy Endeavors Exercise Class 10:15 Crash Course Mondays 12:00 South Hills Village Shopping Trip 12:30-3:30	Healthy Active Balance 10:15 Tasting History Tuesdays 12:00 Giant Eagle Brentwood 12:30-3:00 Language Learning Class 1:00	Healthy Endeavors Exercise Class 10:15 Texas Hold 'Em Tournament 12:30 Wii Sports 2:00	Dollar Dog Day Humana Health 10:30 Bingo 12:15 Primanti Bros Southside Trip 3:30-6:00	Healthy Endeavors Exercise Class 10:15 Book Club Series: "Little Fires Everywhere" 1:00 Wii Bowling League 2:00 Troy Hill Fish Fry 3:00-6:00	
30	**31**				
Healthy Endeavors Exercise Class 10:15 Crash Course Mondays 12:00 Craft w/ Anna Marie 12:30-3:00	Healthy Active Balance 10:15 Spring Nutrition Class 11:30 Tasting History Tuesdays 12:00 Book Club 1:00	CITIPARKS HEALTHY ACTIVE LIVING *Funded in part by Allegheny County Agency on Aging*	**LUNCH @ 11:30 DAILY**	*Suggested Voluntary Donation of 50 Cents for Meals*	

CITIPARKS
HEALTHY ACTIVE LIVING

News from the Mount

In like a lion out like a lamb has definitely been true for this year. I do believe we will be seeing some light at the end of the tunnel for some warmer weather. But as always you have somewhere warm , friendly and fun to go to until then. If you missed out on our Valentines Day Party no worries, you can come to our St. Patties Day Party where we will have some great entertainment and fun taking place. There should never be a reason to stay home and be bored, not when you have places to go, friends to see and even food to eat. Come on out and see what were all about. Before you know it flowers will be popping up and we will be outside enjoying Bocce again and the sun on our faces. Just have to hang in there for another mth and you don't have to do it alone. Hope to see you soon!

Mt. Washington Healthy Active Living Center

122 Virginia Ave. Pittsburgh, Pa 15211

412-488-8404   fax: 412-488-8300

Shawn Thomas

Lisa Wilson

The Center is opened Mondays and Fridays 8:00 am to 4:00 pm (times are subject to change).

Lunch is served at 11:30 am, Mondays thru Fridays.

The Center offers a wide variety of activities including reading, painting, board games, WII bowling, exercise classes, documentaries, movies, guest speakers, crafts and Bingo.

Check calendar for times and dates for other activities.

Reminder: We have computer tablets and desk tops available for use in the center along with tech help, information and referral.

Please let Lisa or Shawn know of any activities/new ideas you have or would like to see provided in the Center.

March 2026

3-3 Advisory Council Meeting

3-4 Banjo Club

3-3 Ice Cream Social

3-14 Hidden Treasures

3-17 St. Patties Day Party

3-27 Troy Hill Fish Fry

3-31 Book Club Discussion

well hello, march