



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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MARCH 2026

West Healthy Active Living Center
Julia Heath, Vernon Lipscomb, Morgan Henson
80 Wabash Street, Pittsburgh, PA 15220 412-937-3068
Monday-Friday: 8 AM to 4 PM



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 *NATIONAL DIABETES PROTECTION PROGRAM 10:30-11:30 NO WALKING CARDS EASTER CRAFT 12:00 \$3.00 L&L GROWING OLDER W/GRACE BLOOD PRESSURE 11:00</p>	<p>3 EXERCISE W/MORGAN 10:30 POKER DIAMOND ART 12:00 MEMORY MATCH GAME 10:00</p>	<p>4 NO WALKING SPEAKER "TWO MEN & TRUCK 10:00 NEEDLEWORK EXERCISE W/KAREN 11:00 NUTRITION "FOOD " FACT OR FICTION?"</p>	<p>5 EXERCISE W/MORGAN 10:30 VAN TRIP WALMART/GOLDEN CORAL 10:00 DIAMOND ART</p>	<p>6 BINGO 12:00 JEWELRY CLASS W/JOYCE "NECKLACES 12:00</p>
<p>9 NO DIABETES CLASS NO WALKING SPEAKER "GIVING UP THE KEYS" 10:00 CARDS YOGA W/PATTY 12:00 ROCK PAINTING 12:00</p>	<p>10 EXERCISE W/MORGAN 10:30 POKER 12:00 NUTRITION FOOD "WORD SEARCH" DIAMOND ART ADULT COLORING</p>	<p>11 CENTER CLOSED STAFF RETREAT</p>	<p>12 EXERCISE W/MORGAN 10:30 MEMORY MATCH GAME DIAMOND ART ADULT COLORING</p>	<p>13 BINGO 12:00 CARDS ST. PATRICKS CELEBRATION CAKE, ICE CREAM, PRIZES 12:00</p>
<p>16 NATIONAL DIABETES PROTECTION PROGRAM 10:30-11:30 NO WALKING ROCK PAINTING 12:00 CARDS</p>	<p>17 EXERCISE W/ MORGAN 10:30 POKER 12:00 DIAMOND ART DINNER W/FRIENDS BJ'S BRIDGEVILLE 4:00 ADULT COLORING</p>	<p>18 WALKING 10:00 NEEDLEWORK ADVISORY COUNCIL MEETING 10:30 EXERCISE W/KAREN 11:00 CARDS BOOK CLUB 12:30</p>	<p>19 LADIES CARDS EXERCISE W/ MORGAN 1030 FOOD DEMO W/MARIA "ZEPPOLE" THE SWEET TRADITION OF ST. JOSEPH'S DAY 12:00 DIAMOND ART</p>	<p>20 BINGO 12:00 CARDS L&L "5 COMMON SCAMS" BIRTHDAY CELEBRATION CAKE/I.C.</p>
<p>23 NATIONAL DIABETES PROTECTION PROGRAM 10:30-11:30 ROCK PAINTING 12:00 CARDS</p>	<p>24 EXERCISE W/MORGAN 10:30 DIAMOND ART SPRING CRAFT W/DARLENE 12 POKER</p>	<p>25 NEEDLEWORK WALKING 10:00 EXERCISE W/KAREN 11:00 CARDS CRAFT JEWELRY MAKING W/MITCH 12:00</p>	<p>26 EXERCISE W/ MORGAN 10:30 L&L "FALLS IN THE BATHROOM VAN TRIP PITTSBURGH SENIOR EXPO 10-1 DIAMOND ART</p>	<p>27 BINGO 12:00 CARDS</p>
<p>30 NATIONAL DIABETES PROTECTION PROGRAM 10:30-11:30 NO WALKING ROCK PAINTING YOGA W/PATTY 12:00 CARDS</p>	<p>31 EXERCISE W/ MORGAN 10:30 DIAMOND ART MEMORY MATCH GAME POKER 12:00</p>	<p>CENTER HOURS 8-4 MONDAY THRU FRIDAY LUNCH SERVED BETWEEN 11:30 & 11:45 DONATION .50 FUNDED IN PART BY A.C. AREA ON AGING</p>	<p>UPCOMING EVENTS: CRAFT SHOW SUNDAY, MARCH 22 10-3</p>	<p>MEETING @ WEST END HALC SATURDAY 1-4 MARCH 14 "OLD STONE TAVERN"</p>



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WEST END HALC “Senior Newsletter” MARCH, 2026



Hello everyone,

March is here, and with it comes a fresh start, warmer days and more time to connect with one another. We're continuing to focus on our health and wellness with our diabetes class every Monday at 10:30 AM, heart healthy exercises with Karen on Wednesdays, and other daily exercises to stay active. Don't forget to sign up for the van trips! They're a chance to get out, grab essentials, take care of errands, enjoy a meal, and have conversation with friends. And when we need a little relaxation, we'll have diamond art and games to help release any stress you may be feeling.

We also have some fun things happening this month that we're excited about! We'll be having our St. Patrick's party on March 13th from 12-2 filled with treats, games, and lots of green. On March 19th from 10-3, we'll have a Zeppali cooking demo where you can watch, learn, and of course taste those delicious cookies! Then on March 22nd from 10-3, we will be hosting our Craft Show, featuring beautiful handmade items from crafters from around the Pittsburgh Area. Food will be sold and a raffle will be held. As we move through March and into spring, let's continue to stay connected, uplift one another, and make the most of every moment together.

We are open Monday thru Friday from 8:00 am till 4:00 pm. Lunch is served between 11:30-11:45.

Happy St. Patrick's Day!

The Staff



FUN FACTS ABOUT ST. PAT

ST PAT WASN'T IRISH

ST. PARICK WAS ACTUALLY BRITISH AND HIS GIVEN NAME WAS MAEWYN SUCCAT.

USED SHAMROCKS FOR HIS TEACHINGS

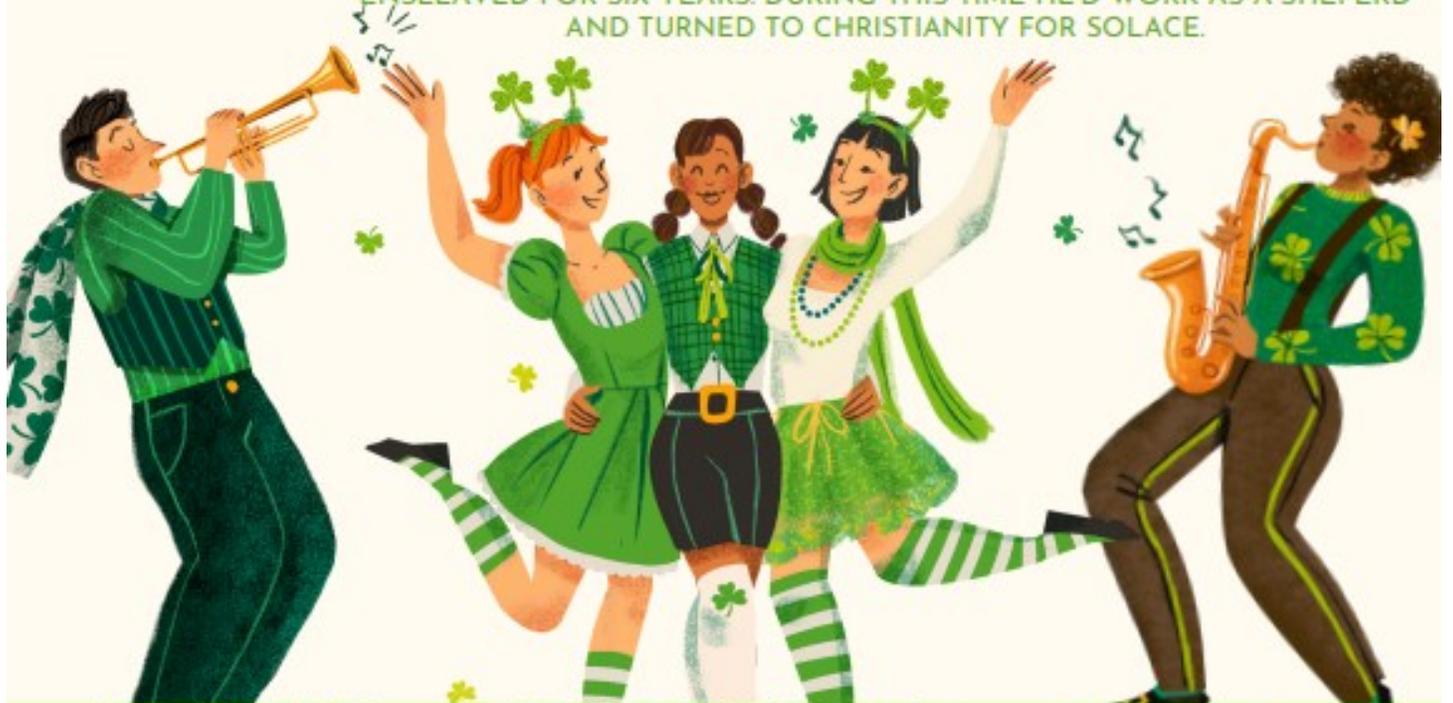
HE OFTEN USED SHAMROCKS AS A METAPHOR FOR THE HOLY TRINITY.

GREEN WASN'T ALWAYS THE OFFICIAL COLOR

BEFORE THE ADOPTION OF GREEN, BLUE WAS THE COLOR ASSOCIATED BECAUSE IT WAS FEATURED IN THE ROYAL COURT AND ANCIENT IRISH FLAGS.

HE ARRIVED IN IRELAND AS A SLAVE

AT THE AGE OF 16, HE WAS KIDNAPPED BY IRISH PIRATES AND WAS ENSLAVED FOR SIX YEARS. DURING THIS TIME HE'D WORK AS A SHEPHERD AND TURNED TO CHRISTIANITY FOR SOLACE.



West End HALC

80 Wabash St. Pittsburgh,
PA 15220

8 AM - 4 PM

Fudgy Layered Irish Mocha Brownies

Prep time: 25 min

Bake: 25 min

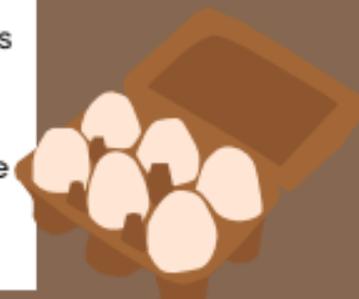
Layered Mocha Brownies Ingredients

- $\frac{2}{3}$ cup flour
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{3}$ cup butter
- 6 tbsp baking cocoa
- 2 tbsp canola oil
- $\frac{1}{2}$ tsp instant coffee
- 1 cup sugar
- 2 large eggs
- 1 tsp vanilla extract



Directions

- Preheat the oven to 350
- Sift together flour, baking soda, and salt
- In a small pan over low heat, melt butter
- Remove from heat; stir in cocoa, oil and instant coffee grounds
- Let it cool slightly; stir on sugar and eggs
- Gradually add flour mixture and vanilla; mix well
- Spread the batter into a greased square pan for 25 mins



Frosting and Ganache Ingredients

Frosting

- 2 cups confectioner's sugar
- $\frac{1}{4}$ cup butter, softened
- 3 tbsp Irish cream

Ganache Topping

- 1 cup semisweet chocolate chips
- 3 tbsp Irish cream
- 2 tbsp heavy cream
- $\frac{1}{2}$ tsp instant coffee

Directions for Frosting and Ganache

Frosting

- whisk together confectioner's sugar and butter (it will be lumpy)
- whisk in Irish cream; beat until smooth and spread over warm brownies
- Refrigerate for 1 hr

Ganache

- combine all ingredients and microwave on high for 1 minute; stir until smooth
- Cool slightly until it reaches spreading consistency and spread over