



BRIGHTON HEIGHTS 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 BRIGHTON HEIGHTS ACTIVITIES CALENDAR on Page 2.

HOURS OF OPERATION

Monday-Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*

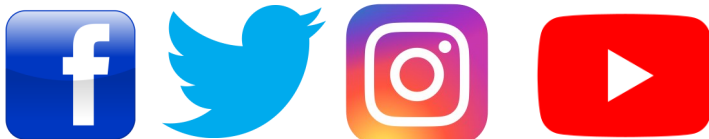
BRIGHTON HEIGHT'S Hot Lunch is served at 12 PM.

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

SENIOR LUNCH DETAILS



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CITIPARKS
HEALTHY ACTIVE LIVING



Brighton Heights Healthy Active Living Center

Vernon Lipscomb ~Keith McBroom-Morgan Henson

3515 McClure Avenue, Pittsburgh, PA 15212

Phone: (412)766-4656 / Fax: (412)766-4657

All activities are subject to change.



CITIPARKS
HEALTHY ACTIVE LIVING

Daily Activities Include: Board Games, Cards, Adult Coloring, Darts, Puzzles, Fitness Center, Television/Movies, Volunteer Opportunities

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Hours of operation Mon-Fri 7-4:00 Join us for our Morning Stretch 7:00 to 8:00	Lunch is served Monday- 11:30 Tuesday- 11:30 Wednesday- 11:00 Thursday- 11:30 Friday -11:00	1 10:30 Vitality Life Exercise 11:30-Lunch Movie Time	2 Pod Bar-B- Que at Sheraden Center
5 10:30 10:30 Vitality Life Exercise 11:30 Lunch 12:30 - Beginning Spanish	6 10:30 Vitality Life Exercise 11:30 Lunch Movie Time	7 10:30 Vitality Life 11:00– Lunch 11:30 Tai Chi 12:00 CCAC Table Talk	8 9:30 West End Visit 10:3 Exercise 11:30 Lunch. 12:15	9 10:30 Vitality Life 11:00 Lunch/ Nutrition Education 
	13 10:30 Vitality Life Exercise 11:30 Lunch Nature Documentary	14 Advisory Cncl Mtg 10:30 Vitality Life 11:00 Lunch 11:30 Tai chi Candle making with Keith	15 10:30 Exercise Visit Mt Washington HALC 11:30-Lunch	16 10:30 Vitality Life Exercise 11:00unch 
19 10:30 Vitality Life 11:30 Lunch 12:00 Oak St. Health Ice Cream Social	20 10:30 Chair Yoga 11:30 Lunch 12:30 Westview-Chinese Restaurant	21 11:00 Lunch 11:30 Tai Chi 12:45 Virtual Tour of Australia	22 10:30 Vitality Life Exercise 11:30-Lunch 12:30	23 10:30 Vitality Life Exercise 11:00 Lunch Mt. Washington visits us 
	27 10:00 Wal Mart 10:30 Chair Yoga 11:30 Lunch Movie Time	28 10:30 Vitality Life 11:00 Lunch E.M.S. Tai Chi	29 Vitality Life Exercise 11:30-Lunch Movie Time	30 10:30 Vitality Life Exercise 11:00unch 

Please refer to sign-up sheets for trips & activities. All OPT sign-up close two days prior to trip.

Open HOUSE

BRIGHTON HEIGHTS
HAL SENIOR CENTER

MONDAY, MAY 12, 2025
9 AM - 3 PM



*Join us for a day of fun and community & find
out how we are flipping the script on aging!*

State Representatives

Park Rangers

Allegheny County Sheriff's

Allegheny County DA's Office

Brighton Heights Citizen's
Federation

and more!

*Join us Monday-Friday, 8 AM to 4 PM for exercise,
crafts, puzzles, lunch outings and so much more!*



CITIPARKS
HEALTHY ACTIVE LIVING

3515 McClure Ave.
PGH, PA 15212
412-766-4656

OLDER
AMERICANS
MONTH
FLIP THE SCRIPT ON AGING: MAY 2025

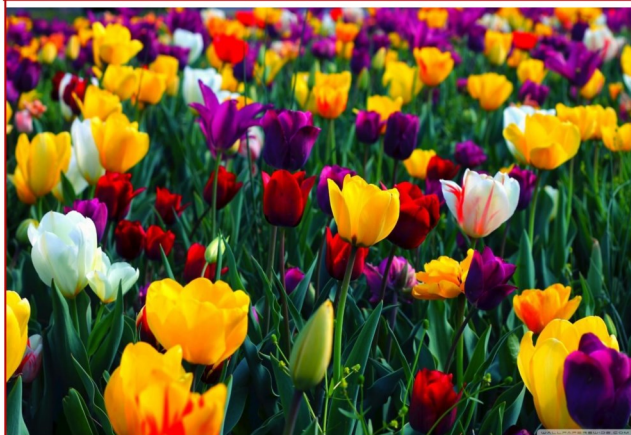




Brighton Heights HALC Senior Newsletter May 2025



May Flowers



The rains of April have come and gone, leaving May flowers, to carry on. Bright colors of spring blooms can brighten your days, so get outdoors and enjoy the splendor of nature's sweet aromas, and the beauty of her flowers.

If you can't drive around and view the neighborhood gardens, Phipps has the answer for you. Enjoy a wonderful indoor display of flowers at the Phipps Conservatory, where you can see many varieties of flowers that are grown not only in our area, but from other areas of the world. They have everything from Tulips and Marigolds, to Orchids and other tropical trees and plants. This is also a great rainy day activity.

Kennywood is open

With spring comes the opening of our famous Kennywood Park. Have fun on some of the great thrill rides, or just sit and watch while the grandchildren ride and frolic. Those tasty fries are another delight! Are you a wildlife Enthusiast? The Pittsburgh Zoo and Aquarium is another popular attraction you can enjoy. If you are unable to walk the zoo, they have a train ride that will take you through the park. Sandcastle Water Park is scheduled to open on May 24th. So maybe water rides are not for you. The Park offers many eateries such as the All American Grill, The Potato Patch, Cocomo Joe's, Boardwalk Sweets, The Golden Nugget, Uncle Tony's Pizza and more. Pittsburgh offers many attractions and activities you can enjoy. Into Museums? We have several local museums like The Andy Warhol, Heinz History, Bicycle Heaven, Natural History and more. Market Square is a pleasant place to sit and read a book, or listen to local talent perform. There are several food establishments to tickle your palate. The Oyster House is a Pittsburgh favorite. Local vendors and farmer's market are great for your shopping pleasure.



Senior Spotlight



This month we were celebrating Joanne Reiner. She's such a big part of our bingo community here at the center. Joanne makes sure the games run smoothly and always brings good energy to the room. Whether it's keeping things organized or making people laugh, she's always adding something special. On top of that, Joanne still finds time to help in the kitchen whenever she can. The way she's always stepping in and doing what she can really shows the kind of person she is—helpful, kind, and committed. We appreciate everything she does for the center. Joanne, we're grateful you're a part of our community.

In April, we welcomed a new activity, candle making with Keith. Scented candles can add a nice touch, you can choose your scent and bring a nice fragrance to your home.

We now have Bingo Rose, so that we can view the called numbers as we play bingo. Below, some of our seniors attended the Grand Opening of the West End Halc.



Tai Chi Class



Monthly Calendar of Activities

Tai Chi

Each week
11:30 am - 12:30 pm

Dining and Shopping
Walmart
May 27th
10:00 am

Trips
Sheraden BBQ
May 2nd
West End HAL
9:30 am
Washington HAL
10:30 am

Open House
May 12th

Dining
Westview Chinese Restaurant
May 20th
12:30 pm

Activities
Candle Making
May 14th

Bingo every Friday
11:30—2:00



Daily Fitness Classes

Monday & Thursday Walk & Talk



Wednesday Tai Chi



Monday & Friday
Vitality Life Exercise
Follow along with the Vitality Life exercise program.

Fitness Center is Open
Monday—Friday
8am - 4pm

