



HOMWOOD

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*

HOMWOOD'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 **HOMWOOD ACTIVITIES CALENDAR on Page 2.**



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HEALTHY ACTIVE LIVING



**HOMWOOD HEALTHY
ACTIVE LIVING CENTER**
7321 FRANKSTOWN AVENUE
PITTSBURGH, PA. 15208

"MAY THE MONTH OF MAY BE A
MONTH OF SUNSHINE, HAPPINESS
AND ENDLESS BLESSINGS!"



May is.....
Older Americans Month
Jewish American Heritage Month
ALS Awareness Month
Asian American and Pacific Islanders
Heritage Month

Melinda McCormick/ Director
Deborah Starling / Rec Leader 1
Aishelle Boyd / Rec Leader 1

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

Suggested donation .50 Cards, Ceramics,
Crafts, Bingo, Pool, Darts and Computers

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Visit the virtual senior academy for online activities.</p> <p>Neighborhood Legal Aid upon request.</p>	<p>Homewood HALC sponsored in part by AAA</p> <p>All trips, Classes and Activities are subject to change.</p>	<p>Information and Referral available</p>	<p>1</p> <p>Pokeno @ 9:30 am</p> <p>Bingo @ 1:00 pm</p>	<p>2</p> <p>Exercise with HASFIT for Seniors A@ 10:00 a.m.</p> <p>Blood pressures with Melinda after exercise</p> <p>Movie Fridays @ 1</p>	<p>3</p>
<p>4</p>	<p>5</p> <p>Mother and Father's Day Brunch 9:00 a.m.-11:00 a.m.</p> <p>Fellowship @ 1:00 p.m.</p> <p>Line dancing from 1:00 to</p>	<p>6</p> <p>Line Dance—10 to 12 noon</p> <p>Let's workout to music @ 1:00 p.m.</p>	<p>7</p> <p>Special Pokeno and Rummikub games from 9 to 11 a.m.</p> <p>School Board Information Forum 12:30 p.m. to 1:30 p.m.</p> <p>Diamond Art @ 1:00 p.m.</p>	<p>8</p> <p>Pokeno @ 9:30 am</p> <p>Bingo @ 1:00 pm</p>	<p>9</p> <p>Exercise with HASFIT for Seniors A@ 10:00 a.m.</p> <p>Blood pressures with Melinda after exercise</p> <p>Movie Fridays @ 1</p>	<p>10</p>
<p>11</p> <p>Mother's Day this Sunday!</p>	<p>12</p> <p>Fellowship @ 1:00 p.m.</p> <p>Line dancing from 1:00 to 3:00 p.m.</p>	<p>13</p> <p>Line Dance—10 to 12 noon</p> <p>Let's workout to music @ 1:00 p.m.</p>	<p>14</p> <p>Special Pokeno and Rummikub games from 9 to 11 a.m.</p> <p>Diamond Art @ 11:00 a.m. with Miss Simon</p> <p>Rehearsal of the Kings and Queens of Africa @</p>	<p>15</p> <p>Pokeno @ 9:30 am</p> <p>Bingo @ 1:00 pm</p>	<p>16</p> <p>Exercise with HASFIT for Seniors A@ 10:00 a.m.</p> <p>Blood pressures with Melinda after exercise</p> <p>Let's make Dolls with Aishelle @ 11:00 a.m.</p> <p>Movie Fridays @ 1</p>	<p>17</p>
<p>18</p>	<p>19</p> <p>Fellowship @ 1:00 p.m.</p> <p>Line dancing from 1:00 to 3:00 p.m.</p> <p>Let's make Stencilled Flower pots with Deb @ 11:00 a.m.</p>	<p>20</p> <p>Line Dance—10 to 12 noon</p> <p>Spring Fling at the Mansion for Homewood members 10:00 a.m. to 2:00 p.m. *Only those members that have never attended the Spring Fling.</p>	<p>21</p> <p>Special Pokeno and Rummikub games from 9 to 11 a.m.</p> <p>Let's go to Eat N Park in Aspinwall (Van leaves at 10:30 a.m.)</p>	<p>22</p> <p>Pokeno @ 9:30 am</p> <p>Bingo @ 1:00 pm</p>	<p>23</p> <p>Exercise with HASFIT for Seniors A@ 10:00 a.m.</p> <p>Blood pressures with Melinda after exercise</p> <p>Movie Fridays @ 1</p>	<p>24</p>
<p>25</p>	<p>26</p> <p>CENTER IS CLOSED FOR MEMORIAL DAY</p> <p>ENJOY YOUR TIME WITH FAMILY AND FRIENDS!</p>	<p>27</p> <p>Line Dance—10 to 12</p> <p>Open House at Homewood Senior Center Older Americans Month Vendors and Gospel music from 10:00 to 2:00 p.m. *Concert with Deryck Tines and Del Fullum</p>	<p>28</p> <p>Special Pokeno and Rummikub games from 9 to 11 a.m.</p> <p>Diamond Art @ 11:00 a.m. with Miss Simon</p>	<p>29</p> <p>Pokeno @ 9:30 am</p> <p>Bingo @ 1:00 pm</p>	<p>30</p> <p>Exercise with HASFIT for Seniors A@ 10:00 a.m.</p> <p>Blood pressures with Melinda after exercise</p> <p>Movie Fridays @ 1</p>	<p>31</p>

Open HOUSE

HOMWOOD
HAL SENIOR CENTER

TUESDAY, MAY 27, 2025
10 AM - 3 PM

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

Vendors & Refreshments

**Oak Street Health
Presentation**

Musical Concert @ 1 PM

Food, Fun & Fellowship!



CITIPARKS
HEALTHY ACTIVE LIVING

7321 Frankstown Ave.
PGH, PA 15208
412-244-4190

**OLDER
AMERICANS
MONTH**
FLIP THE SCRIPT ON AGING: MAY 2025





CITIPARKS

HEALTHY ACTIVE LIVING

MAY 2025



**"MAY IS THE MONTH OF EXPECTATIONS, THE
MONTH OF WISHES, THE MONTH OF HOPE."**

Brain Teaser Word Search

A L E R I G H T F O E K B K Y R O M E M M C S T
 F T L M H O H S Z W I E X P L O R A T I O N E B
 T V U J L V H K U M M I K F L K K V S O I H R Y
 Z G Y Q S N T O W P I S T R E S S P F I F W R R
 N H A K H J O W H L E J W W F U N C T I O N Z K
 W V I S I O N I I U X R L S M A F E K Z S A A B
 E F N O R K L M T W R Z F D O P A M I N E Y S O
 Q B K T V C Z V Z I B P X O V V R M H L S T S F
 X P O O E N O K G K N D J Q O P Z A C F F F N P
 S C S L N B V R H M Z G B B A D V S G E G O V D
 G S U N V K Z S T B F Y O M T J S D L S V I N F
 B A L R W U M N W E K O Q C T Y T F E E Q E S K
 Y I C J P T E O X M X I C H E U I H F R J N X J
 L T Z E K K Q R Z T D T A B N T M E S M I B H E
 N N Q I T E B U P K I W A E T K U M V N Q W B R
 D E A L P P B E Z X W U X U I C L I E W E F H M
 S M H I H Q T N R N Y E Z Z O D A S C O F K V U
 E E E M U S I C Z Z R K V C N V T P Z W U X B Z
 N D G S Z B O C E C S Y S I A Z E H H N O R Z O
 S Z M P L E A L I O U Q U Y N C H E T Q A T M D
 E Y Z N I O X S L M S L E E P V N R N I O A G I
 S L H C U T E M P O R A L E N W J E N H C H G C
 L X M H K E C P G B T K W K S O R Y V H Z U D Y
 C Y T Q P H F J F S Z K C U I U E O X F R Y D R

attention	brain	cognition	cortex	dementia
Dopamine	exercise	exploration	function	hemisphere
left	lobe	memory	music	neurons
right	senses	sleep	stimulate	stress
superfood	temporal	vision	wired	

MAY IS MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month began in the United States in 1949 (76 years ago) and was started by Mental Health America (MHA) (then known as the National Association for Mental Health). Each year in mid-March Mental Health America releases a toolkit of materials to guide preparation for outreach activities during Mental Health Awareness Month. During the month of May, MHA, its affiliates, and other organizations interested in mental health conduct a number of activities which are based on a different theme each year. (Wikipedia)



SENIOR SPOTLIGHT

MARGARET MOORE



Margaret Moore, a valued member of Homewood Senior Center is May's Senior Spotlight. Miss Margaret, as we call her, brings the sunshine with her beautiful smile and disposition. Miss Margaret has two daughters, Valerie and Janice and five grandchildren, Joyce, Larry, Chavelle, DiAndre and Maurice along with seven great grands! Miss Margaret served as an Educator for Pittsburgh Public Schools for many years, inspiring youth. Later in her retirement, Miss Margaret moved from Pittsburgh to Jackson, Alabama to be with her loving family, but her Homewood family misses her dearly. She has worn many hats in her wonderful career. Miss Margaret scheduled bus trips for the community for several years, taking residents of Pittsburgh to places like Washington D.C., Lancaster, Pa. and Niagara Falls, to name a few. She also currently has a singing ministry for nursing home residents. This ministry began in Pittsburgh but she took that amazing concept to Alabama. Still blessing lives, still bringing the sunshine! Thank you Miss Margaret, you make us all shine brighter!

GOSPEL JAZZ ON THE PATIO WITH DEREK TINES AND DEL FULLUM FOR MAY'S OPEN HOUSE AT HOMewood SENIOR CENTER!

Homewood HALC was filled with lively, spiritual melodies for our Gospel Jazz on the Patio event! Those old time religion songs like; Sign me up for the Christian Jubilee!! Everyone was singing and hand clapping for the entire concert. So much fun! The duo of Derryck Tines and Del Fullum are a big hit with the Homewood crew. We called them back for our Open House in May! That's how much we love them! What a joy! Refreshing and Spirit filled!





EVENTS IN MAY AT HOMEWOOD HALC

- **Mother and Father's Day Brunch from 9:00 a.m. to 11:00 a.m. – Monday, May 1, 2025**
- **School Board Information Forum 11:30 a.m. to 12:30 p.m. – Wednesday, May 7, 2025**
- **Special Rummikub and Pokeno Games every Wednesday in May beginning at 9:00 a.m.**
- **Pokeno @ 9:30 a.m. and Bingo @ 1:00 p.m. every Thursday**
- **Line Dancing every Monday from 1 to 3:00 p.m.**
- **Line Dancing every Tuesday from 10:00 to 12:00 noon**
- **Diamond Art with Miss Simon every Wednesday work all day (ongoing project)**
- **Rehearsal of the Kings and Queens vignette for Juneteenth – Wednesday, May 14th @ 1:00 p.m.**
- **Let's make dolls with Aishelle on May 16th @ 11:00 a.m.**
- **Let's make stencilled flower pots with Deb on May 19th @ 11:00 a.m.**
- **Spring Fling at the Mansion for those members that have never attended. Tuesday, May 20th from 10:00 to 2:00 p.m. OPT**
- **Eat N Park in Aspinwall (Van leaves at 10:30 a.m.) on Wednesday, May 21, 2025**
- **May 26th – Center is Closed**
- **May 27th from 10:00 to 2:00 p.m.– Open House at Homewood Senior Center for Older American's Month – Gospel Concert**
- **Diamond Art every Wednesday with Miss Simon @ 11:00 a.m. (ongoing craft)**



One special May quote is; "Be the change that you want to see in the world." I would like that to be our quest for the remainder of the year!

Melinda McCormick, Director



National African-American Women's Fitness Month takes place every April to help educate African-American women on the importance of being active, keeping fit, and living healthy lives. The goal of the celebration is to raise awareness about what can be done to prevent African-American women from experiencing major health issues such as heart disease, strokes, or cancer. It promotes African-American women to take part in physical activities to mitigate any such issues in the future which could be detrimental not just to their health, but to their daily lives as well.

