



LAWRENCEVILLE 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 LAWRENCEVILLE ACTIVITIES CALENDAR on Page 2.

FACILITY/PARK OFFERINGS

- ⇒ Leslie Park
 - ⇒ Playground (w/water feature, turned on seasonally)
 - ⇒ Basketball Court
 - ⇒ John "Baldy" McGrane Fields #1 & #2



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CITIPARKS
HEALTHY ACTIVE LIVING

**4600 Butler Street
(Lawrenceville)
Pittsburgh, PA 15208
412-622-6918**

HOURS OF OPERATION

Monday-Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*

*LAWRENCEVILLE'S Hot Lunch
is served at 11:30 AM.*

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

SENIOR LUNCH DETAILS

Open HOUSE

LAWRENCEVILLE
HAL SENIOR CENTER

FRIDAY, MAY 16, 2025
10:30 AM - 12 PM

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

Arts & Crafts

**Special Guest Speaker from
UPMC**

and a whole lot of FUN!



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PGH, PA 15201
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OLDER
AMERICANS
MONTH
FLIP THE SCRIPT ON AGING: MAY 2025





Lawrenceville's May Hello

We'll be celebrating a host of special days in May: Cinco de Mayo on the 5th (Mexico's victory over the French in 1862); Mother's Day on the 12th—treat all Mom figures to something special for all the things she does; and Memorial Day on the 27th (remembering all those in the armed forces who lost their lives defending our liberties). The Humane Society celebrates all they have accomplished to improve animal safety everywhere during the week of May 5th through the 11th. Every day of the year marks some special occasion folks observe from World Cycling Day to Hot Dog Day to Water a Flower Day to Tell the Truth Day and so on.

On another note, we did research on how to make your Easter Holiday meal easier—have a pot luck brunch, make reservations to dine out, pick up a complete prepared holiday meal at your local Giant Eagle or simply score that relative's invite to Easter dinner.

EASTER HUMOR; A man took a vacation to Israel with his wife and mother-in-law. During their time in the Holy Land, his **mother-in-law** unexpectedly passed away. The following day, the husband met with the local undertaker to discuss funeral plans. "In cases like these, there are a couple of options to choose from," the undertaker explained. "You can ship the body home for \$5,000, or you can bury her in the Holy Land for just \$150." The man took a minute to think about it, and then announced his decision to ship her home. The undertaker, intrigued by his decision, said, "That's an interesting choice. Can I ask why would you pay \$5,000 to ship your mother-in-law home, when you can easily bury her here for \$150?" The man promptly replied, "About 2,000 years ago, a man died and was buried here. Three days later he rose from the dead, and I can't take that chance!"

Lawrenceville invites all to its annual *Open House* May 16th From 10:30 a.m. until 12:00 p.m. Light refreshments, crafts and a special speaker will make for a fun time for all. CCAC will visit this month with craft ideas. The Attorney General's office will be here to speak to the seniors too. We are also trying to nail down visits from the Medical Examiner's office and a representative from River Life.

Senior Notes: Welcome back Laura who is feeling much better. We're glad to have her back. Rose celebrates another birthday. A big thank you to Carol who runs the weekly bingos. We also want to acknowledge Anna Marie for her generous donations to the center for our super bingos and special events.

Please consider joining other members on the various OPT shopping and dining trips planned each month.

Lawrenceville Healthy Active Living Center

4600 Butler Street Pgh. PA
15201

412-622-6918 fax: 412-622-6945

Center Director: Margaret Ran-

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, card games, Wii bowling, exercise classes, documentaries, movies, guest speakers, crafts and Bingo. Check calendar for times and dates of daily activities (attached).

