



# 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.***

**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**

## **CENTER ACTIVITIES 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.**



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**CITIPARKS**  
HEALTHY ACTIVE LIVING

**Mount Washington  
Healthy Active Living**

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

Monday - Friday



Shawn Thomas  
Lisa Wilson

Calendar is subject to change!

MONDAY LUNCH @ 11:30	TUESDAY LUNCH @ 11:30	WEDNESDAY LUNCH @ 11:30	THURSDAY LUNCH @ 11:30 BINGO @ 12:30	FRIDAY LUNCH @ 11:30
			1	2
 <b>CITIPARKS</b> HEALTHY ACTIVE LIVING <i>Funded in part by Allegheny County Agency on Aging</i>	*Suggested Voluntary Donation of 50 Cents for Meals*		<u>Dollar Dog Day</u>  Giovanni's 3:30-6:00	Healthy Endeavors 10:15  Repurposed 12:30-3:30 Flip the Center
5	6	7	8	9
Healthy Endeavors 10:15  Legacy Theater 12:30-4:00 "The Room Next Door"	Attorney General "10 Scams" 12:30 Advisory Co. Meeting 1:30	Healthy Endeavors 10:15 Texas Hold 'Em 12:30 Banjo Club 6:00	Oak Street Health Tea Party 10:00  Garden Restaurant 3:30-6:00	Healthy Endeavors 10:15  Settlers Ridge 12:30-3:30
12	13	14	15	16
Healthy Endeavors 10:15  South Hills Village 12:30-3:00	Elizabeth Black Documentary: Part II 12:30  Walmart 3:30-6:00	Healthy Endeavors 10:15  Texas Hold 'Em 12:30	<u>Dollar Dog Day</u> Host Brighton Heights 10:00 Port Authority Security 10:30 Texas Roadhouse 3:30-6:00 MWCDC 6:00	Healthy Endeavors 10:15  Open House 12:30-3:30  Ice Cream Social 2:00
19	20	21	22	23
Healthy Endeavors 10:15  Legacy Theater 12:30-4:00 "Break Every Chain"	<u>Election Day</u>  Bake Sale 7:00-7:00  Craft w/ Anna Marie 12:30-3:00	Healthy Endeavors 10:15 Texas Hold 'Em Tournament 12:30 Library Community Collection 2:00-3:00	Carlow University Speaker 11:00 Rival 3:30-6:00	Healthy Endeavors 10:15 Brighton Heights Trip 9:00-2:00
26	27	28	29	30
Center Closed for Memorial Day	Craft w/ Cheryl 12:30	Healthy Endeavors 10:15  Book Club 1:30	DJ's BBQ 3:30-6:00  Summer Nutrition Series 10:30	Healthy Endeavors 10:15  Roses Discount 12:30-3:00

# Open HOUSE

MT. WASHINGTON  
HAL SENIOR CENTER

FRIDAY, MAY 16, 2025  
12:30 PM - 3:30 PM

Mt. Washington Senior Center

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

State Rep. Dan Deasy's Office  
City Council District #2  
Pittsburgh Park Rangers  
Bocce Tournament  
Ice Cream Social  
and More!



**CITIPARKS**  
HEALTHY ACTIVE LIVING

122 Virginia Ave.  
PGH, PA 15211  
412-488-8405

OLDER  
AMERICANS  
MONTH  
FLIP THE SCRIPT ON AGING: MAY 2025





# CITIPARKS

## HEALTHY ACTIVE LIVING

### *News from the Mount*

*As we start heading into May the days have already begun to get warm. Flowers have bloomed, birds are chirping and we are anticipating all the fun and planning that comes with the coming of the summer mths and vacations. Which also brings us to mothers. Mothers day in a way also kicks off the end of spring and beginning of Summer. And with summer coming means packing and planning for vacations. Mothers are the ones that plan, pack and organize all those fun events. Making sure you have enough underwear for each day of the week not just what you think you may only need. So make sure when you all get together for one of those fun events you take time to toast mom on the great job she did of planning. Also packing more than one pair of underwear for you , cause you accidentally sat in a wet spot at the amusement park. No one needs just one day we need to make sure we say it every day .*

#### May 2025

5-6 Advisory Council

5-7 Banjo Club

5-13 Elizabeth Black Documentary

5-15 Brighton Heights Visit

5-15 MWCDC Meeting @ 6:00 PM

5-20 Bake Sale /Craft with Anna Marie

5-26 Center Closed / Memorial Day

## 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.*

