



# SHERADEN 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 SHERADEN ACTIVITIES CALENDAR on Page 2.**

**720 Sherwood Street  
(Sheraden)  
Pittsburgh, PA 15204  
412-777-5012**

## **HOURS OF OPERATION**

Monday-Friday  
8 AM—4 PM

## **SENIOR LUNCH PROGRAM\***

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

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

## **SENIOR LUNCH DETAILS**



**FOLLOW US ON:**



**CITIPARKS**  
HEALTHY ACTIVE LIVING



**Sheraden Healthy Active Living Center**  
 Ely Mitchell ~ Pat Freiss  
 720 Sheraden Ave., Pittsburgh, PA 15204  
 Phone: (412)777-5012 / Fax: (412)777-5013



**Daily Activities Include:** Board Games, Cards, Adult Coloring, Darts, Exercise classes, Puzzles, Scrapbook, Television/Movies, Volunteer Opportunities etc.,

May 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hours of Operation</b> <b>M—F 8-4pm</b>  Lunch served Monday - Friday  Meals provided by Area Agency on Aging		<b>Come Visit            Sheraden's            HALC            Open House            5/2—4-7pm</b>	<b>1</b> 10:30 Grow Young Fitness  12:30—Scrapbook  1—Suspense Movie Oppenheimer Popcorn	<b>2</b> <b>Sheraden HALC            Open House            4-7pm            Light refreshment            Raffle            12:30-Bingo</b>
<b>5</b> 10:30 Silver Sneaker 11—Sheriff Jason 11:30—Lunch 12:30—Writing Prompt Group Discussion 1:00 TOPS Weight Loss Program	<b>6</b> 10:30 Indoor Walking 11:30—Lunch 11:30 How It's Made 12:30 - 	<b>7</b> 10:00 Tai Chi (Sharif)  12:30 Grandparent to Grandparent 1:30—Tour a city of the world 2:00 Darts	<b>8</b> 10—Jewelry Craft 10:30-Grow Young Fitness 12:30—Scrapbook  1—Comedy Movie Must love Dogs	<b>9</b> 10:30 Tai Chi Don Fiore 11:30—Lunch 11:30 How It's Made 12:30— 
<b>12</b> 10-Mother's Day Craft 11:30—Lunch 12:30—Writing Prompt Group Discussion 1:00 TOPS Weight Loss Program	<b>13</b> 10:30 Indoor Walking 11:30—Lunch 11:30 How It's Made 12:30— 	<b>14</b> 9:30pm Advisory Council Meeting  10:00 Tai Chi (Sharif) 12:30 Grandparent to Grandparent 1:30—Tour a city of the world	<b>15</b> 10—Adult coloring 10:30-Grow Young Fitness 12:30—Scrapbook 1—White Chicks Funny Popcorn 	<b>16</b> 10:45 Port Authority Deputy Chief 11:30—Lunch 11:30 How It's Made 12:30— 
<b>19</b> 10:30 Silver Sneaker 11:30—Lunch  12:30—Writing Prompt Group Discussion  1:00 TOPS Weight Loss Program	<b>20</b> <b>Election Day</b>  <b>11:30-Lunch            No Activities            Or Bingo</b>	<b>21</b> 10:00 Tai Chi (Sharif) 10:30 Oak St. Health  12:30 Grandparent to Grandparent 1:30—Tour a city of the world	<b>22</b> 10—Adult coloring 10:30-Grow Young Fitness 12:30—Scrapbook 1—Daddy Day Care Comedy Popcorn	<b>23</b> 10:30 Tai Chi Don Fiore 11:30—Lunch 11:30 How It's Made 12:30— 
<b>26</b> <b>Memorial Day!            Center Closed!</b> 	<b>27</b> 10:30 Indoor Walking 11:30—Lunch 11:30 How It's Made 12:30— 	<b>28</b> 10:00 Tai Chi (Sharif)  12:30 Grandparent to Grandparent 1:30—Tour a city of the world	<b>29</b> 10—Adult coloring 10:30-Grow Young Fitness 12:30—Scrapbook 1—Titanic Drama Popcorn	<b>30</b> 10:30 Tai Chi Don Fiore 11:30—Lunch 11:30 How It's Made 12:30— 

**Calendar activities are subject to change. Please contact center to confirm information.**



# Open HOUSE

SHERADEN  
HAL SENIOR CENTER

FRIDAY, MAY 2, 2025  
4 PM - 7 PM



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

State Rep. Dan Deasy  
Theresa Kail Smith Council District 2  
Zone 6 Police  
311 ♦ PRT  
City Planning  
Allegheny County Treasurer's Office  
Life Pittsburgh  
Pittsburgh Women's Center & Shelter  
Neighborhood Resilience  
Kiwanis (Sheraden)  
Animal Friends ♦ Comfort Keepers  
Memory Cafe- -First Baptist Church  
of Crafton

*Light Refreshments Raffles Children's Craft*



**CITIPARKS**  
HEALTHY ACTIVE LIVING

720 Sherwood Street  
PGH, PA 15204  
412-777-5012

OLDER  
AMERICANS  
MONTH  
FLIP THE SCRIPT ON AGING: MAY 2025







Sheraden Healthy Active Living Center • 720 Sherwood Ave, Pittsburgh, PA 15204  
Phone: (412) 777-5012

## Sheraden Healthy Active Living Center

Greetings...

May 2025  
Newsletter

Welcome to the next edition of our monthly newsletter! We're excited to share with you a few of our May activities. We hope you will join us. If you're not yet a member please ask about our free registration process. Don't forget to ask for the calendar of activities and lunch menu. We are open Monday through Friday, 8-4pm. No appointment necessary for registration.

May comes with lots of unique fun facts and holidays which include May Day, Cinco de Mayo, National Teacher Day, Mother's Day and Memorial Day. Did you know May is a pretty good month for US presidents. Every other month of the year, at least one US president has died, but never in May! Did you know that The Indianapolis 500 car race is held each year during this month. The Kentucky Derby, the world's most famous horse race, is also held on the second Saturday of this month. In other parts of the world the United Kingdom celebrates May as the National Smile Month. I say let's pass this bill in the United States and let's start celebrating May with lots of smiles.

This May Sheraden will have an its Open House on Friday, May 2, from 4-7pm, stop in to see the center, meet some local resourceful organization and take in a light refreshment and a raffle ticket. For more information please call the center.

We hope to you will plan to join us.



Silver Scripts  
University of Pittsburgh  
Pharmacy Students  
Providing Medication Safety  
Assessments and Consultations.

### Daily Center Activities:

Fitness equipment  
Yoga  
Aerobics  
Tai Chi  
In-Door Walking  
Watercolor Painting  
Scrapbook Club  
Cards players  
Tops  
(weight lost program)  
Bingo





## Sheraden's April Fun Filled Activities

**Park Rangers  
Nocturnal Animal Showcase**



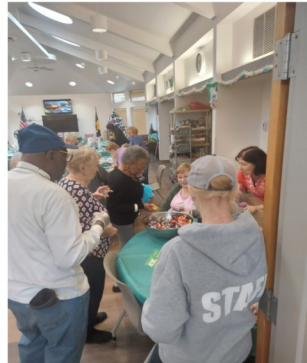
**CCAC  
Aerobic Class**



**CCAC  
Towel Doll Craft**



**Easter's Egg Hunt Fun...  
The Golden Guy A Winning Ticket**



**IT WAS ALL FUN AND GAMES  
WITH A  
GOOD LUNCH!**

**Happy Birthday to our  
May Celebrants...**

**Richard Lane  
Rosemarie Armocida  
Frank Trango  
Anatoliy Ozerov  
Elizabeth Yingling**

