GREENFIELD
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 GREENFIELD ACTIVITIES CALENDAR on Page 2.

FACILITY/PARK OFFERINGS
- Home to Magee Recreation Center
  - Weight Room—requires Fitness Membership ($5/month)
  - Indoor Gymnasium/Basketball Court
- Magee Park
  - Playground
  - Basketball Courts
  - Magee Swimming Pool (Outdoor/Seasonal)
  - Bocce Court
  - Magee #1 & #2 Baseball Fields

HOURS OF OPERATION
Monday–Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*
GREENFIELD’S Hot Lunch is served at 12 PM.
*Schedule subject to change—around holidays, building maintenance, weather, etc.

Click here for: SENIOR LUNCH DETAILS

FOLLOW US ON:
### Greenfield Healthy Active Living Center

**July 2022**

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td>Mahjong 9am-1pm</td>
<td>Ping-Pong? &amp; Bocce? (Call Center) 412-422-6551</td>
<td>Adult Lap-Swimming 12 noon to 1pm (Call for Details) 412-422-6551</td>
<td>Silver Sounds Hearing Test 10 am to 12 noon</td>
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<td>6</td>
<td>7</td>
<td>Bureau of Fire Free Smoke Detectors 11am</td>
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<td>9</td>
<td>10</td>
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<td>12</td>
<td>13</td>
<td>Silver Sneakers (YouTube) 10am</td>
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<td>15</td>
<td>16</td>
<td>Chinese Dancing 10:30am</td>
<td>UPMC Blood Pressure Check w/Patty 1 pm to 3pm</td>
<td>Chinese Dancing 10:30am</td>
<td>Dining Out 12:30</td>
<td>Advisory Council Meeting 11am</td>
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<td>17</td>
<td>18</td>
<td>Chinese Dancing 10:30am</td>
<td>Budget &amp; Money Flow 11am</td>
<td>Chinese Dancing 10:30am</td>
<td>Silver Sneakers (YouTube) 10am</td>
<td>Bingo 1pm to 3pm</td>
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<td>19</td>
<td>20</td>
<td>UPMC “Reclaim your Joy” 11am</td>
<td>Birthday Party 11 am to 1 pm</td>
<td>UPMC “Reclaim your Joy” 11am</td>
<td>History of Local Music 1pm w/Keith</td>
<td>Bingo 1pm to 3pm</td>
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<td>21</td>
<td>22</td>
<td>UPMC “Reclaim your Joy” 11am</td>
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<td>Bingo 1pm to 3pm</td>
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<td>23</td>
<td>24</td>
<td>Chinese Dancing 10:30am</td>
<td>Penn State Nutrition Links (Fitness Fun) 11am Bingo 1pm to 3pm</td>
<td>Chinese Dancing 10:30am</td>
<td>Silver Sneakers (YouTube) 10am</td>
<td>Bingo 1pm to 3pm</td>
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<td>25</td>
<td>26</td>
<td>See Above Activities for Monday</td>
<td>Strip District Shopping Trip (OPT) 12:30 to 3:30pm</td>
<td>Silver Sneakers (YouTube) 10am</td>
<td>Tech Time w/Keith</td>
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<td>27</td>
<td>28</td>
<td>See Above Activities for Monday</td>
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Funded in Part by Allegheny County Department of Human Services / Area Agency on Aging