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 BEECHVIEW ACTIVITIES CALENDAR on Page 2.

1555 Broadway Avenue
(Beechview)
Pittsburgh, PA 15216
412-567-7290

HOURS OF OPERATION
Monday–Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*
BEECHVIEW’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:

FOLLOW US ON:
Beechview Healthy Active Living Center
William Lieb (Director) / Mary Mentzer & Gina Molinaro (Rec Leaders)
1555 Broadway Avenue, Suite 101, Pittsburgh, PA 15216
Phone: (412)567-7290 / Fax: (412)567-3382

Daily Activities Include: Board Games, Cards, Computer Lab, Darts, Fitness Center, Puzzles, Reading Library, Tech Help, Television/Movies, Volunteer Opportunities, & Wii Games/Sports

July 2022

<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</table>
| Hours of Operation
Monday - Friday
8:00am - 4:00pm | **OPT TRIPS**
All OPT trips will be submitted 3 full business days prior to trip date.
At least 4 members must sign-up. | 6 Chair Exercises (Stretching / Strengthening) 10:30am - 11:30am
* International Kissing Day "Discover Its Origin & Traditions Practiced Across the Globe" 1:00pm - 2:00pm | 7 Fitness Club (Cardio / Free Weights) 10:00am - 11:00am
OPT Trip - The Farmer's Market in Market Square (Bring Your Vouchers) 11:00am - 2:00pm | 1 Fitness Friday (Balance / Flexibility) 10:00am - 11:00am
Advisory Council Meeting 10:00am - 11:30am
Canada (Dominion) Day "History & Traditions" 1:00pm - 2:00pm |
| Lunch is served Monday - Friday from 11:30am - 12:00pm. Meals provided by the Area Agency on Aging. | 5 Yoga (Breathing / Poses) 10:00am - 11:00am
Quilting 10:00am - 11:30am
* Jewelry Class 1:00pm - 2:30pm | 11 Tai Chi (Meditation / Forms) 10:00am - 11:00am
Book Club 12:30pm - 1:30pm | 12 Yoga (Breathing / Poses) 10:00am - 11:00am
Quilting 10:00am - 11:30am
* Arts & Crafts 1:00pm - 2:30pm | 15 Fitness Friday (Balance / Flexibility) 10:00am - 11:00am
OPT Trip - Walmart in West Mifflin 11:00am - 2:00pm |
| 4 CENTER CLOSED | 13 Chair Exercises (Stretching / Strengthening) 10:30am - 11:30am
* National Institute on Aging "How to Read Food & Beverage Labels" 1:00pm - 2:00pm | 16 Dance Workout (Dance Steps / Routine) 10:00am - 11:00am
* Ice Cream Social "Overview of Your Current Budget & Final Expenses" w/ Barbara Shoemaker of Western & Southern Life 12:00pm - 1:00pm | 14 Fitness Club (Cardio / Free Weights) 10:00am - 11:00am
* "Medicare Updates” w/ Justin Neal of the Agora Group 12:00pm - 1:00pm | 18 Tai Chi (Meditation / Forms) 10:00am - 11:00am
* Parks & Recreation Month "City of Pittsburgh's Parks & Rec Overview" 1:00pm - 2:00pm |
| 10th JULY
INDEPENDENCE DAY | 19 Yoga (Breathing / Poses) 10:00am - 11:00am
Quilting 10:00am - 11:30am
* Notecards 1:00pm - 2:30pm | 20 Chair Exercises (Stretching / Strengthening) 10:30am - 11:30am
* National Lollipop Day "History & Traditions of This Sweet Holiday" 1:00pm - 2:00pm | 21 Fitness Club (Cardio / Free Weights) 10:00am - 11:00am
* "Advance Care Planning” w/ Jessie Schreiber of UPMC Resources for Life 12:00pm - 1:00pm | 22 Fitness Friday (Balance / Flexibility) 10:00am - 11:00am
OPT Trip - China Buffet King on Noblestown Road 11:30am - 1:30pm |
| 11th JULY | 27 Chair Exercises (Stretching / Strengthening) 10:30am - 11:30am
* National Institute on Aging "How Smell & Taste Change as You Age" 1:00pm - 2:00pm | 26 Yoga (Breathing / Poses) 10:00am - 11:00am
Quilting 10:00am - 11:30am
* Painting Class 1:00pm - 2:30pm | 28 Dance Workout (Dance Steps / Routine) 10:00am - 11:00am
* "Advance Care Planning” w/ Jessie Schreiber of UPMC Resources for Life 12:00pm - 1:00pm | 23 Fitness Friday (Balance / Flexibility) 10:00am - 11:00am
OPT Trip - The Goodwill and Dollar Tree Store on Banksville Road 12:30pm - 3:00pm |

* Please sign-up for trips & events with staff. Activities that have an * please sign-up in the Activities Binder.
We Rise Up for Parks and Recreation

If you haven’t already made plans to visit a national park this summer, consider doing so in July, which has been designated Parks and Recreation Month by Congress.

Each year since 1985, Americans have celebrated National Parks and Recreation Month during the month of July to recognize the importance of parks and recreation in establishing and maintaining the quality of life for, and contributing to the physical, economic and environmental well-being of communities.

Through efforts by the National Recreation and Park Association, the U.S. House of Representatives passed an official resolution for Parks and Recreation Month in 2009. The association supports the national park and recreation community and the general public in promoting summer programming and celebrations in support of the field.

This year’s theme is, “We Rise Up for Parks and Recreation.” At NRPA, We Rise Up for Parks and Recreation and all the professionals who build strong, vibrant and resilient communities through the power of parks and recreation. This July, we are bringing attention to how important it is to rise up and support our field, because every day, park and recreation professionals rise up for their communities in service of equity, climate-readiness, and overall health and well-being.

There’s no better way to celebrate Parks and Recreation Month than by highlighting the people who faithfully serve their communities all year long. Join us this July as “We Rise Up for Parks and Recreation!”

IT’S NATIONAL PARKS & RECREATION MONTH!
We All Scream for Ice Cream

July is National Ice Cream Month

Summer is the time for frozen treats, but whether you prefer ice cream, gelato or frozen yogurt, what you slurp has the same basic ingredients.

Milk and cream are the basis of all three frozen treats.

Yogurt is made with milk fermented with yogurt cultures with an base of cream, milk and sweetener.

From Italy, we get gelato, meaning frozen, and this treat is made entirely of milk. Since cream is mostly left out, it has enhanced flavor. The exceptionally creamy texture of gelato comes from the process. It is churned with very little air so it is dense and sweet.

Frozen custard is different from ice cream, mainly because it contains a dash of egg yolk and more butterfat. The lecithin in the yolk gives the frozen cream a richer and creamier texture.

Sherbet has an ice cream base sweetened with fruit juice.

Today we can thank refrigeration for making frozen treats widely available. More than 2,000 years ago, ice desserts were popular with the powerful. But even they had to run up to the top of the nearest mountain to get ice in the summer. King T’ang of Shang in China had 94 ice men to do the dirty work.

By the 1950s nearly every American had refrigeration and finally we could eat ice cream while watching Andy Griffith eat ice cream.

Still, some ice cream shops have been in business for generations: Doumar’s in Norfolk, Graeter’s in Cincinnati, Leopold’s in Savannah, the Elliston Place Soda Shop in Nashville, Homer’s in Wilmette, Illinois. The Fair Oaks Soda Fountain in South Pasadena, Calif., also whips up classics like old-fashioned phosphates and lime rickeys.

Why Independence Day is Celebrated on July 4th

Though the Fourth of July is a beloved date for Americans, some people claim that it’s not the real date of our independence.

The first motion for independence in the Continental Congress was made on June 8. After lengthy debates, the Congress voted secretly for independence on July 2, 1776.

The Congress reworked the Declaration of Independence until a little after 11 p.m. on July 4, when the colonies voted for its adoption and released an unsigned copy to the printers (New York abstained). Later, Philadelphia celebrated the Declaration of Independence with public readings and bonfires on July 8.

John Adams, the unofficial and tireless whip of the independence movement, wrote his wife Abigail on July 3: "The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations..."

The vote on July 2 was the decisive act, but July 4 is the date on the Declaration itself. Thomas Jefferson's stirring prose, as edited by the Congress, was adopted by the vote of July 4. It was the day Philadelphians heard the official news of their independence from England.
Leave the Show to the Pros

Independence Day is coming, and for many families, that means fireworks, big and small. If handled improperly, fireworks can cause serious injury, so if you do enjoy a fireworks show at home, carefully follow some safety precautions to make sure that you and your kids can have a fun, injury-free night.

* First, make sure that fireworks are legal in your area. According to Reader’s Digest, regulations vary from state to state, and one state, Massachusetts, bans all fireworks entirely. Check state and local regulations to ensure that you’re in compliance, or else you risk a fine or worse.

* Store your fireworks in a cool, dry place, out of reach of children. Never try to make your own fireworks.

* Do not let children play with fireworks, including firecrackers, rockets and sparklers. If you do decide to give your child a sparkler, do it outside and make sure your child keeps the sparkler well away from their body. Sparklers can reach 1,800 degrees Fahrenheit, according to KidsHealth, and according to Vanderbilt Children’s Health, are often the cause of serious injury requiring an emergency department visit.

* Don’t allow kids to pick up fireworks after use. Some pieces might still be ignited and can explode.

* Never allow children to light fireworks. Do not relight “dud” fireworks.

* Make sure kids, pets and other adults are safely out of range before you attempt to light any firework.

* Dispose of fireworks by soaking them in water and then putting them in a trash can.

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Crackle and Pop

Across
1. TV watchdog org.
4. Piano key material
9. ___ Bravo
10. Nearby
11. Crew need
12. Solder with an alloy
13. Continued ahead
15. “___ a little teapot”
16. Single
18. “___ Thee I Sing”
20. Excite
23. “Remember the ___!”
25. Piano piece
26. Forbidden
27. Hit the slopes
28. Buzzing cloud
29. Poetic contraction
31. W.W. II foe
8. Primordial substance
14. Captivate
17. Showed courage, old-style
21. Pseudonym of H. H. Munro
22. Auspices

The headline is a clue to the answer in the diagonal.
For your 4th of July feast: A blueberry trifle

Ingredients
- 1 Angel Food cake
- 1 bag frozen blueberries, thawed and drained
  OR 1-2 pints fresh berries
- 1 box dry instant vanilla pudding (3.4 oz)
- 1 can sweetened condensed milk
- 1 8-oz. block cream cheese
- 12 oz. Cool Whip

Directions
- Break angel food cake into large chunks.
- Put 1/2 of cake on bottom of trifle bowl.
- Sprinkle 1/2 of blueberries on top of cake.
- Beat cream cheese until smooth, then add dry pudding mix and condensed milk. Beat until creamy.
- Stir in about 2/3 of the Cool Whip, reserving the rest for later.
- Gently spread 1/2 of mixture over cake and blueberries in bowl.
- Layer again as before, keeping a few blueberries aside for garnish.
- Top with remaining Cool Whip and garnish with leftover blueberries.

July Horoscope
Aries 3/21 - 4/19: A suggestion from a co-worker could be helpful. Take a deep breath, listen carefully and thank them.

Taurus 4/20 - 5/20: Embrace rest this month as you take some time off. Not every second has to be filled. Enjoy.


Cancer 6/21 - 7/22: Your health is a concern, but try not to repeat the details to friends too often. You can overcome this.

Leo 7/23 - 8/22: Be cautious about expressing your feelings to a love interest. The time will be right soon. Wait for it!

Virgo 8/23 - 9/22: It's time to end that feud. It's doing you no good. Think of ways to smooth the path forward. It doesn't matter who was wrong.

Libra 9/23 - 10/21: A lie that seemed trivial at the time comes back to haunt you. If it won't do damage, admit it and move on.

Scorpio 10/22 - 11/21: You may soon come into a small sum of money. It's best not to let other friends know. Use it wisely.

Sagittarius 11/22 - 12/21: Beware of the full moon on July 13 when you may be tempted to make a financial move that you can't afford. Get some information first.

Capricorn 12/22 - 1/19: You get some praise this month, or at least a good word. Let it motivate you to continue your best efforts.

Aquarius 1/20 - 2/19: Having a network of people who respect you can bring benefits. Do favors, ask for favors and make contacts.

Pisces 2/19 - 3/20: People expect you to keep your promises, so think before you speak. Take advantage of public relations opportunities and tout your own horn in the right places.