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
⇒ Ceramics

For more information on the daily activities offered check out the HOMEWOOD ACTIVITIES CALENDAR on Page 2.

7321 Frankstown Avenue
(Homewood)
Pittsburgh, PA  15208
412-244-4190

HOURS OF OPERATION
Monday–Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*
HOMEWOOD’S Hot Lunch is served at 12 PM.

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

SENIOR LUNCH DETAILS

FOLLOW US ON:
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="Sunday-Blessings" alt="Image" /></td>
<td><img src="Fireworks" alt="Image" /></td>
<td><img src="LineDance" alt="Image" /></td>
<td>Move your Body with Melinda 9:30 to 10:30</td>
<td>Please Stay Safe and Wear your Mask at all times; (unless eating or drinking) while visiting the Center!</td>
<td>1 Move your Body with Melinda 9:30 to 10:30</td>
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<td>“Farm to Table” — May through July 20th 10:00 to 11:30 a.m.</td>
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<td>Blood pressures 10 to 12 noon ADVISORY MTG @ 1:00 p.m.</td>
<td>“Farm to Table” 10 to 11:30 a.m.</td>
<td>7 Pokeno @ 10:00 Bingo @ 1:00</td>
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<td>14 Homewood Center Annual Picnic—Vietnam Pavilion at Schenley Park from 10:00—3:00 p.m. OPT Available Leaving at 9:30 a.m.</td>
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**Homewood Healthy Active Living Center**
7321 Frankstown Ave.
Pittsburgh PA 15208
(412) 244-4190

Congregate Meals are back!
Suggested donation .50

**Melinda McCormick/ Director**
**Deborah Starling /Rec Leader I**
Center hours: Monday thru Friday 8:00 a.m. to 4:00 p.m.
(412-244-4190)