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 SOUTH SIDE ACTIVITIES CALENDAR on Page 2.

FACILITY/PARK OFFERINGS

⇒ Wabash Park
  ⇒ Playground (Water spray feature turned on seasonally)
  ⇒ Basketball Courts
  ⇒ Horseshoe Pits
  ⇒ Wabash Field

FOLLOW US ON:

HOURS OF OPERATION

Monday–Friday
8 AM—4 PM

SENIOR LUNCH PROGRAM*

WEST END’S Hot Lunch is served at 11:15 AM.

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

SENIOR LUNCH DETAILS

For more information on the daily activities offered check out the SOUTH SIDE ACTIVITIES CALENDAR on Page 2.
# West End Healthy Active Living Center

Julia Heath (Director) / Laverne Bluming (Rec Leader)
80 Wabash Street, Pittsburgh, PA 15220
Phone: (412)937-3068 / Fax: (412) 937-3076

## JULY, 2022

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>LUNCH SERVED @ 11:00</strong>&lt;br&gt;Suggested Donation 50 cents</td>
<td><strong>SATURDAY JULY 23RD SUPER BINGO $30 pp</strong>&lt;br&gt;DOORS OPEN @ 9:30</td>
<td><strong>BINGO EVERY MONDAY @ 12:00</strong>&lt;br&gt;EXERCISE: MONDAY THRU FRIDAY 10:15</td>
<td>Enjoy The Flowers...</td>
<td>1 Fitness Friday 10:15&lt;br&gt;*YAHZEE 11:44</td>
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<tr>
<td>CENTER CLOSED</td>
<td>5 Blood Pressure 11:30&lt;br&gt;Crochet Club 11:45&lt;br&gt;Poker 11:45</td>
<td>6 Exercise Club 10:15&lt;br&gt;*HEALTHY COOKING: SMOOTHIES 11:45&lt;br&gt;*WII BOWLING LEAGUE 11:30</td>
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<tr>
<td>11 Bingo 12:00&lt;br&gt;GENERAL MEMBERSHIP MTG. 11:00&lt;br&gt;DAN DEASY 11:45</td>
<td>12 *YOGA W/PATTY 10-11&lt;br&gt;BETTER TOGETHER W/PATTY 11:30-12:00&lt;br&gt;Poker 11:45&lt;br&gt;Crochet Club 12:00</td>
<td>13 Exercise Club 10:15&lt;br&gt;WII BOWLING LEAGUE 11:30</td>
<td>7 Exercise Club 10:15&lt;br&gt;LUNCH @ RED ROBIN 11:30</td>
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<tr>
<td>18 Bingo 12:00</td>
<td>19 Exercise Club 10:15&lt;br&gt;HEALTHY EATING PENN STATE 10:30&lt;br&gt;*SPEAKER - FARM TO TABLE 12:00&lt;br&gt;Crochet Club 12:15&lt;br&gt;Poker 11:45</td>
<td>20 Exercise Club 10:15&lt;br&gt;*CPR CLASS W/SARA 12:00</td>
<td>21 Exercise Club 10:15&lt;br&gt;LUNCH @ ROCKAFELLYS 11:30</td>
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<tr>
<td>25 Bingo 12:00</td>
<td>26 Exercise Club 10:15&lt;br&gt;*SPEAKER ASK THE MECHANIC 10:30</td>
<td>27 Exercise Club 10:15&lt;br&gt;WII BOWLING LEAGUE 11:30</td>
<td>28 Exercise Club 10:15&lt;br&gt;LUNCH @ JOHNNYS DINER 11:30</td>
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<td>29 Fitness Friday 10:15&lt;br&gt;*CRAFT &amp; DISCUSSION MAKING AN HERB GARDEN 11:30</td>
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</table>

*Exercise Club activities include Wii bowling, Crochet, etc.*

*Healthy cooking classes include smoothies and other healthy snacks.*

*Sponsorship opportunities are available for all events.*

*Join us for a healthy and active July!*