




FOR THE INDEPENDENT LIVING RESIDENTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Programs & Activities held at Asbury Heights are open to ALL Independent Living Residents. Please join us.			1 9:00 & 10:30 Virginia Manor 1:00 Lunch: Au Grotgens Cafe 1:00 Jennifer Brach, PH.D. SR "Move or Lose it!" 1:30 Bible Study HC	2 9:00- 11:00 AH B/P Check WC 1:30 Bingo SR 7:00 Cabaret Night SR PopRock Violinist Steven Vance	3 6:30 Game Night SR
4 St. Bernard Catholic Church Van Departs at 8:30 & 10:30 1:00 Service of Remembrance Fr. Benjamin Barr HC 1:30 Pgh. Symphony Heinz Hall 2:30 Church Services HC	5 11:00 Lunch: Cracker Barrel 10:15 Shop N' Save Shopping 1:30 Creative Writing 3302 7:00 Dart Ball SR	6 Election Day Check Departure times NO Neurobics 1:00 Pinochle 5th Fr. Alcove 6:30 River City Brass 7:00 Bible Study BC	7 1:45 Eucharistic Services HC 1:45 S.H. Village, Kohl's Target & Trader Joes 7:00 Card Game Night SR	8 9:00 & 10:30 Virginia Manor 1:30 Bible Study HC	9 10:00 trip- Frick Art Museum Isabelle de Borchgrave: "Fashioning Art from Paper" 1:30 Bingo SR 7:00 Social Room open for games	10 9:30 Shopping at Aldi's 6:30 Game Night SR
11 St. Bernard Catholic Church Van Departs at 8:30 & 10:30 1:30 Pgh. POPS Heinz Hall 2:30 Church Services HC	12 11:00 Pizza & Paint 3302 1:30 Creative Writing 3302 1:45 Catholic Mass HC 2:30 Book Review SR Jack Aupperle 7:00 Dart Ball SR	13 10:00 Neurobics 3302 10:15 Kuhn's 10:30 Hoffstot's Café Monaco 1:00 Pinochle 5th Fr. Alcove 2:00 Music Prog. Lisa Powell SR 7:00 Bible Study BC 7:00 Current Event G. Savarese SR	14 1:45 Walmart, Shop N 'Save & Rite Aid NO Eucharistic Service Today 7:00 Card Game Night SR	15 9:00 & 10:30 Virginia Manor 1:30 Bible Study HC 2:30 Nightingale Meeting BC 6:00 Benihana Restaurant	16 9:00- 11:00 AH B/P Check WC 1:30 Bingo SR 7:00 W.H. Music Program SR "The New Vintage Big Band"	17 6:30 Game Night SR
18 St. Bernard Catholic Church Van Departs at 8:30 & 10:30 2:30 Church Services HC	19 11:00 Cooking Demo 3302 1:30 IL Resident Council Meeting In Hickman Chapel 3:00 Modern Communications With Tom Earley 3302 7:00 Dart Ball	20 10:00 Neurobics 3302 10:15 Shop N' Save 1:00 Pinochle 5th Fr. Alcove 7:00 Bible Study BC	21 10:00 Original Pancake House 1:45 S.H. Village, Kohl's Target & Trader Joes 1:45 Eucharistic Services HC 7:00 W.H. Music Program SR The East End Kids 7:00 Banjo Club Rehearsal	22 9:00am Morning Social With Lynn in the Social Room 	23 1:30 Bingo SR 6:30 Social Room open for games	24 6:30 Game Night SR
25 St. Bernard Catholic Church Van Departs at 8:30 & 10:30 2:30 Church Services HC	26 10:00 Rachel's Roadhouse & Grove City Outlets 1:30 Creative Writing 3302 7:00 W.H. Music Program SR The Ringold Band Christmas program	27 10:00 Neurobics 3302 10:15 Kuhn's 1:00 Pinochle 5th Fr. Alcove 6:30 Paint Night 3302 7:00 Bible Study BC	28 10:00 PaPaGallo Cucina 1:45 Walmart, Shop N 'Save & Rite Aid 1:45 Eucharistic Services HC 7:00 W.H. Music Program SR "The Harmony Singers"	29 9:00 & 10:30 Virginia Manor 1:30 Bible Study HC 4:00 Oglebay Winter Festival of Lights.	30 1:30 Bingo SR 7:00 IL Cabaret Night SR Singer, Steve Tori	