



UPMC SENIOR COMMUNITIES

2019 ASBURY HEIGHTS Activity Calendar

January Spring Lane

HC- Hickman Chapel
 BC- Baum Chapel
 SR- Social Room
 P- Pantry
 R- Ramp
 DR- Dining Room
 M-Mall

ALL PROGRAMS ARE SUBJECT TO THE CHANGING NEEDS OF OUR RESIDENTS.

Please check bulletin boards periodically.

Activities Staff: Jaime, Andrea, & Matt
 Office Location: 1405

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Morning Meet Up 11:00-Senior Fit 2:00- Music with Donny & Peg 3:30- Happy Hour	2 10:00 Wake, Rattle & Roll- 6flr 1:45 Eucharistic Service 3:45 Resident Council 6:30 Wednesday Night BINGO	3 10:00 Deacon Chuck's Service-BC 11:00-Senior Fit 2:00- Art with Janet 3:45-Word Games	4 10:00 Scattergories 11:00 Move & Groove 2:30- BINGO 3:45 - Scattergories	5 9:45- Morning Meet Up 11:15- Senior Fit 1:30 Balloon Volleyball-6FL 3:00 Vegas Dice Game -5FL P
6 11:00 Morning Meet Up 2:30 Worship-HC/ CH 957 4:00 Afternoon Exercise	7 10:00 BINGO 2:30 Jeopardy 3:45 Move & Groove	8 10:00 Morning Meet Up 11:00-Senior Fit 1:45- Rev. Grueser's Tableside Worship 3:45- Book Club	9 10:00 Wake, Rattle & Roll 1:45 Eucharistic Service 3:45 Baking with Friends 6:30 Wednesday Night BINGO	10 10:00 Deacon Chuck's Service-BC 11:00-Senior Fit 2:00- UNO 3:45-Balloon Volleyball	11 10:00 Move & Groove 11:00 Morning Trivia 2:30- BINGO 3:45 - Dominoes	12 9:45- Morning Meet Up 11:15- Senior Fit 1:30 -Water Color Art 6R 3:00 -UNO-5P
13 11:00 Morning Meet Up 2:30 Worship-HC/ CH 957 4:00 Afternoon Exercise	14 10:00 BINGO 1:45 Catholic Mass- HC 3:45 Outburst & Trivia	15 10:00 Morning Meet Up 11:00-Senior Fit 1:45- Rev. Grueser's Tableside Worship 3:45- Daily Trivia	16 10:00 Wake, Rattle & Roll 2:00 Watercolor Art 3:45 Move & Groove 6:30 Wednesday Night BINGO	17 10:00 Deacon Chuck's Service-BC 11:00-Senior Fit 2:00- Music w/ Lisa Powell 3:45-Snack & Chat	18 10:00 ABC Kids Visit 2:30- BINGO 3:45 - Hand Massages	19 9:45- Morning Meet Up 11:15- Senior Fit 1:30 Name That Tune- 6 th R 3:00 Black Jack- P
20 11:00 Morning Meet Up 2:30 Worship-HC/ CH 957 4:00 Afternoon Exercise	21 10:00 BINGO 2:00 "I Have A Dream" Celebrate Rev. Dr. M.L. King 3:45 Afternoon Stretch	22 10:00 Morning Meet Up 11:00-Senior Fit 2:00- Manicures & Massages 3:45- You Be The Judge!	23 10:00 Wake, Rattle & Roll 1:45 Eucharistic Service 3:45 Sequence Dice Game - P 6:30 Wednesday Night BINGO	24 10:00 Deacon Chuck's Service-BC 11:00-Senior Fit 2:00- Watercolor Art 3:45- Word In a Word	25 10:00 Sing & Stretch 11:00 A to Z 2:30- BINGO 3:45 - Scattergories	26 9:45- Morning Meet Up 11:15- Senior Fit 1:30- Art Hour 3:00 Card Games-5 th Flr
27 11:00 Morning Meet Up 2:30 Worship-HC/ CH 957 4:00 Afternoon Exercise	28 10:00 BINGO 2:30 Afternoon Exercise 3:45 Finishing Lines	29 10:00 Morning Meet Up 11:00-Senior Fit 2:00- Dominoes -P 3:45- Who Wants To Be A Millionaire?	30 10:00 Move 'n Groove 1:45 Eucharistic Service 3:00 BINGO	31 10:00 Deacon Chuck's Service-BC 11:00-Senior Fit 2:00- Table Games 3:45- Word Games		