

# December

## ASBURY HEIGHTS

### Activity Calendar








# 2023

Ashley White  
412-571-5183  
IL Activities Coordinator

Noah Al-Shemmari  
412-571-5172  
IL Activities Assistant

ACTIVITIES CENTER AC  
FITNESS CENTER FC  
HICKMAN CHAPEL HC  
LIBRARY LB  
LINDEN GARDEN LG  
TENT T

MAIN DINING ROOM MDR  
MALL ML  
NEW SOCIAL ROOM NSR  
REGENCY ROOM EMBASSY RR  
SUNSET ROOM SR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*Please tune in to Channel 957 for updates and reminders to the daily schedule of activities and events*</b></p> <p><b>All Resident-Run Activities are on the back of the calendar</b></p>				<p><b>1</b></p> <p>10:00 Fitness Class NSR 1:00 Bingo NSR 6:30 Music by The Harmony Singers NSR</p>	<p><b>2</b></p> <p>1:00 Movie Matinee AC 6:30 Happy Hour NSR</p>
<p><b>3</b></p> <p>2:30 Church Service HC</p>	<p><b>4</b></p> <p>10:00 Fitness Class NSR 11:00 Bingo NSR 3:00 Book Club SR 5:00 Dinner at Bonefish Grill</p>	<p><b>5</b></p> <p>9:00 Morning Prayer HC 10:00 Coffee Klatch AC 11:30 Fitness Class NSR 1:30 Better Your Balance FC 2:30 Dollhouse Makeover NSR 6:00 Get Creative with Noah AC 6:15 River City Brass</p>	<p><b>6</b></p> <p>10:00 Fitness Class NSR 11:00 Ornament Making &amp; Hot Cocoa Bar AC 1:00 Trip Cmte Meeting AC 1:30 Catholic Mass HC 2:00 Virtual Reality AC 6:00 Clinton Christmas Light Display Tour</p>	<p><b>7</b></p> <p>10:00 Fitness Class NSR 10:00 Library Cmte Meeting LB 1:00 Bible Study HC 2:00 Games with Noah AC</p> <p>First Day of Hannukah</p>	<p><b>8</b></p> <p>10:00 Fitness Class NSR 10:00 Cards with Linda AC 11:00 Cranium Crunches NSR 1:00 Bingo NSR 2:30 Stories with Holes Game with Rosemary AC</p>
<p><b>10</b></p> <p>2:30 Church Service HC</p>	<p><b>11</b></p> <p>10:00 Fitness Class NSR 11:00 Bingo NSR 1:00 Emergency Services Program with Medical Rescue Team South NSR</p>	<p><b>12</b></p> <p>9:00 Morning Prayer HC 10:00 Coffee Klatch AC 11:30 Fitness Class NSR 1:30 Better Your Balance FC 6:00 Christmas Party with Renewed Memories NSR</p>	<p><b>13</b></p> <p>10:00 Fitness Class NSR 11:00 Christmas Card Placemats with Carol AC 1:30 Eucharistic Service HC 2:00 Virtual Reality AC 2:30 Birds of Columbia Presentation with Sam NSR</p>	<p><b>14</b></p> <p>10:00 Fitness Class NSR 11:00 Lunch at Aladdin's Eatery HC 1:00 Bible Study HC</p> <p>Ugly Sweater Day</p>	<p><b>15</b></p> <p>10:00 Fitness Class NSR 11:00 Cranium Crunches NSR 1:00 Bingo NSR 3:00 Game-O-Rama with George, Ashley and Noah NSR</p>
<p><b>17</b></p> <p>1:45 POPS Concert 2:30 Church Service HC</p>	<p><b>18</b></p> <p>10:00 Fitness Class NSR 11:00 Christmas Bingo NSR 1:30 Building Rep Meeting NSR 5:00 Dinner at Olive Garden</p>	<p><b>19</b></p> <p>9:00 Morning Prayer HC 10:00 New Resident Reception NSR 11:30 Fitness Class NSR 1:30 Better Your Balance FC 2:00 Trip to Marshall's AC 6:00 Painting with Noah AC</p>	<p><b>20</b></p> <p>10:00 Fitness Class NSR 11:00 Purposeful Service Project - DIY Dog Treats AC 1:30 Eucharistic Service HC 2:00 Virtual Reality AC 3:00 Holiday Sing-Along with Ashley and Noah NSR</p>	<p><b>21</b></p> <p>10:00 Fitness Class NSR 1:00 Bible Study HC 2:00 Games with Noah AC 7:00 George Savarese Current Events Speaker HC</p> <p>Winter Solstice</p>	<p><b>22</b></p> <p>10:00 Fitness Class NSR 10:00 Cards with Linda AC 11:00 Cranium Crunches NSR 1:00 Christmas Bingo NSR 2:30 Stories with Holes Game with Rosemary AC</p>
<p><b>24/31</b></p> <p>2:30 Christmas Eve Church Service (24) HC 6:00 NYE Party (31) NSR</p>	<p><b>25</b></p> <p></p>	<p><b>26</b></p> <p>9:00 Morning Prayer HC No Fitness Classes Today No Coffee Klatch Today</p> <p></p> <p>First Day of Kwanzaa</p>	<p><b>27</b></p> <p>10:00 Fitness Class NSR 11:00 Get Creative with Ashley AC 1:30 Eucharistic Service HC 2:00 Virtual Reality AC</p>	<p><b>28</b></p> <p>10:00 Fitness Class NSR 11:00 Lunch at Tacosburgh HC 1:00 Bible Study HC 2:00 Games with Noah AC</p>	<p><b>29</b></p> <p>10:00 Fitness Class NSR 11:00 Cranium Crunches NSR 11:00 Dining Cmte Meeting MDR 1:00 Bingo NSR</p>
					<p><b>30</b></p> <p>10:00 Music Exploration with Noah AC 1:00 Movie Matinee AC 6:30 Happy Hour NSR</p>