



UPMC  
SENIOR  
COMMUNITIES

January  
2024

Asbury Heights  
Activity Calendar

Ashley White  
412-571-5183  
IL Activities Coordinator

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

ACTIVITIES CENTER  
FITNESS CENTER  
HICKMAN CHAPEL  
LIBRARY  
MAIN DINING ROOM  
MALL  
SOCIAL ROOM  
REGENCY ROOM EMBASSY  
SUNSET ROOM

AC  
FC  
HC  
LB  
MDR  
ML  
SR  
RR  
SSR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>  New Years Day Staff Holiday No Activities	<b>2</b>  9:00 Morning Prayer 10:00 Coffee Klatch 11:30 Fitness Class 1:30 Better Your Balance 6:30 Comics & Captions w/ Noah HC AC SR FC AC	<b>3</b>  10:00 Fitness Class 11:00 Painting & Pizza 1:00 Trip & Activities Cmte Meeting 1:30 Catholic Mass 3:00 Ted Talks SR AC AC HC AC	<b>4</b>  10:00 Fitness Class 10:00 Library Cmte Meeting 1:00 Bible Study 1:30 Better Your Balance 2:00 Jeopardy w/ Noah 5:00 Dinner at All American Bistro SR AC AC HC AC	<b>5</b>  10:00 Cards with Linda 11:00 Cranium Crunches 10:00 Fitness Class 1:00 Bingo 2:30 Stories with Holes AC SR SR SR AC	<b>6</b>  1:00 Movie Matinee 2:30 One on One w/ Noah Apartment Visits 6:30 Happy Hour AC SR SR SR AC
<b>7</b>  2:30 Church Service HC	<b>8</b>  10:00 Fitness Class 11:00 Bingo 11:00 Lunch at Cracker Barrel 3:00 Book Club SR SR AC	<b>9</b>  9:00 Morning Prayer 10:00 Coffee Klatch 11:30 Fitness Class 1:00 Paint Pouring w/ Janet 1:30 Better Your Balance 6:15 Board Games w/ Noah HC AC SR AC FC AC	<b>10</b>  10:00 Fitness Class 11:00 DIY Lavender Sugar Scrub w/ Ashley 1:30 Eucharistic Service 3:00 Ted Talks SR AC HC AC	<b>11</b>  10:00 Fitness Class 1:00 Bible Study 1:30 Better Your Balance 2:00 Family Feud w/Noah SR HC FC AC	<b>12</b>  10:00 Fitness Class 11:00 Cranium Crunches 1:00 Bingo SR SR SR AC	<b>13</b>  1:00 Movie Matinee 2:30 One on One w/Noah Apartment Visits 6:30 Happy Hour AC SR SR SR
<b>14</b>  2:30 Church Service HC	<b>15</b>  No Fitness Classes Today No Bingo Today 1:00 Tech Speaker Tom 2:00 Music by Ron Bickel AC SR  Martin Luther King Jr. Day Staff Holiday	<b>16</b>  9:00 Morning Prayer 10:00 Coffee Klatch 11:30 Fitness Class 1:30 Better Your Balance 6:30 Origami w/ Noah HC AC SR FC AC	<b>17</b>  10:00 Fitness Class 1:30 Eucharistic Service 3:00 Ted Talks SR HC AC	<b>18</b>  10:00 Fitness Class 1:00 Bible Study 1:30 Better Your Balance 2:00 Mario Golf w/Noah 5:00 Dinner at Osaka SR HC FC AC	<b>19</b>  10:00 Cards with Linda 10:00 Fitness Class 11:00 Cranium Crunches 1:00 Bingo 2:30 Stories with Holes SR HC FC AC	<b>20</b>  10:00 Music Exploration w/Noah 1:00 Movie Matinee 2:30 One on One w/Noah Apartment Visits 6:30 Happy Hour AC SR SR SR AC
<b>21</b>  2:30 Church Service HC	<b>22</b>  10:00 Fitness Class 11:00 Bingo 1:30 Resident Council Meeting 11:00 Lunch at Brick & Mortar SR SR	<b>23</b>  9:00 Morning Prayer 10:00 Coffee Klatch 11:30 Fitness Class 1:30 Better Your Balance 2:00 Trip to Kohl's 6:30 Pool & Pizza Room 7102 HC AC SR FC	<b>24</b>  10:00 Fitness Class 1:30 Eucharistic Service 2:00 Chair Massages 3:00 Ted Talks SR HC AC	<b>25</b>  10:00 Fitness Class 1:00 Bible Study 1:30 Better Your Balance 2:00 Mario Kart w/Noah SR HC FC AC	<b>26</b>  10:00 Fitness Class 11:00 Dining Cmte Meeting 1:00 Bingo SR MDR SR	<b>27</b>  1:00 Movie Matinee 2:30 One on One w/ Noah Apartment Visits 6:30 Happy Hour AC SR SR
<b>28</b>  1:30 POPS Concert at Heinz Hall 2:30 Church Service HC	<b>29</b>  10:00 Fitness Class 11:00 Bingo 1:00 Sound Bath w/ Karen SR SR	<b>30</b>  9:00 Morning Prayer 10:00 Coffee Klatch 11:30 Fitness Class 1:30 Better Your Balance 6:00 Painting w/ Noah HC AC SR FC AC	<b>31</b>  10:00 Fitness Class 1:30 Eucharistic Service 3:00 Ted Talks SR HC AC	<div>*Please tune in to Channel 957 for updates and reminders to the daily schedule of activities and events*</div>		<div>All Resident-Run Activities are on the back of the calendar</div>