



Asbury HEIGHTS

An Oakdale Seniors Alliance Supported Community

Independent Living Activities Calendar

Noah Al-Shemmari
412-571-5183
Life Enrichment Coordinator

- ACTIVITIES CENTER AC
- FITNESS CENTER FC
- HICKMAN CHAPEL HC
- LIBRARY LB
- MAIN DINING ROOM MDR
- MALL ML
- SOCIAL ROOM SR
- REGENCY ROOM EMBASSY RR
- SUNSET ROOM SSR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 6:30 Happy Hour SR
2 2:30 Church Service HC	3 10:00 Fitness Class SR 11:00 Bingo SR 12:30 Bible Study HC 2:00 Tech Speaker Tom AC 3:00 Book Club AC 5:00 Dinner at Andora	4 9:00 Morning Prayer HC 10:00 Coffee Klatch AC 1:30 Fitness Class SR 2:15 Gardening Club Interest Meeting FC 3:00 Crafts w/ Noah - Window Decorations AC	5 10:00 Fitness Class SR 11:00 TED Talks AC 1:00 Trip & Activities Committee Meeting AC 1:30 Catholic Mass HC 2:00 Movie Matinee AC	6 10:00 Library Cmte Mtg LB 11:00 Wii Bowling AC 1:30 Fitness Class FC	7 10:00 Fitness Class SR 1:00 Bingo SR 3:00 Jeopardy w/ Noah AC	8 6:30 Happy Hour SR
9 2:30 Church Service HC	10 10:00 Fitness Class SR 11:00 Bingo SR 12:30 Bible Study HC 3:00 Music w/ Noah AC	11 9:00 Morning Prayer HC 10:00 Coffee Klatch AC 10:00 - 12:30 RUBI Bone Health Research Study ML 1:30 Fitness Class SR 3:00 Painting w/ Noah - Trees Perspectives AC	12 10:00 Fitness Class SR 11:00 TED Talks AC 1:30 Eucharistic Service HC 2:30 Movie Matinee AC	13 11:00 Wii Bowling AC 12:30 Lunch at Greek Food Festival HC 1:30 Fitness Class AC	14 10:00 Fitness Class SR 11:00 Cranium Crunches SR 1:00 Bingo SR 2:30 Stories with Holes AC	15 6:30 Happy Hour SR
16 Father's Day 2:30 Church Service HC	17 Pajama Day 10:00 Fitness Class SR 11:00 Bingo SR 12:30 Bible Study HC 1:30 Building Rep Meeting SR 3:00 Baking w/ Noah AC	18 Favorite Band T-Shirt Day 9:00 Morning Prayer HC 10:00 Coffee Klatch AC 1:30 Fitness Class SR 3:00 Tie-Dye Shirts w/ Noah AC	19 Red, White, and Blue Day 10:00 Fitness Class SR 11:00 TED Talks AC 1:30 Eucharistic Service HC 2:30 Movie Matinee AC	20 Luau 11:00 Wii Bowling AC 12:30 Frick Museum Trip HC 1:30 Fitness Class SR	21 Tie-Dye Day 10:00 Fitness Class SR 11:00 Cranium Crunches SR 1:00 Bingo SR 3:00 Jeopardy w/ Noah AC	22 2:30 Voices in Praise Youth Choir SR 6:30 Happy Hour SR
23 1:45 POPS Concert 2:30 Church Service HC	24 <i>No Fitness Class this week</i> 11:00 Bingo SR 12:30 Bible Study HC 3:00 The Joe & Jackie Show Musical Duo SR	25 9:00 Morning Prayer HC 10:00 Coffee Klatch AC 11:30 Lunch at Nate's C hophouse 3:00 Painting w/ Noah - Abstract Animals AC	26 11:00 TED Talks AC 1:30 Eucharistic Service HC 2:30 Movie Matinee AC	27 11:00 Wii Bowling AC 3:30 Pittsburgh Ballroom Dancers SR	28 11:00 Dining Cmte Mtg MDR 11:00 Cranium Crunches SR 1:00 Bingo SR 2:30 Stories with Holes AC	29 6:30 Happy Hour SR
30 2:30 Church Service HC	<div style="border: 2px solid red; padding: 5px; display: inline-block;"> All Resident-Run Activities are on the back of the calendar. </div>					



June Birthdays

Jackie King	9	Jeannette Milligan	11
Nancy Kownacki	13	Joan Platt	14
Sara Scales	17	Carol Woodring	19
Kathy West	23	Robbie Bunecicky	25
Ruth Einhorn	30		

Sign-up sheets for trips are located at the Security Desk.

Shopping Trip Schedule

Walmart and Shop ‘N Save

10:00 am (Thursdays)

- June 6th
- June 13th
- June 27th

Giant Eagle and PNC on Cochran Road

10:00 am (Thursday)

June 20th

Resident-Run Activities

MONDAY	1:00 Scrabble	Sunset Room
	6:30 Texas Hold'em	Activities Center

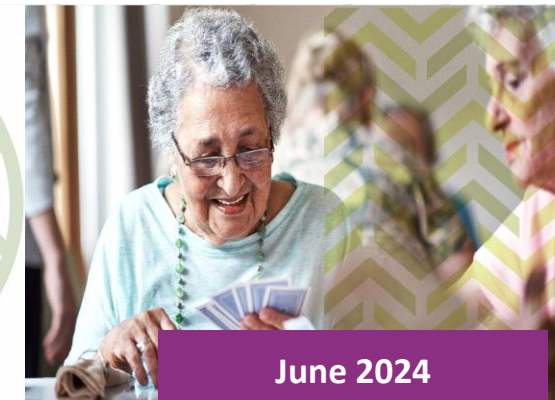
TUESDAY	1:00 Pinochle	Bldg 2 Lv5 Alcove

WEDNESDAY	6:30 Happy Hour	Social Room

THURSDAY	2:30 Canasta	Sunset Room
	6:30 Game Night	Sunset Room

FRIDAY	6:30 Texas Hold'em	Activities Center

SATURDAY	6:30 Happy Hour	Social Room



June 2024

Staff Communication

Bone Health Research Study

Open to women age 65 and older who live in a senior living community



For more than a decade, Asbury Heights has partnered with the University of Pittsburgh’s “RUBI” bone health research study funded by the National Institutes of Health. Residents who volunteer for the study receive a bone density scan every six months at no cost.

Fran Linkesh, carriage home resident, has been a part of this study since last year and recommends that more residents participate and take advantage of the perks associated with it.

“Every six months, a nurse associated with the study comes to my home to give me an infusion treatment to treat osteoporosis,” says Fran. “I also receive calcium and vitamin D supplements at no cost.”

Representatives will be in the Mall on Tuesday, June 11th to answer your questions. For more details, call the RUBI Coordinator at 412-508-4540.