



UPMC SENIOR COMMUNITIES



SEPTEMBER

2022

ASBURY HEIGHTS
Activity Calendar

Angela (Angie) Fabian
412-571-5183
IL Activities Coordinator

Kristen Assi
412-571-5172
IL Activities Assistant

ACTIVITIES CENTER	AC
FITNESS CENTER	FC
HICKMAN CHAPEL	HC
LIBRARY	LB
MAIN DINING ROOM	MDR
NEW SOCIAL ROOM	NSR
SUNSET ROOM	SR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>**PLEASE NOTE** All Resident-Run Activities are on the back of the calendar</p>		<p>**PLEASE NOTE** Shopping Trip Schedule is now on the back of the calendar</p>		<p>1 10:00 Library Cmte Mtg LB 10:30 Fitness Class FC 11:00 Bingo AC 1:00 Bible Study HC 2:00 Wii Bowling AC 2:00 Speakers - Movie reviews and more! NSR</p>	<p>2 9:00 Walking Trail FC 9:30 Morning Stretch FC 10:00 Fitness Class FC 11:00 Cranium Crunches NSR 1:00 Bingo with Ken NSR 2:00 Virtual Reality AC</p>	<p>3 9:30 Kitchen Club AC 11:00 Music Club AC 2:00 Movie Matinee AC 2:30 One on One with Kristen - Apartment visits</p>
<p>4 10:30 Mass St. Bernard Church 2:30 Church Service HC</p>	<p>5 HAPPY LABOR DAY 11:00 Dart Ball AC</p>	<p>6 10:00 Coffee Klatch AC 11:30 Fitness Class FC 2:00 Wii Bowling AC 6:00 Art with Kristen AC</p>	<p>7 9:00 Walking Trail FC 9:30 Morning Stretch FC 10:00 Scribble & Color Club AC 11:30 Be Well Kitchen MDR 1:00 Trip Cmte Meeting AC 1:30 Eucharistic Mass HC 2:00 Fitness Class FC 3:00 Ted Talk & Discuss AC</p>	<p>8 10:30 Fitness Class FC 11:00 Bingo NSR 1:00 Bible Study HC 2:00 Wii Bowling AC 4:30 Dinner and Play Juniper Grill & Little Lake Theater</p>	<p>9 9:00 Walking Trail FC 9:30 Morning Stretch FC 10:00 Fitness Class FC 10:00 Cards with Linda AC 11:00 Cranium Crunches NSR 1:00 Patty Peer Flapper Fashion Show NSR</p>	<p>10 9:30 Kitchen Club AC 11:00 Music Club AC 2:00 Movie Matinee AC 2:30 One on One with Kristen - Apartment visits</p>
<p>11 <i>Happy Grandparents Day</i> 10:30 Mass St. Bernard Church 2:30 Church Service HC</p>	<p>12 9:00 Walking Trail FC 9:30 Morning Stretch FC 10:00 Fitness Class FC 11:00 Dart Ball AC 1:00 Activities Co. Mtg AC 1:30 Better your Balance FC 3:00 Book Club SR</p>	<p>13 10:00 Coffee Klatch AC 11:30 Fitness Class FC 3:00 Tom Earley AC 6:00 Art with Kristen AC</p>	<p>14 9:00 Walking Trail FC 9:30 Morning Stretch FC 10:00 Scribble & Color Club AC 11:00 Lunch Pancake House 1:30 Eucharistic Service HC 2:00 Fitness Class FC 3:00 Ted Talk & Discuss AC</p>	<p>15 10:30 Fitness Class FC 11:00 Bingo NSR 1:00 Bible Study HC 2:00 Wii Bowling AC</p>	<p>16 9:00 Walking Trail FC 9:30 Morning Stretch FC 10:00 Fitness Class FC 11:00 Cranium Crunches NSR 1:00 Bingo with Ken NSR 3:00 Rick Purcell & Donna Groom music duo NSR</p>	<p>17 9:30 Kitchen Club AC 11:00 Music Club AC 2:00 Movie Matinee AC 2:30 One on One with Kristen - Apartment visits</p>
<p>18 10:30 Mass St. Bernard Church 2:30 Church Service HC</p>	<p>19 9:00 Walking Trail FC 9:30 Morning Stretch FC 10:00 Fitness Class FC 11:00 Dart Ball AC 1:30 Resident Co. Meeting HC 1:30 Better your Balance FC</p>	<p>20 10:00 Coffee Klatch AC 11:30 Fitness Class FC 2:00 Wii Bowling AC 6:00 Art with Kristen AC</p>	<p>21 GOLF DAY 9:00 Walking Trail FC 9:30 Morning Stretch FC 11:00 Pizza and Games AC 1:30 Eucharistic Service HC 2:00 Fitness Class FC 3:00 Ted Talk & Discuss AC</p>	<p>22 10:30 Fitness Class FC 11:00 Bingo NSR 1:00 Bible Study HC 2:00 Wii Bowling AC 5:00 Dinner Red Tea House</p>	<p>23 9:00 Walking Trail FC 9:30 Morning Stretch FC 10:00 Fitness Class FC 11:00 Cranium Crunches NSR 1:00 Bingo with Ken NSR 2:00 Virtual Reality AC</p>	<p>24 9:30 Kitchen Club AC 11:00 Music Club AC 2:00 Movie Matinee AC 2:30 One on One with Kristen - Apartment visits</p>
<p>25 10:30 Mass St. Bernard Church 2:30 Church Service HC</p>	<p>26 9:00 Walking Trail FC 9:30 Morning Stretch FC 10:00 Fitness Class FC 11:00 Dart Ball AC 12:30 Kitchen Club AC 1:30 Better your Balance FC 3:30 Speaker from Bradford House - Whiskey Rebellion NSR</p>	<p>27 10:00 Coffee Klatch AC 11:30 Fitness Class FC 2:00 Wii Bowling AC 6:00 Art with Kristen AC</p>	<p>28 9:00 Walking Trail FC 9:30 Morning Stretch FC 10:00 Scribble & Color Club AC 11:00 Lunch Narcisi Winery & Restaurant with Embassy 1:30 Eucharistic Service HC 2:00 Fitness Class FC 3:00 Ted Talk & Discuss AC</p>	<p>29 10:30 Fitness Class FC 11:00 Bingo NSR 1:00 Bible Study HC 2:00 Wii Bowling AC</p>	<p>30 No Fitness Classes today! 11:00 Cranium Crunches NSR 11:00 Dining Co. Mtg MDR 1:00 Bingo with Ken NSR 2:00 Virtual Reality AC</p>	<p>Please turn your calendar over for more information on the back</p>

SEPTEMBER BIRTHDAY LIST

Larry Sanders	2	Betty Chrise	15
Judy Ingram	4	Jean Hackett	20
Joan Kubancek	4	Bill Souder	20
Mary Slaminko	5	Shirley Pohl	21
Jim Malcom	7	Ruth Fischer	23
James Garvey	9	Betty Young	29
Bette John	10	Barbara King	30

SIGN-UP SHEETS FOR TRIPS ARE LOCATED AT THE SECURITY DESK

Shopping Trip Schedule

Walmart, Shop 'N Save and RiteAid

10:00 am (Thursdays)

September 1

September 8

September 15

September 22

South Hills Village and Target

11:00 am–1:00 pm Tuesday, September 13

Giant Eagle and PNC on Cochran Road

10:00 am Thursday, September 29

RESIDENT-RUN ACTIVITIES

MONDAY	1:00 Scrabble	Activities Center
	7:00 Texas Hold'em	Activities Center

TUESDAY	1:00 Pinochle	Bldg 2 Lv5 Alcove

WEDNESDAY	1:30 Creative Writing Club – Sept. 28	Activities Center
	6:30 Social Hour	New Social Room or Tent

THURSDAY	7:00 Game Night	Sunset Room

FRIDAY	7:00 Texas Hold'em	Activities Center

SATURDAY	6:30 Social Hour	New Social Room or Tent

UPMC SENIOR COMMUNITIES SEPTEMBER 2022

INDEPENDENT LIVING

ASBURY HEIGHTS



STAFF COMMUNICATION



Marjorie Doughton (Director, Residential Services)

I know. It's crazy, right?

Just when we thought it was safe to go back in the water, that newly discovered breed of shark called COVID rears its ugly head again!



Folks, we love you and care about you deeply. Please know that we want to get rid of these masks as badly as you! We would love to go back to the way things were prior to March 2020 – talking, laughing, socializing freely, and not thinking about six feet!

But, to reduce the spread of COVID, we must continue with our due diligence of maintaining the COVID standards, especially the masking. Please, when you are around others, mask at all times. Do it for yourself. Do it for your family. Do it for your friends. Do it for those who take care of you.

Kristen Assi (IL Activities Assistant)

Please note the following changes to the calendar:

Shopping Trips will now be listed on the back of the monthly Calendar.

We will have a different activity every month on Tuesday at 6 pm and Wednesday at 3 pm.

The month of September will include a drawing class on Tuesday and a TED Talk Discussion on Wednesday.

I will be working Saturdays and will try to bake/cook every Saturday morning around 9 am. Also, I will have Music Club at 11am which will involve different activities each week and include Karaoke, "Guess That Song", and Listener's Choice.

Movie Matinee is moving to Saturdays at 2:00 pm (no longer on Fridays).

Flyers will be posted!

