



February 2024



Embassy
Activity Calendar

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

Regency Room
Activities Center Asbury
Hickman Chapel Asbury
Social Room Asbury

RR
AC
HC
SR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	
				12:30 Lunch at Max's Allegheny Tavern 3:00 Wellness Chat & Fitness Class	8:30 Stretch & Fitness Class 10:30 Trip Committee Meeting RR 11:00 Cranium Crunches RR 7:30 Movie Night RR	
4	5	6	7	8	9	10
2:30 Church Service at Asbury Hickman Chapel	8:30 Stretch & Fitness Class 1:00 Tech Speaker Tom RR	9:15 Town Hall South 3:00 Stretch & Fitness Class	8:30 Stretch & Fitness Class 10:30 Bible Study 7:00 Bingo	1:30 Jeopardy w/ Noah RR 3:00 Wellness Chat & Fitness Class	8:30 Stretch & Fitness Class 12:30 Lunch at Osaka 3:00 Strolling Strummers Performance RR 7:30 Movie Night RR	11:00 Movie Matinee RR
11	12	13	14	15	16	17
2:30 Church Service at Asbury Hickman Chapel	8:30 Stretch & Fitness Class	3:00 Stretch & Fitness Class	St. Valentine's Day 8:30 Stretch & Fitness Class 9:30 BP Screening 10:30 Bible Study 5:00 Happy Hour	3:00 Wellness Chat & Fitness Class	8:30 Stretch & Fitness Class 7:30 Movie Night RR	6:30 Potluck Dinner
18	19	20	21	22	23	24
2:30 Church Service at Asbury Hickman Chapel	8:30 Stretch & Fitness Class 1:30 Building Rep Mtg Asbury Social Room 5:30 Ron Bickel RR	12:30 Lunch at Scoglio's 3:00 Stretch & Fitness Class	8:30 Stretch & Fitness Class 10:30 Bible Study 7:00 Bingo	1:30 Geometric Tape Painting w/ Noah RR 3:00 Wellness Chat & Fitness Class	8:30 Stretch & Fitness Class 7:30 Movie Night RR	10:00 Music Exploration Class w/ Noah RR 1:00 Book Club RR
25	26	27	28	29		
1:45 POPS Concert 2:30 Church Service at Asbury Hickman Chapel	8:30 Stretch & Fitness Class	1:00 Drum Circle with Karen Romano RR 3:00 Stretch & Fitness Class	8:30 Stretch & Fitness Class 10:30 Bible Study 5:00 Happy Hour	12:30 Lunch at McCormick & Schmick's 3:00 Wellness Chat & Fitness Class		