



UPMC
SENIOR
COMMUNITIES


Embassy
Activity Calendar

Ashley White
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IL Activities Coordinator

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

Regency Room
Activities Center Asbury
Hickman Chapel Asbury
New Social Room Asbury

RR
AC
HC
NSR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>1</div> <div>New Years Day Staff Holiday No Activities</div>	<div>2</div> <div>12:30 Lunch at Tacosburgh 3:00 Stretch & Fitness Class</div>	<div>3</div> <div>8:30 Stretch & Fitness Class 10:30 Bible Study 5:00 Happy Hour</div>	<div>4</div> <div>1:30 Painting w/ Ashley RR 3:00 Wellness Chat & Fitness Class</div>	<div>5</div> <div>8:30 Stretch & Fitness Class 10:30 Trip Cmte Mtg RR 7:30 Movie Night RR</div>	<div>6</div>
<div>7</div> <div>2:30 Church Service at Asbury Hickman Chapel</div>	<div>8</div> <div>8:30 Stretch & Fitness Class</div>	<div>9</div> <div>3:00 Stretch & Fitness Class</div>	<div>10</div> <div>8:30 Stretch & Fitness Class 9:30 BP Screening 10:30 Bible Study 7:00 Bingo</div>	<div>11</div> <div>1:30 DIY Lavender Sugar Scrub with Ashley RR 3:00 Wellness Chat & Fitness Class 5:30 Dinner at Pasqualino's</div>	<div>12</div> <div>8:30 Stretch & Fitness Class 7:30 Movie Night RR</div>	<div>13</div> <div>10:00 Music w/ Noah RR</div>
<div>14</div> <div>2:30 Church Service at Asbury Hickman Chapel</div>	<div>15</div> <div>8:30 Stretch & Fitness Class 7:00 Current Events Speaker George Savarese RR Martin Luther King Jr. Day</div>	<div>16</div> <div>12:30 Lunch at Longhorn Steakhouse 3:00 Stretch & Fitness Class</div>	<div>17</div> <div>8:30 Stretch & Fitness Class 10:30 Bible Study 2:00 Magician Steve Haberman RR 5:00 Happy Hour</div>	<div>18</div> <div>3:00 Wellness Chat & Fitness Class</div>	<div>19</div> <div>8:30 Stretch & Fitness Class 7:30 Movie Night RR</div>	<div>20</div> <div>6:00 Pot Luck Dinner </div>
<div>21</div> <div>2:30 Church Service at Asbury Hickman Chapel</div>	<div>22</div> <div>8:30 Stretch & Fitness Class 1:00 Chair Massages RR</div>	<div>23</div> <div>3:00 Stretch & Fitness Class</div>	<div>24</div> <div>8:30 Stretch & Fitness Class 10:30 Bible Study 7:00 Bingo</div>	<div>25</div> <div>3:00 Wellness Chat & Fitness Class 5:30 Dinner at Bistro 19</div>	<div>26</div> <div>8:30 Stretch & Fitness Class 7:30 Movie Night RR</div>	<div>27</div>
<div>28</div> <div>1:45 POPS Concert 2:30 Church Service at Asbury Hickman Chapel</div>	<div>29</div> <div>8:30 Stretch & Fitness Class</div>	<div>30</div> <div>3:00 Stretch & Fitness Class</div>	<div>31</div> <div>8:30 Stretch & Fitness Class 10:30 Bible Study 5:00 Happy Hour</div>			