



UPMC SENIOR COMMUNITIES















November

2022 EMBASSY ACTIVITIES CALENDAR

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

Kristen Assi  
412-571-5172  
IL Activities Assistant

Regency Room RR  
Activities Center Asbury AC  
Hickman Chapel Asbury HC  
New Social Room Asbury NSR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>**PLEASE NOTE**</b> <b>Fitness Schedule has changed</b></p>		<p><b>1</b> 12:30 Lunch Little Tokyo</p>	<p><b>2</b> 8:30 Morning Stretch 8:45 Fitness Class 10:30 Bible Study 5:00 Happy Hour</p>	<p><b>3</b> 1:00 Art with Kristen RR 3:00 Fitness Class</p> 	<p><b>4</b> <b>No Fitness classes today!</b> 10:30 Trip Cmte Mtg RR 7:30 Movie Night RR</p>	<p><b>5</b> 7:00 Turnovers and Ice Cream</p> 
<p><b>6</b> 1:00 Annual Service of Remembrance (Hickman Chapel - Asbury) 1:45 POPS Concert</p> 	<p><b>7</b> 8:30 Morning Stretch 8:45 Fitness Class 11:30-1:30 Oktoberfest with Accordion player, Tom Allan RR 3:00 Book Club (Sunset Room - Asbury)</p> 	<p><b>8</b> <b>Election Day</b> 3:00 Ted Talk &amp; Discuss with Kristen RR</p> 	<p><b>9</b> 8:30 Morning Stretch 8:45 Fitness Class 9:30 BP Screening 10:30 Bible Study 7:00 Bingo</p> 	<p><b>10</b> 1:00 Craft/Book Meeting RR 3:00 Fitness Class 5:30 Dinner Gaucho Parilla</p>	<p><b>11</b> <b>Veterans Day</b> 8:30 Morning Stretch 8:45 Fitness Class 12:00 IL Resident Luncheon to honor our veterans NSR 7:30 Movie Night RR</p>	<p><b>12</b></p>
<p><b>13</b> 1:45 Symphony</p>	<p><b>14</b> 8:30 Morning Stretch 8:45 Fitness Class 3:00 Technology Speaker Tom Earley (Activities Center - Asbury)</p>	<p><b>15</b> 9:30 Town Hall South Lecture at Upper St. Clair High School 12:30 Lunch Amel's 6:45 River City Brass at Bethel Park High School</p>	<p><b>16</b> 8:30 Morning Stretch 8:45 Fitness Class 10:30 Bible Study 5:00 Happy Hour</p> 	<p><b>17</b> 9:00-10:30 Omelet Bar 1:00 Art with Kristen RR 3:00 Fitness Class</p> 	<p><b>18</b> 8:30 Morning Stretch 8:45 Fitness Class 1:00 Hornucopia RR 7:30 Movie Night RR</p> 	<p><b>19</b> 6:30 Potluck Dinner</p> 
<p><b>20</b></p>	<p><b>21</b> 8:30 Morning Stretch 8:45 Fitness Class 1:30 Resident Cmte Mtg (Hickman Chapel - Asbury) 7:00 George Savarese RR</p>	<p><b>22</b> 3:00 Ted Talk &amp; Discuss with Kristen RR 5:30 Dinner Eleven</p>	<p><b>23</b> 8:30 Morning Stretch 8:45 Fitness Class 10:30 Bible Study 7:00 Bingo</p> 	<p><b>24</b> <b>Happy Thanksgiving</b></p> 	<p><b>25</b> <b>No Fitness classes today!</b> 7:30 Movie Night RR</p>	<p><b>26</b></p>
<p><b>27</b></p>	<p><b>28</b> 8:30 Morning Stretch 8:45 Fitness Class</p>	<p><b>29</b></p>	<p><b>30</b> 8:30 Morning Stretch 8:45 Fitness Class 10:30 Bible Study 1:30 Creative Writing Club (Activities Center - Asbury) 5:00 Happy Hour</p>			<p><b>Please turn your calendar over for more information on the back</b></p>

**November Birthday List**

Charlie Cook	5	Judy Merrick	23
Richard Walker	5	Judith Corbett	25
Nancy Fincke	6	Lucy Morgan	25
Brigitte Petruccelli	11	Euffelia Serokis	26
Trish Beckjord	15	Dorothy Sinderson	27
Judy Hay	20	Marty Hungerman	30
Ellie Kovacs	22		

12 residents per trip allowed on the van. If you wish to go, please tell the Concierge so they can call and have your name added to the list.

**Shopping Trip Schedule**

<u>Walmart, Shop 'N Save and RiteAid</u> 10:00 am (Thursdays) November 3 November 10	<u>Giant Eagle and PNC on Cochran Road</u> 10:00 am Thursday, November 22
	<u>South Hills Village and Target</u> 11:00 am-1:00 pm Tuesday, November 22
<u>Voting</u> 10:00 am Tuesday, November 8	

**Veterans Day Luncheon**  
November 11 at 12:00 pm  
**New Social Room at Asbury Heights**  
All Independent Living Residents  
are invited to honor our veterans



Transportation provided



**Embassy**

**Staff Communication**

Updated: 10/11/2022



**Independent Living Visitors**

**UPMC SENIOR COMMUNITIES**



**Masks continue to be required\* in all UPMC locations. This protects the staff and the vulnerable residents in our care.**



**Do not enter if you have symptoms of a head cold, throat infection, pneumonia, any flu-like illness, or fever.**



**You may visit as long and as often as you would like.**

Residents and visitors must practice the 3 W's:  
**Wear a mask, Wash your hands, Watch your distance.**

\*If you are unable to wear a mask for medical reason(s), please talk with a staff member about reasonable accommodations.

To Reorder Use Form # UPMC-3229 PATEX\_BH 10/22 © 2022 UPMC