



UPMC SENIOR COMMUNITIES



September

2022 EMBASSY ACTIVITIES CALENDAR

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

Kristen Assi
412-571-5172
IL Activities Assistant

Regency Room RR
Hickman Chapel Asbury HC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>**PLEASE NOTE** Shopping Trip Schedule is on the back of the calendar</p>	<p>SEPTEMBER</p>			<p>1</p> <p>8:30 Morning Stretch 9:00 Fitness Class 1:00 Collage with Kristen RR 5:30 Dinner De Blasio's</p>	<p>2</p> <p>No Wellness & Fitness! 7:30 Movie Night RR</p>	<p>3</p>
<p>4</p>	<p>5 HAPPY LABOR DAY</p> <p>Labor Day Picnic</p>	<p>6</p> <p>8:30 Morning Stretch 9:00 Fitness Class 12:30 Lunch The Abbey</p>	<p>7</p> <p>10:30 Bible Study 3:00 Fitness Class 5:00 Happy Hour with Speakers-Movie Reviews and more! RR</p>	<p>8</p> <p>8:30 Morning Stretch 9:00 Fitness Class 1:00 Craft/Book Meeting RR</p>	<p>9</p> <p>10:30 Trip Cmte Mtg RR 2:00 Wellness & Fitness 7:30 Movie Night </p>	<p>10</p>
<p>11</p>	<p>12</p> <p>3:00 Book Club (Sunset Room - Asbury) 3:00 Fitness Class 3:00 Tom Earley</p>	<p>13</p> <p>8:30 Morning Stretch 9:00 Fitness Class </p>	<p>14</p> <p>9:30 BP Screening 10:30 Bible Study 1:00 Cranium Crunches 3:00 Fitness Class 7:00 Bingo </p>	<p>15</p> <p>8:30 Morning Stretch 9:00 Fitness Class 1:00 Collage with Kristen RR 5:30 Dinner Luke Wholey's</p>	<p>16</p> <p>2:00 Wellness & Fitness 7:30 Movie Night RR</p>	<p>17</p> <p>6:30 Pot Luck Dinner</p>
<p>18</p>	<p>19</p> <p>1:30 Resident Co. Meeting HC 3:00 Fitness Class</p>	<p>20</p> <p>8:30 Morning Stretch 9:00 Fitness Class 12:30 Lunch Bistro 19</p>	<p>21 GOLF DAY</p> <p>10:30 Bible Study 3:00 Fitness Class 5:00 Happy Hour</p>	<p>22</p> <p>8:30 Morning Stretch 9:00 Fitness Class 1:00 Craft/Book Meeting RR</p>	<p>23</p> <p>1:00 Patty Peer Flapper Fashion Show RR No Wellness & Fitness! 7:30 Movie Night RR</p>	<p>27</p>
<p>25</p>	<p>26</p> <p>1:30 Speaker from Bradford House - Whiskey Rebellion RR 3:00 Fitness Class</p>	<p>27</p> <p>8:30 Morning Stretch 9:00 Fitness Class </p>	<p>28</p> <p>10:30 Bible Study 11:00 Lunch Narcisi Winery & Restaurant with Asbury 1:30 Creative Writing Club (Activities Center - Asbury) 3:00 Fitness Class 7:00 Bingo </p>	<p>29</p> <p>8:30 Morning Stretch 9:00 Fitness Class 1:00 Collage with Kristen RR</p>	<p>30</p> <p>No Wellness & Fitness! 3:00 Rick Purcell & Donna Groom music duo RR 7:30 Movie Night RR</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

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

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



**Patty Peer's
Flapper Fashion Show
Friday, September 23
1:00 pm**



EMBASSY

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.

Angela (Angie) Fabian (IL Activities Coordinator)

Happy September! Is summer really over??

Please join me in exercising our brains at a new monthly activity called Cranium Crunches. Starting September 14 at 1pm, we will have fun with several brain games. I hope you'll join me!

Also, Kristen will be with you every Thursday afternoon!

Lastly, I've included the shopping trip schedule on the back of the calendar. Transportation is provided!

