UPMC SENIOR COMMUNITIES

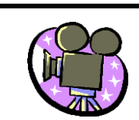
2021 ASBURY HEIGHTS *Activity Calendar*

# February
# Asbury Place

BH – Brown House
GH – Green House
CK – Country Kitchen
LR – Living Room
GR – Great Room
OA – Outdoor Area

**ALL PROGRAMS ARE SUBJECT TO THE CHANGING NEEDS OF OUR RESIDENTS.**

*Activities Staff:*
*Lori, Deb, Megan*
*Office Location:*
*Asbury Place*
*Extension: 5667*

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **All activities are subject change, or be altered, depending on our COVID restrictions.** | **1**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Games<br>3:30 pm (LR) Sing-A-Long<br>6:00 pm (GR) BINGO | **2**<br> <br><br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Games<br>3:30 pm (LR) Word Trivia<br>6:00 pm (CK) Ice Cream Social | **3**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (CK)Craft<br>3:30 pm (LR) Sing-A-Long | **4**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Games<br>3:30 pm (LR) Crossword Puzzle | **5**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Games<br>3:30 pm (LR) Word Trivia | **6**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Weekend Fun<br>3:30 pm (LR) Sing-A-Long |
| **7**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:30 pm (LR) Televised Church<br>3:30 pm (LR) Crossword Puzzle | **8**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise/Trivia<br>1:30 pm Resident Council Meeting<br>2:00 pm (LR) Games<br>3:30 pm (LR) Sing-A-Long<br>6:00 pm (GR) BINGO | **9**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Games<br>3:30 pm (LR) Word Trivia<br>6:00 pm (CK) Ice Cream Social | **10**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (CK)Craft<br>3:30 pm (LR) Sing-A-Long | **11**<br> <br><br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Games<br>3:30 pm (LR) Crossword Puzzle | **12**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Games<br>3:30 pm (LR) Word Trivia | **13**<br>10:30 am (LR) Exercise<br>11:00 am Morning Enrichment<br>2:00 pm (LR) Enrichment<br>3:30 pm (LR) Sing-A-Long |
| **14**<br> <br><br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:30 pm (LR) Televised Church<br>3:30 pm (LR) Crossword Puzzle | **15**<br> <br><br>10:00 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Games<br>3:30 pm (LR) Sing-A-Long<br>6:00 pm (GR) BINGO | **16**<br> <br><br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Games<br>3:30 pm (LR) Word Trivia<br>6:00 pm (CK) Ice Cream Social | **17**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Craft<br>3:30 pm (LR) Sing-A-Long<br>6:00 pm (GR) Card Night | **18**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Games<br>3:30 pm (LR) Crossword Puzzle | **19**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Games<br>3:30 pm (LR) Word Trivia | **20**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Weekend Fun<br>3:30 pm (LR) Sing-A-Long |
| **21**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:30 pm (LR) Televised Church<br>3:30 pm (LR) Crossword Puzzle | **22**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Games<br>3:30 pm (LR) Sing-A-Long<br>6:00 pm BINGO/Steelers Game | **23**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Games<br>3:30 pm (LR) Word Trivia<br>6:00 pm (CK) Ice Cream Social | **24**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (CK)Craft<br>3:30 pm (LR) Sing-A-Long<br>6:00 pm (GR) Card Night | **25**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Games<br>3:30 pm (LR) Crossword Puzzle | **26**<br>9:00 am- (LR)<br>**Morning Conversation**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Games<br>3:30 pm (LR) Word Trivia | **27**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:00 pm (LR) Weekend Fun<br>3:30 pm (LR) Sing-A-Long |
| **28**<br>10:30 am (LR) Exercise<br>11:00am(LR)Daily Chronicle/Trivia<br>2:30 pm (LR) Televised Church<br>3:30 pm (LR) Crossword Puzzle | | | <br> | |  <br>**Movies Nightly After Dinner** | <br>**Snacks Daily:**<br>Around 3:00PM |