

September Asbury Place

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

Activities Staff:
Lori Miller, Activities Coordinator
Lauren and Lydia
Office Location:
Asbury Place
Phone: 412-571- 5667

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All activities are subject change, or be altered, depending on our COVID restrictions and weather.</p>	 Movies Nightly	 Snacks Daily: Around 3:00PM		1 Last Day of Quarantine 	2 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Chair Soccer 3:30pm(LR) Word-In-Word	3 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Weekend Fun 3:30 pm (LR) Sing-A-Long
4 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00pm (LR) Memory Match 2:30 pm (LR) Televised Church 3:30 pm (LR) Crossword Puzzle	5 Labor Day 2:00pm(LR) Resident Council Meeting 2:30 pm (OS) Backyard Games 3:30 pm (LR) Trivia	6 10:00 am (LR) Exercise w/Rebecca 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Pastor Kim 3:30 pm (LR) Word-In-Word	7 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (GR) Craft 3:30 pm (LR) Sing-A-Long	8 10:00 am (LR) Exercise w/Rebecca 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Chair Soccer 3:30 pm (LR) Crossword Puzzle 6:00pm (GR) BINGO	9 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) TGIF Party Peggy and Nick 3:30 pm (LR) Word-In-Word	10 
11 Grandparents Day 1:00 pm Steelers vs. Bengals	12 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Noodle Ball 3:30 pm (LR) Name That Tune	13 10:00 am (LR) Exercise w/Rebecca 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Twister 3:30pm(LR) Word-In-Word 6:00pm (GR) BINGO	14 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Art Class with Janet 3:30 pm (LR) Sing-A-Long	15 10:00 am (LR) Exercise w/Rebecca 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Chair Soccer 3:30 pm (LR) Crossword Puzzle 6:00pm (GR) BINGO	16 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Chair Soccer 3:30pm(LR) Word-In-Word	17 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Weekend Fun 3:30 pm (LR) Sing-A-Long
18 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 1:00 pm Steelers vs Patriots 2:30 pm (LR) Televised Church 3:30 pm (LR) Crossword Puzzle	19 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Noodle Ball 3:30 pm (LR) Jeopardy	20 10:00 am (LR) Exercise w/Rebecca 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) 3:30 pm (LR) Word-In-Word 6:00pm (GR) BINGO	21 Miniature-Golf-Day 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Miniature Golf 3:30 pm (LR) Sing-A-Long 6:00 pm (GR) Cards	22  10:00 am (LR) Exercise w/Rebecca 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Chair Soccer 3:30 pm (LR) Crossword Puzzle 6:00pm (GR) BINGO	23 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) TGIF Party Ron Bickle 3:30 pm (LR) Word-In-Word	24 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Weekend Fun 3:30 pm (LR) Sing-A-Long
25 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00pm (LR) Trivia 2:30 pm (LR) Televised Church 3:30 pm (LR) Crossword Puzzle	26 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Noodle Ball 3:30 pm (LR) ABC Music	27 10:00 am (LR) Exercise w/Rebecca 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Pastor Kim 3:30 pm (LR) Word-In-Word 6:00pm (GR) BINGO	28 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) 3:30 pm (LR) Sing-A-Long 6:00 pm (GR) Cards	29 10:00 am (LR) Exercise w/Rebecca 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) Chair Soccer 3:30 pm (LR) Crossword Puzzle 6:00pm (GR) BINGO	30 10:30 am (LR) Light N'lively 11:00am(LR)Daily Chronicle/Trivia 2:00 pm (LR) 3:00 pm (LR) TGIF Party Cindy Speck	

FOCUS ON ENGAGEMENT

Each day we focus on:

Motion ~ Exercise & Movement

Creativity ~ Arts, Crafts & Baking

Rhythm ~ Music & Singing

Enrichment ~ Reading & Trivia

Relaxation ~ Massage & Sensory

Our Activities Team offers all of the above areas of engagement throughout the day. Some activities are scheduled at particular hours.



Mary Ann T. – September 6th



Please remember to check our resident's mailbox folders in the main lobby. Your loved one may have mail that needs your attention



We have two new people starting in Activities. Lydia Fridhoff will be working part-time, and Lauren Mason will be working full-time. We are excited to have a full staff again.

Tuesdays and Thursday's evening activities are back starting September 8th. Wednesday's evening activities will start September 21st.

Fitness Tip For The Month:

Don't forget to get enough sleep and rest.

Just as it is important for you to exercise regularly, your body also needs time to recharge. Resting when you need to a getting a good sleep at night can help improve your energy levels so that you're able to be more physically active during the day. In addition to that, getting seven to nine hours of sleep per night can help prevent certain illnesses and diseases. It also gives your body a chance to recover from the day's activities.

Asbury Place September Activity Calendar

