



UPMC SENIOR COMMUNITIES

September

2022

ASBURY HEIGHTS  
Activity Calendar

**Activities Manager:**  
Linda Campbell 412-571-5353  
**Activities Assistants:**  
Lexie and Cindy 412-571-5393  
**Asbury Villas**

730 Bower Hill Road  
Pittsburgh, PA 15243  
(412) 571-5370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Daily Activities Locations: All activities are in the Lifestyle Center unless otherwise indicated:</b> VC- Villas Café PD-Private Dining Room CK -Country Kitchen 2nd Floor AH- Asbury Heights BC -Back Courtvard</p>				<p><b>1</b> 11:15 Fitness with Rebecca 1:15 Drum Circle 2:30 Cards Library 3:30 Rev. Kim Bible Study 6:00 BINGO</p>	<p><b>2</b> 10:15 Rosary VC 11:00 Fitness with Rebecca 11:30 Word Bite 1:15 Name 10 2:00 Sing Along 6:00 Jeopardy</p>	<p><b>3</b> 11:00 Chair Dancing Lexie 1:00 Card Flip 2:00 Celtic Thunder Video 3:30 Virtual Reality</p>
<p><b>4</b> 10:30 St. Bernard's Trip 10:45 You be the Judge 1:45 Shake your Ribbons 3:00 BINGO</p>	<p><b>5</b> 10:15 Rosary VC 11:00 Fitness with Rebecca 11:30 Noodle ball 2:00 Lee Alverson sings 3:00 Cards Library 3:30 Porch Talks LABOR DAY</p>	<p><b>6</b> 10:45 Fitness with Rebecca 11:15 Word Bite 1:00 LRC Library 1:00 Porch Talks 2:30 Bowling with pins 6:00 Sing Along</p>	<p><b>7</b> 10:15 Rosary / Eucharist VC 11:00 Fitness with Rebecca 11:30 Can You List it? 1:00 Card Flip 3:00 Sing Along 6:00 Where in the World</p>	<p><b>8</b> 11:15 Fitness with Rebecca 1:15 Drum Circle 2:00 Travel Log Our Great National Parks 2:30 Cards Library 3:30 Rev. Kim Bible Study 6:00 BINGO</p>	<p><b>9</b> 10:15 Rosary VC 11:00 Fitness with Rebecca 11:30 Trivia 12:45 Trolley Museum trip 2:00 Movie Somewhere in Time 6:00 Word in a Word</p>	<p><b>10</b> 11:00 Chair Dancing Lexie 1:00 Name that Instrument 2:00 Match Game 3:00 St Andrews Mass on Video</p>
<p><b>11</b> 10:30 St. Bernard's Trip 10:45 Sing Along 1:00 Steelers Tailgate Party - Bengals</p>	<p><b>12</b> 10:15 Rosary VC 11:00 Fitness with Rebecca 11:30 Noodle ball 2:00 Baking Fried Green Tomatoes CK 2<sup>nd</sup> floor 3:30 Cards Library 3:30 Room Visits</p>	<p><b>13</b> 10:45 Fitness with Rebecca 11:15 Circle Game 1:00 Penny Ante Library 2:00 Famous Characters 3:00 Adult Coloring VC 6:00 Giant Crossword Puzzle</p>	<p><b>14</b> 10:15 Rosary / Eucharist VC 11:00 Fitness with Rebecca 11:30 It Starts with the letter 1:30 Adult Coloring 2:30 Resident Council Meeting 3:30 Word in A Word 6:00 Sing Along</p>	<p><b>15</b> 11:15 Fitness with Rebecca 1:00 Walmart Trip 1:00 Garbo/Documentary 2:30 Cards Library 3:30 Rev. Kim Bible Study 6:00 BINGO</p>	<p><b>16</b> 10:15 Rosary VC 11:00 Fitness with Rebecca 11:30 Name That Tune 2:00 Scarecrow Craft 3:30 Virtual Reality 6:00 Match Game</p>	<p><b>17</b> 11:00 Chair Dancing Lexie 1:00 Word Bite 2:00 Movie Pirates of The Caribbean Dead Man's Chest 3:00 BINGO</p>
<p><b>18</b> 10:30 St. Bernard's Trip 10:45 You be the Judge 1:00 Steelers Tailgate Party - Patriots</p>	<p><b>19</b> 10:15 Rosary VC 11:00 Fitness with Rebecca 11:30 Noodle ball 1:00 Touring the Burgh Mt. Washington 2:00 Movie - Little Richard 3:30 Word In Word VC</p>	<p><b>20</b> 10:45 Fitness with Rebecca 11:15 Name 10 1:00 Match Game 1:00 Room Visits 2:00 Micki Spins Records 3:30 Word in a Word 6:00 Do you hear what I hear?</p>	<p><b>21</b> Golf Day 10:15 Rosary / Eucharist VC 10:30 Giant Eagle Trip 11:00 Fitness with Rebecca 11:30 Can you list it? 2:00 PUTT PUTT GOLF 3:00 The Short Game/ Docu 6:00 Sing Along</p>	<p><b>22</b> 11:15 Fitness with Rebecca 1:15 Drum Circle 2:30 Cards Library 3:30 Rev. Kim Bible Study 6:00 Movie - Pretty Woman</p>	<p><b>23</b> 10:15 Rosary VC 11:00 Fitness with Rebecca 11:30 Trivia 2:00 Movie- Thirteen lives 3:30 Adult Coloring Villas Cafe 6:00 BINGO</p>	<p><b>24</b> 11:00 Chair Dancing Lexie 1:00 Card Flip 2:00 Outburst 3:00 St Andrews Mass on Video</p>
<p><b>25</b> 10:30 St. Bernard's Trip 2:00 BINGO</p>	<p><b>26</b> 10:15 Rosary VC 11:00 Fitness with Rebecca 11:30 Noodle ball 2:00 Making Halloween Wreaths 3:00 Room Visits 5:00 Cards Library</p>	<p><b>27</b> 10:45 Fitness with Rebecca 11:15 Trivia 1:00 Twice as Nice Trip AH 2:00 Joel Current Events 3:15 Card Stamping VC 6:00 BINGO</p>	<p><b>28</b> 10:15 Rosary / Eucharist VC 11:00 Fitness with Rebecca 11:30 Word Bite 2:00 Art with Janet 3:30 Room Visits 6:00 Jeopardy</p>	<p><b>29</b> 11:15 Fitness with Rebecca 1:15 Drum Circle 2:30 Match Game 2:30 Cards Library 3:30 Rev. Kim Bible Study 6:00 Sing Along</p>	<p><b>30</b> 10:15 Rosary VC 11:00 Fitness with Rebecca 11:30 Can you list it 1:45 Cindy Speck Ventriloquist Birthday Party Month 3:00 Word in a Word 6:00 Family Feud</p>	



Rebecca's Fitness tip



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.

Fitness with Rebecca

**Balance Exercise Classes**

Tuesday @ 10:45  
Thursday @ 11:15

Regular Fitness classes on  
Monday Wednesday and Friday  
@ 11:00

The Catholic Church  
Service

Has been cancelled for this month it will resume next month.



Our Down on the Farm Community Day was a success! Thank YOU to all who helped make it great. Dining services, Housekeeping, Maintenance, Caregivers, volunteers, and our talented Activities staff.

Linda



Swanson tv dinners

Something transformative happened on September 10, 1953. Swanson introduced the TV dinner, and it was an instant success. Swanson was a nationally known food brand famous for its poultry. After an abysmal Thanksgiving in 1952, Swanson found itself with 260 tons of leftover turkey. Swanson salesman Gerry Thomas sketched the idea of a three-sectioned tray, one that could act as both a cooking and serving tray. Savvy Swanson advertisers linked the new frozen food trays with the exciting new appliance of the era, the television, naming it the "TV dinner" and even designing the packaging to look like a tv. Swanson sold 10 million units in its first year, and cooking was transformed forever.



Celebrating  
September

Classical Music  
Month

Piano Month

Hispanic Heritage  
Month

September 15–  
October 15

Labor Day (U.S.)  
September 5

Grandparents' Day  
September 11

International Talk  
Like a Pirate Day  
September 19

World Alzheimer's  
Day  
September 21

Rosh Hashanah  
Begins  
September 25

Fall Foliage Week  
September 25–  
October 1

Van Trips in September

September 1 @ 1:00 Dollar Tree  
September 9 @ 12:45 Trolley  
Museum

September 15 @ 1:00 Walmart  
September 19 @ 1:00 Touring  
the Burgh Mt. Washington  
September 21 @ 10:30 Giant  
Eagle

Please sign up for trips in the  
sign-up book by the mailboxes.

Special Events

September 5 @ 2:00 Lee Alverson  
plays the piano for Labor Day.

September 28 @ 2:00 Janet  
Huddleston brings her interactive  
painting class.

September 30 @ 1:45 Cindy Speck  
Ventriloquist. This is an amazing  
show you don't want to miss it. We  
will be celebrating the September  
birthdays.



Happy  
Birthday

Don L. 9/02  
Chris G. 9/13  
Domenico V. 9/18  
Leftki T. 9/25  
Micki R. 9/28

HAPPY BIRTHDAY  
ASBURY HEIGHTS!  
114 YEARS OLD  
September 26



September  
CRAFTS

Scarecrow Craft 16<sup>th</sup>  
@ 2:00

Making Halloween  
Wreaths 26<sup>th</sup> @  
2:00