



# January 2024

## Spring and Laural Lane

Activity Calendar


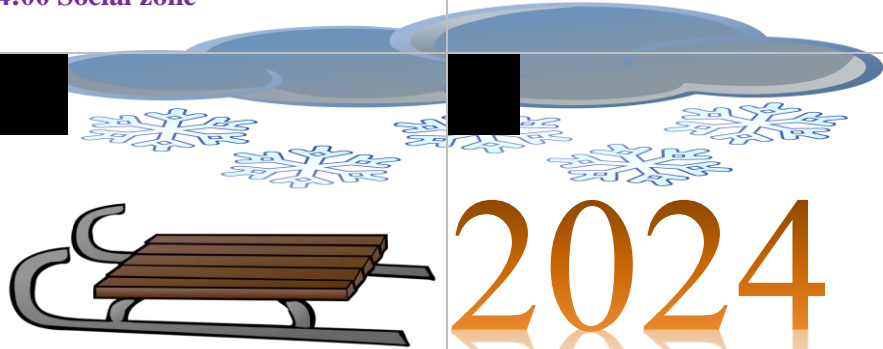
UPMC  
SENIOR COMMUNITIES

Activities Director: Teresa Valentino

Activities Coordinator: Andrew Jack Xavier Boettger

Activities Assistants Matt, Dprothy, Colleen

Asbury Heights  
700 Bower Hill Rd  
Pittsburgh, PA 15243  
(412)571-5190

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>1</div> <div>10:00 New Years Stories</div> <div>2:00 Bingo</div> <div>3:00 Snack Cart</div>	<div>2</div> <div>10:00-Today in History</div> <div>10:30 Morning Stretches</div> <div>11:00 Joy in the Lord with Rev. Kim SP</div> <div>2:00 Coloring inn</div> <div>3:00 Snack Cart</div> <div>4:00 Social zone</div>	<div>3</div> <div>10:00-Today in History</div> <div>10:30 Art with Janet LL</div> <div>1:30 Catholic Mass</div> <div>2:15 Bingo</div> <div>3:30 Exercise with George</div> <div>4:00 Snack Cart</div> <div>6:00 Movie Zone</div>	<div>4</div> <div>10:00-Today in History</div> <div>10:30 Sit and Fit</div> <div>11:00 Joy in the Lord with Rev. LL</div> <div>2:00 Jeopardy</div> <div>3:00 Snack Cart</div> <div>4:00 Social Zone</div>	<div>5</div> <div>10:30Today in History</div> <div>11:00 Sing a long</div> <div>1:30 Bingo</div> <div>3:00 Snack Cart</div> <div>3:30 Exercise with George</div> <div>4:00 Social Zone</div>	<div>6</div> <div>Adult Coloring</div> <div>Word Search</div> <div>Movies</div> <div>1: 30 Crosswords \ Outdoor Strolls</div> <div>2:30 Family Feud</div> <div>3:30 Snack Cart</div> <div>4:00 You Be the Judge</div>
<div>7</div> <div>Crosswords</div> <div>Word Search</div> <div>Movies</div> <div>2:30 Worship- HC (CH 957)</div> <div>3:30 Snack Cart</div> <div>4:00 Outdoor strolls</div>	<div>11</div> <div>10:00-Today in History</div> <div>10:30 Morning Stretches</div> <div>11:00 Trivia zone</div> <div>2:00 Bingo</div> <div>3:00 Snack Cart</div> <div>3:30 Exercise with George</div> <div>4:00 Social Zone</div>	<div>9</div> <div>10:00-Today in History</div> <div>10:30 Morning Stretches</div> <div>11:00 True or False Trivia</div> <div>2:00 Lisa Powell LL</div> <div>3:00 Snack Cart</div> <div>4:00 Social Zone</div> <div>4:00 Movie Zone</div>	<div>10</div> <div>1:30 Eucharistic Service HC</div> <div>2:15 Bingo</div> <div>330 Exercise with George</div> <div>4:00 Snack Cart</div> <div>6:00 Movie zone</div>	<div>11</div> <div>10:00-Today in History</div> <div>10:30 Sit and Fit</div> <div>11:00 Trivia Time</div> <div>1:30 January Birthdays</div> <div>3:00 Snack Cart</div> <div>4:00 Social zone</div>	<div>12</div> <div>10:30Today in History</div> <div>11:00 Sing a long</div> <div>1:30 Bingo</div> <div>3:00 Snack Cart</div> <div>3:30 Exercise with George</div> <div>4:00 Social Zone</div>	<div>13</div> <div>Adult Coloring</div> <div>Word Search</div> <div>Movies</div> <div>1: 30 Crosswords \ Outdoor Strolls</div> <div>2:30 Family Feud</div> <div>3:30 Snack Cart</div> <div>4:00 You Be the Judge</div>
<div>14</div> <div>Crosswords</div> <div>Word Search</div> <div>Movies</div> <div>2:30 Worship- HC (CH 957)</div> <div>3:30 Snack Cart</div> <div>4:00 Outdoor strolls</div>	<div>15</div> <div>10:00-Today in History</div> <div>10:30 Morning Stretches</div> <div>11:00 Suzie Q Sing a Long</div> <div>2:00 Joy in the Lord with Rev. SP</div> <div>3:00 Snack Cart</div> <div>3:30 Exercise with George</div> <div>4:00 Social zone</div>	<div>16</div> <div>10:00-Today in History</div> <div>10:30 Morning Stretches</div> <div>11:00 Triviasize</div> <div>2:00Joy in the Lord with Rev. LL</div> <div>3:00 Snack Cart</div> <div>4:00 Social zone</div>	<div>17</div> <div>1:30 Eucharistic Service HC</div> <div>2:15 Bingo</div> <div>330 Exercise with George</div> <div>4:00 Snack Cart</div> <div>6:00 Movie zone</div>	<div>18</div> <div>10:00-Today in History</div> <div>10:30 Morning Stretches</div> <div>11:00 Millionaire Game</div> <div>1:30 Sing a long</div> <div>2:00 Jeopardy</div> <div>3:00 Snack Cart</div> <div>4:00 Social Zone</div> <div>4:00 Movie Zone</div>	<div>19</div> <div>Flannel Day</div> <div>10:00: ABC Kids SP</div> <div>11:00 Matt Price/ Dum circle</div> <div>2:00 Bingo</div> <div>3:00 Snack Cart</div> <div>330 Exercise with George</div> <div>4:00 Social Zone</div>	<div>20</div> <div>Adult Coloring</div> <div>Word Search</div> <div>Movies</div> <div>1: 30 Crosswords \ Outdoor Strolls</div> <div>2:30 Family Feud</div> <div>3:30 Snack Cart</div> <div>4:00 You Be the Judge</div>
<div>21</div> <div>Crosswords</div> <div>Word Search</div> <div>Movies</div> <div>2:30 Worship- HC (CH 957)</div> <div>3:30 Snack Cart</div> <div>4:00 Outdoor strolls</div>	<div>22</div> <div>10:00-Today in History</div> <div>10:30 Morning Stretches</div> <div>11:00 Trivia zone</div> <div>2:00 Bingo</div> <div>3:00 Snack Cart</div> <div>3:30 Exercise with George</div> <div>4:00 Social Zone</div>	<div>23</div> <div>10:00-Today in History</div> <div>10:30 Morning Stretches</div> <div>11:00 True or False Trivia</div> <div>2:00 Doggy Treats</div> <div>3:00 Snack Cart</div> <div>4:00 Social zone</div>	<div>24</div> <div>1:30 Eucharistic Service HC</div> <div>2:15 Bingo</div> <div>330 Exercise with George</div> <div>4:00 Snack Cart</div> <div>6:00 Movie zone</div>	<div>25</div> <div>10:30Today in History</div> <div>10:30 Sit and Fit</div> <div>11:00 Trivia Time</div> <div>1:00 Science Center Outing</div> <div>3:00 Snack Cart</div> <div>4:00 Social zone</div>	<div>26</div> <div>10:30Today in History</div> <div>11:00 Sing a long</div> <div>1:30 Bingo</div> <div>3:00 Snack Cart</div> <div>3:30 Exercise with George</div> <div>4:00 Social Zone</div>	<div>27</div> <div>Adult Coloring</div> <div>Word Search</div> <div>Movies</div> <div>1: 30 Crosswords \ Outdoor Strolls</div> <div>2:30 Family Feud</div> <div>3:30 Snack Cart</div> <div>4:00 You Be the Judge</div>
<div>28</div> <div>Crosswords</div> <div>Word Search</div> <div>Movies</div> <div>2:30 Worship- HC (CH 957)</div> <div>3:30 Snack Cart</div> <div>4:00 Outdoor strolls</div>	<div>29</div> <div>10:00-Resident Council SP and LL</div> <div>10:30 Morning Stretches</div> <div>11:00 Trivia zone</div> <div>2:00 Bingo</div> <div>3:00 Snack Cart</div> <div>3:30 Exercise with George</div> <div>4:00 Social Zone</div>	<div>30</div> <div>10:00-Today in History</div> <div>10:30 Morning Stretches</div> <div>11:00 Trivia Zone</div> <div>1:30 Coloring in</div> <div>2:00 Triviasize</div> <div>3:00 Snack Cart</div> <div>4:00 Social zone</div> <div>4:00 Movie Zone</div>	<div>31</div> <div>1:30 Eucharistic Service HC</div> <div>2:15 Bingo</div> <div>330 Exercise with George</div> <div>4:00 Snack Cart</div> <div>6:00 Movie zone</div>		<div>2024</div>	<div>Each day we focus on:</div> <div>Motion ~ Exercise &amp; Movement</div> <div>Creativity ~ Arts, Crafts &amp; Baking</div> <div>Rhythm ~ Music &amp; Singing</div> <div>Enrichment ~ Reading &amp; Trivia</div> <div>Relaxation ~ Massage &amp; Sensory</div> <div>*Actives are subject to change when needed</div>