



UPMC SENIOR COMMUNITIES

April 2024

Spring and Laural Lane Activity Calendar




Activities Director: Teresa Valentino

Activities Coordinator: Andrew Jack Xavier Boettger

Activities Assistants Matt, Dorothy, Colleen

Asbury Heights

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>1</p> <p>10:00-Today in History 10:30 Morning Stretches 11:00 Trivia zone 2:00 Bingo 3:30 Exercise with Jack 4:00 Social Zone</p>	<p>23</p> <p>10:00-Today in History 10:30 Morning Stretches 11:00 Triviasize 2:00 Coloring Inn 3:00 Snack Cart 4:00 Social zone</p>	<p>3</p> <p>1:30 Eucharistic Service HC 2:15 Bingo 3:30 Exercise with Jack 4:00 Snack Cart 6:00 Movie zone</p>	<p>4</p> <p>10:00-Today in History 10:30 Morning Stretches 11:00 Millionaire Game 1:30 Sing a long 3:00 Snack Cart 4:00 Social Zone</p>	<p>5</p> <p>10:30Today in History 11:00 Sing a long 2:00 Sunshine Boys LL 3:30 Exercise with Jack 4:00 Social Zone</p>	<p>6</p> <p>Adult Coloring Word Search Movies 1: 30 Crosswords \ Outdoor Strolls 2:30 Family Feud 3:30 Snack Cart 4:00 You Be the Judge</p>		
<p>7</p> <p>Crosswords Word Search Movies 2:30 Worship- HC (CH 957) 3:30 Snack Cart 4:00 Outdoor strolls</p>	<p>8</p> <p>10:00-Today in History 10:30 Morning Stretches 11:00 Trivia zone 2:00 Bingo 3:30 Exercise with Jack 4:00 Social Zone</p>	<p>9</p> <p>10:00-Today in History 10:30 Morning Stretches 11:00 Suzie Q sing along 2:00 Coloring inn 3:00 Snack Cart 4:00 Social zone</p>	<p>10</p> <p>10:30 Art with Janet SP 1:30 Eucharistic Service HC 2:15 Bingo 3:30 Exercise with Jack 4:00 Snack Cart 6:00 Movie zone</p>	<p>11</p> <p>10:00-Today in History 10:30 Sit and Fit 11:00 Trivia Time 1:30 April Birthdays 3:00 Snack Cart 4:00 Social zone</p>	<p>12</p> <p>Theme Day: Pittsburgh 10:30Today in History 11:00 Sing a long 1:30 Bingo 3:00 Snack Cart 3:30 Exercise with Jack 4:00 Social Zone</p>	<p>13</p> <p>Adult Coloring Word Search Movies 1: 30 Crosswords \ Outdoor Strolls 2:30 Family Feud 3:30 Snack Cart 4:00 You Be the Judge</p>	
<p>14</p> <p>Crosswords Word Search Movies 2:30 Worship- HC (CH 957) 3:30 Snack Cart 4:00 Outdoor strolls</p>	<p>15</p> <p>10:00-Today in History 10:30 Morning Stretches 11:00 Trivia zone 2:00 Bingo 3:30 Exercise with Jack 4:00 Social Zone</p>	<p>16</p> <p>10:00-Today in History 10:30 Morning Stretches 11:00 True or False Trivia 2:00 Lisa Powell LL 3:00 Snack Cart 4:00 Social Zone</p>	<p>17</p> <p>1:30 Eucharistic Service HC 2:15 Bingo 3:30 Exercise with Jack 4:00 Snack Cart 6:00 Movie zone</p>	<p>18</p> <p>10:00-Today in History 10:30 Morning Stretches 11:00 Millionaire Game 1:30 Sing a long 3:00 Snack Cart 4:00 Social Zone</p>	<p>19</p> <p>10:00 ABC Kids 1:30 Bingo 3:00 Snack Cart 3:30 Exercise with Jack 4:00 Social Zone</p>	<p>20</p> <p>Adult Coloring Word Search Movies 1: 30 Crosswords \ Outdoor Strolls 2:30 Family Feud 3:30 Snack Cart 4:00 You Be the Judge</p>	
<p>21</p> <p>Crosswords Word Search Movies 2:30 Worship- HC (CH 957) 3:30 Snack Cart 4:00 Outdoor strolls</p>	<p>22</p> <p>Earth Day 10:00-Today in History 10:30 Morning Stretches 11:00 Suzie Q Sing a Long 2:00 Dirt making (Dessert) 3:30 Exercise with Jack 4:00 Social zone</p>	<p>23</p> <p>10:00-Today in History 10:30 Morning Stretches 11:00 Triviasize 2:00 Coloring Inn 3:00 Snack Cart 4:00 Social zone</p>	<p>24</p> <p>1:30 Eucharistic Service HC 2:15 Bingo 3:30 Exercise with Jack 4:00 Snack Cart 6:00 Movie zone</p>	<p>25</p> <p>10:30Today in History 10:30 Sit and Fit 12:30 Osaka Outing 2:30 Jeopardy zone 3:00 Snack Cart 4:00 Social zone</p>	<p>26</p> <p>10:30Today in History 11:00 Trivia Game 12:30 2:00 Bingo 3:00 Snack Cart 330 Exercise with Jack 4:00 Social Zone</p>	<p>27</p> <p>Adult Coloring Word Search Movies 1: 30 Crosswords \ Outdoor Strolls 2:30 Family Feud 3:30 Snack Cart 4:00 You Be the Judge</p>	
<p>28</p> <p>Crosswords Word Search Movies 2:30 Worship- HC (CH 957) 3:30 Snack Cart 4:00 Outdoor strolls</p>	<p>29</p> <p>10:00- Today in History 10:30 Morning Stretches 11:00 Trivia zone 1:00 Resident Council Meet. SP 2:00 Bingo 3:30 Exercise with Jack 4:00 Social Zone</p>	<p>30</p> <p>10:00-Today in History 10:30 Morning Stretches 11:00 Trivia Zone 1:00 Painting With Janet Spalding 3:00 Snack Cart</p>					<p>Each day we focus on: Motion ~ Exercise & Movement Creativity ~ Arts, Crafts & Baking Rhythm ~ Music & Singing Enrichment ~ Reading & Trivia Relaxation ~ Massage & Sensory *Actives are subject to change when needed</p>