



Asbury HEIGHTS

An Oakdale Seniors Alliance Supported Community

Independent Living Activities Calendar

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Life Enrichment Coordinator

- ACTIVITIES CENTER AC
- FITNESS CENTER FC
- HICKMAN CHAPEL HC
- LIBRARY LB
- MAIN DINING ROOM MDR
- MALL ML
- SOCIAL ROOM SR
- REGENCY ROOM EMBASSY RR
- SUNSET ROOM SSR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Fitness Class SR 11:00 Bingo SR 12:30 Bible Study HC 2:00 Tech Speaker Tom AC 3:00 Book Club AC	2 9:00 Morning Prayer HC 10:00 Coffee Klatch AC 1:30 Fitness Class SR 6:00 Painting w/ Noah - Fireworks AC	3 10:00 Fitness Class SR 11:00 TED Talks AC 1:00 Trip Cmte Mtg AC 1:30 Activities Cmte Mtg AC 1:30 Catholic Mass HC 2:30 Movie Matinee AC	4 Independence Day <i>No Fitness Class today</i> 11:00 Wii Bowling AC 3:00 Patriotic Sing-Along SR	5 10:00 Fitness Class SR 11:00 Lunch at The Original Pancake House 1:00 Bingo SR 3:00 Jeopardy w/ Noah	6 6:30 Happy Hour SR
7 2:30 Church Service HC	8 10:00 Fitness Class SR 11:30 Pirates Game 12:30 Bible Study HC	9 9:00 Morning Prayer HC 10:00 Coffee Klatch AC 1:30 Fitness Class SR 3:00 Painting Garden Rocks w/ Noah AC	10 10:00 Fitness Class SR 11:00 TED Talks AC 1:30 Eucharistic Service HC 2:30 Movie Matinee AC 5:00 Dinner at Red Tea House	11 10:00 Library Cmte Mtg LB 11:00 Wii Bowling AC 1:30 Fitness Class SR	12 10:00 Fitness Class SR 11:00 Cranium Crunches SR 1:00 Bingo SR 2:30 Stories with Holes AC	13 6:30 Happy Hour SR
14 2:30 Church Service HC	15 10:00 Fitness Class SR 11:00 Bingo SR 12:30 Bible Study HC 1:30 Pre-Council Meeting SR 3:00 Baking w/ Noah AC	16 9:00 Morning Prayer HC 10:00 Coffee Klatch AC 1:30 Fitness Class SR 3:00 Renewed Memories Performance SR 6:00 Pool & Pizza w/ Noah Room 7102	17 10:00 Fitness Class SR 11:00 TED Talks AC 1:30 Eucharistic Service HC 2:30 Movie Matinee AC 4:30 Trip to Mt Lebanon Lions Farmers Market	18 <i>No Fitness Class today</i> 11:00 Wii Bowling AC	19 <i>No Fitness Class today</i> 11:00 Cranium Crunches SR 1:00 Bingo SR 3:00 Music w/ Noah AC	20 6:30 Happy Hour SR
21 2:30 Church Service HC	22 10:00 Fitness Class SR 11:00 Bingo SR 12:30 Bible Study HC 1:30 Resident Council Mtg SR 3:00 Baking w/ Noah AC 5:00 Dinner at DeBlaze at 131	23 9:00 Morning Prayer HC 10:00 Coffee Klatch AC 1:30 Fitness Class SR 3:00 Tie-Dye w/ Noah AC	24 10:00 Fitness Class SR 11:00 TED Talks AC 1:30 Eucharistic Service HC 3:00 Strolling Strummers Music Performance SR	25 11:00 Wii Bowling AC 1:30 Fitness Class SR	26 10:00 Fitness Class SR 11:00 Dining Cmte Mtg MDR 11:00 Cranium Crunches SR 1:00 Bingo SR 2:30 Stories with Holes AC	27 6:30 Happy Hour SR
28 2:30 Church Service HC	29 10:00 Fitness Class SR 11:00 Bingo SR 11:00 Lunch at Hoffstot's Café Monaco & Oakmont Bakery 12:30 Bible Study HC 3:00 Jeopardy w/ Noah AC	30 9:00 Morning Prayer HC 10:00 Coffee Klatch AC 1:30 Fitness Class SR 6:00 Painting w/ Noah - Flowers for Things You Don't Know How to Say AC	31 10:00 Fitness Class SR 10:30 Safety Committee Meeting 11:00 TED Talks AC 1:30 Eucharistic Service HC 2:30 Movie Matinee AC	<div style="border: 2px solid red; padding: 5px; display: inline-block;"> All Resident-Run Activities are on the back of the calendar. </div>		