



Asbury HEIGHTS


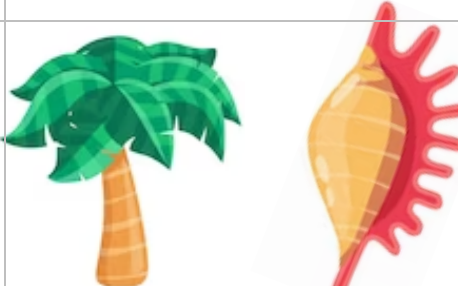


An Oakdale Seniors Alliance Supported Community

Embassy II
Activities Calendar

Noah Al-Shemmari
412-571-5183

Life Enrichment Coordinator

Regency Room RR
Activities Center Asbury AC
Hickman Chapel Asbury HC
Social Room Asbury SR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|--|
| | 1 9:00 Fitness Class | 2 12:30 Lunch at Hofbräuhaus 3:00 Fitness Class | 3 9:00 Fitness Class 10:30 Bible Study | 4 Independence Day No Fitness Class today 1:00 Fourth of July Picnic! 4:00 Lisa Powell Performance | 5 9:00 Fitness Class 10:30 Trip Committee Meeting RR 11:00 Cranium Crunches RR 7:30 Movie Night RR | 6 11:00 History of the Early & Middle Ages Church |
| 7 2:30 Church Service at Asbury Hickman Chapel | 8 9:00 Fitness Class 11:45 Pirates Game | 9 3:00 Fitness Class | 10 9:00 Fitness Class 9:30 BP Screening 10:30 Bible Study 7:00 Game Night | 11 1:30 Stories with Holes RR 3:00 Fitness Class | 12 9:00 Fitness Class 7:30 Movie Night RR | 13 11:00 History of the Early & Middle Ages Church |
| 14 2:30 Church Service at Asbury Hickman Chapel | 15 9:00 Fitness Class 1:30 Pre-Council Meeting Asbury Social Room | 16 3:00 Fitness Class | 17 9:00 Fitness Class 10:30 Bible Study 5:00 Happy Hour w/ Renewed Memories Performance RR | 18 No Fitness Class today 1:30 Music w/ Noah RR 5:30 Dinner at Redfin Blues | 19 No Fitness Class today 7:30 Movie Night RR | 20 11:00 History of the Early & Middle Ages Church 6:30 Potluck Dinner  |
| 21 2:30 Church Service at Asbury Hickman Chapel | 22 9:00 Fitness Class 1:30 Resident Council Mtg Asbury Social Room | 23 3:00 Fitness Class 7:00 Book Review with Dr. Aupperle Doris Kearns Goodwin An Unfinished Love Story RR | 24 9:00 Fitness Class 10:30 Bible Study 7:00 Bingo! | 25 1:30 Jeopardy w/ Noah RR 3:00 Fitness Class 5:30 Dinner at Osteria 2350 | 26 9:00 Fitness Class 7:30 Movie Night RR | 27 11:00 History of the Early & Middle Ages Church |
| 28 2:30 Church Service at Asbury Hickman Chapel | 29 9:00 Fitness Class 2:00 Tech Speaker Tom RR | 30 12:30 Lunch at DeBlaze at 131 3:00 Fitness Class | 31 9:00 Fitness Class 10:30 Bible Study 5:00 Happy Hour |  |  |  |