



## RL Weekly Calendar

### Active Aging Week: October 3-October 7

**For more info: Katie MacKenzie, Director of Resident Life**  
**814-860-7015 or [kmackenzie@asbury.org](mailto:kmackenzie@asbury.org)**



### MORNING

### AFTERNOON

<b>M</b>	9:45 a.m. Water Volleyball (AQU) 10:00 a.m. Pole Dancing Class with Caite (COM)	2:30 p.m. "Lives Well Lived" Documentary Screening with Popcorn (COM)
<b>T</b>	9:00 a.m. Urban Poling Outing to Presque Isle (LBY) 11:00 a.m. Healthy Trail Mix Samples (BAR)	1:00 p.m. PT Tony Whatmore to discuss "Importance of Movement and Fall Prevention" (COM) 3:30 p.m. TED Talk Tuesday- "How to Live to Be 100!" (LNG) 6:30 p.m. Double Flute and Tuba Live in Concert (COM)
<b>W</b>	8:00 a.m. Bus Departs for Carnegie Museum of Natural History (LBY) 9:45 a.m. Water Basketball (AQU)	2:00 p.m. Crazy Hat Bingo (COM)
<b>T</b>	9:00 a.m. Bus Departs for Men's Fellowship Outing to Oil Creek and Titusville Railroad (LBY) 10:00 a.m. Pole Dancing Class with Caite (COM)	1:00 p.m. Try Rendeвер Virtual Reality with Caite (317C) 2:30 p.m. Registered Dietician Amy Burhenn presents "Importance of Hydration" (COM)
<b>F</b>	9:45 a.m. Water Relay Races (AQU) 10:00 Kinnections Brain Health Session #2 Closing with Dr. Rob Winningham (317 C)	2:00 Paint to Music with Art Therapy Intern Ashleigh-COM

**Supporting Springhill Residents to move better, feel better, connect more, and experience more!**



Please contact Lori Burek/OakView Activities Coordinator at (814) 860-7016 or lburek@asbury.org if any questions.

## OV Weekly Calendar Active Aging Week: October 3-October 7

### MORNING

### AFTERNOON

<b>M</b>	<p><b>Wear Many Colors Today!</b></p> <p>9:30 a.m. Balance Class—in2! (AR)</p> <p>10:15 a.m. Corn Hole</p>	<p>1:30 p.m. Molly Comes to Visit! (AR)</p> <p>2:00 p.m. Sing-A-Long with Mary (LR)</p> <p>2:30 p.m. Outdoor Fire Pit Sing-A-Long with a Snack (SHP)</p>
<b>T</b>	<p><b>Wear Something Gaudy!</b></p> <p>9:30 a.m. Tai Chi—in2! (AR)</p> <p>10:15 a.m. Word Game (AR)</p>	<p>1:00 p.m. PT Tony Whatmore to discuss “Importance of Movement and Fall Prevention” (COM)</p> <p>2:00 p.m. Fun Bingo (ADR)</p> <p>3:30 p.m. TED Talk Tuesday- “How to Live to be 100!” (LNG)</p> <p>6:30 p.m. Double Flute and Tuba Concert (COM)</p>
<b>W</b>	<p><b>Wear Pink!</b></p> <p>9:00 a.m. Flu &amp; Booster Shots in Residents Rooms</p> <p>10:15 a.m. Rosary (CHP)</p>	<p>2:00 p.m. Paint to Music with Art Therapist, Ashleigh (AR)</p> <p>3:00 p.m. Dominoes (AR)</p>
<b>T</b>	<p><b>Wear Your Crazy Hat!</b></p> <p>9:30 a.m. Rhythm Exercise with Noodles (AR)</p> <p>10:15 a.m. Word Games (AR)</p>	<p>1:30 p.m. Fun with Rendever (LR)</p> <p>2:30 p.m. Registered Dietician Amy Burhenn presents “Importance of Hydration” (COM)</p> <p>3:00 p.m. Happy Hour - Fruit Smoothies</p> <p>6:30 p.m. Movie Night “Roxanne” (LR)</p>
<b>F</b>	<p><b>Wear Your Favorite Team Colors!</b></p> <p>9:30 a.m. Exercise with Weights (AR)</p> <p>10:00 Current Events Discussion Group with Ryan Salvo, Wegmans GM (COM)</p> <p>10:15 a.m. What’s Cooking? - Oatmeal Blueberry Bars (AR)</p>	<p>2:00 p.m. White Elephant Bingo ADR)</p> <p>3:15 p.m. Cards or Outside</p>



## Woodlands Memory Support Weekly Calendar

For more info: Brittany Hicks, Resident Life Supervisor  
814-860-7120 or [Brittany.hicks@asbury.org](mailto:Brittany.hicks@asbury.org)



### MORNING

### AFTERNOON

<p><b>Movement Monday</b></p> <p><b>M</b> 10:30 a.m. Bowling Tournament</p>	<p><b>Movement Monday</b></p> <p>2:00 p.m. Cornhole Tournament 3:30 p.m. Walking Program</p>
<p><b>Travel Tuesday</b></p> <p><b>T</b> 10:00 a.m. Walking Program 10:30 a.m. Travel w/ Rendeвер Virtual Reality</p>	<p><b>Travel Tuesday</b></p> <p>2:00 p.m. Octoberfest Coverall Bingo</p>
<p><b>Wellness Wednesday</b></p> <p><b>W</b> 9:30 a.m. Morning Stretches 10:00 a.m. Walking Program 10:30 a.m. Communion</p>	<p><b>Wellness Wednesday</b></p> <p>2:00 p.m. Manicures 3:30 Owl Craft</p>
<p><b>Throwback Thursday</b></p> <p><b>T</b> 10:00 a.m. Walking Program 10:30 a.m. Connecting w/ Community w/ Proudest Moment Sign</p>	<p><b>Throwback Thursday</b></p> <p>1:45 p.m. "Let's Get Hydrated" Splash Demonstration with Amy 2:00 p.m. Bingo 5:45 p.m. Fall Hedgehog Craft</p>
<p><b>Fun Friday</b></p> <p><b>F</b> 9:30 a.m. Walking Program 10:30 a.m. Snacktivity</p>	<p><b>Fun Friday</b></p> <p>2:00 p.m. Wellbeing Celebration</p>

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