



Aberdeen Heights Social & Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>A.M.</u> Church Transportation</p>	<p><u>A.M.</u> Kirkwood Area Errands - Transportation Fitness Class Seated Fitness Aqua Aerobics Personal Care Appts - Transportation Special Speaker</p>	<p><u>A.M.</u> Water Walking DVD Fitness Catholic Mass* Quilt & Stitch Doctor's Appts - Transportation Commerce Bank</p>	<p><u>A.M.</u> Yoga Parcheesi Aqua Workout Seated Fitness Doctor's Appts - Transportation</p>	<p><u>A.M.</u> Rosary Bible Study Water Walking Chaplain Visit Doctor's Appts - Transportation</p>	<p><u>A.M.</u> Sculpt & Core Aqua Aerobics Seated Fitness Symphony Coffee Series* Personal Care Appts - Transportation Special Speaker</p>	<p><u>A.M.</u> Water Volleyball</p>
<p><u>P.M.</u> Grocery Store Transportation Pizza Delivery</p>	<p><u>P.M.</u> Computer Training/Assistance Poker Canasta Worship Service Watercolor Class or Acrylics Painting Choir Practice Kirkwood Area Errands - Transportation Doctor's Appts - Transportation Movie Night</p>	<p><u>P.M.</u> Party Bridge Worship Service Water Volleyball Movie Night Doctor's Appts - Transportation Special Speaker</p>	<p><u>P.M.</u> Men's Bridge Watercolor Class Doctor's Appts - Transportation Special Speaker</p>	<p><u>P.M.</u> Party Bridge DOMINOS Water Volleyball Doctor's Appts - Transportation Special Speaker</p>	<p><u>P.M.</u> Personal Care Appts - Transportation POKER Movie Night</p>	<p><u>P.M.</u> BINGO Happy Hour & Live Music</p>

ADDITIONAL CLASSES, GROUPS, EVENTS, AND EXCURSIONS

Aberdeen Heights hosts a variety of excursions and community events.

Here are just a few things we like doing to have fun.

- Shopping & Trunk Shows
- Bookstore
- St. Louis Zoo
- Group Dinners - Restaurants & Wineries
- Themed Events (Back to the 50s and Fun in the Sun)
- Musical Concerts and Entertainment
- Local Opera, Symphony and Theatre
- Local Museums
- Movie Theatre
- Guest Speakers (variety of topics)
- St. Louis Sporting Events

Aberdeen Heights has a variety of committees and social groups.

Here are just a few ways we enjoy staying connected.

- Excursions Committee
- Emotional Wellness Committee
- Exec. Health & Wellness
- Transitions Support Group
- Events Committee
- Welcome Committee
- Communication Committee
- Resident Council
- Book Club
- Monthly Town Hall Meetings

*Catholic Mass & Symphony Coffee Series occur monthly



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A Presbyterian Manors of Mid-America Senior Living Community

