



January

ASBURY HEIGHTS

Activity Calendar

Angela (Angie) Fabian
412-571-5183
IL Activities Coordinator

Kristen Assi
412-571-5172
IL Activities Assistant

ACTIVITIES CENTER	AC
FITNESS CENTER	FC
HICKMAN CHAPEL	HC
LIBRARY	LB
LINDEN GARDEN	LG

MAIN DINING ROOM	MDR
MALL	ML
NEW SOCIAL ROOM	NSR
REGENCY ROOM EMBASSY	RR
SUNSET ROOM	SR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1 2:30 Church Service 	2 9:15 Walking Trail 9:45 Morning Stretch 10:00 Fitness Class 11:00 Dart Ball 1:00 Wellness Chat	3 10:00 Coffee Klatch 11:30 Fitness Class 2:00 Wii Bowling 3:00 Book Club 6:00 Art with Kristen 	4 9:45 Walking Trail 10:15 Morning Stretch 10:30 Fitness Class 11:00 Scribble & Color Club 1:00 Trip Cmte Meeting 1:30 Catholic Mass 3:00 Ted Talk & Discuss 7:00 Special Happy Hour - New Year, New Faces	5 10:00 Library Cmte Mtg 10:30 Fitness Class 11:00 Bingo 1:00 Bible Study 2:00 Wii Bowling 5:00 Dinner Walnut Grill	6 9:15 Walking Trail 9:45 Morning Stretch 10:00 Fitness Class 10:00 Cards with Linda 11:00 Cranium Crunches 1:00 Bingo with Ken 2:00 Virtual Reality 2:30 Wii Bowling	7 9:30 Kitchen Club 11:00 Music Club 2:00 Movie Matinee 2:30 One on One with Kristen - Apartment visits	
8 9:30 Unitarian Universalist Church 10:30 Mass St. Bernard Church 2:30 Church Service	9 9:15 Walking Trail 9:45 Morning Stretch 10:00 Fitness Class 11:00 Dart Ball 11:00 Lunch Olive Garden 1:00 Activities Co. Meeting 1:00 Wellness Chat 3:00 Technology Speaker Tom Earley	10 10:00 Coffee Klatch 11:30 Fitness Class 2:00 Wii Bowling 6:00 Art with Kristen	11 9:45 Walking Trail 10:15 Morning Stretch 10:30 Fitness Class 11:00 Scribble & Color Club 1:30 Eucharistic Service 3:00 Ted Talk & Discuss	12 10:30 Fitness Class 11:00 Bingo 1:00 Bible Study 2:00 Resident Q & A with Joey	13 9:15 Walking Trail 9:45 Morning Stretch 10:00 Fitness Class 11:00 Cranium Crunches 1:00 Bingo with Ken 2:00 Virtual Reality 2:30 Wii Bowling 7:00 Music Performance by Pat Heiserman	14 9:30 Kitchen Club 11:00 Music Club 2:00 Movie Matinee 2:30 One on One with Kristen - Apartment visits	
15 9:30 Unitarian Universalist Church 10:30 Mass St. Bernard Church 2:30 Church Service	16 Martin Luther King Jr. Day 9:15 Walking Trail 9:45 Morning Stretch 10:00 Fitness Class 11:00 Dart Ball 12:30 Baking with Angie 1:00 Wellness Chat 1:30 Resident Co. Mtg	17 10:00 Coffee Klatch 11:30 Fitness Class 2:00 Wii Bowling 6:00 Art with Kristen	18 9:45 Walking Trail 10:15 Morning Stretch 10:30 Fitness Class 11:00 Pizza & Meaningful Magnets with Claudia 1:30 Eucharistic Service 3:00 Ted Talk & Discuss	19 Pajama Day 10:30 Fitness Class 11:00 Bingo 1:00 Bible Study 2:00 Wii Bowling 5:00 Dinner Bonefish Grill	20 9:15 Walking Trail 9:45 Morning Stretch 10:00 Fitness Class 10:00 Cards with Linda 11:00 Cranium Crunches 1:00 Bingo with Ken 2:00 Virtual Reality 2:30 Wii Bowling	21 9:30 Kitchen Club 11:00 Music Club 2:00 Movie Matinee 2:30 One on One with Kristen - Apartment visits	
22 9:30 Unitarian Universalist Church 10:30 Mass St. Bernard Church 1:30 Symphony 2:30 Church Service	23 9:15 Walking Trail 9:45 Morning Stretch 10:00 Fitness Class 11:00 Dart Ball 12:30 Baking with Angie 1:00 Wellness Chat 3:00 Speaker Kate Cuning from the Bradford House on 18 th Century Living	24 Compliment Day 10:00 Coffee Klatch 11:30 Fitness Class 2:00 Wii Bowling 6:00 Art with Kristen	25 9:45 Walking Trail 10:15 Morning Stretch 10:30 Fitness Class 11:00 Scribble & Color Club 1:30 Eucharistic Service 3:00 Ted Talk & Discuss	26 10:30 Fitness Class 11:00 Bingo 1:00 Bible Study 2:00 Wii Bowling	27 9:15 Walking Trail 9:45 Morning Stretch 10:00 Fitness Class 11:00 Dining Co. Mtg 11:00 Cranium Crunches 1:00 Bingo with Ken 2:00 Virtual Reality 2:30 Wii Bowling	28 9:30 Kitchen Club 11:00 Music Club 2:00 Movie Matinee 2:30 One on One with Kristen - Apartment visits	
29 9:30 Unitarian Universalist Church 10:30 Mass St. Bernard Church 2:30 Church Service	30 Favorite Sports Team Day 9:15 Walking Trail 9:45 Morning Stretch 10:00 Fitness Class 11:00 Dart Ball 12:30 Baking with Angie 11:00 Lunch Osaka 1:00 Wellness Chat	31 10:00 Coffee Klatch 11:30 Fitness Class 2:00 Wii Bowling 6:00 Art with Kristen	**PLEASE NOTE** Fitness schedule has changed			**PLEASE NOTE** All Resident-Run Activities are on the back of the calendar	Please turn your calendar over for more information on the back

January Birthday List

Carol Norrish	5	George Thiros	21
Pam Cook	7	Fred Goellner	25
Mike Stabile	8	Frank Bunecicky	26
Don Cook	12	Ruth Ann Reed	28
George Bashore	21	Peg Donley	29

Sign-up sheets for trips are located at the Security Desk

Shopping Trip Schedule

Walmart, Shop 'N Save and RiteAid

10:00 am (Thursdays)
January 5
January 12
January 19

Kohl's, South Hills Village, and Target

11:00 am-2:00 pm Tuesday, January 17

Giant Eagle and PNC on Cochran Road

10:00 am (Thursdays), January 26

Resident-Run Activities

MONDAY

1:00 Scrabble Sunset Room
7:00 Texas Hold'em Activities Center

TUESDAY

1:00 Pinochle Bldg 2 Lv5 Alcove

WEDNESDAY

1:00 Bridge Bldg 2 Lv5 Alcove
1:30 Creative Writing Club – January 25 Activities Center
6:30 Social Hour New Social Room

THURSDAY

7:00 Game Night Sunset Room

FRIDAY

7:00 Texas Hold'em Activities Center

SATURDAY

6:30 Social Hour New Social Room

UPMC | SENIOR COMMUNITIES

January 2023

INDEPENDENT LIVING

ASBURY HEIGHTS

Times



Staff Communication



Marjorie Doughton (Director, Residential Services)

January is named after Janus, the god of beginnings and transitions in Roman Mythology. As we enter 2023, we have the beginning of a brand-new year: new hopes, new dreams, and new exciting events.

Do you have a new grandbaby or great grandbaby on the way? Do you have a grandchild getting married? Are you celebrating a milestone birthday or anniversary?

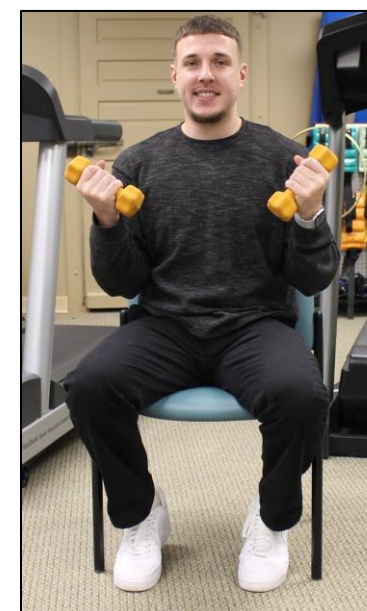
Moving through 2023, we can expect transitions. Transitions can be good and long-awaited, or hard and unexpected.

In any event, we always have the good Lord beside us, holding our hand.

Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

– 1 Thessalonians 5:18

Look to the Lord and his strength; seek his face always. – Psalm 105:4



George Dudich (Fitness Instructor)

It's a new year, and with that comes an opportunity to start it off right. Here are four things to focus on to make 2023 a healthy year:

1) Hydrate – staying hydrated helps remove toxins, regulates body temperature, supports cognitive function, aids digestion, and promotes nutrient absorption.

2) Stay Active – Exercising 2-3x a week will help you maintain flexibility and mobility, assist in better-quality sleep, and boost mental health.

3) Rest - As important as it is to stay active, it's just as important to get rest. Giving your body the opportunity to recover is necessary to replenish energy and avoid injury from overuse.

4) Smile - Following the "fake it 'til you make it" philosophy, smiling, even when you're not particularly feeling it, can still activate the part of the brain associated with happiness.