





Asbury HEIGHTS

Activity Calendar

Bethany Hensel
412-571-5172

Noah Al-Shemmari
412-571-5183

- 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 1:00 Bingo SR 2:30 Stories with Holes AC 7:00 Pat Heiserman SR	2 1:00 Movie Matinee AC 6:30 Happy Hour SR
3 2:30 Church Service HC	4 11:00 Bingo SR 1:00 Tech Speaker Tom AC 3:00 Book Club AC	5 10:00 Coffee Klatch AC 11:30 Meet & Greet w/ Bethany AC 6:00 Clay Crafts w/ Noah AC	6 11:00 Newsies Roadshow SR 1:00 Trip & Act. Cmte Mtg AC 1:30 Catholic Mass HC 3:00 TED Talks AC 6:00 Evening Prayer HC 6:30 Fitzpatrick Irish Dance School Step Dancers SR	7 Western Day 10:00 Library Cmte Mtg LB 11:00 Line Dancing Class AC 1:00 Bible Study HC 2:00 Jeopardy AC 12:30 Lunch at Scoglio's	8 10:00 Cards with Linda AC 11:00 Cranium Crunches SR 1:00 Bingo SR	9 1:00 Movie Matinee AC 6:30 Happy Hour SR
10 2:30 Church Service HC	11 11:00 Bingo SR	12 10:00 Coffee Klatch AC 6:00 Galaxy Painting w/ Noah AC	13 1:30 Eucharistic Service HC 3:00 TED Talks AC 6:00 Evening Prayer HC	14 11:00 Wii Bowling AC 1:00 Bible Study HC 12:30 Lunch at Willow Station	15 11:00 Cranium Crunches SR 1:00 Bingo SR 2:30 Stories with Holes AC	16 10:00 Music Exploration w/ Noah AC 1:00 Movie Matinee AC 6:30 Happy Hour SR
17 St. Patrick's Day 2:30 Church Service HC	18 11:00 Bingo SR 1:30 Resident Council Mtg SR 11:00 Lunch at Little Tokyo	19 10:00 Coffee Klatch AC 6:00 Geometric Tape Painting w/ Noah AC	20 1:30 Eucharistic Service HC 3:00 TED Talks AC 6:00 Evening Prayer HC	21 11:00 Wii Bowling AC 1:00 Bible Study HC 1:00 Paint Pouring w/ Janet AC	22 11:00 Cranium Crunches SR 1:00 Bingo SR	23 1:00 Movie Matinee AC 6:30 Happy Hour SR
24 2:30 Church Service HC	25 11:00 Bingo SR 11:00 Lunch at Pasta Too	26 10:00 Coffee Klatch AC 6:00 Pool & Pizza w/ Noah Room 7102	27 1:30 Eucharistic Service HC 2:30 Randy Riggle Comedian SR 6:00 Evening Prayer HC	28 11:00 Wii Bowling AC 1:00 Bible Study HC 2:00 Jeopardy w/ Bethany AC	29 Good Friday 11:00 Dining Cmte Mtg MDR 11:00 Cranium Crunches SR 1:00 Bingo SR 2:30 Stories with Holes AC	30 1:00 Movie Matinee AC 6:30 Happy Hour SR
31 Easter Sunday 2:30 Church Service HC	<div style="border: 2px solid red; padding: 5px; display: inline-block;"> <p>* Please tune in to Channel 957 for updates and reminders to the daily schedule of activities and events. *</p> </div>				<div style="border: 2px solid red; padding: 5px; display: inline-block;"> <p>All Resident-Run Activities are on the back of the calendar.</p> </div>	
						

March Birthdays

Jocelyn Lefler	2	Tim Reilly	15
John Smith	3	Sam Sinderson	17
Dave Hoelzeman	3	Toby Nagle	17
Marilyn Albitz	6	Darlene Smith	20
Bette Rue	7	David Lefler	21
Barbara Yanefski	11	Mary Feith	21
Maureen Kitner	14	Tim Trafalski	25

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

Shopping Trip Schedule

Walmart and Shop ‘N Save

10:00 am (Thursdays)

March 7

March 14

March 28

Giant Eagle and PNC on Cochran Road

10:00 am (Thursday)

March 21

Resident-Run Activities

MONDAY	1:00 Scrabble	Sunset Room
	6:30 Texas Hold'em	Activities Center

TUESDAY	1:00 Pinochle	Bldg 2 Lv5 Alcove

WEDNESDAY	6:30 Happy Hour	Social Room

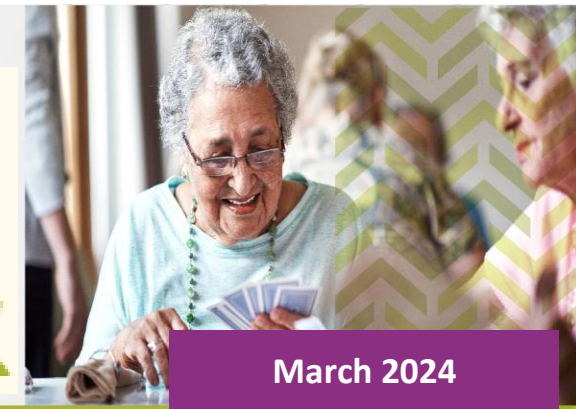
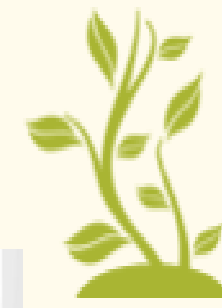
THURSDAY	6:30 Game Night	Sunset Room
	7:00 Canasta	Bldg 2 Lv5 Alcove

FRIDAY	6:30 Texas Hold'em	Activities Center

SATURDAY	6:30 Happy Hour	Social Room

Asbury HEIGHTS

Times



March 2024

Staff Communication

Dear Independent Living Residents,

On February 20 and 22, a total of 68 residents participated in our annual TruView Emergency Pendant Clinics. We are grateful for everyone’s participation and for making these clinics an interactive learning experience for all! If you were unable to attend our most recent clinics, here are a few important “take-aways” we discussed in both sessions:

- Pendants should be worn visibly outside of clothing at all times to ensure the pendant can communicate with our Tru-locator transmitters throughout the buildings.
- Residents are encouraged to wear their pendants **-AND/OR-** keep them within reach at all times.
- TruView Emergency Pendants **CAN** be worn in the shower/water!
- If a “**Low Battery**” alert is received, security will contact the resident within 24 hours to change the battery and check functionality.
- If a “**Tag Not Reporting**” alert is received, security will call the resident directly to check-in. If no response, Security will access the apartment to complete a wellness check.
- **Residents or their families MUST notify Security and/or Health & Wellness if they will be off campus for 24 hours or more. This includes for:**
 - ✓ Hospitalizations
 - ✓ Overnight stays with family/friends
 - ✓ Vacations

Please consider placing the telephone numbers for our Health & Wellness Center, as well as Security, in a visible place where you can refer to them as needed:

- **Health & Wellness: (412) 571-5050**
- **Security: (412) 571-5151**

Thank you!

Lauren Eichler
Director of Independent Living