



March 2024

Asbury
HEIGHTS

Asbury Heights Redwood
Activity Calendar

Activities Director: Teresa Valentino
Activities Coordinators: Hope, Clarissa
Activities Assistants: Marilyn, James, Macrina, Jasmine, Irene, Matt, Dorothy, Emily

Asbury Heights
700 Bower Hill Rd
Pittsburgh, PA 15243
(412)571-5190

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div><i>Each day we focus on:</i> <i>Motion ~ Exercise & Movement</i> <i>Creativity ~ Arts, Crafts & Baking</i> <i>Rhythm ~ Music & Singing</i> <i>Enrichment ~ Reading & Trivia</i> <i>Relaxation ~ Massage & Sensory</i> <small>*Activities are subject to change when needed</small></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div>1</div> <div>10-10:30: Daily Chronicle 10:30-11: Coloring 11-11:30: Music 2:30-3: Exercise 3-4: Bingo Game Night 6:30-7:30</div>	<div>2</div> <div>10-10:30: Daily Chronicle 10:30-10:45: Words from words 1:30-3:30: Movie 3:30-4: 1-on-1</div>
<div>3</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Dart Ball 2:30-3:30: Girl Scout Craft on Hickory 2:30 Worship- (Ch 957)</div>	<div>4</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30-2:30: 1-on-1 2:30-3: Exercise Documentary 6:30-7:30</div>	<div>5</div> <div>Monthly Birthday Party</div> <div>10:30-11: Daily Chronicle 10:30-11: Coloring 11-11:30: Music 2-3: Monthly Birthday Party 3-4: Snacks Game Night 6:30-7:30</div>	<div>6</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Catholic Mass (Ch 957) 2:30-3: Exercise 3:30-4: Snacks</div>	<div>7</div> <div>Cowboy Day</div> <div>10-10:30: Daily Chronicle 10:30-10:45: Chess 10:45-11:30: Upper Saint Clair Musical Visit 2-3:30: Table Talk Coloring 2-4: Men's Club</div>	<div>8</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2:30-3: Exercise 3-4: Bingo Game Night 6:30-7:30</div>	<div>9</div> <div>10-10:30: Daily Chronicle 10:30-11: Dart Ball 1:30-3:30: Movie 3:30-4: 1-on-1</div>
<div>10</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Words from words 2-3: Memory Lane 3-4: Jingo 2:30 Worship- (Ch 957)</div>	<div>11</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30-2:30: 1-on-1 2:30-3: Exercise 1:30-4: The Pottery Place</div>	<div>12</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Trivia 2-3:30: Craft 3:30-4: Snacks Game Night 6:30-7:30</div>	<div>13</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 2:30-3: Exercise 3:30-4: Snacks</div>	<div>14</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Baking 2-4: Nail Art 2-4: Men's Club</div>	<div>15</div> <div>10-10:30: Daily Chronicle 10:30-11: Coloring 11-11:30: Music 2-3:30: <u>Hey Joe with Mike on Hickory</u> Game Night 6:30-7:30</div>	<div>16</div> <div>10-10:30: Daily Chronicle 10:30-10:45: Words from words 1:30-3:30: Movie 3:30-4: 1-on-1</div>
<div>17</div> <div>St. Patrick's Day</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Dart Ball 2-3:30: <u>Craig Zinger on Hickory</u> 2:30 Worship- (Ch 957)</div>	<div>18</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30-2:30: 1-on-1 2:30-3: Exercise Documentary 6:30-7:30</div>	<div>19</div> <div>Spring Begins</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-4: <u>Group Resident Council</u> Game Night 6:30-7:30</div>	<div>20</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 2:30-3: Exercise 3-4: Social</div>	<div>21</div> <div>10-10:30: Daily Chronicle 10:30-10:45: Chess 10:45-11:30: Music 2-3:30: Table Talk Coloring</div>	<div>22</div> <div>10-10:30: Daily Chronicle 10:30-11: Coloring 11-11:30: Music 2:30-3: Exercise 3-4: Bingo Game Night 6:30-7:30</div>	<div>23</div> <div>10-10:30: Daily Chronicle 10:30-11: Dart Ball 1:30-3:30: Movie 3:30-4: 1-on-1</div>
<div>24/31</div> <div>PALM SUNDAY/EASTER</div> <div>10-10:30: Daily Chronicle 10:30-11: Sing a long 2-3: Holiday Trivia 3-4: Egg Toss 2:30 Worship- (Ch 957)</div>	<div>25</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30-2:30: 1-on-1 2:30-3: Exercise</div>	<div>26</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-3:30: Craft Game Night 6:30-7:30</div>	<div>27</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 2:30-3:30: <u>Randy Riggle in Social Room</u></div>	<div>28</div> <div>10-10:30: Daily Chronicle 10:30-10:45: Chess 10:45-11:30: Music 2-4: Nail Art 2-4: Men's Club</div>	<div>29</div> <div>10-10:30: Daily Chronicle 10:30-11: Coloring 11-11:30: Music 2-3: Egg Dye 3-4: Bingo Game Night 6:30-7:30</div>	<div>30</div> <div>10-10:30: Daily Chronicle 10:30-10:45: Words from words 1:30-3:30: Movie 3:30-4: 1-on-1</div>

BIRTHDAY LIST

Joann J. 3/3
Gina R. 3/17

William V. 3/5
Josephine H. 3/ 31



Resident Council Meeting
March 19 2:30pm-3:30pm

Food Committee Meeting
March 19 2pm-2:30pm

Dates to Remember in March:

- 3- Girl Scout Craft on Hickory
- 5- Monthly Birthday Party
- 6- Upper Saint Clair Newsies Sample
- 7- Cowboy Day
- 8- Internationals Women’s Day
- 10- Day Light Saving
- 10- First of Ramadan
- 13- Art with Janet on Willow
- 15- Drum Circle on Willow

- 15- Hey Joe with Mike on Hickory
- 17- Saint Patrick Day
- 17- Craig Zinger on Hickory
- 18- Eastern Orthodox Lent Begins
- 19- Spring Begins
- 23- Purim Beings
- 24- Palm Sunday
- 27- Randy Riggle in Social Room
- 29- Good Friday
- 31- Easter

Spring Celebration

The first day of spring marks the beginning of Nowruz (“The New Day”), which is the Persian New Year. The celebration lasts 13 days and is rooted in the 3,000-year-old tradition of Zoroastrianism. It is celebrated in [Iran](#), the North Caucasus, Kurdish parts of [Turkey](#) and Northern [Iraq](#), Afghanistan, Tajikistan, Turkmenistan, Uzbekistan, Kyrgyzstan, [Kazakhstan](#), and other scattered populations in Central Asia.



Fitness Tips:

- Maintain or lose weight.** As your metabolism naturally slows with age, maintaining a healthy weight can become a challenge. Regular exercise helps increase your metabolism and build muscle mass, helping your body to burn more calories.
- Reduce the impact of illness and chronic disease.** People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers.
- Enhance your mobility, flexibility, and balance.** Exercise improves your strength, flexibility, and posture, which in turn can help with your balance and coordination and reduce your risk of falls. Strength training can also help alleviate the symptoms of chronic conditions such as arthritis.



Worship Services
Worship Service Every Sunday
2:30 – HC/ch957