






Activities Director: Teresa Valentino
Activities Coordinators: Hope Limbruner, Isaiah
Activities Assistants: Marilyn Solomon, Colleen Farrell, Clarissa Spahr, James Gemmell, Stephanie Armbruster, Matt Mesina

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Each day we focus on: Motion ~ Exercise & Movement Creativity ~ Arts, Crafts & Baking Rhythm ~ Music & Singing Enrichment ~ Reading & Trivia Relaxation ~ Massage & Sensory</p>		<p>1</p> <p>Moring Reading Fitness: 1:30 Evergreen 2:30 Redwood 3:00 Willow 3:30 Hickory Game Night R/E- Marilyn</p>	<p>2</p> <p>2:00 Evergreen Social 1:30 Rosary (Ch 957) Fitness: 10:00 Redwood Outdoor strolls 2:30 Art Hickory-Clarissa</p>	<p>3</p> <p>Moring Reading Fitness: 1:30 Evergreen 2:30 Redwood 3:00 Willow 3:30 Hickory</p>	<p>4</p> <p>Outdoor strolls Word Trivia Bingo Madness Afternoon snack Willow Drum Circle- 2pm</p>	<p>5</p> <p>Today in history & Trivia Work out sing a long Art Redwood Outdoor strolls</p>
<p>6</p> <p>2:30 Worship- (Ch 957) Jeopardy iPad Outdoor strolls sing a long Afternoon Movie</p>	<p>7</p> <p>Bingo Noodle ball Sing a long 1:30 Virtual Reality Outdoor strolls 2:00 Pet visits with Casey</p>	<p>8</p> <p>Moring Reading Fitness: 2:00 Joy in the Lord with Rev. Kim R Evergreen Game Night R/E- Marilyn</p>	<p>9</p> <p>Fitness: 10:00 Redwood 2:00 Hickory Social 1:30 Rosary (Ch 957) 3:15 Willow- Art class Janet</p>	<p>10</p> <p>Word Trivia Fitness: 1:30 Evergreen 2:30 Redwood 3:00 Willow 3:30 Hickory</p>	<p>11</p> <p>Bingo Madness Finish the Phrase Game Night R/E- Marilyn Veterans Day</p>	<p>12</p> <p>Bible Study - Matt Work out sing a long Card Games Saturday afternoon Movie Outdoor strolls Art Redwood - Clarissa</p>
<p>13</p> <p>2:30 Worship- (Ch 957) Jeopardy iPad Outdoor strolls sing a long Afternoon Movie</p>	<p>14</p> <p>2:00 Pet visits with Casey Bingo Tree Day You be the Judge 2:00 Joy in the Lord with Rev. Kim WILLOW Noodle ball</p>	<p>15</p> <p>Word Trivia Fitness: 1:30 Evergreen 2:30 Redwood 3:00 Willow 3:30 Hickory Game Night R/E- Marilyn</p>	<p>16</p> <p>Fitness: 10:00 Redwood 2:00 Redwood Social 1:30 Rosary (Ch 957) Outdoor strolls</p>	<p>17</p> <p>1:30 Virtual Reality Fitness: 1:30 Evergreen 2:30 Redwood 3:00 Willow 3:30 Hickory</p>	<p>18</p> <p>Word Trivia Bingo Madness Afternoon snack Sing a long Game Night R/E- Marilyn</p>	<p>19</p> <p>Spiritual Sing along- Matt Travel Log Saturday afternoon Movie Outdoor strolls 2pm Mark Ghanley - Redwood</p>
<p>20</p> <p>2:30 Worship- (Ch 957) Jeopardy iPad Outdoor strolls sing a long Afternoon Movie</p>	<p>21</p> <p>Bingo Noodle ball 2:00 Pet visits with Casey 1:30 Virtual Reality Resident Council week</p>	<p>22</p> <p>Moring Reading Fitness: Game Night R/E- Marilyn 2:00 Joy in the Lord with Rev. Kim Redwood</p>	<p>23</p> <p>Fitness: 10:00 Redwood 1:30 Rosary (Ch 957) Jeopardy iPad</p>	<p>24</p> <p>THANKSGIVING Trivia Thanksgiving Treats</p> 	<p>25</p> <p>Today in history & travel log Thanksgiving Bingo Afternoon snack</p>	<p>26</p> <p>Bible Study - Matt Board games Saturday afternoon Movie Outdoor strolls Art Redwood - Clarissa 2pm Mark Ghanley - Evergreen</p>
<p>27</p> <p>2:30 Worship- (Ch 957) Jeopardy iPad Sing a long Afternoon Movie</p>	<p>28</p> <p>2:00 Pet visits with Casey 2:00 Joy in the Lord with Rev. Hickory Noodle ball Word Trivia</p>	<p>29</p> <p>Sing a long Fitness: Game Night R/E- Marilyn 2pm Steve Tori- Hickory</p>	<p>30</p> <p>Fitness: 10:00 Redwood 2:00 Willow Social 1:30 Rosary (Ch 957) 2:30 Art Evergreen -Clarissa</p> 			

ASBURY HEIGHTS

BIRTHDAY LIST

Barbara V. 11/4	Genevieve G. 11/23
Ramona A. 11/10	Violet R. 11/26
Rosario S. 11/13	Nancy B. 11/27
Marina L. 11/14	Louis G. 11/29
Laura A. 11/15	
Howard W. 11/15	
Carole S. 11/20	

Resident Council Meeting
Nov. 21th.



Fitness Tip:

Never forget to eat your greens.

Make sure you are still maintaining a healthy diet, as, in your advanced age, this is one of the most crucial health habits you need to form.

Not only will this boost your immune system, but it will greatly sharpen your cognitive abilities as well. Lean meat, beans, nuts, leafy greens, and fruits are all some of the best additions you can make to your daily diet.

Worship Services

Worship Service Every Sunday w/ Pastor Kim
2:30 - HC/ch957

November 24- Thanksgiving

Thanksgiving Day is a national holiday in the United States, and Thanksgiving 2022 occurs on Thursday, November 24. In 1621, the Plymouth colonists and the Wampanoag shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.



UPMC | SENIOR COMMUNITIES
Skilled Nursing

November 2022



ASBURY HEIGHTS

STAFF COMMUNICATION

The skilled nursing center hired a new unit manager, Ashlee Wells, who started in early October. Ashlee was previously a unit director at UPMC Magee and Presby and brings a wealth of leadership experience to support the management of Hickory (our short-term rehab unit).

The skilled nursing center also celebrated a successful annual Dept of Health survey in September receiving less than the average number of citations in the US.

Holly Villella
Nursing Center Administrator

