






UPMC | SENIOR COMMUNITIES

September

2022 ASBURY HEIGHTS
Activity Calendar

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

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 Fitness with Rebecca: 1:30 Evergreen 2:30 Redwood 3:00 Willow 3:30 Hickory</p>	<p>2 Outdoor strolls Today in history & Trivia Bingo Madness Afternoon snack</p>	<p>3 Today in history & Trivia Work out sing a long Ipad games Saturday afternoon Movie Outdoor strolls</p>
<p>4 2:30 Worship- (Ch 957) 1:30 Words from words Outdoor strolls & sing along </p>	<p>5 Bingo and trivia Noodle ball 2:00 Pet visits with Casey Sing a long 2:00 Joy in the Lord with Rev. Kim WILLOW</p>	<p>6 Fitness with Rebecca: 1:30 Evergreen 2:30 Redwood 3:00 Willow 3:30 Hickory 2:00 Rev. Kim Evergreen</p>	<p>7 11:00 Hickory Social 1:30 Catholic Mass (Ch 957) Fitness with Rebecca: 10:00 Redwood Outdoor strolls</p>	<p>8 Outdoor strolls Fitness with Rebecca: 1:30 Evergreen 2:30 Redwood 3:00 Willow 3:30 Hickory 2:00 Lisa Powel Redwood</p>	<p>9 Outdoor strolls Today in history & Trivia Bingo Madness Afternoon snack Finish the Phrase 2:00 Matt Price Willow</p>	<p>10 Today in history & Trivia Work out sing a long Card Games Saturday afternoon Movie Outdoor strolls</p>
<p>11 2:30 Worship- (Ch 957) National Grandparents Day </p>	<p>12 2:00 Pet visits with Casey Sing a long Outdoor strolls You be the Judge Matching game 2:00 Lisa Powel Evergreen</p>	<p>13 Fitness with Rebecca: 1:30 Evergreen 2:30 Redwood 3:00 Willow 3:30 Hickory</p>	<p>14 9:30-10:30 Outdoor strolls 11:00 Redwood Social 1:30 Rosary (Ch 957) Art class Fitness with Rebecca: 10:00 Redwood 3:15-Willow Art With Janet</p>	<p>15 1:30 Virtual Reality Fitness with Rebecca: 1:30 Evergreen 2:30 Redwood 3:00 Willow 3:30 Hickory</p>	<p>16 Outdoor strolls Today in history & Trivia Bingo Madness Afternoon snack Tim Glaide Willow 10:00 Evergreen outing Park 1:30</p>	<p>17 Today in history & Trivia Travel Log Craft Saturday afternoon Movie Outdoor strolls</p>
<p>2:30 Worship- (Ch 957) 1:30 Words from words Outdoor strolls and sing a long </p>	<p>19 Bingo and trivia Noodle ball 2:00 Pet visits with Casey Sing a long Resident Council week 2:00 Joy in the Lord with Rev. H</p>	<p>20 Fitness with Rebecca: 1:30 Evergreen 2:30 Redwood 3:00 Willow 3:30 Hickory 2:00 Joy in the Lord with Rev. Kim R</p>	<p>21 11:00 Evergreen Social 1:30 Rosary (Ch 957) Jeopardy ipad Fitness with Rebecca: 10:00 Redwood GOLF DAY</p>	<p>22 Fitness with Rebecca: 1:30 Evergreen 2:30 Redwood 3:00 Willow 3:30 Hickory</p>	<p>23 Outdoor strolls Today in history & travel log Bingo Madness Afternoon snack Sing a long</p>	<p>24 Today in history & Trivia Work out sing a long Board games Saturday afternoon Movie Outdoor strolls</p>
<p>25 2:30 Worship- (Ch 957) 1:30 Words from word</p>	<p>26 Bingo and trivia 2:00 Pet visits with Casey Outdoor strolls</p>	<p>27 Fitness with Rebecca: Willow outing to Park 2:00 You be the Judge Matching game</p>	<p>28 11:00 Willow social 1:30 Rosary (Ch 957) Fitness with Rebecca: redwood 10</p>	<p>29 Fitness with Rebecca: 1:30 Evergreen 2:30 Redwood 3:00 Willow 3:30 Hickory</p>	<p>30 Ron Bickel Hickory 2 Outdoor strolls Bingo Madness</p>	

ASBURY HEIGHTS

BIRTHDAY LIST

Bernice G. 9/1	Charles D. 9/22
Virginia B. 9/4	Ann C. 9/25
Ronald M. 9/8	Sharon C. 9/29
Edith F. 9/10	Ut L. 9/30
Charles M. 9/15	Joan P. 9/30
Leona M. 9/15	
Stewart K. 9/18	
Bonnie E. 9/19	

Resident Council Meeting Sept. 19th.



Fitness Tip:



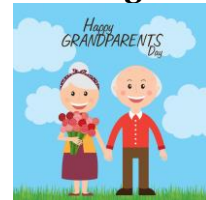
Don't forget to get enough sleep and rest.

Just as it is important for you to exercise regularly, your body also needs time to recharge. Resting when you need to a getting a good sleep at night can help improve your energy levels so that you're able to be more physically active during the day. In addition to that, getting seven to nine hours of sleep per night can help prevent certain illnesses and diseases. It also gives your body a chance to recover from the day's activities.

Worship Services

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

September 11- National Grandparents Day
Did you know that Grandparents Day has both an official flower and song? The official flower is the forget-me-not. The official song is Johnny Prill's "A Song for Grandma and Grandpa." On Grandparents Day, it really is the thought that counts—just make sure your grandparents know that you are thinking of them.



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Skilled Nursing

September 2022



ASBURY HEIGHTS

STAFF COMMUNICATION

I'd like to take this opportunity to welcome Jen Sybo, nurse educator, to the Asbury team. Jen has been a nurse for over 13 years. She brings a wealth of knowledge to our skilled nursing center.

By conducting orientation for the entire Asbury campus and providing staff with various educational opportunities, Jen will support the care team with the latest information and effective techniques they need to provide the best care for those residing in the skilled nursing center.

We look forward to working with Jen. Please join me in welcoming her to the campus.

Also, a big "thank you" to everyone who joined us for our Resident Community Day on August 9. We had a nice turnout. It was great to get together and enjoy an evening with food and live music.

Holly Villella
Nursing Center Administrator

