



Willow
December
2023
Asbury Heights
Activity Calendar



Activities Director: Teresa Valentino

Activities Coordinators: Hope, Clarissa

Activities Assistants: Marilyn, James, Macrina, Matt, Dorothy

Asbury Heights
 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 <i>*Activities are subject to change when needed</i></p>					<p>1</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Matching Game 2-3: Bingo 3-3:30: Exercise</p>	<p>2</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 2:30-3:30: Movie 3-4: Snacks</p>
<p>3</p> <p>10-10:30: Daily Chronicle 10:30-11: Sing a long 2-3:30: Gingerbread house 2:30 Worship- (Ch 957)</p>	<p>4</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Definition 2-2:30: Rev. Kim 2:3-3: Bingo 3-3:30: Exercise</p>	<p>5</p> <p>Monthly Birthday Party</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Definition 2-3: Monthly Birthday Party 3-3:30: Music</p>	<p>6</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Trivia 1:30 Rosary (Ch 957) 2-3: Movie 3-3:30: Exercise</p>	<p>7</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Cookie Baking 2-3:30: Name the Tune 3:30-4: Snacks</p>	<p>8</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Famous Faces 2-3: Matt Price 3-3:30: Exercise</p>	<p>9</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Matching Game 2:30-3:30: Movie 3-4: Snacks</p>
<p>10</p> <p>11-12:10:30: Daily Chronicle 10:30-11: Sing a long 2-3: Trivia 3-4: Ball Toss 2:30 Worship- (Ch 957)</p>	<p>11</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-3: Bingo 3-3:30: Exercise 6:30-7:30: Christmas Carol</p>	<p>12</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Nail Art 2-3:30: Painting 3:30-4: Snacks</p>	<p>13</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Trivia 1:30 Rosary (Ch 957) 2-2:30: Exercise 3-4: Art with Janet 6: Christmas Party</p>	<p>14</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Readings 2-3:30: Bingo 3:30-4: Snacks</p>	<p>15</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Matching Game 2-3: Bingo 3-3:30: Exercise</p>	<p>16</p> <p>10-10:30: Daily Chronicle 10:30-11:30: You be the Judge 2:30-3:30: Movie 3-4: Snacks</p>
<p>17</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Sing a long 2-3: Definition 3-4: Virtual Reality 2:30 Worship- (Ch 957)</p>	<p>18</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Definition 2-3: Bingo 3-3:30: Exercise</p>	<p>19</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Finish that Phrase 2-3:30: Craft 3:30-4: Snacks</p>	<p>20</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Trivia 1:30 Rosary (Ch 957) 2-3: Movie 3-3:30: Exercise</p>	<p>21</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Readings 2-4: Thanksgiving Movie</p>	<p>22</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Famous Faces 2-3: Bingo 3-3:30: Exercise</p>	<p>23</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Trivia 2:30-3:30: Movie 3-4: Snacks</p>
<p>24/31</p> <p>10-10:30: Daily Chronicle 10:30-11: Holiday Trivia 2-3: Holiday Movie 3-4: Holiday Snack 2:30 Worship- (Ch 957)</p>	<p>25</p> <p>Christmas Surprise</p>	<p>26</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-4: Doggy Blanket Craft</p>	<p>27</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Trivia 1:30 Rosary (Ch 957) 2-3: Social Movie 3-3:30: Exercise</p>	<p>28</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Readings 2-3:30: Name the Tune 3:30-4: Snacks</p>	<p>29</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Matching Game 2-3: Bingo 3-3:30: Exercise</p>	<p>30</p> <p>10-10:30: Daily Chronicle 10:30-11:30: You be the Judge 2:30-3:30: Movie 3-4: Snacks</p>

ASBURY HEIGHTS

BIRTHDAY LIST

Betty D. 12/1
Patricia S. 12/8
Richard R. 12/16
Patricia W. 12/19
Mary S. 12/24
Nancy P. 12/28

Susan W. 12/7
Elizabeth R. 12/13
Ronald P. 12/18
Rosemary S. 12/22
Anthony V. 12/27
Richard F. 12/30



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

Food Committee Meeting
December 14 2pm-3pm

Dates to Remember in December:

5- Birthday Party
6- Redwood Light Trip
8- Matt Price on Redwood
8- Matt Price on Willow
11- Church Christmas Carol
12- Evergreen/Hickory Light Trip
13- Art with Janet on Willow

14- Caroline Strings in Social Room
14- Ugly Christmas Sweater Day
16- Cumberland Valley Chorus Social Room
24- Christmas Eve Snack
25- Christmas Day Surprise
31- New Year Eve

Worship Services

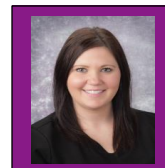
Worship Service Every Sunday w/ Pastor Kim
2:30 – HC/ch957

STAFF COMMUNICATION

The skilled nursing center is pleased to announce two new unit managers starting in December. Amanda Swope will be managing the short-term unit, Hickory. Lisa Huska will be managing Evergreen. Both Amanda and Lisa have extensive nursing experience and will be a great complement to the current management team.

We also participated in a federal life safety survey; a maintenance/building inspection that focuses on the processes, procedures, and systems regarding resident safety (such as emergency preparedness and fire drills). Asbury's skilled nursing facility received only a few minor citations.

Holly Villella
412-571-5035



Skilled Nursing ASBURY HEIGHTS Times



Fitness Tips:

How to avoid winter slips and falls

Forget boots — some sidewalks require ice skates. Winter in the Midwest can be beautiful, but ice and snow increase the risk of falling.

The Centers for Disease Control and Prevention reports that about 1 million U.S. adults are injured due to slips and falls every year, with the injury rate increasing significantly as temperatures decline.

Falls are unexpected, but there are a few ways to decrease your risk of falling:

- Wear proper footwear. Be sure you have a pair of lightweight boots with good support. You also can purchase snow grips for the bottoms of your shoes or boots.
- Take your time. Do not hurry while walking outside. Pay attention to your steps and walk slowly.
- Use assistance. Always use handrails, a walking stick, your walker or cane when out in winter weather.
- Take small steps. Small steps, almost from side to side, help you maintain your center of gravity. Take small steps and waddle a bit like a penguin.
- Stay inside. On days when it is icy and you do not need to go anywhere, stay inside.

If you do feel yourself falling, don't try to catch yourself with your arms. That can lead to more injuries. Try to take the hit on your buttock or back. After a fall, wait for someone to help you in case you are injured or to avoid subsequent falls. Some people further injure themselves by springing up after a fall instead of waiting for help.

Remember to always use your best judgment when out and about in the ice and snow. Be careful and aware of your surroundings, and you will be on your way to a safe and healthy winter.

