





Willow
January
2024

UPMC SENIOR COMMUNITIES
Asbury Heights Willow
Activity Calendar

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

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></div> <div>*Activities are subject to change when needed</div>	<div>1</div> <div>10-10:30: Daily Chronicle 10:30-11: Holiday Trivia 2-4: Holiday Movie 2-4: Holiday Snacks</div>	<div>2</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-3:30: Craft 3:30-4: Snacks</div>	<div>3</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Catholic Mass (Ch 957) 2:30-3: Exercise 3-4: Art with Janet</div>	<div>4</div> <div>10-10:30: Daily Chronicle 10:30-10:45: Puzzles 10:45-11:30: Music 2-3:30: Name the Tune 3:30-4: Snacks</div>	<div>5</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Famous Faces 2-3: Bingo 3-3:30: Exercise</div>	<div>6</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>7</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Sing a long 2-3: Definition 3-4: Virtual Reality 2:30 Worship- (Ch 957)</div>	<div>8</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Definition 2-2:30: Rev. Kim 2-3-3: Bingo 3-3:30: Exercise</div>	<div>9</div> <div>Monthly Birthday Party</div> <div>10:30-11: Daily Chronicle 10:30-11: Nail Art 11-11:30: Music 2-3: Monthly Birthday Party 3-4: Snacks</div>	<div>10</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 3-3:30: Exercise</div>	<div>11</div> <div>10-10:30: Daily Chronicle 10:30-10:45: Muffin Baking 10:45-11:30: Music 2-3:30: Finish that Phrase 3:30-4: Snacks</div>	<div>12</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Matching Game 2-3: Bingo 3-3:30: Exercise</div>	<div>13</div> <div>10-10:30: Daily Chronicle 10:30-11: Sing a long 1:30-3:30: Movie 3:30-4: 1-on-1</div>
<div>14</div> <div>10-10:30: Daily Chronicle 10:30-11: Sing a long 2-3: Trivia 3-4: Ball Toss 2:30 Worship- (Ch 957)</div>	<div>15</div> <div>Matrin Luther King Jr. Day</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Definition 2-3: Bingo 3-3:30: Exercise</div>	<div>16</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Finish that Phrase 2-3:30: Craft 3:30-4: Snacks</div>	<div>17</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 3-3:30: Exercise</div>	<div>18</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Puzzles 2-3:30: Bingo 3:30-4: Snacks</div>	<div>19</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Famous Faces 2-3: Matt Price 3-3:30: Exercise</div>	<div>20</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>21</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Sing a long 2-3: Definition 3-4: Virtual Reality 2:30 Worship- (Ch 957)</div>	<div>22</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Definition 2-3: Bingo 3-3:30: Exercise</div>	<div>23</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Nail Art 2-3:30: Craft 3:30-4: Snacks</div>	<div>24</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 2-3: Movie Social 3-3:30: Exercise</div>	<div>25</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Puzzles 2-3:30: Name the Tune 3:30-4: Snacks</div>	<div>26</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Matching Game 2-3: Bingo 3-3:30: Exercise</div>	<div>27</div> <div>10-10:30: Daily Chronicle 10:30-11: Sing a long 1:30-3:30: Movie 3:30-4: 1-on-1</div>
<div>28</div> <div>10-10:30: Daily Chronicle 10:30-11: Sing a long 2-3: Trivia 3-4: Ball Toss 2:30 Worship- (Ch 957)</div>	<div>29</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Definition 2-3: Bingo 3-3:30: Exercise</div>	<div>30</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-3:30: Craft 3:30-4: Snacks</div>	<div>31</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 3-3:30: Exercise</div>	<div></div> <div></div>	<div></div> <div></div>	<div></div> <div></div>

BIRTHDAY LIST

Judith F. 1/4
Choral S. 1/8
Angeline D. 1/14
Clara D. 1/31

Rita M. 1/7
Erna R. 1/14
Elaine C. 1/ 16



Resident Council Meeting
December 16 2:30pm-3:30pm

Food Committee Meeting
December 16 2pm-2:30pm

Dates to Remember in December:

1- New Year Day	18- Evergreen and Hickory Bowling Trip
3- Art with Janet on Willow	19- Matt Price on Willow
9- Birthday Party	25- Redwood Bowling Trip
15- Martin Luther King Jr. Day	

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

Roman Calendar

December was one of the original months in the ancient Roman calendar, which was in use from around 750 BC until 45 BC. In this original Roman calendar, December was the tenth month. This placement makes a lot more sense for December, as this month’s name translates into “tenth month.” When Julius Caesar changed the calendar in 45 BC to the Julian calendar, he added two months, January, and February, which were inserted at the beginning of the calendar year. These changes have forever cursed December to be a month with the wrong name.

Skilled Nursing Asbury Heights
Times



Fitness Tips:

Dehydration is a potentially serious condition that can occur when you don’t consume enough fluids for your body’s needs. This can lead to health complications ranging from mild to life-threatening, such as urinary tract infections (UTIs), heat stroke, heart problems, kidney failure, and blood clot complications. Since dehydration affects the health of your cells, it can also lower your body’s ability to ward off infections and heal from injury or illness.

As you get older, it’s even more important to stay hydrated. A study from the University of California, Los Angeles School of Nursing found that up to 40% of elderly people may be chronically underhydrated.

Early dehydration symptoms include:

Dark-colored urine, urinating less frequently

- Dizziness
- Headaches
- Muscle cramps in arms or legs
- Confusion, decreased cognitive function

The tiredness and lack of coordination that may result from dehydration can also lead to falls and injury. The best way to prevent dehydration is the simplest: drink more water throughout the day.

Generally, you should take one-third of your body weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim to drink 50 ounces of water each day.

However, it’s best to talk to your doctor to determine how much water you should be drinking daily. They can review your medical history with you as well as any over the counter or prescription medications you’re currently taking. Certain medications cause the body to flush out more water. And some medical conditions, such as cystic fibrosis, also make people more prone to dehydration.

Choose foods with high water content.

Keep water with you, always.

Build hydration into your routine.

If you’re looking for additional tips on how to stay hydrated, ask your healthcare provider. Getting enough water each day is an easy yet vitally important way to stay healthy and active as an older adult.