



March  
2024

Asbury  
HEIGHTS  
Asbury Heights Willow  
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>Each day we focus on: Motion ~ Exercise &amp; Movement Creativity ~ Arts, Crafts &amp; Baking Rhythm ~ Music &amp; Singing Enrichment ~ Reading &amp; Trivia Relaxation ~ Massage &amp; Sensory <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 10:30-11:30: Famous Faces 2-3: Bingo 3-3:30: Exercise</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: Sing a long 2-3: Definition 3-4: Virtual Reality 2:30 Worship- (Ch 957)</div>	<div>4</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Definition 2-3-3: Bingo 3-3:30: Exercise</div>	<div>5</div> <div>Monthly Birthday Party 10:30-11: Daily Chronicle 10:30-11: Nail Art 11-11:30: Music 2-3: Monthly Birthday Party 3-4: Snacks</div>	<div>6</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Catholic Mass (Ch 957) 2-3: Memory Lane 3-3:30: Exercise</div>	<div>7</div> <div>Cowboy Day 10-10:30: Daily Chronicle 10:30-10:45: Coloring 10:45-11:30: Upper Saint Clair Musical Visit 2-3:30: Cowboy Trivia 2-4: Men’s Club</div>	<div>8</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Famous Faces 2-3: Bingo</div>	<div>9</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>10</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>11</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-3: Bingo 3-3:30: Exercise</div>	<div>12</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Nail Art 2-3:30: Craft 3:30-4: Snacks</div>	<div>13</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Trivia 1:30 Rosary (Ch 957) 2-3: Exercise 3-4: Art with Janet</div>	<div>14</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Baking 2-3:30: Name the Tune 3:30-4: Snacks 2-4: Men’s Club</div>	<div>15</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Matching Game 2-3: Matt Price 3-3:30: Exercise</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 10-10:30: Daily Chronicle 10:30-11:30: Trivia 2-3:30: Craig Zinger on Hickory 2:30 Worship- (Ch 957)</div>	<div>18</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Definition 2-3: Bingo 3-3:30: Exercise</div>	<div>19</div> <div>Spring Begins 10-10:30: Daily Chronicle 10:30-11:30: Nail Art 2-3:30: Craft 3:30-4: Snacks</div>	<div>20</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 2-3: Memory Lane 3-3:30: Exercise</div>	<div>21</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Puzzles 2-3:30: Music 3:30-4: Snacks</div>	<div>22</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-3: Bingo 3-3:30: Exercise</div>	<div>23</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>24/31</div> <div>PALM SUNDAY/EASTER 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: Coloring 2-3: Bingo 3-3:30: Exercise</div>	<div>26</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Nail Art 2-3:30: Craft 3:30-4: Snacks</div>	<div>27</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>28</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 2-4: Men’s Club</div>	<div>29</div> <div>10-10:30: Daily Chronicle 10:30-11:30: Famous Faces 2-3: Egg Dye 3-3:30: Exercise</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