



Place  
January  
2024

UPMC  
SENIOR  
COMMUNITIES

Asbury Place  
Activity Calendar

Activities Director: Teresa Valentino

Activities Coordinator: Jaceley

Activities Assistants: Lindsey, Peg.

Asbury Place

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>HAPPY NEW YEAR!</div>	<div>1New Year's Day</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Hangman 1:30pm: Holiday Snacks 2pm: Johnny Fontaine 3:15pm: Bingo</div>	<div>2</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Words in Word 1:30pm: Service with Rev. Kim 2pm: Arts/Crafts 3:30pm: Soccer</div>	<div>3</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Crosswords 1:30pm: Rosary (Ch 957) 2pm: Cards 3:30pm: Cornhole</div>	<div>4</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Hangman 1:30pm: Sing Along/Musicals 2pm: Cooking 3:30pm: Bowling</div>	<div>5</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Words in Word 2pm: Arts/Crafts 3:15pm: Bingo</div>	<div>6</div> <div>10am: Daily Chronicle 10:30am: Exercise 11am: Hangman 2pm: Cards 3:30pm: Creative Coloring</div>
<div>7</div> <div>10am: Daily Chronicle 10:30am: Exercise 11am: Words in Word 2:30pm Televised Church- (Ch 957) 3:30pm: Reading &amp; Relaxation</div>	<div>8</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Crosswords 1:30pm: Sing Along/Musicals 2pm: Balloon Ball 3:15pm: Bingo</div>	<div>9</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Hangman 2pm: Arts/Crafts 3:30pm: Soccer</div>	<div>10Happy Birthday Karen M.</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Words in Word 1:30pm: Rosary (Ch 957) 2pm: Art w/ Janet 3:30pm: Cards</div>	<div>11</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Hangman 1:30pm: Sing Along/Musicals 2pm: Cooking 3:30pm: Bowling</div>	<div>12Jan. Birthday Party</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Crosswords 1:30pm: B-day Party 2pm: Ron Bickel 3:15pm: Bingo</div>	<div>13</div> <div>10am: Daily Chronicle 10:30am: Exercise 11am: Words in Word 2pm: Cards 3:30pm: Creative Coloring</div>
<div>14</div> <div>10am: Daily Chronicle 10:30am: Exercise 11am: Hangman 2:30pm Televised Church- (Ch 957) 3:30pm: Virtual Reality/ Wii Games</div>	<div>15</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Crosswords 2pm: RESIDENT COUNCIL 3:15pm: Bingo</div>	<div>16</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Hangman 2pm: Arts/Crafts 3:30pm: Soccer</div>	<div>17</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Words in Word 1:30pm: Rosary (Ch 957) 2pm: Cards 3:30pm: Cornhole</div>	<div>18</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Crosswords 1:30pm: Sing Along/Musicals 2pm: Cooking 3:30pm: Bowling</div>	<div>19Flannel Friday</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Words in Word 1:30pm: Sing Along/Musicals 2pm: Arts/Crafts 3:15pm: Bingo</div>	<div>20</div> <div>10am: Daily Chronicle 10:30am: Exercise 11am: Hangman 2pm: Cards 3:30pm: Creative Coloring</div>
<div>21</div> <div>10am: Daily Chronicle 10:30am: Exercise 11am: Crosswords 2:30pm Televised Church- (Ch 957) 3:30pm: Reading &amp; Relaxation</div>	<div>22</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Words in Word 1:30pm: Sing Along/Musicals 2pm: Balloon Ball 3:15pm: Bingo</div>	<div>23</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Crosswords 2pm: Arts/Crafts 3:30pm: Soccer</div>	<div>24</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Hangman 1:30pm: Rosary (Ch 957) 2pm: Cards 3:30pm: Cornhole</div>	<div>25</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Crosswords 1:30pm: Sing Along/Musicals 2pm: Cooking 3:30pm: Bowling</div>	<div>26</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Words in Word 2pm: Ron Bickel 3:15pm: Bingo</div>	<div>27</div> <div>10am: Daily Chronicle 10:30am: Exercise 11am: Crosswords 2pm: Cards 3:30pm: Creative Coloring</div>
<div>28</div> <div>10am: Daily Chronicle 10:30am: Exercise 11am: hangman 2:30pm Televised Church- (Ch 957) 3:30pm: Virtual Reality/ Wii Games</div>	<div>29</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Crosswords 1:30pm: Sing Along/Musicals 2pm: Balloon Ball 3:15pm: Bingo</div>	<div>30</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Words in Word 2pm: Arts/Crafts 3:30pm: Soccer</div>	<div>31</div> <div>10am: Daily Chronicle 10:30am: Exercise with George 11am: Hangman 1:30pm: Rosary (Ch 957) 2pm: Cards 3:30pm: Cornhole</div>	<div>Each week we focus on:</div> <div>Motion ~ Exercise &amp; Movement</div> <div>Creativity ~ Arts, Crafts &amp; Baking</div> <div>Rhythm ~ Music &amp; Singing</div> <div>Enrichment ~ Reading &amp; Trivia</div> <div>Relaxation ~ Massage &amp; Sensory</div> <div>*Activities are subject to change when needed</div>		



## HAPPY BIRTHDAY TO YOU

Karen M. (01/10)



Resident Council Meeting  
January 15<sup>th</sup> @ 2pm

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



UPMC SENIOR COMMUNITIES January 2024  
**Asbury Place**  
**ASBURY HEIGHTS**  
*Times*



Curated by: George Dudich



**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
- Fatigue, or feeling weak
- Irritability
- Dizziness
- Headaches
- Muscle cramps in arms or legs
- Dry mouth
- 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.**

**Avoid or reduce your alcohol intake.**

**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.

Source: <https://www.ncoa.org/article/how-to-stay-hydrated-for-better-health>

Please email Tina Yakich at [yakichcm@upmc.edu](mailto:yakichcm@upmc.edu) if you would like to receive newsletters and periodic facility updates electronically.