



March
2024

Asbury
HEIGHTS

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	
31	Happy Easter									1		2	
10am: Daily Chronicle 10:30am: Exercise 11am: Crosswords 2:30pm Televised Church-(Ch957) 3:30pm: Reading & Relaxation						<u>Glossary:</u> * GTKY = Get-to-know-you		<u>Each week we focus on:</u> Motion ~ Exercise & Movement Creativity ~ Arts, Crafts & Baking Rhythm ~ Music & Singing Enrichment ~ Reading & Trivia Relaxation ~ Massage & Sensory *Activities are subject to change when needed		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Words in Word & GTKY Session 2pm: Gary Plays Guitar 3:15pm: Bingo & Dominoes		10am: Daily Chronicle 10:30am: Exercise 11am: Hangman 2pm: Cards 3:30pm: Creative Coloring	
3		4		5		6	Happy Birthday Summer	7	Western Day	8		9	
10am: Daily Chronicle 10:30am: Exercise 11am: Crosswords 2:30pm Televised Church-(Ch957) 3:30pm: Reading & Relaxation		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Words in Word & GTKY Session 1:30pm: Sing Along/Musicals 2pm: Balloon Ball 3:15pm: Bingo & Dominoes		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Hangman & GTKY Session 2pm: Arts/Crafts & Coloring 3:30pm: Soccer & Walk		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Crosswords & GTKY Session 1:30pm: Rosary (Ch 957) 2pm: Cards & Sing Along 3:30pm: Bocce		9am: Coffee with Peg 10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Hangman & GTKY Session 1:30pm: Sing Along/Musicals 2pm: Cooking & Coloring 3:30pm: Bowling		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Crosswords & GTKY Session 2pm: Gary Stewart 3:15pm: Bingo & Dominoes		10am: Daily Chronicle 10:30am: Exercise 11am: Words in Word 11:30: Pizza in Great Room 2pm: Cards 3:30pm: Creative Coloring	
10	Happy Birthday Kitty L.	11		12		13		14	Happy Birthday Ruth M.	15		16	
10am: Daily Chronicle 10:30am: Exercise 11am: Crosswords 2:30pm Televised Church-(Ch957) 3:30pm: Virtual Reality/ Wii Games		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Crosswords & GTKY Session 1:30pm: Sing Along/Musicals 2pm: RESIDENT COUNCIL 3:15pm: Bingo & Dominoes		10am: Daily Chronicle & Check-ins 10:30pm: Sing Along/Musicals 11am: Outing to Eat N Park 2pm: Arts/Crafts & Coloring 3:30pm: Soccer & Walk		9am: Coffee with Peg 10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Words in Word & GTKY Session 1:30pm: Rosary (Ch 957) 2pm: Art w/ Janet & Walk 2pm: Cards & Sing Along		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Hangman & GTKY Session 1:30pm: Sing Along/Musicals 2pm: Cooking & Coloring 3:30pm: Bowling		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Words in Word & GTKY Session 3:15pm: Bingo & Dominoes 3:45pm: Matt Price - Drum Circle		10am: Daily Chronicle 10:30am: Exercise 11am: Words in Word 2pm: Cards 3:30pm: Creative Coloring	
17	St. Patrick's Day	18		19		20		21		22	Birthday Party	23	
10am: Daily Chronicle 10:30am: Exercise 11am: Crosswords 2:30pm Televised Church-(Ch957) 3:30pm: Reading & Relaxation		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Crosswords & GTKY Session 1:30pm: Sing Along/Musicals 2pm: Balloon Ball 3:15pm: Bingo & Dominoes		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Hangman & GTKY Session 2pm: Arts/Crafts & Coloring 3:30pm: Soccer & Walk		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Hangman & GTKY Session 1:30pm: Rosary (Ch 957) 2pm: Cards & Sing Along 3:30pm: Cornhole		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Hangman & GTKY Session 1:30pm: Sing Along/Musicals 2pm: Cooking & Coloring 3:30pm: Bowling		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Words in Word & GTKY Session 2pm: B-day Party 3:15pm: Bingo & Dominoes		10am: Daily Chronicle 10:30am: Exercise 11am: Words in Word 2pm: Cards 3:30pm: Creative Coloring	
24	Palm Sunday	25		26		27		28	Happy Birthday JoAnn E.	29		30	
10am: Daily Chronicle 10:30am: Exercise 11am: Crosswords 2:30pm Televised Church-(Ch957) 3:30pm: Virtual Reality/ Wii Games		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Crosswords & GTKY Session 1:30pm: Sing Along/Musicals 2pm: Balloon Ball 3:15pm: Bingo & Dominoes		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Hangman & GTKY Session 2pm: Arts/Crafts & Coloring 3:30pm: Soccer & Walk		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Hangman & GTKY Session 1:30pm: Rosary (Ch 957) 2pm: Cards & Sing Along 3:30pm: Bocce		9am: Coffee with Peg 10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Hangman & GTKY Session 1:30pm: Sing Along/Musicals 2pm: Cooking & Coloring 3:30pm: Bowling		10am: Daily Chronicle & Check-ins 10:30am: Exercise 11am: Words in Word & GTKY Session 2pm: Sing Along/Musicals 3:15pm: Bingo & Dominoes		10am: Daily Chronicle 10:30am: Exercise 11am: Words in Word 2pm: Cards 3:30pm: Creative Coloring	



HAPPY BIRTHDAY TO YOU



Summer L. (03/06) Cajetana L. (03/10) Ruth M. (03/14) JoAnn E. (03/28)

Birthday Party
March 22nd @ 2pm

Resident Council Meeting

March 11th @ 2pm

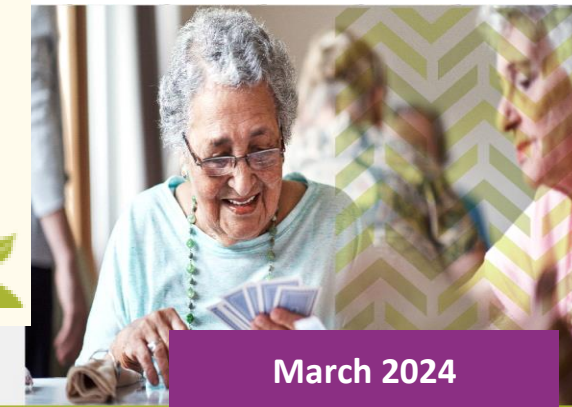
Church Service Every Sunday w/ Pastor Kim
2:30 – HC/ch957



Asbury
HEIGHTS



Times



March 2024

Fitness Tip:

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.

