



January 2024

Activity Calendar

Asbury Villas





Activities Manager:
Linda Campbell 412-571-5353

Activities Assistant:
Lexie 412-571-5355
Claire 412-571-5393

Asbury Villas

730 Bower Hill Road
Pittsburgh, PA 15243
(412) 571-5370

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>1</div> <div>10:15 Rosary VC 11:15 You Be the Judge 2:00 Steven Vance plays the Violin</div> <div>New Years Day</div>	<div>2</div> <div>9:30-11:00 Villas Café Store Onen</div> <div>11:00 Bowling with pins 1:30 Father Gilbert Catholic Service 2:30 Pictionary 3:30 Cheer Practice 6:00 Match Game</div>	<div>3</div> <div>10:15 Rosary /Eucharist VC 11:15 Exercise 11:45 Name 10 1:30 Dollar Tree 3:45 Word Bite 6:00 Sing Along</div>	<div>4</div> <div>10:45 Sing Along 11:15 Exercise Balance Class 1:15 Scrabble/Cards 2:00 Drum Circle 3:30 Rev. Kim Bible Study 6:00 Match Game</div>	<div>5</div> <div>10:15 Rosary VC 11:15 Exercise 11:45 Name That Tune 2:00 BINGO 3:15 Scrabble/Cards 6:00 Wii Jeopardy</div>	<div>6</div> <div>10:30 Jingo 2:00 Wii Games Bowling 4:00 Mass on Video 5:00 Eucharist Villas Cafe</div>
<div>7</div> <div>10:30 BINGO 2:15 Rev. Kim Service AH 3:45 Word in a Word 5:00 Meditation with Claire</div>	<div>8</div> <div>10:15 Rosary VC 11:15 Exercise 11:45 Name That Tune 1:00 Gus pet visits 2:30 Word Bite 4:00 Book Club</div>	<div>9</div> <div>9:30-11:00 Villas Café Store Open</div> <div>8:00 Taking down the Christmas Trees and Decorations 2:00 Movie-The Secret</div>	<div>10</div> <div>10:15 Rosary / Eucharist VC 11:15 Exercise 11:15 Lunch Outing to Crust 11:45 Trivia 2:30 Drum Circle 6:00 Family Feud</div>	<div>11</div> <div>10:45 Sing Along 11:15 Exercise Balance Class 1:00 Twice as Nice Store AH 2:30 Crafts with Lexie 3:15 Cards in Library 3:30 Rev. Kim Bible Study 6:00 Dart Ball</div>	<div>12</div> <div>10:15 Rosary VC 11:15 Exercise 11:45 Trivia 2:00 Categories 3:15 Scrabble/Cards 6:00 BINGO</div>	<div>13</div> <div>10:30 Sing Along 2:00 Wii Games Bowling 4:00 Mass on Video 5:00 Eucharist Villas Cafe</div>
<div>14</div> <div>10:30 Giant Crossword Puzzle 2:15 Rev. Kim Service AH 3:45 BINGO 5:00 Meditation with Claire</div>	<div>15</div> <div>10:15 Rosary VC 11:15 Exercise 11:45 Starts With the Letter 1:30 Outing Walmart 1:30 Movie- I can only Image</div>	<div>16</div> <div>9:30-11:00 Villas Café Store Open</div> <div>11:00 Bowling with pins 2:30 Cooking with Lexie and Claire 6:00 Who What Where?</div>	<div>17</div> <div>10:15 Rosary / Eucharist VC 10:30 Giant Eagle Trip 11:15 Exercise 2:30 Resident Council Meeting 3:15 Scrabble/Cards 6:00 Giant Crossword Puzzle</div>	<div>18</div> <div>10:45 Sing along 11:15 Exercise Balance Class 2:00 Drum Circle 3:30 Rev. Kim Bible Study 6:00 BINGO</div>	<div>19</div> <div>10:15 Rosary VC 11:15 Exercise 11:45 Reminisce Ball 2:00 Word in A Word 3:15 Scrabble/Cards 6:00 Jeopardy</div>	<div>20</div> <div>10:30 Jingo 2:00 Wii Games Bowling 4:00 Mass on Video 5:00 Eucharist Villas Cafe</div>
<div>21</div> <div>10:30 BINGO 2:15 Rev. Kim Service AH 3:45 Word in a Word 5:00 Meditation with Claire</div>	<div>22</div> <div>10:15 Rosary VC 11:15 Exercise 11:45 Reminisce Ball 2:00 Joel Current Events 3:15 Carol Burnett Show</div>	<div>23</div> <div>9:30-11:00 Villas Café Store open</div> <div>11:00 Bowling with pins 2:00 Crafts with Lexie/Claire 3:45 Cheer Practice 6:00 Documentary-Dancing with the Birds</div>	<div>24</div> <div>10:15 Rosary / Eucharist VC 11:15 Exercise 11:45 Name 5 2:00 Sing Along 3:45 Giant Crossword Puzzle 6:00 Categories</div>	<div>25</div> <div>10:30 Trader Joe's 11:15 Exercise Balance Class 1:00 Twice as Nice Store AH 2:15 Name That Instrument 3:30 Rev. Kim Service 6:00 Match Game</div>	<div>26</div> <div>10:15 Rosary VC 11:15 Exercise 11:45 Trivia 2:00 Word in A Word 3:15 Scrabble/Cards 6:00 Documentary- Sly Stone</div>	<div>27</div> <div>10:30 Sing Along 2:00 Wii Games Bowling 4:00 Mass on Video 5:00 Eucharist Villas Cafe</div>
<div>28</div> <div>10:30 Trivia 2:15 Rev. Kim Service AH 3:45 BINGO 5:00 Meditation with Claire</div>	<div>29</div> <div>10:15 Rosary VC 11:15 Exercise 11:45 Circle Game 2:00 Pat sings for the Birthday Party of the month 3:15 I Love Lucy</div>	<div>30</div> <div>9:30-11:00 Villas Café</div> <div>11:00 Bowling with pins 2:00 Card Stamping - Valentines Day VC 3:00 Action Movie -In the Line of fire 6:00 Mish Mash</div>	<div>31</div> <div>10:15 Rosary / Eucharist VC 11:15 Exercise 11:45 Reminisce Ball 2:00 Art with Janet 3:45 Giant Crossword Puzzle 6:00 Travel Log</div>		<div>Daily Activities Locations: All activities are in the Lifestyle Center unless otherwise indicated: VC- Villas Café</div>	<div>PD-Private Dining Room CK -Country Kitchen 2nd Floor AH- Asbury Heights BC -Back Courtyard</div>

George Dudich (Fitness Instructor)
SENIOR HEALTH 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.

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.

Build hydration into your routine.

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

January 24 may be the most positive day of the year—it's Compliment Day!

Compliments are not just friendly small talk; they are powerful tools to build and strengthen relationships. After all, when you pay a compliment, you are focused entirely on the other person. A happy by-product is that they also make the person paying the compliment feel good.

Giving good and honest compliments is hard work. You must truly get to know the other person by listening to their words, observing their actions, and learning from their experiences.

Source: Activities Connections



Chris Glenn donated her time and materials to help others by sewing eleven walker bags for our residents to use or give out for the holidays. The residents hand painted each bag.



Celebrating January

Hot Tea Month

Blood Donor Month

Brain Teaser Month

New Year's Day
January 1

Trivia Day
January 4

Dress Up Your Pet Day
January 14

Martin Luther King Jr. Day
January 15



Van Trips in January

January 3 @ 1:30 Dollar Tree Shopping

January 10 @ 11:15 Lunch outing to Crust

January 15 @ 1:30 Walmart Shopping

January 17 @ 10:30 Giant Eagle Shopping

January 25 @ 10:30 Trader Joe's Shopping

Please sign up for trips in the sign-up book by the mailboxes.



Happy Birthday

Miv V. 1/02
Millie L. 1/04
Jack D. 1/06
Cathryn C. 1/06
Jennie D. 01/24
Doc T. 01/26

Special Events

January 1 @ 2:00 Steven Vance will play the violin to start off the new year with a great performance.

January 29 @ 2:00 Pat Heiserman is back a to help celebrate all the Birthdays in January.

January 31 @ 2:00 Janet Huddleston brings her interactive painting class.