



March 2024

Spring and Laural Lane

Activity Calendar

UPMC | SENIOR COMMUNITIES





Activities Director: Teresa Valentino

Activities Coordinator: Andrew Jack Xavier Boettger

Activities Assistants Matt, Dorothy, Colleen

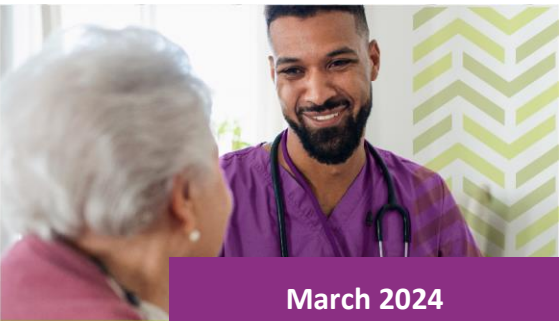
Asbury Heights

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
			<p>Each day we focus on: Motion ~ Exercise & Movement Creativity ~ Arts, Crafts & Baking Rhythm ~ Music & Singing Enrichment ~ Reading & Trivia Relaxation ~ Massage & Sensory <i>*Actives are subject to change when needed</i></p>		<p>10:30Today in History 11:00 Sing a long 1:30 Bingo 3:00 Snack Cart 3:30 Exercise with Jack 4:00 Social Zone</p>	<p>Adult Coloring Word Search Movies 1: 30 Crosswords \ Outdoor Strolls 2:30 Family Feud 3:30 Snack Cart 4:00 You Be the Judge</p>
3	4	5	6	7	8	9
<p>Crosswords Word Search Movies 2:30 Worship- HC (CH 957) 3:30 Snack Cart 4:00 Outdoor strolls</p>	<p>10:00-Today in History 10:30 Morning Stretches 11:00 Trivia zone 2:00 Bingo 3:30 Exercise with Jack 4:00 Social Zone</p>	<p>10:00-Today in History 10:30 Morning Stretches 11:00 Suzie Q sing along 2:00 Coloring inn 3:00 Snack Cart 4:00 Social zone</p>	<p>11:00 Upper St. Clair Musical Roadshow SR 1:30 Eucharistic Service HC 2:15 Bingo 3:30 Exercise with Jack 4:00 Snack Cart 6:00 Movie zone</p>	<p>10:00-Today in History 10:30 Sit and Fit 11:00 Trivia Time 1:30 March Birthdays 3:00 Snack Cart 4:00 Social zone</p>	<p>10:30Today in History 11:00 Sing a long 1:30 Bingo 3:00 Snack Cart 3:30 Exercise with Jack 4:00 Social Zone</p>	<p>Adult Coloring Word Search Movies 1: 30 Crosswords \ Outdoor Strolls 2:30 Family Feud 3:30 Snack Cart 4:00 You Be the Judge</p>
10	11	12	13	14	15	16
<p>Crosswords Word Search Movies 2:30 Worship- HC (CH 957) 3:30 Snack Cart 4:00 Outdoor strolls</p>	<p>10:00-Today in History 10:30 Morning Stretches 11:00 Trivia zone 2:00 Bingo 3:30 Exercise with Jack 4:00 Social Zone</p>	<p>10:00-Today in History 10:30 Morning Stretches 11:00 True or False Trivia 2:00 Lisa Powell LL 3:00 Snack Cart 4:00 Social Zone 4:00 Movie Zone</p>	<p>1:30 Eucharistic Service HC 2:15 Bingo 3:30 Exercise with Jack 4:00 Snack Cart 6:00 Movie zone</p>	<p>10:00-Today in History 10:30 Morning Stretches 11:00 Millionaire Game 1:30 Sing a long 3:00 Snack Cart 4:00 Social Zone 4:00 Movie Zone</p>	<p>10:00 ABC Kids 11:00 Drum Circle Matt Price 1:30 Bingo 3:00 Snack Cart 3:30 Exercise with Jack 4:00 Social Zone</p>	<p>Adult Coloring Word Search Movies 1: 30 Crosswords \ Outdoor Strolls 2:30 Family Feud 3:30 Snack Cart 4:00 You Be the Judge</p>
17	18	19	20	21	22	23
<p>Crosswords Word Search Movies 2:30 Worship- HC (CH 957) 3:30 Snack Cart 4:00 Outdoor strolls</p>	<p>10:00-Today in History 10:30 Morning Stretches 11:00 Suzie Q Sing a Long 2:00 Joy in the Lord with Rev. SP 3:30 Exercise with Jack 4:00 Social zone</p>	<p>10:00-Today in History 10:30 Morning Stretches 11:00 Triviasize 2:00 Coloring Inn 3:00 Snack Cart 4:00 Social zone</p>	<p>10:30 Art With Janet LL 1:30 Eucharistic Service HC 2:15 Bingo 3:30 Exercise with Jack 4:00 Snack Cart 6:00 Movie zone</p>	<p>10:30Today in History 10:30 Sit and Fit 11:00 Trivia Time 2:30 Peg Wilson Enter. 3:00 Snack Cart 4:00 Social zone</p>	<p>10:30Today in History 11:00 Trivia Game 12:30 Olive Garden Outing 2:00 Bingo 3:00 Snack Cart 330 Exercise with Jack 4:00 Social Zone</p>	<p>Adult Coloring Word Search Movies 1: 30 Crosswords \ Outdoor Strolls 2:30 Family Feud 3:30 Snack Cart 4:00 You Be the Judge</p>
24/ 31	25	26	27	28	29	30
<p>31st Easter</p> <p>Crosswords Word Search Movies 2:30 Worship- HC (CH 957) 3:30 Snack Cart 4:00 Outdoor strolls</p>	<p>10:00- Today in History 10:30 Morning Stretches 11:00 Trivia zone 1:00 Resident Council Meet. SP 2:00 Bingo 3:30 Exercise with Jack 4:00 Social Zone</p>	<p>10:00-Today in History 10:30 Morning Stretches 11:00 Trivia Zone 1:00 Paint Pouring with Janet P. SP 3:00 Snack Cart</p>	<p>1:30 Eucharistic Service HC 2:30 Randy Riggle Comedian SR 4:00 Snack Cart 6:00 Movie zone</p>	<p>10:30Today in History 10:30 Sit and Fit 11:00 Trivia Time 3:00 Snack Cart 4:00 Social zone</p>	<p>10:30Today in History 11:00 Trivia Game 2:00 Bingo 3:00 Snack Cart 330 Exercise with Jack 4:00 Social Zone</p>	<p>Adult Coloring Word Search Movies 1: 30 Crosswords \ Outdoor Strolls 2:30 Family Feud 4:00 You Be the Judge</p>

Upcoming Special Activities

- 6th 11:00 Upper St. Clair Musical Roadshow SR
- 7th 1:30 March Birthdays
- 12th 2:00 Lisa Powell LL
- 15th 10:00 ABC Kids
- 15th 11:00 Drum Circle Matt Price
- 20th 10:30 Art with Janet LL
- 21st 2:30 Peg Wilson Enter.
- 22nd 12:30 Olive Garden Outing
- 25th 1:00 Resident Council Meet. SP
- 26th 1:00 Paint Pouring with Janet P. SP
- 27th 2:30 Randy Riggle Comedian Social Room



6 Simple Steps to Keep Your Mind Sharp At Any Age

Everyone has the occasional "senior moment." Maybe you've gone into the kitchen and can't remember why or can't recall a familiar name during a conversation. Memory lapses can occur at any age, but aging alone is generally not a cause of cognitive decline. When significant memory loss occurs among older people, it is generally not due to aging but to organic disorders, brain injury, or neurological illness.

Memory and other cognitive changes can be frustrating, but the good news is that, thanks to decades of research, you can learn how to get your mind active. There are various strategies we can use to help maintain cognitive fitness. Here are several you might try.

1. Keep learning

Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them. Pursuing a hobby, learning a new skill, volunteering or mentoring are additional ways to keep your mind sharp.

2. Use all your senses

The more senses you use in learning something, the more of your brain that will be involved in retaining the memory. challenge all your senses as you venture into the unfamiliar.

3. Believe in yourself

People who believe that they are not in control of their memory function — joking about "senior moments" too often, perhaps — are less likely to work at maintaining or improving their memory skills and therefore are more likely to experience cognitive decline.

4. Prioritize your brain use

Take advantage of smart phone reminders, calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible. Designate a place at home for your glasses, purse, keys, and other items you use often.

5. Repeat what you want to know

When you want to remember something, you've just heard, read, or thought about, repeat it out loud or write it down. That way, you reinforce the memory or connection.

6. Space it out

Repetition is most potent as a learning tool when it's properly timed. Spacing out periods of study helps improve memory and is particularly valuable when you are trying to master complicated information, such as the details of a new work assignment.