

Focus on Wellness

With the new year, brings a renewed sense of hope. Our COVID-19 vaccine clinics have been scheduled in all communities. The second dose is administered about 28 days after the first dose and immunity is considered effective about 2 weeks later.

The vaccine administration schedule for your campus is to the right. Additional information about the Moderna vaccine offered across all Providence Place communities can be found at:

<https://www.modernatx.com/covid19vaccine-eua/>

Chambersburg

- Clinic #1: Tuesday, February 2nd
- Clinic #2: Tuesday, March 2nd
- Clinic #3: Tuesday, March 30th

Additional offerings from our pharmacy will be coordinated as needed for residents and team members.



Providence Place SENIOR LIVING News

Q1: February 2021

A Note from the Executive Director

We are happy to see that 2021 is starting off on a good note in our community.

As we roll out our COVID vaccine clinics, we see a brighter season coming. The first dose is available on February 2nd and will be delivered in two doses – the schedule is posted on the back of this newsletter. The vaccine is proven over 90% effective. We hope that with the vaccine, we will be able to return to a more normal way of life again and spend more time with those we love.

We are kicking off our “Best Year Yet” challenge as well, which is open to team members and residents to encourage healthy lifestyle choices. Check out the information in the community if you are interested in participating – we will have fun activities and healthy eating options to coordinate with the 6-week challenge.

I really do hope this year will be your best year yet. If there is anything we can do to make your day brighter, please let us know.

Best,

Holly Townsend, Executive Director

Highlighted Events

2 – **Vaccine Clinic #1**

10 – **Kitchen Creations (Conn. Club)**

Valentine’s Chocolates @ 1pm

12 – **Edu Wellness: Heart Health**

Jaime from Bayada @ 10am

16 – **Mardi Gras Super Social**

@ 3pm

27 – **Country Bus Ride (Conn Club)**

Gettysburg Battlefields @ 1:30pm



*Dimensions
of Wellness*

Resident Birthdays

February

Wilbur Barnhart
Dick Ludwick
Barbara Britt
Peggy Lawson
Bill Koser
Betty Witkosky
Ellen O’Shaughnessy
Wayne Byers Sr.
Janet Ervin
Patricia Piper

March

Almeta McClain
Jay Lightfoot
Charlotte Lowman
Whitey Reigh
Esther Wagner
LaRue Locke
Vivian Reilly
Glenn Schultz
Evelyn Scott




For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at www.Facebook.com/ProvPlace.



To sign up to receive this quarterly newsletter and monthly events calendar via email. Please contact us to subscribe at ProvidenceRetirement@gmail.com.



www.Providence-Place.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 9:00 Light & Lively Exercise (3E) 10:00 Walking Club/New Year Challenge Sign up for 2021 (2A) 1:30 Balance & Action (3E) 2:00 iN2L:101 for Beginner's (2A) 3:00 Ground Hog Day Predictions and Voting (2A) 6:30 Virtual Evening Worship Service With Chaplain Wilmer (2A)	2 VACCINATION CLINIC DAY! 9:00 Light & Lively (3E) 10:00 Ground Hog Day: Results Posted (2A) 10:00 Activity Cart Station (2A) 1:30 Balance & Action (3E) 2:00 Prize BINGO: Session A**(2A) 3:00 Best Year Yet: The 200 Calorie Rule (P) 6:30 Wii Bowling League (3A)	3 9:00 Balloon Ball Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Workout with Therapy (3E) 1:30 Art: Pottery Class (3A) 2:00 Prize BINGO: Session B**(2A) 3:00 Gifts for Giving: Making Valentines Day Cards (C) 6:30 Song and Scripture (Ch.809)	4 9:00 Stretch & Hold to Start Your Day (3E) 10:00 Craft Corner: Paper Heart Wreath (C) 1:30 Balance & Action (3E) 2:00 Prize BINGO: Session C**(2A) 3:00 Discuss & Reflect: Worlds Cancer Awareness Day (P) 6:30 Game Club: Sequence (2A)	5 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Balance and Action (3E) 2:00 Activity Cart Station (FL) 3:00 Social Hour: S'mores Trail Mix by the Fire (FL) 6:30 Musical Night: <i>Cats</i> (3A)	6 9:00 Light & Lively Exercise (3E) 10:00 Horseshoes (3E) 1:30 Stair Stepper Exercise (3E) 2:00 Game Club: Mexican Train Dominoes (C) 3:00 Helping Hands: Coupon Clipping for Veterans (C) 6:30 Blitz with Ruth (2A)	
7 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy & Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Superbowl Commercial Clips (P) 3:00 Game Club: Scrabble (C) 6:30 Evening Worship (Ch. 68) 7:00 Televised Catholic Service (Ch. 291) 8:00 Superbowl (CBS)	8 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 iN2L: History of Hershey Candy (2A) 3:00 Chocolate Tasting: Hershey Brand (P) 6:30 Virtual Evening Worship Service With Chaplain Wilmer (2A)	9 9:00 Light & Lively (3E) 9:30 Shopping Trip: Dollar Tree **\$\$ (OOB) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 2:00 Garden Club: Planning 2021 (2A) 3:00 Best Year Yet: Building Bone Strength (P) 6:30 Wii Bowling League (3A)	10 9:00 Strengthening Stretches (3E) 10:00 Dining Committee (DR) 1:30 Balance & Action (3E) 2:00 Men's Club: Making Valentine's Day Gifts (C) 3:00 Helping Hands: Decorating For the Valentines Day Super Social (P) 6:30 Horseshoes (3E)	11 9:00 Stretch & Hold to Start Your Day (3E) 10:00 Kitchen Creation: Preparing Food for Valentines Day (C) 1:30 Balance & Action (3E) 1:30 Art Exploration: Water Colors (C) 2:00 Musical Entertainment: Tom Shultz (2A) 3:00 Chef's Demo: Canning **(C) 6:30 Billiards (3E)	12 9:00 Light & Lively Exercise (3E) 10:00 EdU Wellness: Heart Health with Jamie From Bayada (2A) 1:30 Balance and Action (3E) 2:00 Community Life Planning Committee (P) 3:00 Let's Celebrate: Residents Born in February (P) 6:30 Musical Night: <i>West Side Story</i> (3A)	13 9:00 Light & Lively Exercise (3E) 10:00 Cooking Creation: King Cake (C) 1:30 Stair Stepper Exercise (3E) 2:00 Prize BINGO: Valentines Day Themed (2A) 3:00 Horseshoes (3E) 6:30 Wii Bowling Practice (3A)	
14 Valentine's Day 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy & Nails (2A) 2:00 Game Club: Sequence (C) 3:00 Valentines Day Social (P) 6:30 Evening Worship (Ch. 68) 7:00 Televised Catholic Service (Ch. 291)	15 Presidents' Day 9:00 Light & Lively Exercise (3E) 10:00 President's Day Trivia Prize BINGO (2A) 1:30 Balance & Action (3E) 2:00 iN2L: President's Day Video And Discussion (2A) 3:00 Question & Answer: Presidents and Vice Presidents (P) 6:30 Virtual Evening Worship Service With Chaplain Wilmer (2A)	16 9:00 Light & Lively (3E) 9:30 Shopping Trip: Walmart ** \$\$ (OOB) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 2:00 Activity Cart Station (3A) 3:00 Mardi Gras Super Social (P) 6:30 Wii Bowling League (3A)	17 Ash Wednesday 9:00 Balloon Ball Exercise (3E) 10:00 Garden Club: Indoor Herb Garden Begins (DR) 1:30 Balance & Action (3E) 2:00 Fireside Chat (2A) 3:00 Table Topics and Discussion (P) 6:30 Song and Scripture (Ch.. 809)	18 9:00 Stretch & Hold to Start Your Day (3E) 10:00 Friends Helping Friends: Passing a Healthy Snack (C) 1:30 Balance & Action (3E) 1:30 Art Exploration: Water Colors (C) 2:00 Black History Month: Actors (P) 3:00 Chef's Pairing (P) 6:30 Game Club: Sequence (2A)	19 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Balance and Action (3E) 2:00 Musical Entertainment: Jessica Snyder (2A) 3:00 Social Hour: Ice Cream Soda Floats (P) 6:30 Musical Night: <i>Hamilton</i> (3A)	20 9:00 Light & Lively Exercise (3E) 9:30 Local Markets: Jim's Farmers Market **\$\$ (OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Game Club: Scrabble (C) 3:00 Helping Hands: Coupon Clipping for Veterans (C) 6:30 Blitz with Ruth (2A)	
21 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy & Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Game Club: Hangman (2A) 3:00 Wii Bowling Practice (3E) 6:30 Evening Worship (Ch. 68) 7:00 Televised Catholic Service (Ch. 291)	22 9:00 Light & Lively Exercise (3E) 10:00 Prize BINGO (2A) 1:30 Balance & Action (3E) 2:00 iN2L: Brain Games (2A) 3:00 Card Club (2A) 6:30 Virtual Evening Worship Service With Chaplain Wilmer (2A)	23 9:00 Light & Lively (3E) 9:30 Shopping Trip: Target **\$\$ (OOB) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 3:00 Best Year Yet: Diabetes and Optimizing Hormone Balance (P) 6:30 Wii Bowling League (3A)	24 9:00 Strengthening Stretches (3E) 10:00 Garden Club: Herb Check In and Watering (DR) 11:00 Dining Out: Sakura Japanese **\$\$ (OOB) 2:00 Balance & Action (3E) 3:00 Blood Pressure Clinic (2A) 6:30 Billiards (3E)	25 9:00 Stretch & Hold to Start Your Day (3E) 10:00 Garden Club: Planting the Seeds (C) 1:30 Balance & Action (3E) 1:30 Art Exploration: Water Colors (C) 2:00 Nickel BINGO \$\$ (2A) 3:00 Black History Month: Politicians (P) 6:30 Horseshoes (3E)	26 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Balance and Action (3E) 2:00 Hymnal Fellowship Resident Singing Group (2A) 3:00 New Resident Committee Welcome Meeting (P) 6:30 Musical Night: <i>Les Miserable</i> (3A)	27 9:00 Light & Lively Exercise (3E) 10:00 Prize BINGO with Jenn (2A) 1:30 Stair Stepper Exercise (3E) 2:00 Horseshoes (3E) 3:00 Garden Club: Outdoor Seeds Growth Check (C) 6:30 Ladder Ball (3E)	
28 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy & Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Hydration Social: Flavored Lemonades (P) 3:00 Black History Month Review and Recall (P) 6:30 Evening Worship (Ch. 68) 7:00 Televised Catholic Service (Ch. 291)				Calendar Key: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Meditation Room (MR), Conference Room (CR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB) **Registration Required, \$\$ Cost Involved		<h1>February</h1> <h2>2021</h2>	