

# 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/>

## Drums

1. Clinic #1: Thursday, January 21st
2. Clinic #2: Thursday, February 18<sup>th</sup>
3. Clinic #3: TBA

*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

Welcome February,

Love is not all about flowers, chocolates, and cards. Love is about compassion and care, here at Drums, we “Love” deeply.

These past few months, we have all been faced with many challenges and are ready for some celebrations. It is time to spread some “Love” and my team and I are ready to rise from this pandemic and enjoy this “lovely” month with you all.

We will be holding our second Vaccination Clinic this month. We are on track to have our community at 80% vaccinated – let’s keep working to increase that number.

Watch out for that groundhog, I’m hopeful he doesn’t see his shadow. I am looking forward to some nicer weather so that we can all get outside for some walks.

Please feel free to reach out to me with any questions, concerns, or special requests.

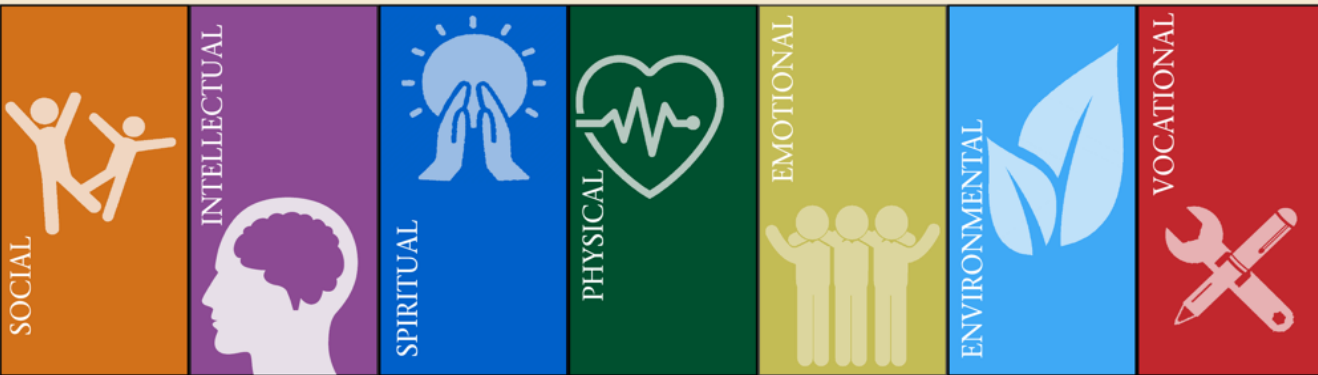
*Kim Perchak*  
Executive Director

## Highlighted Events

- 5 – **Men’s Club: Superbowl Chili Cook-off @ 2:30pm**
- 12 – **Chinese New Year Celebration**  
Connections Club
- 14 – **Cupid Tea Party**  
@ 9:30am (Connections Club)
- 14 – **Valentine’s Day Super Social**
- 15 – **EdU Presentation: Founding Fathers of America @ 2:30pm**
- 16 – **Jazz Dance Exploration**  
@ 1pm (Connections Club)
- 24 – **Men’s Club Outing @ 1:45 pm**

## Welcome New Residents

Geraldine Oslar  
Eugene Tokach  
Barbara Tokach



*Dimensions  
of Wellness*

## Resident Birthdays

### February

Ann Zajkowski  
Joseph Meighan  
Mary Konschnik  
Elizabeth Gatti  
Joan Gunzerath  
Elizabeth Williams

### March

Irene Heidrich  
Claudia Baert  
Joseph Fogarty  
Barbara Tokach  
Joanne Rushton  
Jerry Moff



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 10:00 "Best Year Yet" Yoga by Bill (Ch) 1:30 Physical Wellness Sit & Be Fit (3rd) 3:00 Art Exploration: Polymer Clay Figurines (3rd) 4:00 Cranium Crunches (1st)	2 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 9:30 Shopping Run: Dollar Tree*** (OOB) 10:45 Sit & Be Fit Exercise (2nd) 1:30 iN2L: What Did It Cost? Trivia (3rd) 2:30 Bingo (3rd) 4:00 Cocktail Hour (1st)	3 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 10:00 Rosary by Father Joe (Ch) 10:30 Indoor Walking (1:1) 1:30 Balance in Action Exercise (2nd) 2:30 Virtual Musical Entertainment by John Stevens Polka Band (DR) 3:30 iN2L: "Animal Kingdom" (3rd)	4 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 10:00 Stretch Exercise (2nd) 10:15 Power of the Mind (T) 1:30 iN2L: Google Earth (3rd) 2:30 Hymn Sing with Deacon Beverly (Ch) 3:00 Cognitive Challenge Card Game(1st) 4:00 Technology Committee (3rd) 5:30 Literacy for All Ages (3rd) 6:30 Pinochle Players Club (3rd)	5 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 10:00 Strength Exercise (2nd) 10:30 Country Ride (OOB) 1:30 Red Hat Society Tea (DR) 3:00 Scrabble (SR) 4:00 Cocktail Hour (1st)	6 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:15 Hydration & Small Bites (1st) 10:00 Craft Club: Valentine Picture Magnet (3rd) 1:45 Simply Tai Chi Exercise (2nd) 2:30 Bottom Line Book Club (SR) 3:00 Brain Games on iN2L (T) 6:00 Spiritual Songs (T) 7:00 Evening Sports Club (3rd)
7 9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:00 Men's Club: Super Bowl Crockpot Chili Cook-Off Tasting (C) 1:30 Prayer Service with Deacon Bev (Ch) 3:00 Bingo (3rd) 6:00 Super Bowl Party (DR) 6:30 Knit & Crochet Club (3rd)	8 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 10:00 "Best Year Yet" Yoga by Bill (Ch) 11:30 Taste of the Region: Jimmy's Hot Dogs Take Out*** (DR) 1:15 Physical Wellness (1st) 3:15 Social Society Memories in the Making (1st)	9 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Music Class with Cynthia (2nd) 2:30 iN2L: Movie Memories (3rd) 3:00 Bible Study with Deacon Beverly (Ch) 4:00 Cocktail Hour (1st)	10 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 9:30 Hydration & Small Bites (1st) 10:00 Rosary & Communion (Ch) 1:30 iN2L: Fit Xpress Exercise (2nd) 2:30 Lottery/Candy Bar Bingo (3rd) 4:00 February Birthday Bash Celebration Dinner (DR) (T)	11 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 10:00 Balance in Action Exercise (2nd) 10:30 Scrabble (SR) 1:00 Rosary & Communion (Ch) 1:30 In Room Spa Day (1:1) 3:30 iN2L: Valentine's Day Trivia (3rd)	12 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 9:30 Hong Kong Egg Tarts (C) 10:00 Stretch Exercise (2nd) 2:00 iN2L: Study of the Mind (SR) 2:30 iN2L: Chinese New Year (2nd) 4:00 Community Choir (1st)	13 9:30 "Best Year Yet" Stretch Exercise (2nd) 10:00 Therapy Dogs (1st) 10:30 Sewing Club: Pillow Covers (3rd) 1:45 Community Life Committee Meeting (3rd) 2:30 Movie Matinee: Breakfast at Tiffany's (2nd) 4:00 Black History Month Musical Tribute: Duke Ellington (3rd) 6:30 Connect Four (1st)
14 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 9:30 Cupid Tea Party (1st) 10:00 Stretch Exercise (2nd) 2:00 Crown King & Queen of Hearts (DR) 2:30 Valentine's Day Social (DR) 4:00 Community Choir (1st)  Valentine's Day	15 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 10:00 "Best Year Yet" Yoga by Bill (Ch) 10:30 Walmart Shopping \$\$ (OOB) 1:30 iN2L: Presidential Biographies (T) 2:00 Presidents Trivia (T) 4:00 Confident Cruisers (ML)  Presidents' Day	16 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 10:00 Fat Tuesday Delights (C) 1:00 Jazz Dance Exploration (SR) 3:15 Mardi Gras Craft (SR) 4:00 iN2L: Travel Destinations: New Orleans (3rd)	17 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 10:00 Drums Stick Exercise (SR) 10:30 Ashes Good Shepherd (OOB) 1:30 Lenten Meditation (2nd) 2:30 Corn Hole (3rd) 4:00 iN2L: Travel Destinations: New Orleans (3rd)  Ash Wednesday	18 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 10:00 iN2L: Fit Xpress Exercise (2nd) 10:45 Diners Caravan: 5-Star Chinese Restaurant*** (OOB) 1:45 Virtual Communications 101 (SR) 2:30 The Making of Hummus (C) 4:00 Confident Cruisers (ML)	19 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 10:00 Balance in Action Exercise (2nd) 1:30 Dime Bingo (3rd) 2:30 Music of the Fifties (SR) 4:00 Uncorked** (1st)	20 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 10:00 Simply Tai Chi Exercise (2nd) 10:30 Therapy Dogs (1st) 12:30 Brain Games (T) 2:30 Bottom Line Book Club (3rd) 3:15 Music Appreciation Country (SR) 4:00 Confident Cruisers (ML)
21 9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service with Deacon Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: The Ingenuity Of Black Inventors (3rd) 6:30 Knit & Crochet Club (3rd)	22 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 9:30 Hydration & Small Bites (1st) 10:00 "Best Year Yet" Yoga by Bill (Ch) 1:30 Music Class with Cynthia (2nd) 2:30 Bottom Line Book Club (SR) 3:30 Cognitive Challenge Detective Games (1st)	23 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 9:30 Social Society Timeslips (1st) 10:00 Educational Presentation by the Junior League (3rd) 1:30 Stretch Exercise (2nd) 2:00 Mardi Gras Celebration (3rd) 3:00 Fireside Chat (1st) 3:15 Physical Wellness (T) 4:00 Cocktail Hour (1st)	24 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 9:30 Chocolate Peanut Butter Shakes (C) 10:00 Meditation for Inner Peace (Ch) 1:30 iN2L: Fit Xpress Exercise (2nd) 2:45 Dime Bingo (3rd) 3:00 Memory Magic Challenge (1st)	25 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 9:30 Sensory Exploration Who Am I (1st) 10:15 Retail Shopping: Boscov's*** (OOB) 1:30 Red or Black Game (2nd) 2:00 iN2L Price is Right (T) 3:00 Color me Happy (SR) 5:00 Sensory Exploration (1st)	26 9:00 Daily Chronicle & Headlines (2nd) 9:15 Morning Meeting (2nd) 10:00 Balance in Action Exercise (2nd) 11:30 Dining Caravan Out to Eat at Vesuzios in the Valley\$\$ 1:30 Choir Practice (Ch) 2:00 Stations of the Cross (Ch) 3:00 Sensory Cards: Winter Theme (SR) 3:30 Charades (ML)	27 9:30 "Best Year Yet" Stretch Exercise (2nd) 10:00 Therapy Dogs (1st) 10:30 Sewing Club: Infinity Scarf (3rd) 1:30 Painting Class with Jennie Perez (3rd) 2:30 Movie Matinee: As Good As It Gets (2nd) 4:00 Black History Month Musical Tribute: Ray Charles (3rd) 6:30 Uno (1st)
28 9:00 Worship Service (3rd) 9:15 Morning Meeting (1st) 10:00 Reading the Sunday Papers (2nd) 10:30 Manicures, Music & Lotion (T) 1:30 Sunday Matinee: The Great Gatsby (2nd) 3:30 Big Band Sounds (SR)		<b>THE</b> <i>Club</i>		<b>Calendar Key:</b> Dining Room (DR), Chapel (Ch), 3rd Floor Sunroom (SR), First Floor (1st), Second Floor (2nd), Third Floor (3rd), Meet in Lobby (ML), Front Porch (FP), Out of Building (OOB), Café (C) Registration Required ** Cost Involved \$\$	<h1>February</h1>  2021	