

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/>

Lancaster

- Clinic #1: Friday, January 15th
- Clinic #2: Friday, February 12th
- Clinic #3: Friday, March 12th

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

January 15th brought tears of relief, gratitude, and excitement for the future as our community received the first dose of the COVID-19 vaccine. We are immensely proud of the 90% of residents and 60% of staff who made the decision to receive this highly-anticipated medical advancement. We look forward to our second clinic on Friday, February 12th for second doses or first rounds as well. If your loved one did not receive the vaccine in January, but wishes to do so now, they may receive the first dose in February and their second on March 12th. This will be the *only* opportunity to get vaccinated at our community. If you have questions, concerns, or want to sign up for the vaccine, please contact me immediately.

As a community, we are continuing to test weekly while navigating the pandemic. Like many of you, we hope to see an end to this crisis soon and I have high hopes in light of vaccine distribution. We will be releasing new phase procedures once we have fully administered the vaccine.

I value the time I spend with your loved ones in person and anxiously await the day when you will be able to spend time with them. We appreciate the patience, diligence, and support from families as you follow our COVID-19 restrictions. Our community has been safe due to your unwavering commitment and dedication from staff.

Wishing you all the best,

Donna O'Leary, Executive Director

Highlighted Events

- 1 – Groundhog Day Celebration & Healthy Snack Demo @ 2pm
- 9 – The Dating Game @ 1:30 pm with Champagne Dinner prizes for Valentine's Day
- 16 – Mardi Gras Bingo & Happy Hour @ 2pm

Welcome New Residents

Shirley Shuffelbottom
Howard Shuffelbottom



*Dimensions
of Wellness*

Resident Birthdays

February

Joan Marrow
Lillian Astaria
Nancy Berlot
Jane Pellissier
Loretta Martin

March

Eleanor Rohlf
Charles Albright
Stanley Butler
Jean Kreiser
Beth Herr
Evelyn Rhoads
Sandra McCann




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 Morning Chronicle & Reflection (TV75) 9:30 Yoga Moves with Mei Ke (GL) 10:00 Mystery Monday (CH) 11:00 Providence News Team (CH) (TV75) 1:30 Chair Exercises for Seniors & Mindful Breathing (TV75) 1:30 The Walking Club (TR) 2:00 The Society of Pizza Tasters (1CK) 3:00 LRC Game (CH) 5:30 Rummikub (GL)	2 9:00 Morning Chronicle & Reflection (TV75) 9:30 Workout with Kathy (TV75) (GL) 10:00 Early Bird Bingo (TV75) (CH) 11:00 Morning Devotions with Pastor (CH) (TV75) 1:00 Sunflower Tap Dance (TV75) 1:30 The Walking Club (TR) 1:30 Groundhog Day Party (L) (TV75) 3:00 Chef Jeff Cooking Demo (L) 5:30 Dominoes (GL)	3 9:00 Morning Chronicle & Reflection (TV75) 9:30 Morning Stretches (TV75) (GL) 10:00 Midweek Church Service (CH) 10:30 Singing Seniors (CH) 1:00 Senior Fitness - Seated Yoga (TV75) 1:15 Country Ride** (OOB) 2:00 Tea and Conversation (1CK) 3:00 Card Making: Valentines (1CK) 5:30 Seasons of Service: First Responder Bags (1CK)	4 9:00 Morning Chronicle & Reflection (TV75) 9:30 Be Fit-Don't Quit (CH) (TV75) 10:00 Bible Study (TV75) (CH) 10:30 LRC Game (CH) 1:00 Pilates for Painful Knees (Ch75) 1:00 The Walking Club (TR) 2:00 Bingo (TV75) (1CK) 3:00 Happy Hour (1L) 5:30 Card Games (GL)	5 9:00 Morning Chronicle & Reflection (TV75) 9:30 Calming Exercises (TV75) (GL) 10:00 Morning Inspiration (2FL) 10:30 Art: Chinese New Year (1CK) 1:00 Zumba <i>Get Fit with Daisy</i> (TV75) 1:30 The Walking Club (TR) 2:00 Residents Activity Planning Committee (CH) 3:00 Balloon Volleyball (CH) 6:00 Friday Night at the Movies: TBA (CH)	6 9:00 Morning Chronicle & Reflection (TV75) 9:30 Joel Osteen (TV75) 10:00 Heart Happy Fitness (CH) (TV75) 10:30 Armchair Travels & Discuss (CH) 1:00 15 Minute Gentle Chair Exercises for Seniors (TV75) 1:30 The Walking Club (TR) 2:00 Happy Hour & Hot Appetizer (GL) 3:00 Timeless Trivia (CH) 5:30 Puzzles & Board Games (GL)
7 9:00 Morning Chronicle & Reflection (TV75) 9:30 Church with Pastor Howard (TV75) 10:30 Catholic & Lancaster Greek Orthodox Church Services (TV75) 10:30 Memory Booster Games (CH) 1:30 The Walking Club (TR) 2:00 Ice Cream Social with Trivia (L) 3:00 Church with Pastor (CH) (TV75) 6:00 Movie: When Harry Met Sally (CH)	8 9:00 Morning Chronicle & Reflection (TV75) 9:30 Yoga Moves (GL) 10:00 Presidential Mystery Monday (CH) 11:00 Providence News Team (CH) (TV75) 1:30 Chair Exercises for Seniors & Mindful Breathing (TV75) 1:30 The Walking Club (TR) 2:00 The Society of Pizza Tasters (1CK) 3:00 LRC Game (CH) 5:30 Rummikub (GL)	9 9:00 Morning Chronicle & Reflection (TV75) 9:30 Workout with Kathy (TV75) (GL) 10:00 Early Bird Bingo (TV75) (CH) 11:00 Morning Devotions (CH) (TV75) 1:00 Sunflower Tap Dance (TV75) 1:30 The Walking Club (TR) 1:30 The Dating Game Event (L) (TV75) 3:00 Happy Hour (1CK) 5:30 Dominoes (GL)	10 9:00 Morning Chronicle & Reflection (TV75) 9:30 Morning Stretches (TV75) (GL) 10:00 Midweek Church Service (CH) 10:30 Singing Seniors (CH) 1:00 Senior Fitness - Seated Yoga (TV75) 1:30 The Walking Club (TR) 2:00 Tea & Conversation (1CK) 2:30 Dining Committee Meeting (DR) 3:00 Jewelry Making Club (CH) 5:30 Adult Coloring (GL)	11 9:00 Morning Chronicle & Reflection (TV75) 9:30 Be Fit - Don't Quit ((CH) (TV75) 10:00 Circle of Friends (TV75) (CH) 11:00 Healthy Snacks Demo (1CK) 1:00 Seated Pilates for Painful Knees (Ch75) 1:00 The Walking Club (TR) 2:00 Bingo (TV75) (1CK) 3:00 Dipped in Chocolate Happy Hour (1CK)	12 9:00 Morning Chronicle & Reflection (TV75) 9:30 Calming Exercises (TV75) (GL) 10:00 Morning Inspiration (2nd Fl) 10:30 Art Project: Chinese New Year (1CK) 1:00 Chair Zumba-Get Fit w Daisy (TV75) 1:30 Walking Club (TR) 2:00 How To Use My Cell Phone/ & Computer with Mei Ke CH) 3:00 Balloon Volleyball (CH) 6:00 Friday Night at the Movies: TBA (CH)	13 9:00 Morning Chronicle & Reflection (TV75) 9:30 Joel Osteen (TV75) 10:00 Heart Happy Fitness (CH) (TV75) 10:30 Armchair Travels & Discuss (CH) 1:00 15 Minute Gentle Chair Exercises for Seniors (TV75) 1:30 The Walking Club (TR) 2:00 Happy Hour & Hot Appetizer (GL) 3:00 Timeless Trivia (CH) 5:30 Puzzles & Board Games (GL)
14 9:00 Morning Chronicle & Reflection (TV75) 9:30 Church with Pastor Howard (TV75) 10:30 Catholic & Lancaster Greek Orthodox Church Services (TV75) 10:30 Memory Booster Games (CH) 1:30 The Walking Club (TR) 2:00 Ice Cream Social with Trivia (L) 3:00 Church with Pastor (CH) (TV75) 6:00 Movie: SEABISQUIT (CH) Valentine's Day	15 9:00 Morning Chronicle & Reflection (TV75) 9:30 Yoga Moves (GL) 10:00 Mystery Monday (CH) 11:00 Providence News Team (CH) (TV75) 1:30 Chair Exercises for Seniors & Mindful Breathing (TV75) 1:30 The Walking Club (TR) 2:00 The Society of Pizza Tasters (1CK) 3:00 LRC Game (CH) 5:30 Rummikub (GL) Presidents' Day	16 9:00 Morning Chronicle & Reflection (TV75) 9:30 Workout with Kathy (TV75) (GL) 10:00 Interview Your Neighbor (TV75) (CH) 11:00 Morning Devotions (CH) (TV75) 1:00 Sunflower Tap Dance (TV75) 1:30 The Walking Club (TR) 2:00 BINGO (TV75) (CH) 3:00 Mardi Gras Happy Hour (1CK) 5:30 Dominoes (GL)	17 9:00 Morning Chronicle & Reflection (TV75) 9:30 Morning Stretches (TV75) (GL) 10:00 Midweek Church Service (CH) 10:30 Singing Seniors (CH) 12:00 Men's Club Luncheon (CH) 1:00 Senior Fitness - Seated Yoga (TV75) 1:15 Country Ride** (OOB) 2:00 Art Enthusiasts: <i>Pottery Works</i> (1CK) 3:00 Card Making (1CK) 5:30 Make Bags for First Responders (GL) Ash Wednesday	18 9:00 Morning Chronicle & Reflection (TV75) 9:30 Be Fit-Don't Quit (GL) (TV75) 10:00 <i>GriefShare</i> Support Group (TV75) (CH) 10:30 LRC Game (CH) 1:00 Seated Pilates for Painful Knees (Ch75) 1:00 The Walking Club (TR) 2:00 Bingo (TV75) (1CK) 3:00 Happy Hour (1CK) 5:30 Card Games (GL)	12 9:00 Morning Chronicle & Reflection (TV75) 9:30 Calming Exercises (TV75) (GL) 10:00 Morning Inspirations (2F) 10:30 Art: St Patty's Planter (1CK) 1:00 Chair Zumba <i>Get Fit with Daisy</i> (TV75) 1:30 The Walking Club (TR) 2:00 Fireside Chat with E.D. Donna (CH) 3:00 Balloon Volleyball Fitness (CH) 6:00 Friday Night at the Movie: TBA (CH)	20 9:00 Morning Chronicle & Reflection (TV75) 9:30 Joel Osteen (TV75) 10:00 Heart Happy Fitness (CH) (TV75) 10:30 Armchair Travels & Discuss (CH) 1:00 15 Minute Gentle Chair Exercises for Seniors (TV75) 1:30 Welcome Ambassador Club (CH) 1:30 The Walking Club (TR) 2:00 Happy Hour & Hot Appetizer (GL) 3:00 Timeless Trivia (CH) 5:30 Puzzles & Board Games (GL)
21 9:00 Morning Chronicle & Reflection (TV75) 9:30 Church with Pastor Howard (TV75) 10:30 Catholic & Lancaster Greek Orthodox Church Services (TV75) 10:30 Memory Booster Games (CH) 1:30 The Walking Club (TR) 2:00 Ice Cream Social (L) 3:00 Church with Pastor (CH) (TV75) 6:00 Movie: National Geographic's 20 Years With The DOLPHINS (CH)	22 9:00 Morning Chronicle & Reflection (TV75) 9:30 Yoga Moves (GL) 10:00 Mystery Monday (CH) 11:00 Providence News Team (CH) (TV75) 1:30 Chair Exercises for Seniors & Mindful Breathing (TV75) 1:30 The Walking Club (TR) 2:00 The Society of Pizza Tasters (1CK) 3:00 LRC Game (CH) 5:30 Rummikub (GL)	23 9:00 Morning Chronicle & Reflection (TV75) 9:30 Workout with Kathy (TV75) (GL) 10:00 Interview Your Neighbor (TV75) (GL) 11:00 Morning Devotions (CH) (TV75) 1:00 Sunflower Tap Dance (TV75) 1:30 The Walking Club (TR) 1:30 Bingo (CH) (TV75) 3:00 Fruity Smoothie Happy Hour (1CK) 5:30 Dominoes (GL)	24 9:00 Morning Chronicle & Reflection (TV75) 9:30 Morning Stretches (TV75) (GL) 10:00 Midweek Church Service (CH) 10:30 Singing Seniors (CH) 1:00 Senior Fitness - Seated Yoga (TV75) 1:30 The Walking Club (TR) 2:00 Tea & Conversation (1CK) 3:00 Jewelry Making Club (CK1) 5:30 Adult Coloring (GL)	25 9:00 Morning Chronicle & Reflection (TV75) 9:30 Be Fit-Don't Quit ((CH) (TV75) 10:00 Celebration of Life (TV75) (CH) 1:00 Seated Pilates for Painful Knees (Ch75) 1:00 The Walking Club (TR) 2:00 Bingo (TV75) (1CK) 3:00 Happy Hour (1L) 5:30 Card Games (GL)	26 9:00 Morning Chronicle & Reflection (TV75) 9:30 Calming Exercises (TV75) (GL) 10:00 Morning Inspiration 2nd Fl) 10:30 Art: St Patty's Planter (1CK) 1:00 Chair Zumba - Get Fit w Daisy (TV75) 1:30 The Walking Club (TR) 2:00 Technology 101: Smart Phones & Computers by Mei Ke (CH) 3:00 Balloon Volleyball Fitness (CH) 6:00 Friday Night at the Movie: TBA (CH)	27 9:00 Morning Chronicle & Reflection (TV75) 9:30 Joel Osteen (TV75) 10:00 Heart Happy Fitness (CH) (TV75) 10:30 Armchair Travels & Discuss (CH) 1:00 15 Minute Gentle Chair Exercises for Seniors (TV75) 1:30 The Walking Club (TR) 2:00 Happy Hour with Hot Appetizer (GL) 3:00 Timeless Trivia (CH) 5:30 Puzzles & Board Games (GL)
28 9:00 Morning Chronicle & Reflection (TV75) 9:30 Church with Pastor Howard (TV75) 10:30 Catholic & Lancaster Greek Orthodox Church Services (TV75) 10:30 Memory Booster Games (CH) 1:30 The Walking Club (TR) 2:00 Ice Cream Social with Trivia (L) 3:00 Church with Pastor (CH) (TV75) 6:00 Sunday Evening Movie: NOAH (CH)			Location Key: (TR) Therapy Room, (L) Lobby, (CH) Chapel, (1CK) 1st Floor Country Kitchen, (GL) Governor's Lounge, (TV75) Channel 75, (2F) 2nd Floor Connections, (DR) Dining Room, (OOB) Out Of Building, (1L) 1st Floor Lounge		<h1>February</h1> <h2>2021</h2>	