

# Focus on Wellness

As each community reaches “fully-vaccinated” status (two weeks after the 2<sup>nd</sup> clinic), updated reopening procedures will take into effect. Please see our COVID-19 notice webpage for details: <https://www.providence-place.com/news/covid-19-notices/>

As we begin this transition, we want to truly focus on the social and mental well-being of all of our residents & team members. We will be maintaining activities, dining, outings and more for our vibrant communities. A few highlights include:

- Dining rooms & internal activities will remain open
- Salon & Therapy services will remain open
- Visitation options available in community and for external family visits
- Reduced surveillance testing
- Reduced quarantine requirements for new residents and resident outings

## Chambersburg

- Vaccine Clinic #2: (schedule change)  
Tuesday, March 16<sup>th</sup>

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



# Providence Place SENIOR LIVING News

Q1: March 2021

## A Note from the Executive Director

March is here and we are finally starting to see signs of Spring, which feels long overdue!

We are working to host our second vaccine clinic this month – which was unfortunately delayed slightly due to the state shortage. However, we are still expecting it on the 16<sup>th</sup> and we cannot wait to be able to reopen our doors.

I am so excited to say things are looking up. We will start opening our community with inviting visitors and enjoying some social events. We love reconnecting with our residents and families after a long year of social distancing. I can see the smiles of everyone underneath the masks.

We have resumed our monthly fireside chats and social gatherings internally. I would like this time to thank all of our residents and families for your words of kindness, compliments, and offerings of support throughout this past year. It has been greatly appreciated by all our coworkers.

Please know that we are here for any of your concerns or needs.

Let's make it a great March,

*Holly Townsend, Executive Director*

## Highlighted Events

- 8 – **Virtual Tour of the Women's History Museum** @ 10am  
*Connections Club*
- 16 – **Vaccine Clinic #2**
- 16 – **St. Patrick's Day Super Social**  
@ 3pm
- 24 – **Making Wildlife Feeders**  
@ 10am
- 24 – **Wellness Talk with Jen**  
Diabetes @ 2pm
- 25 – **Lunch Outing**  
Windy Knoll @ 11am

## Welcome New Residents

Wanda Mowen  
Peggy Dewire  
Elizabeth McCoy  
Pete Hazlinsky  
Martha White  
Ricard Decker  
Delores Decker



*Dimensions  
of Wellness*

## Resident Birthdays

### 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](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
<h1>March</h1> <h1>2021</h1>	1 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 IN2L: <i>Google Earth</i> (3A) 1:30 Stretch and Hold (3A) 1:30 Bible Study Handout (3A) 2:00 Musical Entertainment By: Bryan Herber (2A) 3:30 Memory Magic (3A) 6:30 Virtual Evening Worship Service (2A)	2 9:00 Morning Meeting and Inspirations (P) 9:30 Coffee, Donuts and Discussion (P) 10:00 Walk & Roll Walking Club (FL) 1:30 Art Class With Dortetta (C) 2:00 Prize Bingo (3A) 3:30 Hydration Station (3A) 3:30 Book Club: <i>As Time Goes By</i> (3A) 6:30 Puzzle Club (L)	3 9:00 Morning Meeting and Inspirations (P) 9:30 Hydration and Small Bites (P) 10:00 Laugh Therapy (3A) 1:30 Shopping Spree: <i>Dollar Tree</i> (OOB) 3:30 Balance & Action (3E) 6:00 Will Bowling (3A)	4 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class With Jess (FL) 1:30 Art Exploration (C) 1:30 Walk and Roll Walking Club (FL) 2:00 Horseshoes (3E) 3:30 Book Club: <i>As Time Goes By</i> (3A) 6:30 Billiards (3E)	5 9:00 Morning Meeting and Inspirations (P) 9:30 Chair Stretches (P) 10:00 Hydration (P) 1:30 Baking Creations: Making Classic Hummus (P) 3:00 Facts & Sampling Of Humus (P) 3:30 Puzzle Club (3A) 6:30 Horseshoes (3E)	6 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 1:30 Walk and Roll Walking Club (FL) 2:00 Country Bus Ride: <i>Norlo Park</i> (OOB) 3:30 Game Club: Boggle (3A) 6:00 Game Shows: Channel 73
7 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Coffee and Donuts: Sunday Catch Up with Friends (P) 1:30 Video Chat with Families (1:1) 2:00 Aromatherapy and Nails (3A) 3:00 Sitcom Sunday: <i>I love Lucy</i> (3A) 6:30 Movie Madness: <i>Hamilton</i> (3A) 7:00 Catholic Mass (Channel 291)	8 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 IN2L: <i>Virtual Tour Of The Women's History Museum</i> (3A) 1:30 Stretch and Hold (3A) 2:00 Craft Corner: Gold Coins (3A) 3:30 Memory Magic (3A) 6:30 Virtual Evening Worship Service (2A)	9 9:00 Morning Meeting and Inspirations (P) 9:30 Coffee, Donuts and Discussion (P) 10:00 Walk and Roll Walking Club (FL) 1:30 Art Class With Dortetta (C) 1:30 Manicures W/ Amberlee (3A) 3:30 Hydration Station (3A) 3:30 Book Club: <i>As Time Goes By</i> (3A) 6:30 Puzzle Club (2A)	10 9:00 Morning Meeting and Inspirations (P) 9:30 Hydration and Small Bites (P) 10:00 Laugh Therapy (3A) 1:30 Bible Study Handout (3A) 2:00 Prize Bingo (3A) 3:00 Drink Social Featuring: <i>Chai Tea</i> (3A) 3:30 Balance & Action (3E) 6:00 Will Bowling (3A)	11 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class With Jess (FL) 1:30 Art Exploration (C) 1:30 Musical Entertainment By: Nancy (CN) 2:30 Helping Hands: Recycling Club Check-in (3A) 3:30 Book Club: <i>As Time Goes By</i> (3A) 6:30 Billiards (3E)	12 9:00 Morning Meeting and Inspirations (P) 9:30 Chair Stretches (P) 10:00 EdU-Wellness: Better Sleep Habits With Jaimie from Bayada (2A) 1:30 Baking Creations: Flower Bouquet (P) 2:30 Planting A Flower For National Plant A Flower Day (3A) 3:30 Puzzle Club (3A) 6:30 Horseshoes (3E)	13 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 1:30 Walk and Roll walking Club (FL) 2:00 Country Bus Ride: <i>St Thomas</i> (OOB) 3:30 Game Club: Scrabble (3A) 6:00 Game Shows: Channel 73
14 Daylight Savings Begins 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Coffee and Donuts: Sunday Catch Up with Friends (P) 1:30 Video Chat with Families (1:1) 2:00 Aromatherapy and Nails (3A) 3:00 Sitcom Sunday: <i>Golden Girls</i> (3A) 6:30 Movie Madness: <i>Gone with The Wind</i> (3A) 7:00 Catholic Mass (Channel 291)	15 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 IN2L: <i>Virtual Tour Of Ireland</i> (3A) 1:30 Prize Bingo (3A) 2:30 Stretch and Hold (3A) 3:00 Bible Study Handout (3A) 3:30 Memory Magic (3A) 6:30 Virtual Evening Worship Service (2A)	16 <b>COVID-19 Vaccine Day # 2</b> 9:00 Morning Meeting and Inspirations (P) 9:30 Coffee, Donuts and Discussion (P) 1:30 Chair Dancing (CN) 1:30 Art Class With Dortetta (C) 3:00 St. Patrick's Day Super Social (3A) 3:30 St. Patrick's Day Facts vs Myth (3A) 3:30 Book Club: <i>As Time Goes By</i> (3A) 6:30 Puzzle Club (2A)	17 St. Patrick's Day 9:00 Morning Meeting and Inspirations (P) 9:30 Hydration and Small Bites (P) 10:00 Service in Action: Delivering to SCCAP (OOB) 2:00 Fireside Chat (2A) 3:00 Coffee Social Featuring: Vanilla Bean Coffee (3A) 3:30 Balance & Action (3E) 6:00 Will Bowling (3A)	18 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class With Jess (FL) 1:30 Art Exploration (C) 1:30 Walk and Roll Walking Club (FL) 2:30 Balance & Action (3A) 3:30 Book Club: <i>As Time Goes By</i> (3A) 6:30 Billiards (3E)	19 9:00 Morning Meeting and Inspirations (P) 9:30 Chair Stretches (P) 10:00 Hydration (P) 1:30 Craft Corner: Canvas Painting (3A) 2:00 Celebrating March Birthdays (3A) 3:00 Social Hour and Mock Tails (3A) 3:30 Puzzle Club (3A) 6:30 Horseshoes (3E)	20 First Day of Spring 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 1:30 Walk and Roll Walking Club (FL) 2:00 Country Bus Ride: <i>Mont Alto</i> (OOB) 3:30 Game Club: Scrabble (3A) 6:00 Game Shows: Channel 73
21 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Coffee and Donuts: Sunday Catch Up with Friends (P) 1:30 Video Chat with Families (1:1) 2:00 Aromatherapy and Nails (3A) 3:00 Sitcom Sunday: <i>I love Lucy</i> (3A) 6:30 Movie Madness: <i>Cats</i> (3A) 7:00 Catholic Mass (Channel 291)	22 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 IN2L: <i>The Price is Right</i> (3A) 1:30 Musical Entertainment By: Jessica Snyder (2A) 2:30 Bible Study Handout (3A) 3:00 Stretch and Hold (3A) 3:30 Memory Magic (3A) 6:30 Virtual Evening Worship Service (2A)	23 9:00 Morning Meeting and Inspirations (P) 9:30 Coffee, Donuts and Discussion (P) 10:00 Chair Dancing (CN) 1:30 Art Class With Dortetta (C) 2:00 Prize Bingo (3A) 3:30 Hydration Station (3A) 3:30 Book Club: <i>As Time Goes By</i> (3A) 6:30 Puzzle Club (2A)	24 9:00 Morning Meeting and Inspirations (P) 9:30 Shopping Spree: <i>Walmart</i> (OOB) 2:00 EdU-Wellness: National Diabetes Awareness Day Talk with Jen (2A) 3:00 Snacking Healthy: Facts vs Myth 3:30 Sampling Healthy Snacks (3A) 6:00 Will Bowling (3A)	25 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class With Jess (FL) 1:30 Art Exploration (C) 1:30 Walk and Roll Walking Club (FL) 2:30 Helping Hands: Making Mock Tails (3A) 3:00 Sampling Mock Tails (3A) 3:30 Book Club: <i>As Time Goes By</i> (3A)	26 9:00 Morning Meeting and Inspirations (P) 9:30 Chair Stretches (P) 10:00 Brain Games: Faces & Places (P) 1:30 Walk & Roll Walking Club (FL) 2:00 New Resident Committee Welcome with Amber (P) 3:00 Hymnal Fellowship Featuring: The Resident Singing Group (2A) 3:30 Puzzle Club (3A) 6:30 Horseshoes (3E)	27 Passover Begins 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 1:30 Walk and Roll Walking Club (FL) 2:00 Country Bus Ride: <i>Red Run Park</i> (OOB) 3:30 Game Club: Boggle (3A) 6:00 Game Shows: Channel 73
28 Palm Sunday 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Coffee and Donuts: Sunday Catch Up with Friends (P) 1:30 Video Chat with Families (1:1) 2:00 Aromatherapy and Nails (3A) 3:00 Sitcom Sunday: <i>Golden Girls</i> (3A) 6:30 Movie Madness: <i>The Princess Bride</i> (3A) 7:00 Catholic Mass (Channel 291)	29 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 IN2L: Exercise Class (3A) 1:30 Brain Games: <i>Word Search</i> (3A) 2:30 Bible Study Handout (3A) 3:00 Memory Magic (3A) 6:30 Virtual Evening Worship Service (2A)	30 9:00 Morning Meeting and Inspirations (P) 9:30 Coffee, Donuts and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Art Class With Dortetta (C) 2:00 National Walk In The Park Day: Lets Take A Walk In The Park (OOB) 3:30 Hydration Station (3A) 6:30 Puzzle Club (2A)	31 8:30 Breakfast With Donna & Amberlee (P) 9:00 Morning Meeting and Inspirations (P) 9:30 Chair Yoga (P) 10:00 Craft Corner: Making Peep Houses For Easter (CN) 1:30 Balloon Ball (3A) 3:00 Hydration Station (3A) 3:30 Balance & Action (3E) 6:00 Will Bowling (3A)	<p><b>Calendar Key:</b>  <b>Calendar Key:</b> 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 One on one 1:1</p>		<h1>THE Club</h1>