

Focus on Wellness

As each community reaches “fully-vaccinated” status (two weeks after the 2nd 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 16th

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 16th 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.



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
<h1>March 2021</h1>	1 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Service in Action: Collecting Blankets for SCCAP (P) 10:30 Email Set Up with Lorelei (L) 1:30 Balance & Action (3E) 2:00 Musical Entertainment by Bryan Herber (2A) 3:00 In2L: 101 for Beginners (2A) 6:30 Virtual Evening Worship Service (2A)	2 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (3E) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 2:00 Prize Bingo (2A) 3:00 Bookmobile Exchange (P) 6:30 Horseshoes (3E)	3 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Cooking Creation: Lucky Shamrock Bites (P) 1:30 Balance & Action (3E) 1:30 Art: Pottery (3A) 2:00 Game Club: UNO (2A) 3:00 Conversations with a Side of Coffee or Tea (P) 6:30 Song and Scripture (Ch.809)	4 8:00 Daily Chronicle Delivered 9:00 Balloon Ball Exercise (3E) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Nickel Bingo\$\$ (2A) 3:00 Social Hour featuring Lucky Shamrock Bites (P) 6:30 Puzzle Club (L)	5 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 2:00 Activity Cart Station (FL) 3:00 Color Me Calm: Adult Coloring (L) 6:30 Movie Night: <i>Lincoln</i> (3E)	6 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise(3E) 10:00 Garden Club Check In (C) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 National Day: Oreo Cookie Samples (P) 6:30 Blitz with Ruth (2A)
7 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy & Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Craft Corner: Glass Top Boxes *(C) 3:00 Game Club: Scrabble (C) 6:30 Evening Worship (Ch. 68) 7:00 Televised Catholic Service (Ch. 291)	8 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (3E) 1:30 Balance & Action (3E) 2:00 In2L: National Women's History Museum Virtual Tour (2A) 3:00 In2L:Edu Travel: Ireland (2A) 6:30 Virtual Evening Worship Service (2A)	9 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart**\$(OOB) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 2:00 Nickel Bingo\$(2A) 3:00 Wii Bowling League (3A) 6:30 B litz with Ruth (2A)	10 8:00 Daily Chronicle Delivered 9:00 Strengthening Stretches (3E) 10:00 Dining Committee (DR) 1:30 Balance & Action (3E) 2:00 Men's Club: Hallway Bowling (LD) 3:00 Craft Creation: Shamrocks (C) 6:30 Song and Scripture (Ch.809)	11 8:00 Daily Chronicle Delivered 9:00 Stretch and Hold with Lorelei (3E) 10:00 Dance Class with Jess (FL) 1:30 Art Exploration (C) 2:00 Prize Bingo(2A) 3:00 Craft Club: Lavender Sachets (P) 6:30 Billiards (3E)	12 9:00 Light & Lively Exercise (3E) 10:00 EdU-Wellness: Better Sleep Habits With Jaimie from Bayada (2A) 1:30 Balance and Action (3E) 2:00 Let's Celebrate: Residents Born in March (P) 3:00 Community Life Planning Committee (P) 6:30 Movie Night: <i>90 Minutes in Heaven</i> (3E)	13 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise(3E) 10:00 Walk & Roll Walking Club (3E) 1:30 Stair Stepper Exercise (3E) 2:00 Bean Bag Toss/ Corn Hole (3E) 3:00 Helping Hands: Coupon Clipping for Veterans (C) 6:30 Wii Bowling Practice (3A)
14 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy & Nails (2A) 2:00 Game Club: UNO (2A) 3:00 Garden Club Check In (C) 6:30 Evening Worship (Ch. 68) 7:00 Televised Catholic Service (Ch. 291) Daylight Savings Begins	15 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Helping Hands: Making Soda Bread for Tuesday's Meal (C) 1:30 Balance & Action (3E) 2:00 Helping Hands: Making Soda Bread for Tuesday's Meal (C) 3:00 Game Club: Sequence (2A) 6:30 Virtual Evening Worship Service (2A)	16 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 9:30 Walk & Roll Walking Club (3E) 10:00 Garden Club Check In (C) 1:30 Balance & Action (3E) 3:00 St. Patrick's Day Super Social (P) 6:30 Game Club: Sequence (2A) Vaccination Clinic #2	17 8:00 Daily Chronicle Delivered 9:00 Balloon Ball Exercise (3E) 10:00 Service in Action: Delivering to SCCAP**(OOB) 11:30 Chef's Table** (PD) 1:30 Balance & Action (3E) 2:00 Fireside Chat (2A) 3:00 Social Hour: Like the Good Ol' Days (P) 6:30 Billiards (3E) St. Patrick's Day	18 8:00 Daily Chronicle Delivered 9:00 Stretch and Hold with Lorelei (3E) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 EdU Wellness: Benefits of Lavender Essential Oil (P) 3:00 Garden Club Check In (C) 6:30 Color Me Calm: Adult Coloring (L)	19 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 Ed-U: Elder Law with Thomas Murphy (2A) 3:00 Lavender Lemonade Social (P) 6:30 Movie Night: <i>Tony Bennett: The Music Never Ends</i> (3A)	20 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Nickel Bingo\$(2A) 1:30 Stair Stepper Exercise (3E) 2:00 Nailed it!: Canvas Painting of Spring*(C) 3:00 Helping Hands: Coupon Clipping for Veterans (C) 6:30 Blitz with Ruth (2A) First Day of Spring
21 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy & Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Game Club: Mexican Train Dominoes (C) 3:00 Horseshoes (3E) 6:30 Evening Worship (Ch. 68) 7:00 Televised Catholic Service (Ch. 291)	22 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Garden Club Check In (C) 1:30 Balance & Action (3E) 1:30 Musical Entertainment by Jessica Snyder (2A) 2:00 Ladder Ball (3E) 3:00 In2L: Edu Travel: Jerusalem (2A) 6:30 Virtual Evening Worship Service (2A)	23 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree**\$(OOB) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 2:00 Prize Bingo (2A) 3:00 Blood Pressure Clinic (2A) 6:30 Wii Bowling League (3A)	24 8:00 Daily Chronicle Delivered 9:00 Strengthening Stretches (3E) 10:00 Helping Hands: Making Natural Wildlife Feeders (C) 1:30 Balance & Action (3E) 2:00 EdU-Wellness: National Diabetes Awareness Day Talk with Jen (2A) 3:00 Peeps and How they are Made (P) 6:30 Puzzle Club (L)	25 8:00 Daily Chronicle Delivered 9:00 Stretch and Hold with Lorelei (3E) 10:00 Dance Class with Jess (FL) 11:00 Lunch Out: Windy Knoll**\$(OOB) 1:30 Art Exploration (C) 2:00 Nickel Bingo\$(2A) 3:00 Chef's Pairing (P) 6:30 Bean Bag Toss/ Corn Hole (3E)	26 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Garden Club Check In (C) 1:30 Balance and Action (3E) 2:00 New Resident Committee Welcome with Amber (P) 3:00 Hymnal Fellowship Resident Singing Group (2A) 6:30 Movie Night: <i>The Passion of Christ</i> (3E)	27 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (3E) 1:30 Stair Stepper Exercise (3E) 2:00 Easter Activity Packet (P) 3:00 Chocolate Bunny Scavenger Hunt 6:30 Wii Bowling Practice (3A) Passover Begins
28 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy & Nails (2A) 2:00 Card Club (2A) 3:00 Helping Hands: Coupon Clipping for Veterans (C) 6:30 Evening Worship (Ch. 68) 7:00 Televised Catholic Service (Ch. 291) Palm Sunday	29 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 10:00 Craft Corner: Jelly Bean Crafts (C) 1:30 Balance & Action (3E) 2:00 Nickel Bingo\$(2A) 3:00 In2L: National Vietnam War Veterans Day (2A) 6:30 Virtual Evening Worship Service (2A)	30 8:00 Daily Chronicle Delivered 9:00 Light & Lively Exercise (3E) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 2:00 National Day: Pencils How are they Made Video & Drawing (P) 3:00 Horseshoes (3E) 6:30 Blitz with Ruth (2A)	31 8:00 Daily Chronicle Delivered 9:00 Balloon Ball Exercise (3E) 10:00 Helping Hands: Filling Easter Eggs (C) 1:30 Balance & Action (3E) 2:00 Prize Bingo(2A) 3:00 Social Hour (P) 6:30 Song and Scripture (Ch.809)	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		