

Focus on Wellness

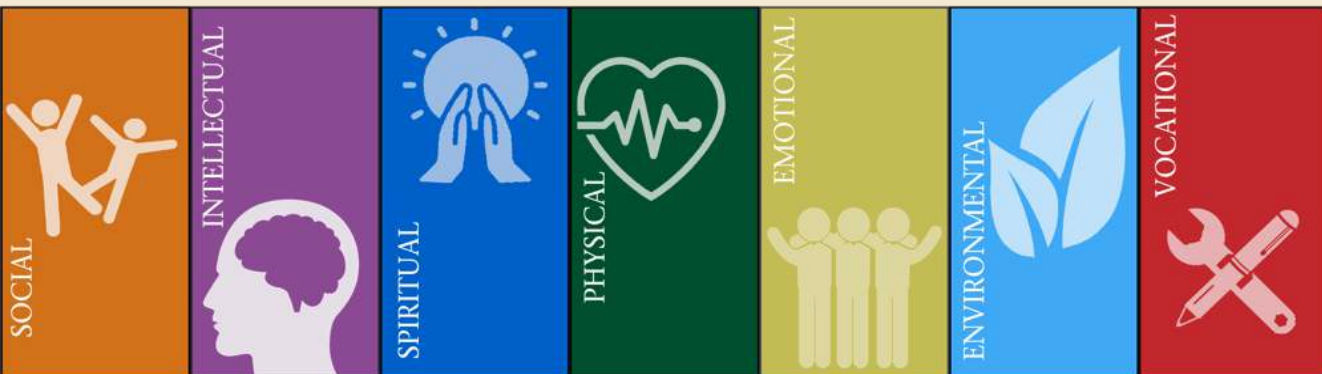
Heart Health Tips

Brought to you by BAYADA Senior Living Solutions

Heart disease is a major threat to our health. Although heart disease risks increase with age, it doesn't have to be inevitable with the right lifestyle habits. Try these 3 tips as we celebrate Heart Health month this February:

- 1) Follow a heart-healthy diet
- 2) Get to a healthy weight
- 3) Get and stay active

Check your activity calendar for presentations on these topics!



Dimensions
of Wellness

Resident Birthdays

February

Bette Rosenberry
Barbara Britt
Margaret Lawson
William Koser
E. Mae Dagenhart
Johanna Spierenburg
Betty Witkosky
Ellen O'Shaughnessy
Doris Liggon
Janet Ervin
Patricia Piper

March

Willa Mae Heiser
Jay Lightfoot
Mary Fisher
Virginia Stouffer
Virginia Horn
Vivian Reilly
Evelyn Scott



Providence Place SENIOR LIVING News

Q1: February 2022

A Note from the Executive Director

January was a tough month to start the new year. We are hopeful that the latest COVID surge is on the downswing and we will again resume a sense of normal & active life within our campus and with our greater community.

Our goal is to keep everyone safe and healthy while we work through what we hope is the end of this pandemic.

Thank you for your understanding and support the past two years – we are endlessly grateful for our entire Providence Place family – residents, family members, team members and all of our partners. Remember we are stronger together!

Best,

Holly Townsend, Executive Director

Highlighted Events

- 11 – **EdU Presentation:** Protect Yourself Against Scams @ 10am
- 14 – **Sweetest Luncheon with live Harp entertainment** @ 11am
- 20 – **Lunch Outing to Texas Roadhouse** @ 11:30am

Welcome New Residents

Mary Fisher
Audrey Ercolino
Mo Mozingo
Sam Potter
Bob Willhide
June Hammond
Ruth Panesci



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>February</h1> <h2>2022</h2>		1	2	3	4	5
		9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Brain Game: Groundhog Day Secret Quote (3A) 1:15 Pretty in Pink: Groundhog Pudding Cup (CN) 2:30 Sip and Show (CN) 3:00 Groundhog Predictions and Trivia (3A) 6:15 Game Shows (ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Searching for Phil (3A) 1:15 Crafty Creation: Valentine Wreaths (cn) 2:00 Sip and Show (CN) 3:00 Brain Games: Punxsutawney Phil Crossword (3A) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 iN2L: Prize Bingo (3A) 3:00 Cheers and Chat (P) 6:15 Chit Chat in the Front Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Passport Travels: China 1:30 iN2L: Seated Chair Exercises (3A) 2:00 Brain Games: Groundhog Secret Quote (3A) 3:00 Social Hour: Wine Flight or Cranberry Flight (P) 6:15 Movie Night: Safe Haven (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Junk Drawer Detective (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)
6	7	8	9	10	11	12
9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 February Trivia (3A) 1:15 Seated Chair Exercises (3A) 2:00 iN2L: The Science Behind Romance Movies (3A) 3:00 Bible Study (CN) 6:15 Card Club (P)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 TED Talk: Win the Day #4 Fly the Kite: Dr. Mark Batterson (2A) 1:15 Pretty in Pink: Nail Care (CN) 2:00 Sip and Make Friends (CN) 3:00 Brain Games: Searching for February (3A) 6:15 Game Shows (ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dining Committee (2A) 11:00 Diners Caravan: Pizza (OOB) 1:15 Crafty Creations: Personalized Valentine's Banner (CN) 2:00 Sip and Show (3A) 3:00 Famous February Birthday Crossword (3A) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Crafty Creations: Amethyst Rocks (3A) 3:00 Sip and Show (3A) 6:15 Chit Chat in the Front Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Taking Things to Heart with Theresa Waltersdorff (2A) 1:30 Walk and Stroll Club (3A) 2:00 iN2L: Prize Bingo (3A) 3:00 Social Hour: Cheesecake Brownies (P) 6:15 Movie Night: Forever My Girl (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Club Activities Meeting (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)
13	14	15	16	17	18	19
9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:15 Watch Puppy Bowl 2022 (CN) 2:30 Postgame Puppy Social (CN) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Valentine's Day Bingo (3A) 11:00– 12:30 Sweetest Lunch Service with Live Harp Music (DR) 1:30 Walk and Stroll Club (HW) 2:00 Candy Kisses Super Social (P) 3:00 Bible Study (CN) 6:15 Card Club (P)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Dollar Store (\$\$OOB) 1:15 Bowling For Hearts (CN) 2:00 Valentines Day Social (CN) 3:00 Valentines Day Trivia (3A) 6:15 Game Shows (ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Ed U: Back Yard Birds of PA With Retired Teacher Terry Neymyer (2A) 1:15 Valentine Bingo (CN) 2:30 February Birthday Celebration (CN) 3:00 The Science of Romance Movies (3A) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 iN2L: Prize Bingo (3A) 3:00 Valentines Day Word Search (3A) 6:15 Chit Chat in the Front Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Magazine Cart (3A) 1:30 Valentine's Day Family Feud (3A) 2:30 Walk and Stroll Club (HW) 3:00 Social Hour: Chocolate Covered (P) 6:15 Movie Night: The Last Song (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Card Club: Uno (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)
	Valentine's Day					
20	21	22	23	24	25	26
9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Presidential Code Names(3A) 1:30 iN2L © Seated Chair Exercise (2A) 2:00 Ed-U: The Ultimate Guide to Presidents and How the Presidency was Formed (3A) 3:00 Bible Study (CN) 6:15 Card Club (P)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Seated Chair Exercises (3A) 1:15 Pretty in Pink: Cherry Tree Art (CN) 2:00 Sip and Show (CN) 3:00 History of the Washington Monument and Lincoln Memorial (3A) 6:15 Game Shows (ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 11:00 Diners Caravan: Wendy's (3A) 1:15 Crafty Creation: Design Your Mardi Gras Mask (CN) 2:00 Sip and Show (CN) 3:00 President Word Search (3A) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Brain Games: Putting the Past in Order (3A) 3:00 Drink and Discuss (P) 6:15 Chit Chat in the Front Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Brain Games: Black History Crossword (3A) 1:30 Walk and Stroll Club (HW) 2:00 Black History Month Black Inventors of the 20th and 21st Century (2A) 3:00 Social Hour: Chocolate coke (P) 6:15 Movie Night: Ozzie and Harriet (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Junk Drawer Detective (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)
	President's Day					
27	28	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), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC) Cross-Bridging (CB) ** Registration Required				
9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Imagery Fitness Cards (3A) 1:30 Kitchen Creations: King Cakes (C) 2:00 Taste and Talk (P) 3:00 Bible Study (CN) 6:15 Card Club (P)	<h1>THE Club</h1>				