

Focus on Wellness

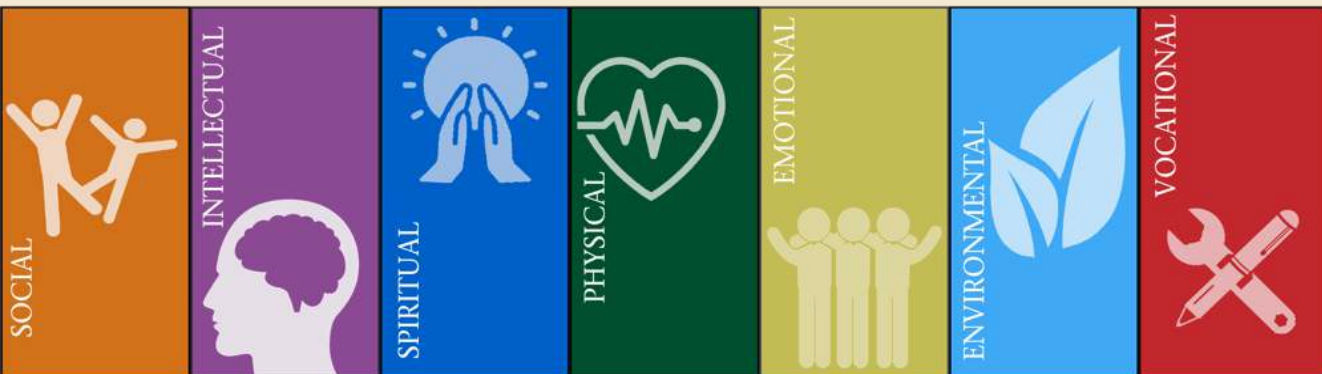
Heart Health Tips

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 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Ground Hog Day Trivia (C) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Nickel Bingo \$(2A) 3:00 Ground Hog Day Predictions Served with a Side of Ice Cream (P) 6:15 Card Club: Pinochle (2A)	9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Design Club: Dining Room Centerpieces (C) 1:30 Genesis Workout with Vickie (3E) 1:30 Pottery with Nicodemus Center for Ceramics (C) 2:00 Blood Pressure Clinic (2A) 3:00 Ground Hog Day Social (P) 6:15 Wii Bowling League (3E)	9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Blitz with Ruth (2A)	9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Breakfast Club ** C) 1:30 Wii Bowling League (3E) 2:00 February Birthday Celebration (P) 3:00 Social Hour: Wine Flight or Cranberry Juice Flight (P) 6:15 Movie Night: <i>Safe Haven</i> (3A)	9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Local Fares: Jim's Farmers Market **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Mexican Train Dominoes (C) 6:15 Dart League (3E)
6	7	8	9	10	11	12
9:00 Light & Lively Exercise (3E) 9:30 Trivia Handouts (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Scrabble (C) 6:30 Song and Scripture (Ch.809)	9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L © Seated Chair Exercise (2A) 2:00 National Chopstick Day: Chopstick Competition (P) 3:00 Caring Card Committee (C) 6:15 Card Club: Rummy (2A)	9:00 Light & Lively Exercise (3E) 9:45 Shopping Trip: Kohls **\$(OOB) 10:00 TED Talk: Win the Day #4 Fly the Kite: Dr. Mark Batterson (2A) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Nickel Bingo \$(2A) 3:00 Amethyst Cow Milkshakes (P) 6:15 Game Club: Sequence (2A)	9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Dining Committee Meeting (2A) 2:00 Cooking Creation: National Pizza Day– Biscuit Bite Pizza (C) 3:00 Pizza Trivia & Tasting (C) 6:15 Card Club: Pinochle (2A)	9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Dart League (3E)	9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Protect Yourself Against Scams Theresa Waltersdorff from Humana (2A) 2:00 Community Life Planning Committee Meeting (P) 3:00 Social Hour: Cheesecake Brownies (P) 6:15 Movie Night: <i>Forever My Girl</i> (3A)	9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:15 National Global Movie Day Movie Trivia (C) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Card Club: UNO (2A) 6:15 Musical Entertainment with Tresa Day (2A)
13	14	15	16	17	18	19
9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosks (L) 10:00 Walk and Roll Walking Club (FL) 11:00 –12:30 Super Bowl Lunch (DR) 2:00 Worship Service (2A) 3:00 Discovery Channel Presents Puppy Bowl with Puppy Chow (P) 6:30 Song and Scripture (Ch.809) TBD Televised Super Bowl LVI (NBC)	9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 11:00-12:30 Sweetest Lunch Service with Live Harp Music (DR) 2:00 Appreciate and Thank Club: Co-Worker Candy Gram Delivery (FL) 3:00 Candy Kisses Super Social (P) 6:15 Card Club: Pinochle (2A) Valentine's Day	9:00 Light & Lively Exercise (3E) 9:45 Shopping Trip: Goodwill **\$(OOB) 10:00 Wii Bowling League (3E) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Nickel Bingo \$(2A) 3:00 Get to Know Your Neighbor with Fact or Fiction (P) 6:15 Horseshoes (3E)	9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Ed U: <i>Back Yard Birds of PA</i> With Retired Teach Terry Neymyer (2A) 1:30 Seated Arm Weight Exercise (3E) 2:00 Fireside Chat (2A) 3:00 Cookies & Milk by the Fire (FL) 6:15 Mexican Train Dominoes (C)	9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Game Club: Sequence (2A)	9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Creative Craft: All Natural Bird Feeders (C) 1:30 Cooking Creation: Chocolate Covered Fruits (C) 2:00 iN2L © Brain Games (2A) 3:00 Chocolate Covered Social Hour (P) 6:15 Movie Night: <i>The Last Song</i> (3A)	9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 11:15 Local Fares: Windy Knoll **\$(OOB) 1:30 Card Club: UNO (2A) 2:00 Stair Stepper Exercise (3E) 3:00 Game Club: Scrabble (C) 6:15 Dart League (3E)
20	21	22	23	24	25	26
9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordies Handouts (L) 10:00 Walk and Roll Walking Club (FL) 11:30 Lunch Out: Texas Roadhouse **\$(OOB) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C)	9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 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 President Day Trivia Sweetened with a Slice of Pie (P) 6:15 Card Club: Dealers Choice (2A) President's Day	9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Two's Day: 2-22-22 (P) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Jeopardy! (2A) 3:00 Root Beer Floats (P) 6:15 Blitz with Ruth (2A)	9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Nickel Bingo \$(2A) 12:00 Strictly Vets Luncheon ** (C) 2:00 Men's Club: Hallway Bowling (LD) 3:00 Prize Bingo (2A) 6:15 Dart League (3E)	9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Card Club: Pinochle (2A)	9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Heart Health Awareness With Bayada Home Health Care (2A) 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: <i>Ozzie and Harriet</i> (3A)	9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Wii Bowling League (3E) 1:30 Stair Stepper Exercise (3E) 2:00 Craft Corner: Mardi Gras Mask (C) 3:00 Game Club: Spades (C) 6:15 Game Club: Sequence (2A)
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) **Registration Required, \$\$ Cost Involved				
9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Sequence (2A) 6:30 Song and Scripture (Ch.. 809)	9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L © Seated Chair Exercise (2A) 2:00 Ed-U Discovery: New Orleans Natural History (2A) 3:00 Taste of New Orleans: Biscuit Beignets (P) 6:15 Horseshoes (3E)					

