

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

Anna Mae Meyers
Bob Dovey
Lucille Long
Joan Schanck
Joan Rauhauser
Velma Dellinger
Dona Grimm

Gloria Witmer
Dolores Griffin
Fae Hoffman
Mary Carolyn Marsh
Leroy Crone
Carolyn Rishel
Katie Haas
Gary Figdore

March

Irene Zinn
Audrey Snyder
Mary Haver
Barry Grimm
Ruth Weaver
Sarah Senft
Barbara Densel

Patricia White
James Detzel
Michael Krout
Mary Ward
James Strongin
Faye Breeden
Sally Kursar

A Note from the Executive Director

Wishing you all a Happy and Healthy New Year. As we continue to face new variants of the COVID virus, we are all working together to put safety first and keep our community a safe environment. We thank you for playing your part by continuing to comply with our masking requirements, sign-in process and social distancing during visits. At this time, we continue with our community dining and an active Community Life schedule of events and programs -- we are hopeful that this will not change recognizing what an important role socialization and engagement play in the health and wellness of our residents.

Make sure to check your calendars from Community Life for the upcoming activities and events. Once again, thank you for your understanding and patience during our ongoing carpet replacement.

Cheers to a Joyful and Prosperous New Year for us all!

Best,

Howard Holben

Executive Director

Highlighted Events

- 14 – **Special Valentine's Events & Candlelight Dinner**
- 17 – **Paint the Town Red Party**
@ 11am - Connections Club
- 17 – **Celebration of Life Ceremony**
@ 1:30pm
- 21 – **President's Palate:** Interesting Foods @ 2pm
- 24 – **Cake Decorating Contest**
@ 1:30pm
- 28 – **Monday Matinee:** The Electrical Life of Lois Wain @ 1:30pm
Connections Club

Welcome New Residents

Judy Swords
Ginny Robertson
Sandi Repman
Ruth Rohrbaugh
Colleen Ekstrom
Patsy Schnetzka
Marian Lippy
William Myers
Connie Johnston



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 9:30 Exercise with Adam (AR) 10:00 Grief Share with Chaplain (CR/CH) 10:00 Daily Reading (AR) 10:15 Who Am I? (AR) 10:30 Menu Review (AR) 1:00 Prayer & Praise Worship (CR/CH) 1:00 Coloring to the Classics (AR) 2:00 Educational Presentation: <i>Dolly Parton Here She Comes Again!</i> (AR) 3:00 Themed Trivia (AR) 6:00 Socialize in the Lobby (LB)	2 9:30 Daily Reading (CR/CH) 9:45 Working with Words (CR/CH) 10:00 Exercise Routine (CR/CH) 10:30 Menu Review (CR/CH) 1:30 Table Top Game (P) 3:00 Hydration & Humor (P) 3:30 Menu Review (P) 6:00 Socialize in the Lobby (LB)	3 9:30 Exercise with Adam (AR) 9:30 Exercise & Memory Magic with Friends (CN) 10:00 Culinary Creations: Cuban Sandwich on a Stick (AR) 10:15 Around the World on IN2L (AR) 10:30 Menu Review (AR) 1:15 Staff Snack Station (P) 1:30 Culinary Creations with Friends (CN) 2:30 Popcorn Bar Social (P) 6:00 Socialize in the Lobby (LB)	4 9:30 Daily Reading (CR/CH) 9:45 Friday Fact of the Day & Discussion (CR/CH) 10:15 Fitness Dice (CR/CH) 10:30 Menu Review (CR/CH) 1:15 Junk Drawer Detective (CR/CH) 2:30 Create & Design: Valentines Door Décor (CR/CH) 6:00 Socialize in the Lobby (LB)	5 9:30 Daily Reading (CR/CH) 9:45 Morning Stretch (CR/CH) 10:00 Donut Mind if I Do & Coffee (AR) 1:30 Create & Design: Valentine's Day Cards (AR) 2:30 Social Hour (P) 3:30 Menu Review 6:00 Socialize in the Lobby (LB)
6 9:30 Daily Reading & Hot Beverages (P) 9:45 Song & Scripture Reading (P) 10:20 Five Minutes of Exercise (P) 10:30 Menu Review & Joke of the Day (P) 1:15 Name the Object (P) 3:00 Church Service (CR/CH) 6:00 Socialize in the Lobby (LB)	7 9:30 Daily Reading (CR/CH) 9:45 Card Crunch Fitness (CR/CH) 10:15 Themed Trivia (CR/CH) 10:30 Menu Review (CR/CH) 1:00 Catholic Communion (CR/CH) 1:30 Bingo & Mocktails with friends (CN) 2:30 Manicures & Hand Massages (FR) 3:00 Afternoon Exercise (CR/CH) 6:00 Socialize in the Lobby (LB)	8 9:30 Exercise with Adam (AR) 10:00 Grief Share with Chaplain (CR/CH) 10:00 Daily Reading (AR) 10:15 Finish the Phrase (AR) 10:30 Menu Review (AR) 11:30 Club Luncheon (P) 1:00 Prayer & Praise Worship (CR/CH) 1:00 Coloring to the Classics (AR) 2:00 Educational Presentation by Holly Stephens Rusty Rocks Farm Alpaca (AR) 3:00 Themed Trivia (AR) 6:00 Socialize in the Lobby	9 9:30 Daily Reading (CR/CH) 9:45 Working with Words (CR/CH) 10:00 Exercise Routine (CR/CH) 10:30 Menu Review (CR/CH) 1:30 Table Top Game (P) 3:00 Hydration & Humor (P) 3:30 Menu Review (P) 6:00 Socialize in the Lobby (LB)	10 9:30 Exercise with Adam (AR) 9:30 Exercise & Memory Magic with Friends (CN) 10:00 Culinary Creations: Bacon Wrapped Pineapple Bites (AR) 10:15 Word Game with IN2L (AR) 10:30 Menu Review (AR) 1:15 Staff Snack Station (P) 1:30 Culinary Creations with Friends (CN) 2:30 Ice Cream Social (P) 6:00 Socialize in the Lobby (LB)	11 9:30 Daily Reading (CR/CH) 9:45 Friday Fact of the Day & Discussion (CR/CH) 10:15 Fitness Dice (CR/CH) 10:30 Menu Review (CR/CH) 1:15 Junk Drawer Detective (CR/CH) 2:30 Valentines Day Cookie Trolley (LB) 6:00 Socialize in the Lobby (LB)	12 9:30 Daily Reading (CR/CH) 9:45 Morning Stretch (CR/CH) 10:00 Donut Mind if I Do & Coffee (AR) 1:30 Create & Design: Valentine's Day Cards (P) 2:30 Social Hour (P) 3:30 Menu Review 6:00 Socialize in the Lobby (LB)
13 9:30 Daily Reading & Hot Beverages (P) 9:45 Song & Scripture Reading (P) 10:20 Five Minutes of Exercise (P) 10:30 Menu Review & Joke of the Day (P) 1:15 Name the Tune (P) 3:00 Church Service (CR/CH) 6:00 Socialize in the Lobby (LB)	14 9:30 Daily Reading (CR/CH) 9:45 Cupids Card Crunch (CR/CH) 10:15 Valentines Day Trivia (CR/CH) 10:30 Menu Review (CR/CH) 1:00 Catholic Communion (CR/CH) 1:30 Bingo & Mocktails with Friends (CN) 2:30 Manicures & Hand Massages (FR) 3:00 Afternoon Exercise (CR/H) 6:00 Socialize in the Lobby (LB) Valentine's Day	15 9:30 Exercise with Adam (AR) 10:00 Grief Share with Chaplain (CR/CH) 10:00 Daily Reading (AR) 10:15 Read Round the Table (AR) 10:30 Menu Review (AR) 1:00 Prayer & Praise Worship (CR/CH) 1:00 Gentleman's Club; Boxing & Beer (P) 1:15 Coloring to the Classics (AR) 2:00 Educational Presentation by Locust Point Cattle Company (AR) 3:00 Themed Trivia (AR) 6:00 Socialize in the Lobby	16 9:30 Daily Reading (CR/CH) 9:45 Working with Words (CR/CH) 10:00 Exercise Routine (CR/CH) 10:30 Menu Review (CR/CH) 1:30 Table Top Game (P) 3:00 Hydration & Humor (P) 3:30 Menu Review (P) 6:00 Socialize in the Lobby (LB)	17 9:30 Exercise with Adam (AR) 9:30 Exercise & Memory Magic with Friends (CN) 10:00 Club Luncheon Prep (AR) 10:15 Language Learning with IN2L (AR) 11:00 Paint the Town Red Club Luncheon (AR) 1:15 Staff Snack Station (P) 1:30 Culinary Creations with Friends (CN) 2:00 Social Hour Magic Show (P) 6:00 Socialize in the Lobby (LB)	18 9:30 Exercise with Adam (AR) 10:00 Chef's Pairing (AR) 10:30 Daily Reading & Menu Review (CR/CH) 12:00 Classy Ladies Luncheon (P) 1:30 Music with Lindsay (AR) 2:30 Memory Magic (CR/CH) 6:00 Socialize in the Lobby (LB)	19 9:30 Daily Reading (CR/CH) 9:45 Morning Stretch (CR/CH) 10:00 Donut Mind if I Do & Coffee (AR) 1:30 2:00 Music with Tom & Randi (P) 3:30 Menu Review 6:00 Socialize in the Lobby (LB)
20 9:30 Daily Reading & Hot Beverages (P) 9:45 Song & Scripture Reading (P) 10:20 Five Minutes of Exercise (P) 10:30 Menu Review & Joke of the Day (P) 1:15 What is your best Memory (P) 3:30 Church Service (CR/CH) 6:00 Socialize in the Lobby (LB)	21 9:30 Daily Reading (CR/CH) 9:45 Presidential Trivia Jingo (CR/CH) 10:30 Menu Review (CR/CH) 1:00 Catholic Communion (CR/CH) 1:30 Bingo & Mocktails with Friends (CN) 2:30 Manicures & Hand Massages (FR) 3:00 Afternoon Exercise (CR/H) 6:00 Socialize in the Lobby (LB) President's Day	22 9:30 Exercise with Adam (AR) 10:00 Grief Share with Chaplain (CR/CH) 10:00 Daily Reading (AR) 10:15 Memories in the Making (AR) 10:30 Menu Review (AR) 1:00 Prayer & Praise Worship (CR/CH) 1:00 Coloring to the Classics (AR) 2:00 Educational Presentation: <i>Meet the Mennonites: Inside the Ultra-Conservative Community</i> (AR) 3:00 Themed Trivia (AR) 6:00 Socialize in the Lobby (LB)	23 9:30 Daily Reading (CR/CH) 9:45 Working with Words (CR/CH) 10:00 Exercise Routine (CR/CH) 10:30 Menu Review (CR/CH) 1:30 Table Top Game (P) 3:00 Hydration & Humor (P) 3:30 Menu Review (P) 6:00 Socialize in the Lobby (LB)	24 9:30 Exercise with Adam (AR) 9:30 Exercise & Memory Magic with Friends (CN) 10:00 Culinary Creations: Fruit Parfaits (AR) 10:15 Club Choice on IN2L (AR) 10:30 Menu Review (AR) 1:15 Staff Snack Station (P) 1:30 Culinary Creations with Friends (CN) 2:30 Root Beer Floats and Music Social (P) 6:00 Socialize in the Lobby (LB)	25 9:30 Daily Reading (CR/CH) 9:45 Friday Fact of the Day & Discussion (CR/CH) 10:15 Fitness Dice (CR/CH) 10:30 Menu Review (CR/CH) 1:15 Junk Drawer Detective (CR/CH) 2:30 Create & Design: St. Patrick's Day Door Décor (CR/CH) 6:00 Socialize in the Lobby (LB)	26 9:30 Daily Reading (CR/CH) 9:45 Morning Stretch (CR/CH) 10:00 Donut Mind if I Do & Coffee (AR) 1:30 Weird but True the Game (P) 2:30 Social Hour (P) 3:30 Menu Review 6:00 Socialize in the Lobby (LB)
27 9:30 Daily Reading & Hot Beverages (P) 9:45 Song & Scripture Reading (P) 10:20 Five Minutes of Exercise (P) 10:30 Menu Review & Joke of the Day (P) 1:15 Name the Sound (P) 3:00 Church Service (CR/CH) 6:00 Socialize in the Lobby (LB)	28 9:30 Daily Reading (CR/CH) 9:45 Card Crunch Fitness (CR/CH) 10:15 Themed Trivia (CR/CH) 10:30 Menu Review (CR/CH) 1:00 Catholic Communion (AR) 1:30 Monday Matinee: The Electrical Life of Louis Wain (CR/CH) 2:30 Manicures & Hand Massages (FR) 3:00 Afternoon Exercise (CR/CH) 6:00 Socialize in the Lobby (LB)	Calendar Key: ** Registration Required \$\$ Cost Involved Community Room/ Chapel (CR/CH) Activity Room (AR) Pub (P) Fitness Room (FR) Connections Neighborhood (CN) Lobby (LB)				

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