

Focus on Wellness

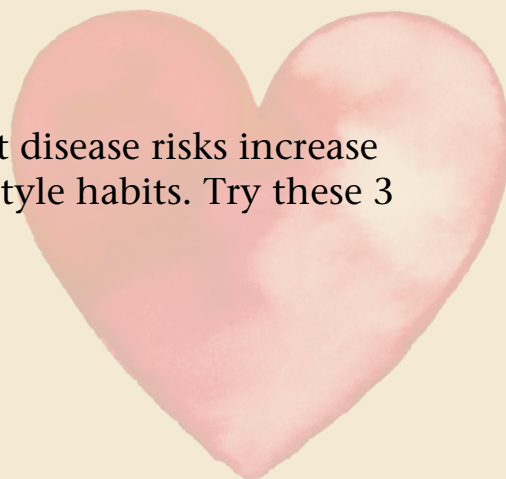
Heart Health Tips

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



Providence Place SENIOR LIVING News

Q1: February 2022

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	2	3	4	5
		9:30 Morning Exercise (AR) 10:00 Shopping Trip: Giant **\$(OOB) 10:00 <i>Greif share</i> with Chaplain Bob (CR) 1:00 Mid Week Worship Service (CR) 2:00 Ed-U: <i>Dolly Parton Here She Comes Again!</i> (AR) 3:00 Circle of Friends with Chaplain (CR) 6:15 Moonlight Bingo (AR) 6:30 Res. Run. Game Of Dominos (FL)	9:30 Morning Exercise (AR) 10:00 Fireside Chat with ED Howard (AR) 1:30 Gentlemen's Social Hour (P) 2:30 Prize Bingo with Professor Jeff (AR) 3:30 Game Of Trivia (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Movie Night: <i>Pretty in Pink</i> (CR)	9:30 Morning Exercise (AR) 10:00 Bible Study (CR) 10:30 Praying the Rosary (P) 12:00 February Birthday Lunch (AR) 2:00 Social Hour; Yogurt Bar (P) 3:00 Hymns with Chaplain Bob (CR) 4:00 First Thursday: Dinner Excursion Chilis**\$(OOB) 4:00 & 5:15 Wine & Dine (DR) 6:30 Res. Run: Bingo (FL)	9:30 Morning Exercise (AR) 10:00 Wii Bowling League (AR) 1:30 Musical Engagement with Lindsay Amspacher (AR) 2:30 Valentines Day Cookie Trolley (FL) 3:00 The Fine Wines** (P) 6:30 Res.Run: Bingo (AR) 6:30 Res. Run. Fact Or False (FL)	9:30 Morning Exercise (AR) 10:00 House Of Café; Donut Mind If I Do! (AR) 1:30 Helping Hands; Social Prep (P) 2:30 Social Hour: Surprise Mocktails (P) 3:30 Helping Hands; Basket Goodies (AR) 6:30 Res.Run. Game of Uno (AR)
6	7	8	9	10	11	12
9:30 Morning Exercise (AR) 10:00 House Of Café & Daily News (AR) 11:00 & 12:15 Table Mate Riddles (DR) 2:00 Prize Bingo (AR) 3:00 Worship Service (CR) 6:30 Res. Run: Poker Night (AR) 6:30 Neighbor Visit: Sharing Treats (CN)	9:30 Morning Exercise (AR) 10:00 House of Café & Discussions (AR) 1:30 Hall Walkers & Small Weights: (Building Wide) 2:00 Aromatherapy & Manicures (FR) 2:30 Musical Entertainment with Holly (P) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Res. Run: Card Club: Dealers Choice (FL)	9:30 Morning Exercise (AR) 10:00 Shopping Trip: Browns**\$(OOB) 10:00 <i>Greif share</i> with Chaplain Bob (CR) 1:00 Mid Week Worship Service (CR) 2:00 Ed-U: Presentation by Holly Stephens Rusty Rocks Farm Alpaca (AR) 3:00 Circle of Friends with Chaplain (CR) 6:15 Moonlight Bingo (AR) 6:30 Res. Run. Game Of Checkers (FL)	8:30 Gentlemen's Breakfast: Lyndon Diner**\$(OOB) 9:30 Morning Exercise (AR) 10:00 Balance and Action by Laura from Genesis Health & Rehab (FR) 1:30 Live Music by Pianist Justin Adams (P) 2:30 Valentines Day Themed Bingo (AR) 3:30 Game Of Trivia (AR) 6:30 Movie Night: <i>My Man Godfrey</i> (CR)	9:30 Morning Exercise (AR) 10:00 Bible Study (CR) 10:30 Planning Committee Meeting (AR) 1:00 Day Excursion: Country Ride**\$(OOB) 2:00 Social Hour: Taste Of Italy (P) 3:00 Hymns with Chaplain Bob (CR) 4:00 & 5:15 Wine & Dine (DR) 6:30 Moonlight Social (AR)	9:30 Morning Exercise (AR) 10:00 Chefs Demo (AR) 12:00 Gentlemen's Luncheon: Top Hats & Man-tinis Luncheon**(P) 1:30 Musical Engagement with Lindsay Amspacher (AR) 2:30 Culinary Creation: Chocolate Covered Strawberries (AR) 6:30 Res.Run: Jingo (AR) 6:30 Res. Run. Game Of Hang Man (FL)	9:30 Morning Exercise (AR) 10:00 House Of Café; Donut Mind If I Do! (AR) 1:30 Musical Entertainment with Holly (P) 2:30 Social Hour: Strawberry Mango Sangrias (P) 3:30 Helping Hands; Basket Goodies (AR) 6:30 Res.Run. Pokeno (AR)
13	14	15	16	17	18	19
9:30 Morning Exercise (AR) 10:00 House Of Café (AR) 10:30 Welcoming Garden Club (AR) 11:00 & 12:15 Table Mate Riddles (DR) 2:00 Super Bowl Party (AR) 3:00 Worship Service (CR) 6:30 Superbowl Social (AR) 6:30 Neighbor Visit: Sharing Treats (CN)	9:30 Morning Exercise (AR) 10:00 Thanks for being you: Candy Gram (FL) 2:00 Valentines Day Special Event (P) 4:00-6:00 Valentines Day: Candle Light Dinner & Live Music (DR) 6:30 Valentines Day Showing: The Notebook (CR) Valentine's Day	9:30 Morning Exercise (AR) 10:00 Shopping Trip: Boscov's**\$(OOB) 10:00 <i>Greif share</i> with Chaplain Bob (CR) 1:00 Mid Week Worship Service (CR) 2:00 Ed-U: Presentation by Locust Point Cattle Company (AR) 3:00 Circle of Friends with Chaplain (CR) 6:15 Moonlight Bingo (AR) 6:30 Res. Run. Game Of Chess (FL)	9:30 Morning Exercise (AR) 10:00 Balance Class (FR) 1:30 Gentlemen's Social: Beer & Boxing (P) 2:30 Bingo In Bowties & Glasses (AR) 3:30 Game Of Trivia (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Movie Night: <i>Jack</i> (CR)	9:30 Morning Exercise (AR) 10:00 Bible Study (CR) 10:30 Praying the Rosary (P) 1:30 Celebration Of Life Ceremony (CR) 2:30 Refreshments & Conversations (AR) 4:00 & 5:15 Wine & Dine (DR) 6:30 Moonlight Bingo (AR)	9:30 Morning Exercise (AR) 10:00 Hot Chocolate Trolley 12:00 Ladies Luncheon: Pretty Pearls (CR) 1:30 Musical Engagement with Lindsay Amspacher (AR) 2:00 Meet The Chef (P) 3:00 The Fine Wines** (P) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Res.Run: Bingo (AR) 6:30 Res. Run. Game Of Trivia (FL)	9:30 Morning Exercise (AR) 10:00 House Of Café; Donut Mind If I Do! (AR) 10:30 Table Top Games; Uno (AR) 1:30 Helping Hands; Social Prep (P) 2:00 Musical Entertainment with Tom & Randy & Mocktails (P) 3:30 Helping Hands; Basket Goodies (AR) 6:30 Res.Run. Game Of Ring Toss (AR)
20	21	22	23	24	25	26
9:30 Morning Exercise (AR) 10:00 House Of Café & Daily News (AR) 11:00 & 12:15 Table Mate Riddles (DR) 2:00 Prize Bingo (AR) 3:00 Worship Service (AR) 6:30 Res. Run: Poker Night (AR) 6:30 Neighbor Visit: Sharing Treats (CN)	9:30 Morning Exercise (AR) 10:00 House of Café & Discussions (AR) 12:00 Welcome Ambassador Lunch (P) 1:30 Hall Walkers & Small Weights: (Building Wide) 2:00 Presidents Palate: Interesting Foods (AR) 3:30 Presidents Day Trivia (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Res. Run: Fact Or False (FL) President's Day	9:30 Morning Exercise (AR) 10:00 Day Excursion: Noodles & Company**\$(OOB) 10:00 <i>Greif share</i> with Chaplain Bob (CR) 1:00 Mid Week Worship Service (CR) 2:00 Ed-U: <i>Meet the Mennonites: Inside the Ultra-Conservative Community</i> (AR) 3:00 Circle of Friends with Chaplain (CR) 6:15 Moonlight Bingo (AR) 6:30 Res. Run. Game Of Trivia (FL)	9:30 Morning Exercise (AR) 10:00 Balance Class (FR) 1:30 Live Music by Pianist Justin Adams (P) 2:30 Bingo Blast (AR) 3:30 Game Of Trivia (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Movie Night: <i>The Blue Gardenia</i> (CR)	9:30 Morning Exercise (AR) 10:00 Bible Study (CR) 1:30-3:00 Residents Vs Staff Cake Decorating Contest (P) 4:00 & 5:15 Wine & Dine (DR) 5:30 Movie & Pizza Night (CR) 6:30 Res.Run: Bingo (AR)	9:30 Morning Exercise (AR) 10:00 House Of Café & Discussions (AR) 1:30 Musical Engagement with Lindsay Amspacher (AR) 2:30 Black History Month: <i>Unchained Memories; Readings From The Slave Narratives</i> (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Res. Run: Jingo (AR) 6:30 Res. Run. Game Of Pictionary (FL)	9:30 Morning Exercise (AR) 10:00 House Of Café; Donut Mind If I Do! (AR) 10:30 Table Top Games; Connect 4 (AR) 1:30 Helping Hands; Social Prep (P) 2:00 Magic Show by Mike Thomas (AR) 3:30 Helping Hands; Basket Goodies (AR) 6:30 Res. Run. Table Top Air Hockey (AR)
27	28	Calendar Key: (AR) Activities Room, (DR) Dining Room (FR) Fitness Room, (P) PUB (CR) Community Room (CDR) Create & Design Room (CY) 100 Hall Court Yard (PT) Pool Table Room (L) Lobby (FP) Front Patio (FL) Front Lobby (CN) Connections Neighborhood (OOB) Out of the Building ** Registration Required \$\$ Cost Involved				
9:30 Morning Exercise (AR) 10:00 House Of Café (AR) 10:30 Welcoming Garden Club (AR) 11:00 & 12:15 Table Mate Riddles (DR) 2:00 Prize Bingo (AR) 3:00 Worship Service (AR) 6:30 Res. Run: Poker Night (AR) 6:30 Neighbor Visit: Sharing Treats (CN)	9:30 Morning Exercise (AR) 10:00 House of Café & Discussions (AR) 1:00 Hall Walkers & Small Weights: (Building Wide) 1:30 Movie Matinee (CR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Res. Run: Card Club Dealers Choice (FL)					

