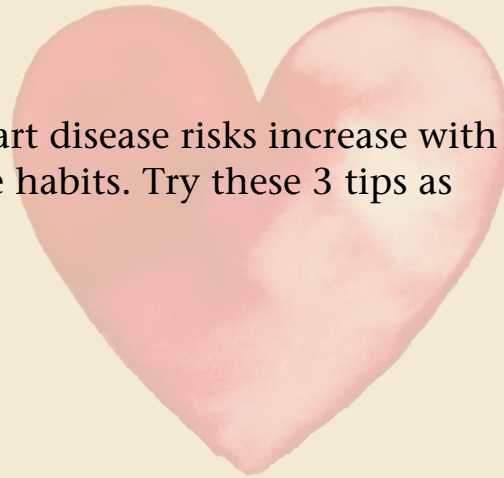


# Focus on Wellness

## Heart Health Tips

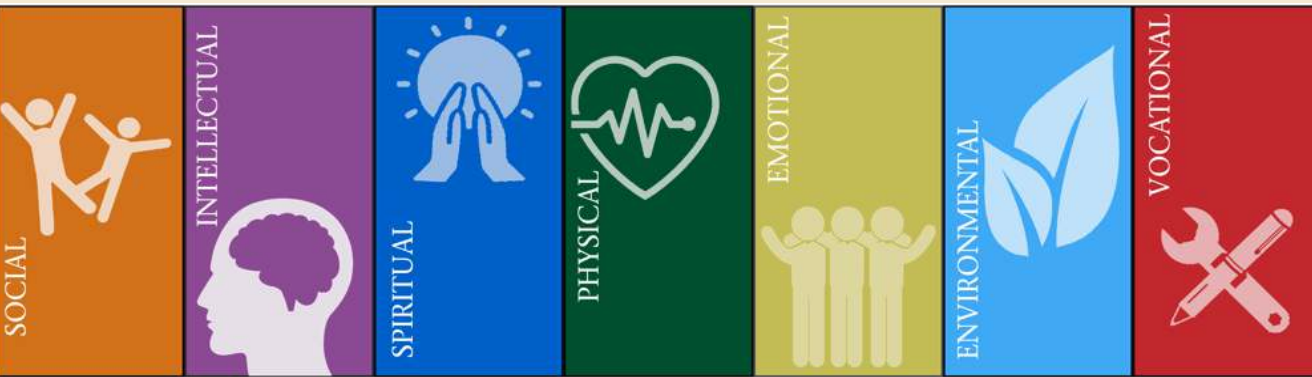
Brought to you by BAYADA Senior Living Solutions

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

Dorothy Snear  
Merida Gallagher  
Mary Konschnik  
Elizabeth Gatti  
John Ortiz  
Joan Gunzerath  
Conrad Amend  
Elizabeth Williams

### March

Irene Heidrich  
Mary Leshko  
Joseph Fogarty  
Gerald Moff  
Margey Edwards



# Providence Place SENIOR LIVING News

Q1: February 2022

## A Note from the Executive Director

Happy New Year! 2022 is a going to be a new year with a fresh start.

COVID has affected many of our lives again this past year but we are well equipped to manage the latest surge as needed and continue to move forward.

As I reflect on 2021, I am going to focus on better things ahead and not forget the memories we created. I would like to thank all of our coworkers who worked through the pandemic to be sure our residents were cared for, safe, and happy.

We are staying warm in our community and are looking forward to a bright & joy-filled spring.

*Kim Perchak*

Executive Director

## Highlighted Events

- 1 – **Celebrating Chinese New Year:**  
@ 1:30pm – Connections Club
- 3 – **EdU Presentation:** Heart Health Awareness with Melissa @ 2:30pm
- 4 – **Dessert & Discussion**  
with Chef Ashley @ 2:30pm
- 9 – **Outing to Alfredo's Pizzeria**  
@ 11am – Connections & Club
- 9 – **Birthday Celebration Dinner**  
@ 4pm
- 14 – **Valentine's Day Social** @ 2:30pm
- 19 – **Bluegrass & Folk Band** @ 2pm  
Connections Club
- 24 – **Craft with Kim** @ 1:30pm

## Welcome New Residents

Louis Huber  
Olga Mizin  
Susan Mooney  
Virginia Smith  
Barbara Warakomski  
Edward Warakomski



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1>February</h1> <h2>2022</h2>		1 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 10:00 Stretch Exercise (2nd) 10:30 Aromatherapy (2nd) 1:30 Celebrate: Make Chinese New Year Lanterns! (2nd) 2:30 iN2L: Modern Marvels: Great Wall of China (2nd) 4:00 Oldies Sing A Long (3rd) 6:30 Music: Jay Daniels (2nd)	2 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 iN2L: Punxsutawney Phil (T) 2:00 Groundhog Day Trivia (T) 2:30 Music! John Stevens Polka Band (DR) 3:30 Timeless Trivia! (2nd) 6:30 Dominoes (1st)	3 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Music Therapy with Cynthia (T) 10:00 Mass with Father Mike 1:30 Club Members Manicures & Mimosas (SR) 2:30 ED-U: Heart Health by DOW Melissa (3rd) 3:30 Reminiscing: Were You in the 60's? 6:30 Pinochle Players Club (3rd)	4 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study in the Chapel 10:30 Encouragement Postcards (2nd) 1:30 Movie: Sense and Sensibility (2nd) 2:30 Dessert & Discussion /Chef Ashley(DR) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	5 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Thankful Club (3rd) 1:45 iN2L: Brain Teasers 2:30 Matinee: Ground Hog Day (2nd) 3:30 Reminiscing and Mocktails (2nd) 6:30 Rummikub (1st)	
6 9:00 TV Catholic Mass (3rd) 10:00 iN2L: Psalms for Beginners (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Hymn Sing (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Heart Health Tips (3rd) 6:30 Knit & Crochet Club (3rd)	7 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:00 Reminiscing: Our 20's (2nd) 1:30 Circle of Life (SR) 2:30 Musical Entertainment By George Rittenhouse (T) 3:30 Sunshine Committee (3rd) 6:30 Pinochle Players Club (3rd)	8 9:00 Morning Inspiration/Daily Chronicle(2nd) With Coffee and Donuts 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 iN2L: Iron Men: How Iron Shaped the World 2:30 Music Therapy with Cynthia (T) 3:30 Oldies Singalong (2nd) 6:30 Scrabble (1st)	9 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 11:00 National Pizza Day: ** Bus Trip: Alfredo's Pizzeria (T) 1:30 Movie Classics: Pride & Prejudice (2) 1:30 Bible Study / Deacon B. Roman (Café) 2:45 Bingo (3rd) 4:00 February Birthday Celebration Dinner 6:30 Dominoes (1st)	10 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Rosary (Ch) 10:00 Ed-U: "Backyard Birds"- T. Neumyer (3rd) 1:30 Saint of the Day: St. Scholastica (2nd) 2:30 Make a Faux Air Plant Planter (SR) 3:15 Timeless Trivia/Remember When(2nd) 6:30 Pinochle Players Club (3rd)	11 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Make A Secret Valentine-Station(2nd) 1:30 Order Your Singing Valentine! (2nd) 2:00 Drum To Your Own Beat Drumming Class with Joe Ciarvella (2nd) 3:00 New Resident Java Mixer (C) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	12 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:45 Sports Trivia (2nd) 1:30 Painting Class with Jennie Perez (3rd) 2:30 Matinee: The Game Plan (2nd) 3:30 iN2L Flashback: Best Super Bowl Commercials (3rd) 6:30 Uno (1st)	
13 9:00 TV Catholic Mass (3rd) 10:00 iN2L: Psalms for Beginners (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service (Ch) 2:45 Bingo 4:00 iN2L: Black History Fredrick Dougla(3rd) 6:30 Super Bowl Super Social (DR)	Valentine's Day 14 9:00 Fruit Chocolate Fondue, Secret Valentine & Singing Valentine (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:00 iPad: Romance Singalong (1st) 1:30 Circle of Life (SR) 2:30 Valentines Day Social: Glenn Faul Entertainment 6:30 Pinochle Players Club (3rd)	15 9:00 Morning Inspiration/Daily Chronicle Coffee and Pastries (2nd) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Fingerprint Animal Printing (T) 2:30 PP Resident "Antique Roadshow" (3rd) 3:30 Oldies Singalong (1st) 6:30 Scrabble (1st)	16 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Adult Coloring and Classic Music(2nd) 1:30 Bus Trip: Country Ride (T) 2:30 Bingo 3:30 PP Indoor Walking Club (ML) 6:30 Dominoes (1st)	17 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Watercolor Doodles (T) 1:30 Movie Musical: Mama Mia! With Mocktails!(2nd) 2:30 Word Search Puzzles (1st) 3:30 Reminiscing: Were You in the 70's? 6:30 Pinochle Players Club (3rd)	18 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study (Ch) 1:00 Mod Podge Fabric Glass Plates (2nd) 2:30 February Birthday Sundae Social (3rd) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	19 9:00 Morning Inspiration/Daily Chronicle (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Timeless Trivia (2nd) 10:30 TED Talk & Discussion: Where Good Ideas Come From 2:00 Dave Ingersoll Band (DR) 3:30 Finish the Phrase (1st) 6:30 Rummikub (1st)	
20 9:00 TV Catholic Mass (3rd) 10:00 iN2L: Psalms for Beginners (3rd) 10:00 Companion K-9 Visits(1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Movie: Shall We Dance? (2nd) 1:30 Hymn Sing (Ch) 2:45 Bingo 4:00 iN2L Travel: Mount Rushmore (3rd) 6:30 Knit & Crochet Club (3rd)	President's Day 21 9:00 Morning Inspiration/Daily Chronicle (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:00 Presidents Day Crossword Puzzle Challenge 1:30 Circle of Life (SR) 2:30 Presidential Trivia /Refreshments (T) 3:15 Dance with Music (T) 6:30 Pinochle Players Club (3rd)	22 9:00 Morning Inspiration/Daily Chronicle(2nd) Coffee and Donuts (2nd) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Blast from the Past: Honeymooners Episodes! (2nd) 2:30 Music Therapy with Cynthia (T) 3:30 Reminiscing / Refreshments (1st) 6:30 Scrabble (1st)	23 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Watercolor Doodles (2nd) 1:30 Bible Study By Deacon Bob Roman (C) 2:45 Bingo (3rd) 3:45 Timeless Trivia (2nd) 6:30 Dominoes	24 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Rosary (Ch) 10:30 iN2L: Animal World: Siberian Tiger(3rd) 1:30 iN2L: How the Strongest Items Are Made (3rd) 1:30 Craft with Kim (2nd) 2:30 Chef's Pairings: Chef Ashley (DR) 6:30 Pinochle Players (3rd)	25 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study (Ch) 10:30 Decoupage Plates (2nd) 2:00 Inspirational Speaker: Korey Warshine (3rd) 2:30 Ed-U Live: "Cave Dwellers & Mammal Pelts"(1st) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	26 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 1:30 iN2L: Top 50 Sports Plays 2021 (2nd) 2:00 Sports Trivia and Snacks (2nd) 2:30 Matinee: Oddball (2nd) 3:30 Reminiscing and Mocktails 6:30 Uno (1st)	
27 9:00 TV Catholic Mass (3rd) 10:00 iN2L: Psalms for Beginners (3rd) 10:00 Companion K-9 Visits(1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service (Ch) 2:00 iN2L: This Months Sports Review (2nd) 2:45 Bingo (3rd) 6:30 Knit & Crochet Club (3rd)	28 9:00 Morning Inspiration/Daily Chronicle(2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:00 Our Families: Sharing our Memories in Photos (2nd) 1:30 Circle of Life (SR) 2:30 iN2L: History of the Big Band Era (3rd) 3:00 Dance with Music (T) 6:30 Pinochle Players Club (3rd)	<b>Calendar Key:</b> <b>** Registration Required</b> <b>\$\$ Cost Involved</b> (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C)					<div style="font-size: 2em; font-weight: bold; margin-bottom: 5px;">THE</div> 