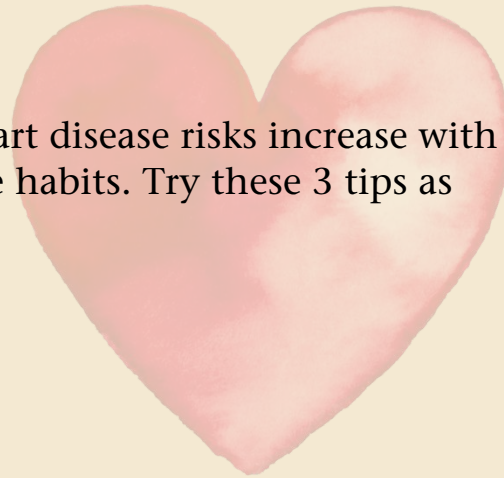


Focus on Wellness

Heart Health Tips

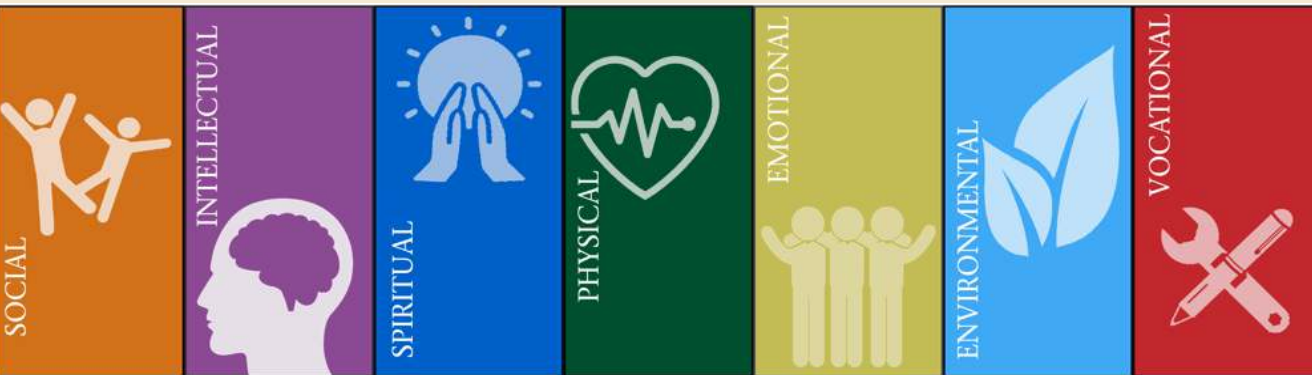
Brought to you by BAYADA Senior Living Solutions

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.



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 Breakfast Caravan: Mary's**\$\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Focus On Health: Blood Pressure Checks (3rd) 2:30 Community Outreach: Kickoff to School Supplies Drive For Helping Hands Society of Hazleton (3rd) 4:00 Oldies Singalong (3rd) 6:30 Musical Entertainment By Pianist Jay Daniels (2nd)	9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 iN2L Travel: Punxsutawney, PA (3rd) 1:30 Holiday Celebration Planning Cmte. (3rd) 2:30 Musical Entertainment By John Stevens Polka Band (DR) 3:30 Craft Club: Silhouette Framed Art (3rd) 6:30 Dominoes (1st)	9:30 Balance in Action Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Finish the Lyrics (3rd) 1:30 Giant Jenga (3rd) 2:30 Ed-U Health Presentation: Heart Health Awareness By DOW Melissa (3rd) 3:30 TED Talk & Discussion: <i>The Power of Questions</i> (3rd) 6:30 Pinochle Players Club (3rd)	9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration: String Art (3rd) 1:30 Welcome Ambassador Committee (3rd) 2:30 Dessert & Discussion With Chef Ashley (DR) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Thankful Club (3rd) 1:45 iN2L: Brain Teasers (3rd) 2:30 Matinee: <i>Groundhog Day</i> (2nd) 3:30 X-Box Bowling (2nd) 6:30 Rummikub (1st)
6	7	8	9	10	11	12
9:00 TV Catholic Mass (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: American Heart Month: Heart Health Tips (3rd) 6:30 Knit & Crochet Club (3rd)	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Cooking Club: Orange-Pistachio Quinoa Salad (C) 1:30 Circle of Life (SR) 2:30 Musical Entertainment By George Rittenhouse (CN) 3:30 Sunshine Committee (3rd) 6:30 Pinochle Players Club (3rd)	9:30 Shopping Trip: Walmart***\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Ed-U Presentation: "Funeral Fraud & Bereavement Scams" By Michelle Nutter of PA Office of AG (3rd) 3:30 Fact or Fiction? (1st) 4:00 PP Indoor Walking Club (ML) 6:30 Scrabble (1st)	9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 TED Talk & Discussion: <i>What Makes You Special?</i> (3rd) 1:30 Bible Study with Deacon Bob Roman (C) 2:00 Men's Club Outing: Café Europa***\$ (OOB) 2:45 Bingo (3rd) 4:00 February Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	9:30 Balance in Action Exercise (2nd) 10:00 Ed-U Presentation: "Backyard Birds Winter Feeder Watch": By Photographer Terry Neumyer (3rd) 10:30 Sudoku Challenge (2nd) 1:30 Saint of the Day: St. Scholastica (2nd) 2:30 X-Box Bowling (2nd) 3:30 Cocktail Hour: Chocolate Truffle Martinis & Mahjong (1st) 6:30 Pinochle Players Club (3rd)	9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration: String Art (3rd) 1:30 Soul Club: <i>Chicken Soup for the Soul</i> (3rd) 2:00 <i>Drum To Your Own Beat</i> 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)	9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Famous Birthdays: Abraham Lincoln (3rd) 1:30 Painting Class with Jennie Perez (3rd) 2:30 Matinee: <i>The Game Plan</i> (2nd) 3:30 iN2L Flashback: Best Super Bowl Commercials (3rd) 6:30 Uno (1st)
13	14	15	16	17	18	19
9:00 TV Catholic Mass (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 (3rd) 4:00 iN2L: African American History Month: Frederick Douglass (3rd) 6:30 Super Bowl Super Social (DR)	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Craft Club: "Be My Valentine" Rose Pedal Keepsake Pin (3rd) 1:30 Circle of Life (SR) 2:30 Valentine's Day Super Social: "Songs From the Heart" by Glenn Faul (DR) 3:30 Technology Committee: GrandPad (3rd) 6:30 Pinochle Players Club (3rd) style="text-align: center;">Valentine's Day	9:30 Shopping Trip: Dollar Tree/Aldi's***\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Cooking Club: Chocolate Dipped Cheesecake Strawberries (C) 2:30 PP Resident "Antique Roadshow" (3rd) 3:30 Resident Birthday Committee Meeting (3rd) 6:30 Scrabble (1st)	9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Diner's Lunch Caravan: Fratelli's Italian Restaurant***\$ (OOB) 1:30 Manicures & Mocktails (3rd) 2:30 Bingo (3rd) 3:30 PP Indoor Walking Club (ML) 6:30 Dominoes (1st)	9:30 Daily Prayer & Meditation (Ch) 10:00 Balance in Action Exercise By Genesis (2nd) 10:30 Crazy Eights (3rd) 1:30 Local History: Asa Packer Mansion (3rd) 2:30 Dining Service Committee Meeting (3rd) 3:30 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)	9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration: String Art (3rd) 1:30 Helping Hands Club: Decorate for Birthday Social (3rd) 2:30 February Birthday Sundae Social Hosted by Resident Birthday Cmte. (3rd) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 TED Talk & Discussion: <i>Where Good Ideas Come From</i> (3rd) 1:30 Community Life Planning Meeting (3rd) 2:30 Matinee: <i>The Pink Panther</i> (2nd) 3:30 Finish the Phrase (1st) 6:30 Rummikub (1st)
20	21	22	23	24	25	26
9:00 TV Catholic Mass (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 Travel: Mount Rushmore (3rd) 6:30 Knit & Crochet Club (3rd)	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Circle of Life (SR) 2:30 Ed-U How-To Demo: "Everything Chocolate!" By Pastry Chef Tiffany O'Donnell (DR) 3:30 Presidential Portrait Challenge (3rd) 6:30 Pinochle Players Club (3rd) style="text-align: center;">President's Day	9:30 Retail Shopping: Boscov's***\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Cooking Club: Cherry Hand Pies (C) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Ed-U Live Demo: <i>The Art of Beekeeping</i> By Rob of "The Beekeeper's Daughter" (3rd) 3:00 Fireside Chat (1st) 4:00 X-Box Bowling (2nd) 6:30 Scrabble (1st)	9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Giant Jenga (3rd) 1:30 Bible Study with Deacon Bob Roman (C) 2:45 Bingo (3rd) 4:00 PP Indoor Walking Club (ML) 6:30 Dominoes (1st)	9:30 Balance in Action Exercise (2nd) 10:00 Rosary (Ch) 10:30 iN2L: Animal World: Siberian Tiger (3rd) 1:30 Craft with Kim (2nd) 2:30 Chef's Pairings with Chef Ashley (DR) 3:30 TED Talk & Discussion: <i>How Community Creates a Healthy Life</i> (3rd) 6:30 Pinochle Players Club (3rd)	9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration: Strong Art (3rd) 1:30 Men's Club: Bullseye Bean Bag Challenge (3rd) 2:30 Ed-U Live Presentation: "Cave Dwellers & Mammal Pelts" By Carbon County Env. Ed. Center (1st) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Food For Thought & Tasting: World Pistachio Day © 1:30 iN2L: Top 50 Sports Plays 2021 (2nd) 2:00 Sports Trivia and Snacks (2nd) 1:45 "All About February" Word Search Challenge (3rd) 2:30 Matinee: <i>Oddball</i> (2nd) 3:30 Karaoke Singalong (3rd) 6:30 Uno (1st)
27	28	Calendar Key: ** Registration Required \$\$ Cost Involved (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)				
9:00 TV Catholic Mass (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 (3rd) 4:00 iN2L Science: February Birthstone: Amethyst (3rd) 6:30 Knit & Crochet Club (3rd)	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Community Outreach: Deliver School Supply Donations To Helping Hands Society** (OOB) 1:30 Circle of Life (SR) 2:30 Dining Demo with Chef Ashley (DR) 3:30 Crossword Challenge (1st) 6:30 Pinochle Players Club (3rd)					

