

Focus on Wellness

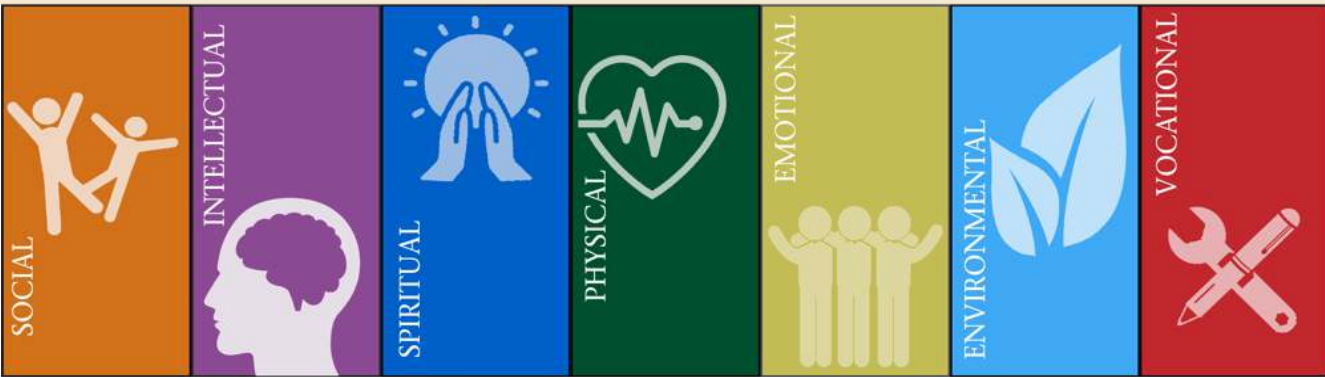
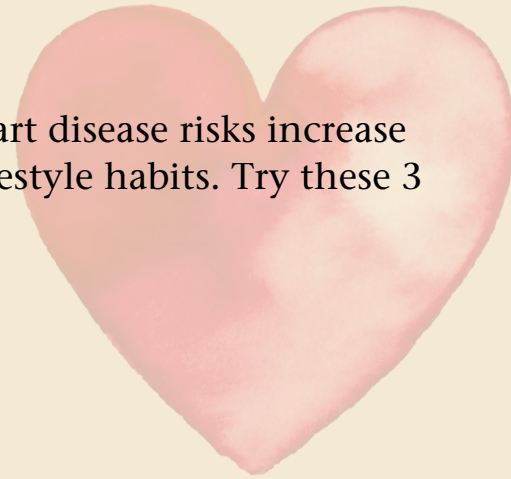
Heart Health Tips

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

Rose Turnowchyk
Lillian Astaria
Nancy Berlot
Loretta Martin

March

Eleanor Rohlf
Stanley Butler
Mary Buckwalter
Mina Lois Rostolsky
Evelyn Rhoads
Nicolas Shauley
Sandra McCann



Providence Place SENIOR LIVING News

Q1: February 2022

A Note from the Executive Director

Although the month of January has been cold, our hearts are warm for February. It is the month of Love.

Our Community Life Department has a Valentine's Day Social planned on Saturday, February 12th. Please consider joining us!

If your loved one likes candy, stop by and be a part of our candy gram event as well.

On another note, we have been under renovation with our first floor and anticipate opening this space soon. It will offer additional apartments for our Connections Neighborhood (Memory Care). More details to follow.

Please stay healthy and safe,

Donna O'Leary

Executive Director

Highlighted Events

- 1 – Elvis Presley Concert @ 2pm
Connections
- 1 – Valentine's Day Candy Grams @ 1:30pm
- 3 – Ceca Celebration @ 2pm
- 10 – Sweethearts Luncheon @ 11:30am
- 11 – EdU Presentation by Lancaster Parks & Recreation
- 12 – Valentine's Day Social @ 2:15pm
- 13 – Superbowl Tailgating Party @ 4:15pm
- 17 – Sweetlife Concert @ 2pm
Connections
- 22 – Musical Entertainment by Pianist Cindy McGraph @ 11:30am

Welcome New Residents

John DiDominick
Corine Civitella
Carole Wagner



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>		<p>1</p> <p>9:30 Free Weights Exercises (CH) 10:00 Virtual Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:30 Valentine's Day Candy Grams Kick Off (L) 2:00 Chinese New Year's Social (CH) 3:15 Punxsutawney Phil Predications (AR) 6:15 Movie Night: Hallmark Movie (CH)</p>	<p>2</p> <p>9:00 Ground Hog Day History (CH) 9:30 Armchair Weights (CH) 10:00 Midweek Virtual Worship Service (CH) 1:30 Dining Service Committee Meeting (CH) 2:00 Art: Portrait Silhouettes (AR) 3:00 iN2L Bingo (CH) 6:15 Special Movie Feature: <i>Groundhog Day</i> (CH)</p>	<p>3</p> <p>9:30 Sit n Be Fit (CH) 10:00 Bible Trivia (CH) 1:30 Tai Chi Fitness by Laura (CH) 2:00 Ceca Celebration Ceremony Recognizing Team Members (DR) 3:00 Winter Craft: Heartful Birdfeeders (AR) 6:15 Cards, Coloring or Crafting (AR)</p>	<p>4</p> <p>9:30 Heart Healthy Walking Club (CH) 10:00 Wii Games (CH) 10:30 Ed-U Presentation <i>Heart Healthy Habits</i> by Natasha Miller, LPN, PHCA, ALA, Bayada Home Health Care (CH) 2:00 The Dime Store (L) 3:15 Friday Floats and Random Facts (CH) 6:15 Community Puzzle (AR)</p>	<p>5</p> <p>9:00 Music and Coffee (AR) 9:30 Puzzles and Riddles (AR) 10:00 Bingo (CH) 1:30 Craft: Valentine's Day Treat Bags (AR) 2:00 Super Social Hour (GL) 3:15 Finish the Lines (CH) 6:15 Dominoes (AR)</p>
<p>6</p> <p>9:00 Warm Drinks and Discussions (AR) 9:30 Faith Studies (CH) 10:30 Team Cuisine Cooking Club: Chocolate Covered Pretzels (AR) 1:30 Jewelry Making (AR) 2:00 Sunday Mixer and Random Trivia (GL) 3:00 Virtual Worship Service (CH) 6:15 Movie Night: <i>Victoria and Abdul</i> (CH)</p>	<p>7</p> <p>9:30 Chair Yoga (AR) 10:00 iN2L Brain Fitness: Math Trivia (CH) 10:30 iN2L World of Dance: Ballet (CH) 1:30 Kindness Cards Club (AR) 2:00 Art Exploration: PotteryWorks (AR) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble (AR)</p>	<p>8</p> <p>9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:30 Thankful to You Club (AR) 2:00 Celebration of Life (CH) 3:15 Spelling Bee - Round 1 (CH) 6:15 Movie Night: Hallmark Movie (CH)</p>	<p>9</p> <p>9:00 Early Risers Social Society (CH) 9:30 Armchair Weights (CH) 10:00 Midweek Worship Service (CH) 1:30 Word in Word (CH) 2:00 Ed-U Presentation on <i>Feeder Watches</i> by Local Retired Educator, Terry Neumyer (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (AR)</p>	<p>10</p> <p>9:30 Sit n Be Fit (CH) 10:00 Grief Share Support Group (CH) 11:30 Sweethearts Providence Place Couples Luncheon (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Musical Entertainment featuring <i>The Gentleman of Jazz</i> by Lee Moyer (DR) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (AR)</p>	<p>11</p> <p>9:30 Heart Healthy Walking Club (CH) 10:00 Wii Games (CH) 10:30 Community Life Planning Committee (AR) 1:30 Examining Bible Prayers (CH) 2:00 Ed-U Presentation on <i>Hearts in Nature</i> by Lisa Sanchez, Naturalist, Lancaster Parks & Rec. (AR) 2:00 The Dime Store (L) 3:15 Friday Floats and Random Facts (CH) 6:15 Community Puzzle (AR)</p>	<p>12</p> <p>9:00 Music and Coffee (AR) 9:30 Puzzles and Riddles (AR) 10:00 Bingo (CH) 1:30 Craft: Stained Glass Heart (AR) 2:15 Valentine's Day Social with DJ Entertainment & Variety Show by Tanya and Marge (DR) 3:30 Finish The Lyrics (AR) 6:15 Dominoes (AR)</p>
<p>13</p> <p>9:00 Warm Drinks and Discussions (AR) 9:30 Manicures and Mocktails (S) 10:00 Sunshine Committee (AR) 10:30 Team Cuisine Cooking Club: Tailgating Favorites (AR) 1:30 Football Toss (AR) 2:00 Mixer & Football Trivia (GL) 3:00 Worship Service (CH) 4:15/5:30 Superbowl Tailgating Party (DR) 6:15 Movie Night: <i>Mona Lisa Smile</i> (CH)</p>	<p>Valentine's Day 14</p> <p>9:30 Candy Grams Special Delivery (L) 9:30 Chair Yoga (AR) 10:00 The History of Valentine's Day (CH) 10:30 Valentine's Day Family Feud (CH) 1:30 <i>Isn't It Romantic</i> Films Trivia (CH) 2:00 Valentine's Day Musical Entertainment by Frankie Widder (DR) 3:15 Balloon Volleyball (CH) 6:15 Valentine's Day Special Movie Feature <i>Gone with the Wind</i> (CH)</p>	<p>15</p> <p>9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:30 Creative Cooking by Chef Jermel (CH) 2:30 Spelling Bee - Round 2 (CH) 3:15 Short Film & Trivia: Susan B. Anthony (CH) 6:15 Movie Night: Hallmark Movie (CH)</p>	<p>16</p> <p>9:00 Early Risers Social Society (CH) 9:30 Armchair Weights (CH) 9:45 Shopping Trip: Community Aid*** (OOB) 10:00 Midweek Worship Service (CH) 1:30 Word in a Word (CH) 2:00 Musical Entertainment <i>Old Time Music</i> by Jerry Ginger (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (AR)</p>	<p>17</p> <p>9:30 Sit n Be Fit (CH) 10:00 Grief Share (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 LCR with Chaplain (CH) 3:00 Horserace Game (CH) 6:15 Cards, Coloring or Crafting (AR)</p>	<p>18</p> <p>9:30 Heart Healthy Walking Club (CH) 10:00 Wii Games (CH) 1:30 Examining Bible Prayers (CH) 2:00 Fireside Chat with Executive Director, Donna O'Leary (CH) 2:00 The Dime Store (L) 3:15 Friday Floats and Random Facts (CH) 6:15 Community Puzzle (AR)</p>	<p>19</p> <p>9:00 Music and Coffee (AR) 9:30 Puzzles and Riddles (AR) 10:00 Bingo (CH) 1:30 Craft: Flag Magnet (AR) 2:00 Super Social Hour (GL) 3:15 Finish the Lines (CH) 6:15 Dominoes (AR)</p>
<p>20</p> <p>9:00 Warm Drinks and Discussions (AR) 9:30 Faith Studies (CH) 10:00 Guess The Presidents (AR) 10:30 Team Cuisine Cooking Club: Bacon Wrapped Smokies (AR) 1:30 Jewelry Making (AR) 2:00 Sunday Mixer and Trivia (GL) 3:00 Worship Service (CH) 6:15 Movie Night: <i>With a Song in My Heart</i> (CH)</p>	<p>President's Day 21</p> <p>9:30 Chair Yoga (AR) 10:00 What President Am I? (CH) 10:30 Presidential Fitness Trail (CH) 1:30 Presidential Race Competition (CH) 2:00 History of Washington D.C. (CH) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble (AR)</p>	<p>22</p> <p>9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 11:30 Musical Entertainment featuring Cindy McGrath on Piano (DR) 1:30 Chef's Pairing by Chef Jermel (CH) 2:00 Circle of Friends (CH) 3:15 Spelling Bee Championship - Final Round (AR) 6:15 Movie Night: Hallmark Movie (CH)</p>	<p>23</p> <p>9:00 Early Risers Social Society (CH) 9:30 Armchair Weights (CH) 9:45 Shopping Trip: Park City Mall*** (OOB) 10:00 Midweek Worship Service (CH) 1:30 Word in a Word (CH) 2:00 iN2LSaltbox Tv (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (AR)</p>	<p>24</p> <p>9:30 Sit n Be Fit (CH) 10:00 Grief Share Support Group (CH) 12:00 Men's Lunch (CH) 1:30 Tai Chi Fitness by Laura (CH) 2:00 LCR with Chaplain (CH) 3:00 Horserace Game (CH) 6:15 Cards, Coloring or Crafting (AR)</p>	<p>25</p> <p>9:30 Heart Healthy Walking Club (CH) 10:00 Wii Games (CH) 12:00 Ladies Lunch (CH) 1:30 Examining Bible Prayers (CH) 2:00 The Dime Store (L) 3:15 Friday Floats and Random Facts (CH) 4:15/5:30 February Birthday Celebration (DR) 6:15 Community Puzzle (AR)</p>	<p>26</p> <p>9:00 Music and Coffee (AR) 9:30 Puzzles and Riddles (AR) 10:00 Bingo (CH) 1:30 Craft: Mardi Gras Vase (AR) 2:00 Super Social Hour (GL) 3:15 Musical Entertainment featuring Organist Gary Collier (CH) 6:15 Dominoes (AR)</p>
<p>27</p> <p>9:00 Warm Drinks and Discussions (AR) 9:30 Sun Shine Committee (AR) 10:30 Team Cuisine Cooking Club: Egg Casserole (AR) 1:30 Jewelry Making (AR) 2:00 Sunday Mixer and Trivia (GL) 3:00 Worship Service (CH) 6:15 Movie Night: <i>Thicker than Water</i> (CH)</p>	<p>28</p> <p>9:30 Chair Yoga (AR) 10:00 iN2L Armchair Travels (CH) 10:30 Indoor Garden Club: Spring Planning (AR) 1:30 Helping Hands (CH) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble (AR)</p>	<p>Calendar Key: ** Registration Required \$\$ Cost Involved (CH) Chapel (DR) Dining Room (PT) Pool Table Room (AR) Activity Room (L) Lobby (OOB) Out of Building (GL) Governors Lounge (S) Salon</p>				

