

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

Yolanda Barley
 Shirley Adams
 Lewis Miller
 Ray Beckey
 Hilda Herb
 Irma Fessler
 Norman Chimokosky
 Verna Donmoyer
 Mary Jane Beckett

March

John Dreisbach
 Doreen Hunsicker
 Terry Noll
 Janice Frankhouser



Providence Place SENIOR LIVING News

Q1: February 2022

A Note from the Executive Director

The Grove has a lot to celebrate as head into the New Year. We continue to maintain a safe environment and have open visitation. Please remember to be vigilant with masking and hand-washing when visiting your loved ones. We still have the temperature and screening station at our reception desk upon entering the community.

Our lobby renovations are completed and our new look is amazing. Our Community Life program is flourishing with many new outings and educational programs coming into the building. Lori has a new assistant, Victoria, who has joined our activities team.

Our dining room is still socially-distanced and open to residents only. However, you can call and reserve the community room to enjoy any meal with your loved one.

I am hopeful that 2022 will be a better year for everyone. I saw this quote and wanted to share:



Sincerely,
Julie Wallace

Executive Director

Highlighted Events

- 10 – **Polka Party:** Entertainment by John Stevens @ 2pm
- 14 – **Couples Valentine's Lunch** @ 12pm
- 15 – **Rock 'N Roll Romance Party** Entertainment by Tanya & Marge @ 2pm
- 17 – **EdU Tour:** Walk In Arts Center
- 24 – **EdU Presentation:** The History of Mehndi @ 2pm
- 25 – **EdU Presentation:** Mountain & Coal Mining Music @ 2pm

Welcome New Residents

Edward Wassel
 Eleanor Wassel
 Harry Fessler



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>8:00 Pick Your Secret Valentine (DR) 9:30 Target Legs Exercise (2F) 10:00 Name That President Game (2F) 11:00 Confident Cruisers (H) 2:00 Ed-U Presentation of Live Virtual Tour at APEX Museum & National Center For Civil & Human Rights by Founder Dan Moore Sr. (2F) 3:30 Opinion & Discuss (2F) 6:30 Brain Games: Bible Word Search (1F)</p>	<p>2</p> <p>9:30 Move2Music (2F) 10:00 Fireside Chat With Julie (2F) 10:30 Ed-U: Black History Month Celebrating Carter G. Wilson (2F) 11:00 Coffee Cache (2F) 1:00 Diner's Caravan: McDonald's & Trip To Dollar Store **\$\$ (OOB) 3:30 Holy Rosary EWNT 6:30 Film Fest: <i>Mystic Pizza</i> (2F)</p>	<p>3</p> <p>9:30 Gentle Moves (2F) 10:00 Planning Committee (1F) 10:30 Game of Boggle (2F) 11:00 Mother Teresa EWNT 49 2:00 Ed-U Presentation on <i>Best Sellers, Podcasts & Film</i> by Scotty McCoy, Author, Film Maker & Philanthropist (2F) 3:30 Caring Is Sharing Club (R) 6:30 Scrabble Team (1F)</p>	<p>4</p> <p>9:30 Balance In Action(2F) 10:00 Devotions For Seniors: <i>In The Garden</i> (2F) 10:30 Lovable Matchups Puzzle (2F) 11:00 Confident Cruisers (H) 2:00 Jigsaw Puzzle Team (2F) 3:30 Sharing Card Committee: Making Valentines (2F) 6:30 Game of Life (2F)</p>	<p>5</p> <p>9:30 Sit & Be Fit (2F) 10:00 February Fact or Fiction (2F) 10:30 Coffee Cache & Daily Chronical (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle of The Week (2F) 7:00 Wheel of Fortune (1F) 8:00 Pennsylvania Polka (1F)</p>
<p>6</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 Church of God Service (DR) 3:00 Fellowship Hour (DR) 6:30 iN2L: Catholic Service (2F)</p>	<p>7</p> <p>9:30 Core Strength Exercise (2F) 10:00 Jigsaw Puzzle Team (2F) 10:30 Nation & World Briefs (2F) 10:30 Mass With Deacon Henninger (1F) 11:00 Word Match (2F) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:30 Card Club: Rummy (1F)</p>	<p>8</p> <p>9:30 Target Legs Exercise (2F) 10:00 Dinning Committee (2F) 10:30 Maya Angelou Poetry & Discuss: "<i>When Old Folks Laugh</i>" (2F) 11:00 Confident Cruisers (H) 2:00 Yoga With Leah (2F) 3:30 Karaoke With Alexa (2F) 6:30 Brain Games: Bible Word Search (1F)</p>	<p>9</p> <p>9:30 Move2Music (2F) 10:00 Gentlemen's Gathering: Working On The Railroad (2F) 10:30 Service in Action: Mercy Matts (2F) 11:00 Coffee Cache (2F) 11:30 Shopping Trip: Walmart **\$\$ (OOB) 3:30 Holy Rosary EWNT 6:30 Film Fest: <i>Runaway Bride</i> (2F)</p>	<p>10</p> <p>9:30 Gentle Moves (2F) 10:00 Today in History: Glenn Miller (2F) 10:30 Mind & Mood Puzzle (2F) 11:00 Confident Cruisers (H) 2:00 Old Fashioned Polka Party Entertainment by John Stevens (2F) 3:00 Old Fashion Cocktails (2F) 6:30 Scrabble Team (1F)</p>	<p>11</p> <p>9:30 Balance In Action(2F) 10:00 Devotions For Seniors: <i>The Lily Of The Valley</i> (2F) 10:30 Language Of Love Puzzle (2F) 11:00 Confident Cruisers (H) 2:00 Welcome Ambassador Social (2F) 3:00 New Resident Raffle Giveaway (2F) 6:30 Game of Life (2F)</p>	<p>12</p> <p>9:30 Sit & Be Fit (2F) 10:00 February Fact or Fiction (2F) 10:30 Coffee Cache & Daily Chronical (2F) 11:00 Holy Rosary EWNT 49 2:00 Men's Club: Mystery Road Trip (OOB) 3:30 Confident Cruisers (H) 4:00 Prize Puzzle of The Week (2F) 7:00 Wheel of Fortune (1F) 8:00 Pennsylvania Polka (1F)</p>
<p>13</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 iN2L: Methodist Service (2F) 3:00 iN2L Catholic Service (2F) 6:30 Are You Ready For Some Football! Super Bowl LVI Viewing (2F)</p>	<p>14</p> <p>9:30 Core Strength Exercise (2F) 10:00 iN2L Learning: Train Your Brain (2F) 10:30 Valentine Cup Cake Walk (2F) 10:30 Mass With Deacon Henninger (1F) 12:00 Couples Valentines Lunch (1F) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:30 Card Club: Rummy (1F) Valentine's Day</p>	<p>15</p> <p>9:30 Target Legs Exercise (2F) 10:00 Technology & You: Secret Nature Documentary (2F) 10:30 Opinion & Discuss (2F) 11:00 Confident Cruisers (H) 2:00 Rock 'N' Roll Romance Party Entertainment By Tanya & Marge (2F) 3:30 Love Potion Cocktail Hour (2F) 6:30 Brain Games: Bible Word Search (1F)</p>	<p>16</p> <p>9:30 Move2Music (2F) 10:00 The Common Factor (2F) 10:30 Who Am I? Football Players (2F) 11:00 Coffee Cache (2F) 2:00 Service In Action: Supporting Hospitality Committee By Making February Staff Birthday Cake (2F) 3:00 Birthday Social (1F) 6:30 Film Fest: <i>50 First Dates</i> (2F)</p>	<p>17</p> <p>9:30 Gentle Moves (2F) 10:00 News of The Day (2F) 10:30 Mind & Mood Puzzle (2F) 11:00 Confident Cruisers (H) 11:30 Ed-U Tour: Walk In Arts Center **\$\$ (OOB) 2:00 Jigsaw Puzzle Team (2F) 3:00 Confident Cruisers (2F) 6:00 Scrabble Team (1F)</p>	<p>18</p> <p>9:30 Balance In Action(2F) 10:00 Devotions For Seniors: <i>I'll Fly Away</i> (2F) 10:30 Love Songs Of The Fifties (2F) 11:00 Confident Cruisers (H) 2:00 Jigsaw Puzzle Team (2F) 3:30 iN2L Discussion Starter: Would You Rather? (2F) 6:30 Game of Life (2F)</p>	<p>19</p> <p>9:30 Sit & Be Fit (2F) 10:00 February Fact or Fiction (2F) 10:30 Coffee Cache & Daily Chronical (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle of The Week (2F) 7:00 Wheel of Fortune (1F) 8:00 Pennsylvania Polka (1F)</p>
<p>20</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 Church of God Service (DR) 3:00 Fellowship Hour (DR) 6:30 iN2L: Catholic Service (2F)</p>	<p>21</p> <p>9:30 Core Strength Exercise (2F) 10:00 Craft n' Creations: Teddy Roosevelt Bear Washcloths (2F) 10:30 Nation & World Briefs (2F) 10:30 Mass With Deacon Henninger (1F) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:30 Card Club: Rummy (1F) President's Day</p>	<p>22</p> <p>9:30 Target Legs Exercise (2F) 10:00 Maya Angelou Poetry & Discuss: "<i>Phenomenal Women</i>" (2F) 11:00 Confident Cruisers (H) 12:00 February Birthday Celebration (1F) 2:00 Yoga With Leah (2F) 3:30 Karaoke With Alexa (2F) 6:30 Brain Games: Bible Word Search (1F)</p>	<p>23</p> <p>9:30 Move2Music (2F) 10:00 Technology & You: Cornell Lab Bird Cam (2F) 10:30 Opinion & Discuss (2F) 11:00 Coffee Cache (2F) 2:00 Drum Circle (2F) 3:30 Cool Down With Cool Drinks (2F) 6:30 Film Fest: <i>JFK: The Making of a President</i> (2F)</p>	<p>24</p> <p>9:30 Target Arm Exercise (2F) 10:00 History Decoded: John Wilkes Booth (2F) 10:30 Opinion And Discuss (2F) 11:00 Coffee Cache (2F) 2:00 Giant Crossword Puzzle (2F) 3:00 Ed-U Presentation: Leah Zerbe & Friends The History of Mehndi With Demonstration (2F) 6:30 Music & Mindful Colors (1F)</p>	<p>25</p> <p>9:30 Balance In Action(2F) 10:00 Devotions For Seniors: <i>Nearer, My God, To Thee</i> (2F) 10:30 Sing Along: I Love You Truly (2F) 11:00 Confident Cruisers (H) 2:00 Ed-U Presentation: Jay Smar Educator & Historian Mountain & Coal Mining Music (2F) 3:30 Opinion & Discuss (2F) 6:30 Game of Life (2F)</p>	<p>26</p> <p>9:30 Sit & Be Fit (2F) 10:00 February Fact or Fiction (2F) 10:30 Coffee Cache & Daily Chronical (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle of The Week (2F) 7:00 Wheel of Fortune (1F) 8:00 Pennsylvania Polka (1F)</p>
<p>27</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 iN2L: Methodist Service (2F) 3:00 iN2L Catholic Service (2F) 6:30 Game Night: Checkers (1F)</p>	<p>28</p> <p>9:30 Core Strength Exercise (2F) 10:00 Nation & World Briefs (2F) 10:30 Name That "Heart" Tune (2F) 10:30 Mass With Deacon Henninger (1F) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:30 Card Club: Rummy (1F)</p>	<p>Calendar Key: ** Registration Required \$\$ Cost Involved (OOB Out Of Building (1F) First Floor Activity Room (2F) Second Floor Activity Room (DR) Dining Room (H) Hallway (L) Lobby</p>				

