

# Focus on Wellness

## Heart Health Tips

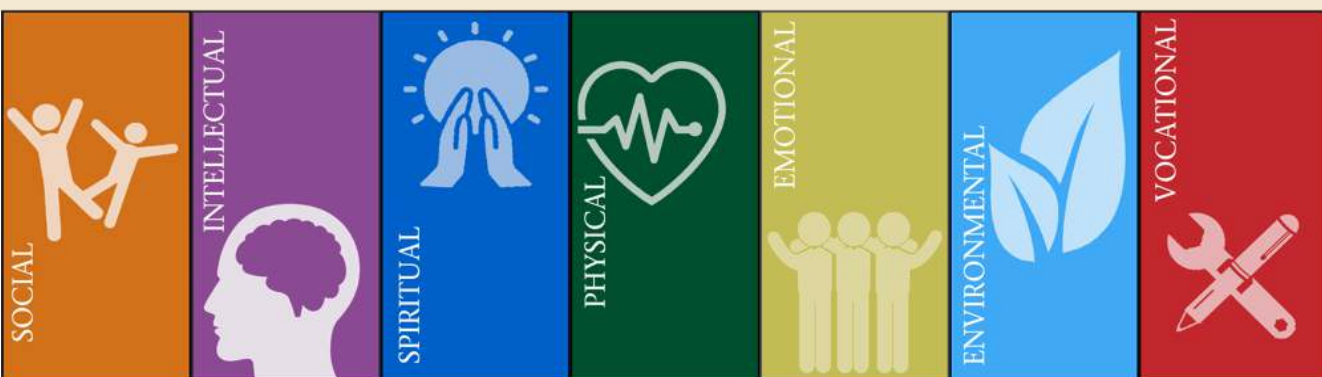
Brought to you by BAYADA Senior Living Solutions

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

Edward Gleason  
Eileen Dunchick  
Helen Kuzma  
Patricia Gangemi  
Shirley Bauser

### March

Joan Koehler	Ethel LaBouf
Sue Wartella	Richard Harvey
Anita Fisher	Helen Reigel
Barbara Arnold	Nellie Terefinko
Raymond Lavenberg	Janet Ruch
Joan Dewald	Alberta Spina
Yvonne Wiscount	



# Providence Place SENIOR LIVING News

Q1: February 2022

## A Note from the Executive Director

As we bring in the second month of 2022, I want to express my true appreciation for our Providence Place family. We have been planning our events for the year and there are so many great things in store. We have a soup sale scheduled for March that will benefit the Alzheimer's Association and Community Life has just about finished preparations for our Summer Concert Series. Please keep an eye on our monthly calendar for upcoming events that include spiritual, physical, and intellectual activities.

We continue to monitor the transmission rate of COVID in our area. Although the rates remain in the high level, Providence Place has been doing everything we can to maintain a safe environment. We continue to follow CDC guidelines and are especially attentive to keeping the residents healthy.

As always, the team remains available for any questions or needs you may have. We look forward to speaking with you.

Continue to stay safe, happy and healthy!

*Tracy Mason*

*Executive Director*

## Highlighted Events

- 7 – **Pet Pal Visit with Chloe**  
@ 10:30am - *Connections*
- 8 – **Culinary Adventures**  
with Chef Jean @ 2pm  
*Connections*
- 14 – **Sweetheart Luncheon**  
@ 12pm
- 14 – **Valentine's Day Party**  
Entertainment by the Sensations  
@ 2pm
- 15 – **Virtual Bridging:** Trivia with  
Drums @ 10am - *Connections*
- 17 – **Outing to Hershey's Chocolate  
World** @ 10am
- 22 – **Outing to Strike Zone  
Bowling Alley** @ 12pm  
*Connections*
- 24 – **EdU Presentation:** Heart Health  
with LVSH @ 10am

## Welcome New Residents

Ethel LaBouf



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>		<p>1</p> <p>9:00 Color my World &amp; Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Chinese New Year &amp; Fan Dancing (CN) 11:15 Joyfully Walking (CN) 12:00 Souper Tuesday Luncheon (A) 1:30 Multi-Media Project: "I AM" Vision Board (A) 2:30 Stress Busting Exercise (A) 3:00 Chinese New Year Traditions and Food Tasting (PUB)</p>	<p>2</p> <p>9:00 Breakfast Club with Missy (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Walk-N-Worship (A) 10:30 Worship Service (C) 1:30 Countryside Ride with Trivia (OOB) 1:30 Vintage TV Shows (PUB) 3:00 Groundhog Themed Social Hour Entertainment by Matt Dobb (PUB) 3:30 Bingo (A)</p>	<p>3</p> <p>9:00 Word Search &amp; Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Table Top Roll Ball (A) 11:00 The Importance of Hydration (PUB) 1:30 Garden Club: Pine Cone Starters 2:00 Craft Corner with Missy: Valentine Gnomes (A) 3:00 Sneak a Snack (A) 3:30 YouTube: Touring Rose Gardens Around the World (A)</p>	<p>4</p> <p>9:00 Color my World &amp; Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Winter Olympics Fun Facts &amp; Games (CN) 10:30 iN2L Exploration (CN) 11:15 Walk for Health (CN) 1:30 Zumba with Michele (PUB) 2:30 Call Out for Prayer Request (C) 3:00 Communion Service (C) 3:30 Hymn Sing Along (C) 4:30 Praise Walk (C)</p>	<p>5</p> <p>9:00 Humanity Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Baking Club: Hummus (A) 10:45 Talk and Taste (A) 11:30 Walk it Off (A) 1:30 Science Project: Growing Crystal Hearts (A) 2:30 Mindful Exercises (A) 3:00 Poem Readings and Discussions (A) 3:30 Bingo (A)</p>	
<p>6</p> <p>9:00 Praise Songs &amp; Inspirations (A) 9:30 Live Stream Worship; Trinity Lutheran Church (PUB) 10:30 Bible Study (PUB) 11:00 Roll to Fitness (PUB) 1:00 Popcorn &amp; a Movie: <i>Wild Oats</i> (PUB) 2:00 Manicures and Hand Message (PUB) 3:00 Communion Service (C) 3:30 Short Stories Book Club (L)</p>	<p>7</p> <p>9:00 Search a Word &amp; Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Memory Magic (CN) 10:30 Pet Pal Visit with Chloe (CN) 11:15 Name 5 Pets in 5 Steps (CN) 1:30 Reminiscing: Schuylkill Country Then and Now (A) 2:00 Schuylkill County Trivia (A) 3:00 Communion Service (C) 3:30 Joyful Exercise (C)</p>	<p>8</p> <p>9:00 Color my World &amp; Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Tuesday Tunes (CN) 10:30 Hospitality Club (CN) 12:00 Souper Tuesday Luncheon (A) 1:30 Painting Project: Unconventional Technic (A) 2:45 Stress Releasing Yoga (A) 3:00 "Let's talk it out" Recognizing Self (A) 3:30 Peaceful Relaxation:</p>	<p>9</p> <p>9:00 Breakfast Club with Missy (PUB) 9:30 Morning Meeting &amp; Discussions (PUB) 10:00 Strength Training Exercise (PUB) 10:30 Morning Prayers and Hymn Sing Along (C) 11:30 "The Saints go Marching " Walk (C) 1:30 Countryside Ride with Trivia (OOB) 1:30 Movie Matinée: (A) 3:00 Pizza Themed Social Hour (PUB) 4:00 Bingo (PUB)</p>	<p>10</p> <p>9:00 Word Search &amp; Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Kickball to Polka (A) 10:30 Entertainment by Rob Ballonoff (PUB) 1:30 Garden Club: DIY Garden Tags (A) 2:00 Craft: Clay Conversation Hearts (A) 3:00 Sneak a Snack (A) 3:30 How it's Made: Candy Conversation Hearts (A)</p>	<p>11</p> <p>9:00 Color my World &amp; Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Valentine's Day Tea (CN) 11:15 Walk for Health (CN) 1:30 Zumba with Michele (PUB) 2:30 Call Out for Prayer Request (PUB) 3:00 Communion Service (C) 3:30 Hymn Sing Along (C) 4:30 Praise Walk (C)</p>	<p>12</p> <p>9:00 Humanity Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Baking Club: Valentine Cookies (A) 10:45 Talk and Taste (A) 11:30 Walk it Off (A) 1:30 Sensory Art Project (A) 2:30 Helping Hands: Clean &amp; Straighten Up 3:00 Vagabond Traveler's: Turks &amp; Caicos (PUB) 4:00 Finish my Line Game (PUB)</p>	
<p>13</p> <p>9:00 Praise Songs &amp; Inspirations (A) 9:30 Live Stream Worship; Trinity Lutheran Church (PUB) 10:30 Love Verses in the Bible (PUB) 11:00 Heart Health Exercises (PUB) 1:30 Bingo (A) 2:30 Pre-Game Super Bowl Party (CN) 3:00 Half Time Shows (CN) 3:30 Short Stories Book Club (L)</p>	<p>Valentine's Day 14</p> <p>9:00 Love Songs &amp; Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Valentine's Day Social (CN) 11:00 Name 5 in 5 Steps (CN) 1:30 Reminiscing: How you meet your Sweetheart (A) 3:00 Communion Service (C) 3:30 Spreading the Love (Appreciation) (ML) 4:00 Discuss Donation Project (C)</p>	<p>15</p> <p>9:00 It's a Colorful World &amp; Inspirations (A) 9:30 Daily Chronicle &amp; Discussions (A) 10:00 Zoom Trivia with Friends from Drums Providence Place (CN) 12:00 Souper Tuesday Luncheon (A) 1:30 Painting Project: Prospective Art (A) 2:45 Stress Busting Exercise (A) 3:00 "Mental Mindfulness" (A) 3:30 Peaceful Relaxation: Manicures and Hand Messages (A)</p>	<p>16</p> <p>9:00 Breakfast Club with Missy (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Light and Lively Exercise (PUB) 10:30 Worship Service (C) 1:30 Countryside Ride with Trivia (OOB) 1:30 Movie Matinée: (A) 3:00 Dumb Bell Exercise (A) 3:30 Bingo (A)</p>	<p>17</p> <p>9:00 Word Search &amp; Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Balloon Volleyball (A) 11:00 The Importance of Hydration (PUB) 1:30 Garden Club: Name that Garden Critter (A) 2:00 Drum Circle with Joe (PUB) 3:00 Sneak a Snack (PUB) 3:15 Native American Drumming (PUB) 4:00 How it's Made: Leather Drums (PUB)</p>	<p>18</p> <p>9:00 Color my World &amp; Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Farm to Table (CN) 10:30 Talk &amp; Taste (CN) 11:00 Walk for Health (CN) 1:30 Zumba with Michele (PUB) 2:30 Call out for Prayer Request (PUB) 3:00 Communion Service (C) 3:30 Hymn Sing Along (C) 4:30 Praise Walk (C)</p>	<p>19</p> <p>9:00 Humanity Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Baking Club: Banana Granola No-Bake Cookies (A) 10:45 Talk and Taste (Edu. on ) (A) 11:30 Walk it Off (A) 1:30 Art Project: 3D Bird Painting (A) 2:30 Mindful Exercise (A) 3:00 Expressive Writing (A) 4:00 Poem Readings (A)</p>	
<p>20</p> <p>9:00 Praise Songs &amp; Inspirations (A) 9:30 Live Stream Worship; Trinity Lutheran Church (PUB) 10:30 The Beatitudes in the Bible (PUB) 11:00 Heart Health Exercises (PUB) 1:00 Popcorn &amp; a Movie: <i>The Desk Set</i> (PUB) 2:00 Manicures and Hand Message (PUB) 3:00 Communion Service (C) 3:30 Short Stories Book Club (L)</p>	<p>President's Day 21</p> <p>9:00 Patriotic Sing Along 9:30 Morning Meeting &amp; Discussions (A) 10:00 President Fun Facts (CN) 11:00 President Walk (CN) 1:30 Great Presidents of the U.S (A) 2:00 What makes a great President (A) 3:00 Communion Service (C) 3:30 President's Day Trivia &amp; Hot Cocoa (PUB)</p>	<p>22</p> <p>9:00 Color my World &amp; Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Hospitality Club (CN) 10:15 Movin' &amp; Groovin'(CN) 12:00 Strike Zone with Connection Unit (CN) 1:30 Painting Project: Love Button Art (A) 2:45 Stress Releasing Yoga (A) 3:00 "Let's talk it out" Recognizing Self (A) 3:30 Peaceful Relaxation: Hand Messages</p>	<p>23</p> <p>9:00 Breakfast Club with Missy (PUB) 9:30 Daily Chronicle &amp; Discussions (PUB) 10:00 Strength Training (PUB) 10:30 Morning Prayers and Hymn Sing Along (C) 11:30 "The Saints go Marching" Walk (C) 1:30 Countryside Ride with Trivia (OOB) 1:30 Movie Matinée: (A) 3:00 Coffee Talk with Alberta Spina (PUB) 4:00 Bingo (A)</p>	<p>24</p> <p>9:00 Word Search &amp; Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Table Top Roll Ball (A) 11:00 The Importance of Hydration (PUB) 1:30 Garden Club: Water House Plants (A) 2:00 Entertainment by John Bauer (PUB) 3:00 Helping Hands: Clean Up (PUB) 3:30 Jamming with Jams (PUB) 5:00 Resident Birthday Celebration (PUB)</p>	<p>25</p> <p>9:00 Color my World &amp; Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Aromatherapy &amp; Manicures (CN) 11:00 Walk for Health (CN) 1:30 Zumba with Michele (PUB) 2:30 Call out for Prayer Request (PUB) 3:00 Communion Service (C) 3:30 Hymn Sing Along (C) 4:30 Praise Walk (C)</p>	<p>26</p> <p>9:00 Humanity Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Baking Club: Pumpkin Dip (A) 10:45 Talk and Taste (A) 11:30 Walk it Off (A) 1:30 Bingo (A) 2:30 Helping Hands: Clean &amp; Straighten Up 3:00 Vagabond Traveler's: Malta (PUB) 4:00 Finish my Line Game (PUB)</p>	
<p>27</p> <p>9:00 Praise Songs &amp; Inspirations (A) 9:30 Live Stream Worship; Trinity Lutheran Church (PUB) 10:30 The Beatitudes in the Bible (PUB) 11:00 Heart Health Exercises (PUB) 1:00 Popcorn &amp; a Movie: <i>The Golden Years</i> (PUB) 2:00 Manicures and Hand Message (PUB) 3:00 Communion Service (C) 3:30 Short Stories Book Club (L)</p>	<p>28</p> <p>9:00 Search a Word &amp; Inspirations (A) 9:30 Morning Meeting &amp; Discussions (A) 10:00 Memory Magic (CN) 11:15 What do you see? Walk (CN) 1:30 Paper Meche Tea Light Holder (A) 2:30 Sip and Tid-bits (A) 3:00 Communion Service (C) 3:30 Brain Games: Cranium Crunch (PUB) 4:00 Discuss Donation Project (C)</p>	<p><b>Calendar Key:</b> Activity Room (A) 2nd Floor Church (C) 3rd Floor Lobby (L) Main Entrance Connection Unit (CN) Terrace Level Out Of Building (OOB) Pub (PUB) 1st Floor</p>					