

Focus on Wellness

Heart Health Tips

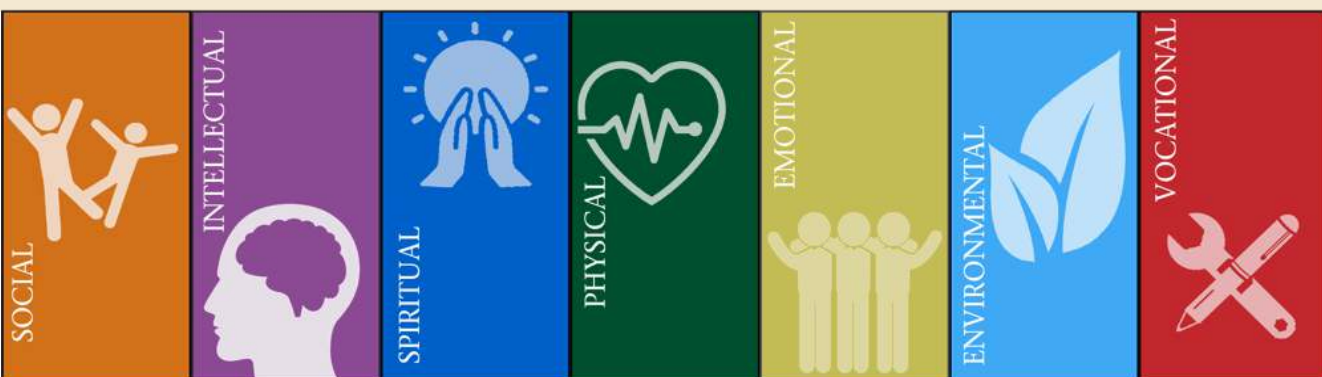
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Heart disease is a major threat to our health. Although heart disease risks increase with age, it doesn't have to be inevitable with the right lifestyle habits. Try these 3 tips as we celebrate Heart Health month this February:



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
Sue Wartella
Anita Fisher
Barbara Arnold
Raymond Lavenberg
Joan Dewald
Yvonne Wiscount

Ethel LaBouf
Richard Harvey
Helen Reigel
Nellie Terefinko
Janet Ruch
Alberta Spina



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.



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
		9:00 Heart Health Walk (ML) 10:30 Balloon Volleyball (PUB) 10:30 Color Me Calm (A) 11:00 P ² Foodies: Prep for Luncheon (A) 12:00 Souper Tuesday Luncheon (A) 2:00 Dining Committee Meeting (DR) 3:00 iN2L: Chinese New Year Traditions & Tastings of Traditional Foods (PUB) 6:15 Nickel Bingo \$\$ (A)	9:00 Breakfast Club: Peach Oatmeal with a Yogurt Parfait (A) 10:00 Light & Lively Exercise (PUB) 10:30 Worship Service with Pastor Reading (CH) 2:00 Acrylic Paints with Shannon (A) 2:30 Board Games: Connect 4 (PUBR) 3:00 Groundhog Themed Social Hour with Entertainment by Matt Dodd (PUB) 6:15 Nickel Po-Ke-No \$\$ (A)	9:00 Heart Health Walk (ML) 10:30 Gratitude Club Meeting (PUB) 11:00 Diner's Caravan: Vito's Italian Restaurant **\$(OOB) 2:00 Craft Corner: Valentine Gnomes (A) 2:30 Ed-U Presentation on local author John O'Hara (PUB) 3:00 Community Life Planning Committee (PUB) 6:15 Prize Bingo (A)	9:00 Green Thumbs: Tending to Our Plants (TB) 10:00 Puzzle Club (3F) 10:30 Life Happens Support Group (FL) 10:30 Gentle Stretching (PUB) 1:30 Zumba Fitness with Michele (PUB) 2:30 Super Football Trivia Party (PUB) 3:00 Communion Service (CH) 6:15 Nickel Polish Bingo \$(DR)	9:00: Shopping Trip: Walmart **\$(OOB) 10:00 Board Games: Yahtzee (PUBR) 1:30 Helping Hands: Setting up for Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 2:30 Puzzle Club (3F) 3:00 Vagabond Traveler's: Guatemala (PUB) 6:15 Card Games: War (PUB)
6	7	8	9	10	11	12
9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Wild Oats</i> (PUB) 2:00 Beat the Winter Blues Country Ride ** (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:30 Kings in the Corner (A)	9:00 Heart Health Walk (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Manicures & Mimosas (ML) 3:00 Communion Service (CH) 3:30 TED Talk: <i>How Emotions Change the Shape of Your Heart</i> by Sandeep Jauhar & Coffee Bar (PUB) 6:15 Bridge Club (A)	9:00 Heart Health Walk (ML) 10:30 Keep Kicking Kickball (PUB) 10:30 Puzzle Club (3FL) 11:00 P ² Foodies: Prep for Luncheon (A) 12:00 Souper Tuesday Luncheon (A) 2:00 Welcoming Committee Meeting (PUB) 3:00 Brain Games: Jeopardy (PUB) 6:15 Nickel Bingo \$\$ (A)	9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Strength Training Exercise (PUB) 10:30 Morning Prayer & Hymn Sing-A-Long (CH) 2:00 Gratitude Club Meeting (A) 2:30 Card Game: War (PUBR) 3:00 Pizza Themed Social Hour (PUB) 6:15 Nickel Po-Ke-No \$\$ (A)	9:00 Heart Health Walk (ML) 10:30 Entertainment by Rob Ballonoff (PUB) 11:30 Diner's Caravan: Uma Habachi **\$(OOB) 2:00 Craft Corner: Clay Conversation Hearts (A) 3:00 Men's Club Meeting (PUB) 6:15 Prize Bingo (A)	9:00 Green Thumbs: Tending to Our Plants (TB) 10:00 Color Me Calm (PUBR) 10:30 Life Happens Support Group (FL) 10:30 Brain Games: Cranium Crunches (PUB) 1:30 Zumba Fitness with Michele (PUB) 2:30 Curls for Girls (2FSL) 3:00 Communion Service (CH) 6:15 Nickel Polish Bingo \$(DR)	9:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 10:00 Board Games: Checkers (PUBR) 1:30 Helping Hands: Setting up for Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 2:30 Color Me Calm (PUBR) 3:00 Vagabond Traveler's: Turks & Caicos (PUB) 6:15 Card Games: Pinochle (PUBR)
13	14	15	16	17	18	19
9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Momma Mia</i> (PUB) 2:00 Beat the Winter Blues Country Ride ** (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:30 Kings in the Corner (A)	9:00 Heart Health Walk (ML) 10:30 Yoga with Michele (PUB) 12:00 Sweethearts Luncheon (A) 1:15 Circle of Friends (CH) 2:00 Valentine's Day Party with Entertainment by The Sensations (PUB) 3:00 Communion Service (CH) 6:15 Bridge Club (A) Valentine's Day	9:00 Heart Health Walk (ML) 10:30 Balloon Volleyball (PUB) 10:30 Board Games: Checkers (3FSL) 11:00 P ² Foodies: Prep for Luncheon (A) 12:00 Souper Tuesday Luncheon (A) 2:00 Sunshine Committee Meeting (PUBR) 3:00 iN2L: Masters of Invention: <i>Documentary on the History of Black Inventions</i> (PUB) 6:15 Nickel Bingo \$(PUB)	9:00 Breakfast Club: Mini Egg Omelet Muffins, Toast, & Fruit Cup 10:00 Light & Lively Exercise (PUB) 10:30 Worship Service with Pastor Reading (CH) 2:00 Resident Wish Celebration (PUB) 2:30 Puzzle Club (3F) 3:00 Fireside Chats with Tracy Mason (PUB) 6:15 Nickel Po-Ke-No \$\$ (A)	9:00 Heart Health Walk (ML) 10:00 Day Excursion: Hershey Chocolate World **\$(OOB) 10:30 Balance in Action with Genesis Rehab (PUB) 2:00 Drum Circle with Joe (PUB) 3:00 Craft Corner: Helpful Glasses/Mask Hangers (A) 6:15 Prize Bingo (A)	9:00 Green Thumbs: Tending to Our Plants (TB) 10:00 Card Games: UNO (PUBR) 10:30 Life Happens Support Group (FL) 10:30 Gentle Stretching (PUB) 1:30 Zumba Fitness with Michele (PUB) 2:30 Wild West Shooting Competition (PUB) 3:00 Communion Service (CH) 6:15 Nickel Polish Bingo \$(DR)	9:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 10:00 Board Games: Connect 4 (PUBR) 1:30 Helping Hands: Setting up for Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 2:30 Puzzle Club (3F) 3:00 Vagabond Traveler's: United Arab Emirates (PUB) 6:15 Card Games: 500 Rummy (PUBR)
20	21	22	23	24	25	26
9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Desk Set</i> (PUB) 2:00 Beat the Winter Blues Country Ride ** (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:30 Kings in the Corner (A)	9:00 Heart Health Walk (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Manicures & Mimosas (ML) 3:00 Communion Service (CH) 3:30 Brain Games: President's Day Trivia & Hot Cocoa Cart (PUB) 6:15 Bridge Club (A) President's Day	9:00 Heart Health Walk (ML) 10:30 Keep Kicking Kickball (PUB) 10:30 Card Games: UNO (PUBR) 11:00 Men's Club Outing **\$(OOB) 2:00 Furry Friend Visit (PUB) 3:00 Welcoming Social (PUB) 6:15 Nickel Bingo \$(PUB)	9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Strength Training (PUB) 10:30 Morning Prayer & Hymn Sing-A-Long (CH) 2:00 Balloon Tennis (PUB) 2:30 Color Me Calm (PUBR) 3:00 Coffee Talks: Heartfelt Memories (PUB) 6:15 Nickel Po-Ke-No \$\$ (A)	9:00 Heart Health Walk (ML) 10:00 Color Me Calm (PUBR) 10:00 EdU-Wellness: Heart Health with Lehigh Valley Schuylkill (PUB) 2:00 Entertainment by John Bauer (PUB) 3:00 Craft Corner: Loom Knitting (A) 5:00 Resident Birthday Celebration (PUB) 6:15 Prize Bingo (A)	9:00 Green Thumbs: Tending to Our Plants (TB) 10:00 Color Me Calm (PUBR) 10:30 Life Happens Support Group (FL) 10:30 Guided Meditation with Essential Aromas (2FL) 1:30 Zumba Fitness with Michele (PUB) 2:30 Curls for Girls (2FSL) 3:00 Communion Service (CH) 6:15 Nickel Polish Bingo \$(DR)	9:00 Shopping Trip: Walmart **\$(OOB) 10:00 Board Games: Monopoly (PUBR) 1:30 Helping Hands: Setting up for Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 2:30 Puzzle Club (3F) 3:00 Vagabond Traveler's: Malta (PUB) 6:15 Card Games: Solitaire (PUBR)
27	28	Calendar Key: ** Registration Required \$\$ Cost Involved 3F 3rd Floor Corner A Activity Room 2FSL 2nd South Lounge PUB Pub PUBR Rear Room in the Pub OOB Out of Building ML Main Lobby L Library CH Chapel 2FL 2nd Floor Lounge by Salon				
9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>The Golden Years</i> (PUB) 2:00 Beat the Winter Blues Country Ride ** (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:30 Kings in the Corner (A)	9:00 Heart Health Walk (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Manicures & Mimosas (ML) 3:00 Communion Service (CH) 3:30 Brain Games: Cranium Crunches & Tea Cart (PUB) 6:15 Bridge Club (A)					

