

# Focus on Wellness

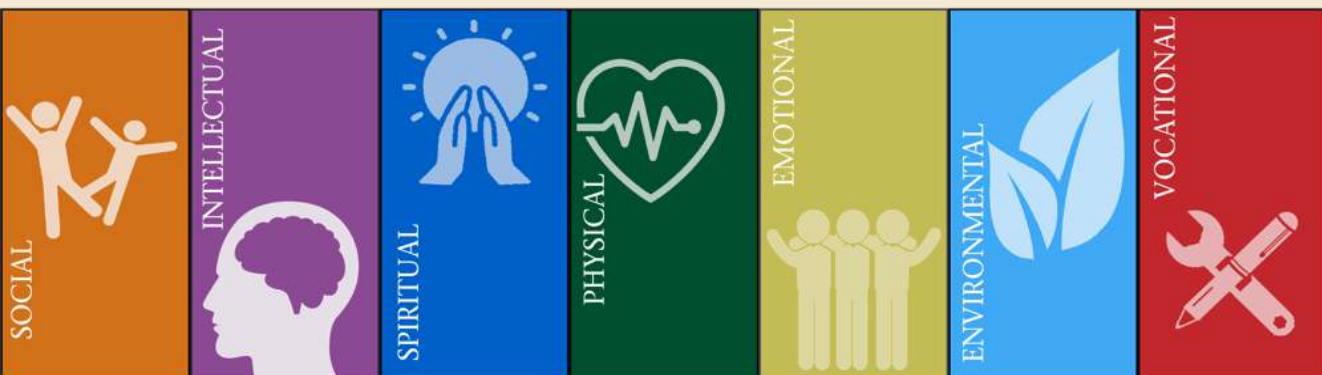
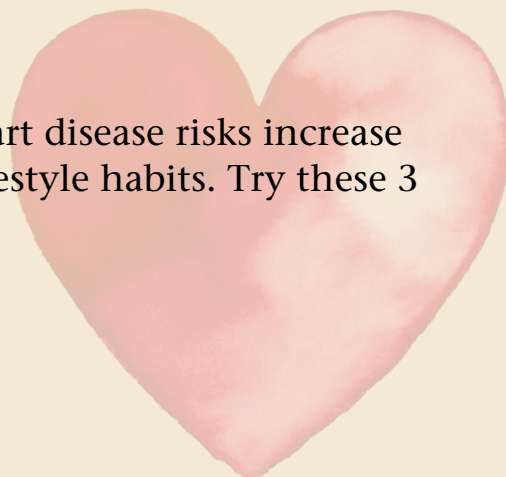
## Heart Health Tips

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

Anna Walchonski  
 Harry Conaway  
 Pat Peeples  
 Luigi Balestra  
 Barbara Wilson  
 Helena Winn  
 Mary Balestra

### March

Joyce Burkey  
 Thomas McCaffrey  
 Josephine Adams



# Providence Place SENIOR LIVING News

Q1: February 2022

## A Note from the Executive Director

Hoping you are all staying healthy and warm in the new year. It has definitely been a cold one so far!

We are staying busy & active within our community with our new Community Life team -- Sarah, Janice and Jessica.

We are grateful to say that those residents and coworkers who have been impacted by COVID are recovering well and we are very grateful to see the case numbers beginning to decline in PA and Montgomery County. This gives us hope for a Spring when we will see things begin to return to normal. We look forward to being able to host events where residents, families and coworkers can all be together – it has been too long.

We have plans to begin a monthly Sunday Brunch in the tradition of the Collegeville Inn in the coming months. We hope that you will have a chance to join us this spring.

Wishing you all warmth and comfort through these winter months,

*Francie Hoch*

Executive Director

## Highlighted Events

- 15 – **EdU Presentation:** Work of General Carl Spaatz @ 2pm
- 19 – **AC Poker Entertainment & Happy Hour @ 4pm**
- 18 – **EdU Presentation:** Richard Schneible & NASA @ 2pm
- 22 – **EdU Presentation:** Where We Live (Our Galaxy) @ 2pm
- 24 – **Veterans Club Outing to USAAF Museum @ 2:15pm**

## Welcome New Residents

Lester Spangenberg  
 Lillian Dorman  
 Donald Dorman  
 James Riviello



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>		1	2	3	4	5
		9:30 Chair Exercises (AR) 10:00 Grocery Run: Walmart**\$\$ (OOB) 10:30 Community Puzzle (CR) 1:00 iN2L Black History Month (AR) 2:00 Grateful Drumming Session by Joe Ciarvella (CR) 3:30 iN2L Chinese New Year Social (AR) 6:00 Movie: <i>The Longest Yard</i> (T)	9:30 Chair Exercises (AR) 10:00 Praying the Rosary by St. Eleanor's Legion of Mary (T) 1:00 Dining Services Committee Mtg (AR) 2:00 Men's Club: Cards (P) 2:30 Groundhog Day Poll Winner Announcement (P) 3:00 Mid-Week Worship Service (CR) 6:00 Res. Run: Board Games (P)	9:30 Chair Exercises (AR) 10:00 Rack-O Game (P) 11:30 Diners Caravan Lunch Out: Eagleville Tavern**\$\$ (OOB) 1:00 Community Life Planning Crmte (AR) 2:15 Balance Class with Nadine (CR) 3:30 Welcome Ambassadors Cmte (AR) 4:00 Happy Hour (P) 6:30 Poker Club (P)	9:30 Chair Exercises (AR) 10:30 Baking It Easy: Hazelnut Meringues (AR) 1:00 Green Thumbs Club (AR) 2:00 Tech 101: Tablet Support (CR) 3:15 Short Stories & Poetry (LIB) 4:00 Musical Entertainment featuring Live Music by Cindy McGrath (P) 6:00 Res. Run: Cornhole (P)	9:30 Walking Club (L) 10:30 Cards & Coffee (P) 11:00 St. Eleanor Parish Food Drive Drop Off** (OOB) 1:00 Bingo in Beads (AR) 2:30 Matinee Short: <i>Little Miss Sumo</i> (T) 3:00 Pinochle Club (AR) 4:15 Shuffle Board Happy Hour (P) 6:15 Community Puzzle (CR) 6:15 Res. Run: Billiards (GR)
6	7	8	9	10	11	12
10:00 Knitting & Crochet Club (AR) 10:30 Community Puzzle (CR) 10:30 Live Mass Service (T) 1:00 Worship Service (T) 2:15 Crafting: Clay Conversation Hearts (AR) 3:30 Card Club (P) 6:00 Games & Potluck Snacks (P)	9:30 Chair Exercises (AR) 10:30 TED Talk: <i>How to Fix a Broken Heart</i> by Guy Winch, Donuts & Coffee (CR) 11:00 Woofs of Wisdom by Ellie Mae (AR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Games, Puzzles & Word Finds (P) 4:00 Shuffle Board Happy Hour (P) 6:00 Res. Run: Card Games (P)	9:30 Chair Exercises (AR) 10:00 Shopping Trip: Boscov's**\$\$ (OOB) 10:30 Community Puzzle (CR) 1:00 Happy Birthday Committee (AR) 2:00 iN2L A Tasteful History of the Hotdog (P) 3:30 Circle of Friends (T) 6:00 Movie: <i>My Dog Skip</i> (T)	9:30 Chair Exercises (AR) 10:00 Praying the Rosary by St. Eleanor's Legion of Mary (T) 1:00 Ed-U Presentation <i>Shakespeare in Love on Love Sonnets &amp; Soliloquies</i> presented by Dr. J Covington (CR) 2:00 Men's Club: Snow Ball Target Practice (P) 3:00 Mid-Week Worship Service (CR) 6:00 Res. Run: Board Games (P)	9:30 Chair Exercises (AR) 10:00 Word Games (P) 11:00 Diners Caravan Lunch Out: Collegeville Italian Bakery**\$\$ (OOB) 1:00 Fireside Chat with Francie, E.D. (AR) 2:15 Balance Class with Nadine (CR) 3:15 Balloon Volleyball with Musicals & Broadway Hits (CR) 4:00 Happy Hour (P) 6:00 Poker Club (P)	9:30 Chair Exercises (AR) 10:00 Gift Shop Committee (AR) 10:30 Bible Study & Hymn Sing with Chaplain Daniel (CR) 11:30 Ladies Lunch In: Red Robin Restaurant** (P) 1:00 Green Thumbs Club (AR) 2:00 Pokeno Party (AR) 3:15 Short Stories & Poetry (LIB) 6:00 Res. Run: Cornhole (P)	9:30 Chair Exercises (AR) 10:30 Cards & Coffee (P) 1:00 Bingo in Hearts, Red & Pink (AR) 2:30 Universal Yums & Trivia (AR) 3:00 Pinochle Club (P) 4:15 Shuffle Board Happy Hour (P) 6:15 Community Puzzle (CR) 6:15 Res. Run: Billiards (GR)
13	14	15	16	17	18	19
10:00 Knitting & Crochet Club (AR) 10:30 Community Puzzle (CR) 10:30 Live Mass Service (T) 1:00 Worship Service (T) 2:15 Crafting: Jewelry Art (AR) 3:30 Card Club (P) 6:30 Super Bowl Football Game Social (P)	Valentine's Day	9:30 Chair Exercises (AR) 10:00 Grocery Run: Wegmans**\$\$ (OOB) 10:30 Community Puzzle (CR) 11:00 Catholic Mass by Fr. Giardini (T) 1:00 iN2L: Trivia & Games (CR) 2:00 Ed-U Presentation <i>Work of Gen Carl Spaatz &amp; National USAAF Museum</i> by Col (USMC-Ret) Keith Seiwel & USAAF Museum CEO (CR) 3:30 Circle of Friends (T) 6:00 Movie: <i>Wyatt Earp</i> (T)	9:30 Chair Exercises (AR) 10:00 Praying the Rosary by St. Eleanor's Legion of Mary (T) 1:00 GoldenSoul Dogs by Jenny Cochran (CR) 2:00 Ed-U Wellness: <i>Heart Health by Ty, DOW</i> (CR) 3:00 Mid-Week Worship Service (CR) 6:00 Res. Run: Board Games (P)	9:30 Chair Exercises (AR) 10:00 Rack-O Game (P) 10:00 Mini Concert & Bach's Lunch at Community Music School featuring Student Eric Coyne on Cello** (OOB) 1:00 Thankful to You Committee (AR) 2:15 Balance Class with Nadine (CR) 3:15 Helping Hands: Happy Hour Prep (P) 4:00 Welcoming New Residents Mixer & Happy Hour (P) 6:00 Poker Club (P)	9:30 Chair Exercises (AR) 10:00 Crafting: Jewelry Art (AR) 10:30 Bible Study & Hymn Sing with Chaplain Daniel (CR) 1:00 Green Thumbs Club (AR) 2:00 Ed-U Presentation: <i>Life as a NASA Employee</i> by Providence Place Resident Richard Schneible (CR) 3:15 Short Stories & Poetry (LIB) 6:00 Res. Run: Cornhole (P)	9:30 Chair Exercises (AR) 10:30 Cards & Coffee (P) 1:00 Bingo in Scarves (AR) 2:30 Baking It Easy: Red Velvet Cake Truffles (AR) 3:00 Pinochle Club (P) 4:00 Atlantic City Poker Happy Hour with Casino Entertainer, Kevin Crombie (P) 6:15 Community Puzzle (CR) 6:15 Res. Run: Billiards (GR)
20	21	22	23	24	25	26
10:00 Knitting & Crochet Club (AR) 10:30 Community Puzzle (CR) 10:30 Live Mass Service (T) 1:00 Worship Service (T) 2:15 Crafting: Face Mask or Eyeglasses Beaded Holder (AR) 3:30 Card Club (P) 6:00 Games & Potluck Snacks (P)	President's Day	9:30 Chair Exercises (AR) 10:00 Shopping Trip: Target**\$\$ (OOB) 10:30 Community Puzzle (CR) 1:00 Sunshine Committee (AR) 2:00 Ed-U Presentation by Crystal & Ron Bolton, Night Wonders of Astronomy on <i>Where We Live</i> (CR) 3:30 Circle of Friends (T) 6:00 Movie: <i>Enola Homes</i> (T)	9:30 Chair Exercises (AR) 10:00 Praying the Rosary by St. Eleanor's Legion of Mary (T) 1:00 Chef's Demo by Chef Chad (AR) 2:00 Men's Club: Donut Holes & Holes in One Golf (P) 3:00 Mid-Week Worship Service (CR) 6:00 Happy February Birthday Celebration & Performance on <i>USO 1940's</i> by Lorri Woodward & James Hummel (P)	9:30 Chair Exercises (AR) 10:00 Word Games (P) 1:00 Ed-U Wellness <i>Heart Health</i> by Bayada Home Health & Rehab (CR) 2:15 Veteran's Club Outing to Museum & Lunch at Grind Restaurant: Gen Carl Spaatz National USAAF Museum** (OOB) 3:15 Balloon Volleyball Competition (CR) 4:00 Happy Hour (P) 6:00 Poker Club (P)	9:30 Chair Exercises (AR) 10:00 Helping Heroes: Cookies for Cops (AR) 10:30 Bible Study & Hymn Sing with Chaplain Daniel (CR) 11:30 Men's Lunch In: Red Robin Restaurant** (P) 2:00 Pokeno Party (AR) 3:15 Short Stories & Poetry (LIB) 6:00 Res. Run: Cornhole (P)	9:30 Chair Exercises (AR) 10:30 Cards & Coffee (P) 1:00 Bingo in Mardi Gras Beads (AR) 2:15 Universal Yums & Trivia (AR) 3:00 Pinochle Club (AR) 4:15 Shuffle Board Happy Hour (P) 6:15 Community Puzzle (CR) 6:15 Res. Run: Billiards (GR)
27	28	<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (DR) Dining Room (GR) 2nd Floor Game Room (L) Lobby, (LIB) Library 2nd Floor (T) Theater (OL) Old Lobby (OOB) Out of Building				
10:00 Knitting & Crochet Club (AR) 10:30 Community Puzzle (CR) 10:30 Live Mass Service (T) 1:00 Worship Service (T) 2:15 Crafting: Macrame Art (AR) 3:30 Card Club (P) 6:00 Games & Potluck Snacks (P)	9:30 Chair Exercises (AR) 10:30 TED Talk: <i>Getting Stuck in the Negatives</i> by Alison Ledgerwood, Donuts & Coffee (CR) 11:00 Manicures & Mimosas (AR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Craft: Mardi Gras Decor (AR) 4:00 Fat Tuesday's Eve Happy Hour (P) 6:00 Res. Run: Card Games (P)					

