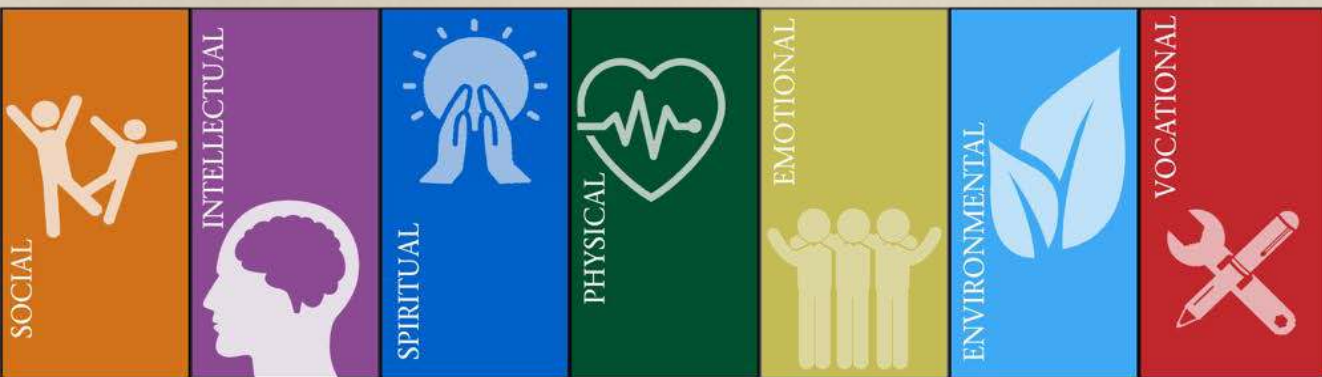


# Focus on Wellness

March is National Nutrition Month. This month we celebrate and recognize both the importance of nutritious foods and the role that food service staff play in supporting community health through meals. Developing and maintaining sound eating and physical activity habits sets the stage for feeling well.

- Eat Breakfast every day
- Focus on home-cooked meals
- Eat plenty of fruits & vegetables
- Beware of sweetened drinks

Be sure to thank your dining team for their commitment to scratch-cooked meals!



Dimensions  
of Wellness

## Resident Birthdays

### March

Martha S.  
Willa Mae H.  
Jay L.  
Mary F.  
Virginia S.  
Virginia H.  
Vivian R.  
Evelyn S.



# Providence Place SENIOR LIVING News

Q1: March 2022

## A Note from the Executive Director

We are grateful to see activities, outings, visitation and dining in full-swing again here in Chambersburg. This is the best that community living has to offer. Our goal has been and will continue to be keeping everyone safe and healthy while we work through what we hope is the end of this pandemic.

Thank you for your understanding and support the past two years – we are endlessly grateful for our entire Providence Place family – residents, family members, team members and all of our partners. Remember we are stronger together!

Here's to warmer and longer days as we step into Spring.

Best,

*Holly Townsend, Executive Director*

## Highlighted Events

- 7 – **EdU Presentation:** Rendezvous in Space @ 2pm
- 12 – **Girl Scout Cookie Sale** @ 10am – 2pm
- 17 – **Shenanigans in the Pub** Entertainment by Lester Hirsh @ 2:30pm

## Welcome New Residents

Donna “Jo” F.  
George D.  
Kathryn D.  
Georgia “Peggy” C.  
Patricia R.



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>March 2022</h1>	<b>Calendar Key:</b> Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC) Cross-Bridging (CB) ** Registration Required \$\$ Cost Involved	1	2	3	4	5
		9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mardi Gras History and Traditions (3A) 1:15 Live Stream Mardi Gras Parade (CN) 1:30 Acrylic Canvas Paintings (C) 2:00 Mardi Gras Cocktail Hour (CN) 3:00 Mardi Gras Word Search (3A) 6:15 Game Shows (ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mardi Gras Pass It On (3A) 1:15 Kitchen Creation: German Fasnacht Fried Doughnuts (CN) 2:30 Sip and Taste (CN) 3:00 History Behind Fastnacht Day (3A) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:15 Crafty Creations: St. Patrick's Day Wreaths (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Sip and Show (CN) 3:00 Brain Games: Fat Tuesday Matching (3A) 6:15 Chit Chat in the Front Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 1:30 iN2L: Seated Chair Exercises (3A) 2:00 Singing with Dave Powers (CN) 3:00 Social Hour: Raggin Cajun (P) 6:15 Movie Night: <i>King Creole</i> (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Junk Drawer Detective (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)
6 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)	7 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Crafty Creations: Solar System Bracelets (3A) 1:30 iN2L © Seated Chair Exercise (2A) 2:00 Night Wonders of Astronomy (2A) 3:00 Astronomy Word Search (3A) 6:15 Card Club (P)	8 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 11:00 Dinners Caravan: Little Dipper (OOB) 1:15 Pretty in Pink: Edible Slime (CN) 1:30 Acrylic Canvas Paintings (C) 2:30 Sip and Taste (CN) 3:00 Card Club: Uno (3A) 6:15 Game Shows (ch.78)	9 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Kitchen creation: Rocket Fruit Skewers (CN) 2:30 Travel Through the Universe Social (CN) 3:00 Space Trivia (CN) 6:15 Horseshoes (3E)	10 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 1:15 Crafty Creation: 3D Solar System (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Sip and Show (CN) 3:00 The History of Astrology and the Zodiac (3A) 6:15 Chit Chat in the Front Lobby (FL)	11 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Taking Things to Heart with Theresa Waltersdorff (2A) 1:30 Walk and Stroll Club (HW) 2:00 iN2L: Intro to the Galaxy with Amberlee (3A) 3:00 Social Hour: Gazing Galaxy Mixed Drink (P) 6:15 Movie Night: <i>Apollo 13</i> (3A)	12 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Saturday Sitcom (3A) 2:30 Musical Entertainment with Jay Smar, Irish Music Old and New (2A) 6:15 Puzzle Club (3A)
Daylight Savings Begins 13 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)	14 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Truth or Blarney(3A) 1:30 iN2L © Seated Chair Exercise (2A) 2:00 Passport Travels: Ireland (2A) 3:00 iN2L: Prize Bingo (3A) 6:15 Card Club (P)	15 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Remembering Irish Song (3A) 1:15 Crafty Creation: Shamrock Door Hanger (CN) 1:30 Acrylic Canvas Paintings (C) 2:30 Sip and Show (CN) 3:00 Truth or Blarney (3A) 6:15 Game Shows (ch.78)	16 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Ed U: Spring Birding at Presque Isle With Retired Teach Terry Neymyer (2A) 1:15 Kitchen Creation: Irish Potato Bread (CN) 2:00 Sip and Taste (CN) 3:00 It's Not Easy Being Green (3A) 6:15 Horseshoes (3E)	St. Patrick's Day 17 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:00 St. Patrick's Day Concert by Lester Hirsh (CN) 1:30 Art Exploration: Mixed Media (C) 2:30 Irish Festival Social (CN) 3:00 Pot of Gold Coin Toss (CN) 6:15 Chit Chat in the Front Lobby (FL)	18 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 The Story Behind the 4 Leaf Clover (3A) 1:30 iN2L: Seated Chair Exercises (3A) 2:00 Ed-U: <i>The Mind-Bending Search for God</i> (2A) 3:00 Social Hour: Dress to Impress -Green Theme (2A) 6:15 Movie Night: <i>The Quiet Man</i> (3A)	19 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Junk Drawer Detective (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)
20 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)	21 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 March Trivia (3A) 1:30 iN2L © Seated Chair Exercise (2A) 2:30 March Birthday Celebration (CN) 3:00 Bible Study (CN) 4:30 – 6:30 Community Dinner Event: Forrest Feed CO Food Truck (OOB)	22 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Dollar Tree**\$\$ (OOB) 1:15 Crafty Creations: Beaded Butterflies (CN) 1:30 Acrylic Canvas Paintings (C) 2:00 Sip and Discuss (CN) 3:00 Exploring the iN2L (3A) 6:15 Game Shows (ch.78)	23 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 2:00 Musical Entertainment with Tom Shultz (2A) 3:00 Brain Games: Spring Pass It On (3A) 6:15 Horseshoes (3E)	24 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:15 Crafty Creation: Pet Blankets (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Spring Decorations: Flower Pots (3A) 3:00 Sip and Show (3A) 6:15 Chit Chat in the Front Lobby (FL)	25 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Better Sleep Habits with Bayada Home Health Care (2A) 1:30 iN2L: Dancing Trough the Decades (3A) 2:00 Providence Place Chambersburg Antique Road Show (2A) 3:00 Social Hour: Featuring Elton John's Greatest Hits (P) 6:15 Movie Night: <i>Rudy</i> (3A)	26 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Searching for March Word Search (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)
27 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)	28 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Julius Caesar Trivia (3A) 1:30 iN2L © Seated Chair Exercise (2A) 2:00 Ed-U <i>The Life of Julius Caesar</i> (2A) 3:00 Bible Study (CN) 6:15 Card Club (P)	29 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 11:00 Diners Caravan: McDonald's (OOB) 1:30 Acrylic Canvas Paintings (C) 2:00 Co-Worker Vs. Resident Jeopardy (2A) 3:00 Sip and Mingle (P) 6:15 Game Shows (ch.78)	30 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Sleeping Habits Word Search(3A) 1:15 Julius Caesar Movie (CN) 2:30 Roman Breakfast Sampler Platter (CN) 3:00 Muffins and Tea (P) 6:15 Horseshoes (3E)	31 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:15 Better Sleep Habits (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Literary Investigation: Shakespeare's Julius Caesar (3A) 3:00 Celebration of Life (2A) 6:15 Chit Chat in the Front Lobby (FL)	<h1>THE Club</h1>	