

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.

- 1) Eat Breakfast every day
- 2) Focus on home-cooked meals
- 3) Eat plenty of fruits & vegetables
- 4) 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.



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>March</h1> <h2>2022</h2>	Calendar Key: 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) **Registration Required, \$\$ Cost Involved	1 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart ***\$ (OOB) 10:00 Helping Hands Club: Mardi Gras Party Set Up (P) 1:30 Seated Hand Weights (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Mardi Gras Fact Vs. Fiction (P) 3:00 Mardi Gras Super Social (P) 6:15 Blitz with Ruth (2A)	2 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA ***\$ (OOB) 10:00 Cooking Creation: Donuts (C) 1:30 Genesis Workout with Vickie (3E) 1:30 Pottery with Nicodemus Center for Ceramics (C) 2:00 Blood Pressure Clinic (2A) 3:00 <i>Donut Mind If I Do</i> Social (P) 7:00 Ladies of Overflow Community Church FL)	3 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Card Club: Pinochle (2A)	4 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Breakfast Club (C) 1:30 Game Club: Sequence (2A) 2:00 March Birthday Celebration (P) 3:00 Social Hour: Raggin Cajun (P) 6:15 Movie Night: <i>King Creole</i> (3A)	5 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Wii Bowling League (3E) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Mexican Train Dominoes (C) 6:15 Dart League (P)	
	6 9:00 Light & Lively Exercise (3E) 9:30 Trivia Handouts (L) 9:30 Goodwill Drive Begins (See Flyer) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Scrabble (C) 6:30 Song and Scripture (Ch.809)	7 9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L® Seated Chair Exercise (2A) 2:00 Ed-U Presentation: <i>Rendezvous in Space</i> by Ron & Crystal Bolton, Night Wonders of Astronomy, Ron & Crystal Bolton (2A) 3:00 Birthday Gang Committee Meeting (C)	8 9:00 Light & Lively Exercise (3E) 10:00 Prize Bingo (2A) 1:30 Seated Hand Weights (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Ed-U Video: <i>The Universe, Countless Wonders of the Universe</i> (2A) 3:00 Jeopardy! (2A) 6:15 Card Club: Pinochle (2A)	9 9:00 <i>Greifshare</i> with Chaplain Rick (C) 9:30 Forever Fit: YMCA ***\$ (OOB) 10:00 Dining Committee Meeting (2A) 1:30 Card Club: Rummy (2A) 2:00 Mid Week Worship Service (2A) 3:00 Under the Stars Social (P) 6:15 Dart League (P)	10 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Horseshoes (3E) 3:00 Bible Study (PDR) 6:15 Card Club: Rummy (2A)	11 9:00 Light & Lively Exercise (3E) 10:00 <i>Habits of Happy People</i> with Theresa Waltersdorff from Humana (2A) 1:30 Stair Stepper Exercise (3E) 2:00 Community Life Planning Committee Meeting (P) 3:00 Social Hour featuring Gazing Galaxy Mixed Drink (P) 6:15 Movie Night: <i>Apollo 13</i> (3A)	12 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Nickel Bingo \$\$ (2A) 10:00– 2:00 Girl Scout Troop 80065 Cookie Sale (FL) 2:30 Musical Entertainment <i>Irish Music Old and New</i> by Award Winning Artist, Jay Smar (2A) 6:15 Blitz with Ruth (2A)
	13 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosks (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Billiards with Lisa (3E) 6:30 Song and Scripture (Ch.809) Daylight Savings Begins	14 9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L® Seated Chair Exercise (2A) 2:00 Passport Travels: Ireland (2A) 3:00 Shamrock Centerpieces (C) 6:15 Dart League (P)	15 9:00 Light & Lively Exercise (3E) 10:00 Cooking Creation: Irish Soda Bread (C) 1:30 Seated Hand Weights (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Shamrock Centerpieces (P) 3:00 Nickel Bingo \$\$ (2A) 6:15 Card Club: Rummy (2A)	16 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA ***\$ (OOB) 10:00 Ed-U Presentation: <i>Spring Birding at Presque Isle</i> by Retired Teacher, Terry Neumyer (2A) 1:30 Card Club: UNO (3A) 2:00 Fireside Chat (2A) 3:00 Irish Coffee & Soda Bread (P) 6:15 Blitz with Ruth (2A)	17 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Art Exploration: Mixed Media (C) 2:30 <i>Shenanigans in the Pub</i> featuring Musical Entertainment, Lester Hirsh (P) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Horseshoes (3E) St. Patrick's Day	18 9:00 Light & Lively Exercise (3E) 10:00 Creating Caring Cards Committee (C) 1:30 Design Club: Spring in the Dining Rooms (C) 2:00 Ed-U: <i>The Mind-Bending Search for God</i> (2A) 3:00 Social Hour: <i>Dress to Impress Green Theme</i> (2A) 6:15 Movie Night: <i>The Quiet Man</i> (3A)	19 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Wii Bowling League (3E) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Game Club: Scrabble (C) 6:15 Card Club: Pinochle (2A)
	20 9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordies Handouts (L) 10:00 Aromatherapy and Nails (2A) 12:00 Community Outing to Luhrs Center: <i>Mutts Gone Nuts***\$</i> (OOB) 2:00 Worship Service (2A) 3:00 Game Club: Sequence (2A) 6:30 Song and Scripture (Ch.809)	21 9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L® Seated Chair Exercise (2A) 2:00 MARCHing Bands Video Stream (2A) 3:00 Get to Know Your Neighbor with Fact or Fiction (P) 4:30 – 6:30 Community Dinner Event: Forrest Feed CO Food Truck (OOB)	22 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree ***\$ (OOB) 10:00 Jeopardy! (2A) 1:30 Seated Hand Weights (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Card Club: Rummy (2A) 3:00 March National Days Social (P) 6:15 Card Club: Pinochle (2A)	23 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA ***\$ (OOB) 10:00 Prize Bingo (2A) 12:00 Strictly Vets Luncheon** (C) 2:00 Musical Entertainment featuring Tom Shultz (2A) 3:00 Art in the Form of Daffodils, March Flower of the Month (C) 6:15 Card Club: Rummy (2A)	24 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 3:00 Appreciate & Thank Club (C) 6:15 Dart League (P)	25 9:00 Light & Lively Exercise (3E) 10:00 <i>Better Sleep Habits</i> with Bayada Home Health Care (2A) 1:30 Wii Bowling League (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 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$\$ (2A) 3:00 Billiards with Lisa (3E) 6:15 Game Club: Sequence (2A)
	27 9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Mexican Train Dominoes (C) 6:30 Song and Scripture (Ch.809)	28 9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L® Seated Chair Exercise (2A) 2:00 Ed-U Video: <i>The Life of Julius Caesar</i> (2A) 3:00 Prize Bingo (2A) 6:15 Dart League (P)	29 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Target ***\$ (OOB) 10:00 Nickel Bingo \$\$ (2A) 1:30 Seated Hand Weights (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Co-Worker Vs. Resident Jeopardy! (2A) 3:00 Chef Demo: Caesar Dressing (PDR) 6:15 Card Club: Rummy (2A)	30 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA ***\$ (OOB) 10:00 Corn Hole (3E) 11:00 Lunch Out: Inka Kitchen, Mario's Italian or China Wok ***\$ (OOB) 2:00 Men's Club: Snowball Fight (2A) 3:00 Muffins & Tea (P) 6:15 Card Club: Pinochle (2A)	31 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Resident Meeting With David Leader (2A) 6:15 Blitz with Ruth (2A)		

