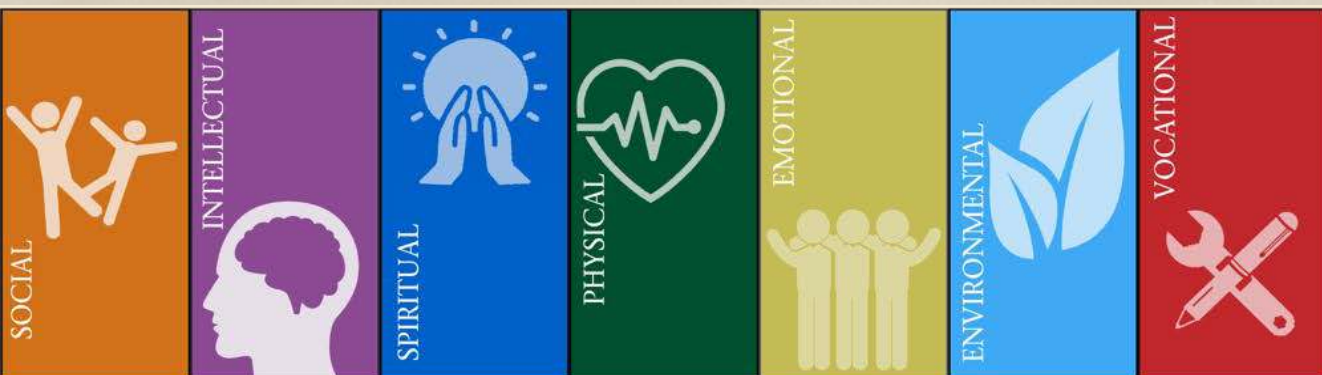


Focus on Wellness

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

Thomas M.
Josephine A.



Providence Place SENIOR LIVING News

Q1: March 2022

A Note from the Executive Director

We are grateful at the Colledgeville Inn to see a lot of life in our community. The activities and outings are in full swing, we have moved our pool table downstairs and are kicking off our monthly Sunday Brunch events.

As the weather warms, we really look forward to getting back on our patio and hosting more events for friends & family.

I have enjoyed spending dedicated time here and getting to know our team members & residents more closely. While change is sometimes hard, we do continue to strive to make sure Providence Place feels like a second home to everyone. Your feedback and input is always welcome and appreciated. Please come and chat anytime.

We will be welcoming in a new Executive Director, Terri, in early March. Stay tuned for more a detailed introduction!

Rick Barley

Interim Executive Director

Highlighted Events

- 9 – **Look Who's Dancing** @ 4pm
- 17 – **St. Patrick's Day Celebrations**
Irish Dancers @ 1pm
Happy Hour @ 4pm
- 19 – **AC Poker Happy Hour** @ 4pm
- 21 – **EdU Presentation:** Singing & Life
With Barbara Wilson @ 3:15pm
- 29 – **Crafts & Wreaths with Brenda**
@ 1pm

Welcome New Residents

Pat F.
Marie I.
Mary G.
Donald D.
Lillian D.
Jim 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: ** Registration Required \$\$ Cost Involved (CR) Community Room (AR) Activity Room (P) Pub, (C) Connections Neighborhood (DR) Dining Room (OL) Old Lobby (GR) Game Room, (LIB) Library	1 9:30 Chair Exercises (CR) 10:00 Shopping Run: Dollar Store**\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 Happy Birthday Committee (AR) 1:30 iN2L Games & Trivia (AR) 2:00 Grateful Drumming Session by Joe Ciarvella (CR) 3:00 Griefshare Support Group (T) 3:30 Circle of Friends (T) 6:00 Movie: <i>My Fair Lady</i> (T)	2 9:30 Chair Exercises (CR) 10:00 Praying the Rosary by St. Eleanor's Legion of Mary (T) 11:00 Balloon Volleyball (CR) 1:00 Dining Services Committee Mtg (AR) 2:00 Men's Club: Cards (P) 3:00 Mid-Week Worship Service (T) 6:00 Res. Run: Board Games (P)	3 9:30 Chair Exercises (CR) 10:00 Games in the Pub 10:30 Diners Caravan Lunch Out: Moccia's Train Stop**\$\$ (OOB) 1:00 Thankful to You Committee (AR) 2:15 Balance Class with Nadine (CR) 3:00 Sunshine & Birthdays Planning Committee (AR) 4:00 Karaoke Happy Hour (P) 6:30 Card Games Club (P)	4 9:30 Chair Exercises (CR) 10:30 Circle of Friends with Chaplain Daniel (T) 11:00 Green Thumbs Club (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (CR) 3:00 Short Stories: Listen, Sleuth and Solve (CR) 6:00 Res. Run: Billiards (OL)	5 9:30 Walking Club (L) 10:30 Cards & Coffee (P) 1:00 Bingo in Hats (AR) 2:30 Trivia & Games (AR) 3:00 Pinochle Club (P) 4:00 Billiards Happy Hour (P) 6:15 Community Puzzle (CR) 6:15 Res. Run: Card Games (P)	
	6 10:00 Knitting & Crochet Club (AR) 10:30 Live Mass Service (T) 11:00 Soup on Sunday (AR) 1:00 Worship Service & Nondenominational Communion (T) 2:15 Community Crossword & Word Games (CR) 3:30 Card Club (P) 6:00 Games & Potluck Snacks (P)	7 9:30 Chair Exercises (CR) 11:00 Woofs of Wisdom by Ellie Mae (CR) 11:30 TED Talk: <i>The Riddle of Experience</i> vs. <i>Memory</i> by Daniel Kahneman with Donuts & Coffee (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Craft: Stencil Art (AR) 4:00 Happy Hour (P) 6:00 Res. Run: Card Games (P)	8 9:30 Chair Exercises (CR) 10:00 Shopping Trip: Target**\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (AR) 2:00 Jewelry Crafts (CR) 3:30 Circle of Friends (T) 6:00 Movie: <i>Gettysburg</i> (T)	9 9:30 Chair Exercises (CR) 10:00 Praying the Rosary by St. Eleanor's Legion of Mary (T) 10:30 Games in the Pub (P) 11:00 Balloon Volleyball (P) 2:00 Men's Club: Billiards (OL) 3:00 Mid-Week Worship Service (T) 4:00 Aerobics Exercise Class by <i>Look Who's Dancing</i> (C) 6:00 Res. Run: Board Games (P)	10 9:30 Chair Exercises (CR) 10:00 Games in the Pub (P) 11:00 Diners Caravan Lunch Out: Moccia's Train Stop**\$\$ (OOB) 1:00 Fireside Chat with Terri, E.D. (AR) 2:15 Balance Class with Nadine (CR) 3:00 Building Birdhouses (AR) 4:00 Billiards Competition Happy Hour (P) 6:00 Card games Club (P)	11 9:30 Chair Exercises (CR) 10:30 Bible Study & Hymn Sing with Chaplain Daniel (T) 11:00 Baking It Easy: Pumpnickel Bread (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (CR) 3:00 Short Stories: Listen, Sleuth and Solve (CR) 6:00 Res. Run: Billiards (OL)	12 9:30 Walking Club (L) 10:30 Cards & Coffee (P) 1:00 Bingo in Gasses (AR) 2:30 Trivia & Games (AR) 3:00 Pinochle Club (P) 4:00 Happy Hour (P) 6:15 Community Puzzle (CR) 6:15 Res. Run: Billiards
	13 10:00 Knitting & Crochet Club (AR) 10:30 Live Mass Service (T) 11:00 Soup on Sunday (AR) 1:00 Worship Service (T) 2:15 Crafting: Jewelry Art (AR) 3:30 Card Club (P) 6:00 Games & Potluck Snacks (P) Daylight Savings Begins	14 9:30 Chair Exercises (CR) 11:00 Manicures & Mimosas (AR) 11:30 TED Talk: <i>Why Bees are</i> <i>Disappearing</i> by Marla Spivak with local Honey and Apples (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Crafts: Stencil Art (AR) 4:00 Happy Hour (P) 6:00 Res. Run: Card Games (P)	15 9:30 Chair Exercises (CR) 10:00 Shopping Trip: Wegmans**\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (AR) 2:00 Jewelry Crafts (CR) 3:30 Circle of Friends (T) 6:00 Movie: <i>Shawshank Redemption</i> (T)	16 9:30 Chair Exercises (CR) 10:00 Praying the Rosary by St. Eleanor's Legion of Mary (T) 10:30 Games in the Pub (P) 11:00 Balloon Volleyball (P) 2:00 Ed-U Wellness: <i>Better Sleep Habits</i> by Ty, DOW (CR) 3:00 Mid-Week Worship Service (T) 6:00 Res. Run Board Games (P)	17 9:30 Chair Exercises (CR) 10:00 Games in the Pub (P) 1:00 Irish Dancing Performance by Aisling Mor Academy (P) 2:15 Balance Class with Nadine (CR) 3:00 Building Birdhouses (AR) 4:00 St. Patrick's Day Happy Hour (P) 6:00 Card Games Club (P) St. Patrick's Day	18 9:30 Chair Exercises (CR) 10:30 Circle of Friends with Chaplain Daniel (T) 11:00 Green Thumbs Club (AR) 1:00 Ed-U Wellness: Nutrition & Lifestyle Choices by Beth Page, Genesis Health & Rehab (CR) 3:00 Short Stories: Listen, Sleuth and Solve (CR) 6:00 Res. Run: Billiards (P)	19 9:30 Walking Club (L) 10:30 Cards & Coffee (P) 1:00 Bingo in Scarves (AR) 2:30 Trivia & Games (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 10:00 Knitting & Crochet Club (AR) 10:30 Live Mass Service (T) 11:00 Soup on Sunday (AR) 1:00 Worship Service (T) 2:15 Community Crossword & Word Games (CR) 3:30 Card Club (P) 6:00 Games & Potluck Snacks (P)	21 9:30 Chair Exercises (CR) 11:00 Woofs of Wisdom by Ellie Mae (CR) 11:30 TED Talk: <i>For the Love of Birds</i> with Donuts & Coffee (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Ed-U Presentation: <i>Singing & Life</i> <i>Experiences</i> by Providence Place Res. Barbara Wilson (CR) 4:00 Happy Hour (P) 6:00 Res. Run: Card Games (P)	22 9:30 Chair Exercises (CR) 10:00 Shopping Trip: Ross**\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (AR) 2:00 Ed-U Presentation <i>PA Wild Life</i> by Indian Run Environmental (CR) 3:30 Circle of Friends (T) 6:00 Movie: <i>Tootsie</i> (T)	23 9:30 Chair Exercises (CR) 10:00 Praying the Rosary by St. Eleanor's Legion of Mary (T) 11:00 Balloon Volleyball (P) 1:00 Golden Soul Dogs: The Dog Sage & Owner, Jenny Cochran (CR) 3:00 Mid-Week Worship Service (T) 4:00 Aerobics Exercise Class by <i>Look Who's Dancing</i> (C) 6:00 Happy March Birthday Celebration & Performance by Tony Lombardi (P)	24 9:30 Chair Exercises (CR) 10:00 Games in the Pub (P) 1:00 Community Life Planning Cmte (AR) 2:15 Balance Class with Nadine (CR) 3:00 Woodworking: Birdhouses (AR) 4:00 Welcoming New Residents Mixer & Happy Hour (P) 6:00 Card Games Club (P)	25 9:30 Chair Exercises (CR) 10:00 Helping Hands (AR) 10:30 Bible Study & Hymn Sing with Chaplain Daniel (T) 1:00 Balloon Volleyball (CR) 2:00 Ed-U Wellness Presentation by Bayada Home Health (AR) 3:00 Short Stories: Listen, Sleuth and Solve (CR) 6:00 Res. Run: Billiards (P)	26 9:30 Walking Club (L) 10:30 Cards & Coffee (P) 1:00 Bingo in Colorful Beads (AR) 2:15 Trivia & Games (AR) 3:00 Pinochle Club (AR) 4:00 Billiards & Happy Hour (P) 6:15 Community Puzzle (CR) 6:15 Res. Run: Card Games (GR)
	27 10:00 Knitting & Crochet Club (AR) 10:30 Live Mass Service (T) 11:00 Soup on Sunday (AR) 1:00 Worship Service (T) 2:15 Crafting: Jewelry Art (AR) 3:30 Card Club (AR) 6:00 Games & Potluck Snacks (P)	28 9:30 Chair Exercises (CR) 11:30 TED Talk: <i>How to Land on a Comet</i> by Fred Jansen with Donuts & Coffee (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Crafts: Stencil Art (AR) 4:00 Happy Hour (P) 6:00 Res. Run: Card Games (P)	29 9:30 Chair Exercises (CR) 10:00 Shopping Trip: Dollar Store**\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 Crafts & Wreaths by Brenda (AR) 2:00 iN2L Trivia & Games (AR) 3:30 Circle of Friends (T) 6:00 Movie: <i>Dances With Wolves</i> (T)	30 9:30 Chair Exercises (CR) 10:00 Praying the Rosary by St. Eleanor's Legion of Mary (T) 10:30 Games in the Pub (P) 11:00 Balloon Volleyball (P) 1:00 Community Life Planning Cmte (AR) 2:00 Men's Club: Games (P) 3:00 Mid-Week Worship Service (T) 6:00 Res. Run Board Games (P)	31 9:30 Chair Exercises (AR) 10:00 CMS Bach's Lunch Concert featuring Brad Rau on Classical Guitar** (OOB) 11:00 Green Thumbs Club (AR) 2:15 Balance Class with Nadine (CR) 3:00 Arts and Unusual Crafts (AR) 4:00 Happy Hour (P) 6:00 Card Games Club (P)	