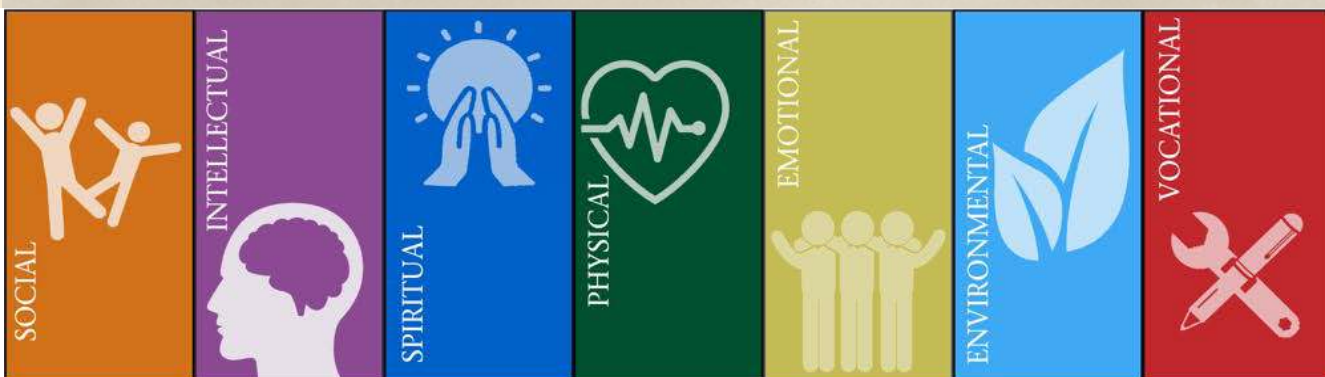


# Focus on Wellness

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

Irene Z.  
Audrey S.  
Mary H.  
Barry G.  
Ruth W.  
Sarah S.  
Barbara D.

Patricia W.  
James D.  
Michael K.  
Mary W.  
Mercedes K.  
Faye B.  
Sally K.



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)



# Providence Place SENIOR LIVING News

Q1: March 2022

## A Note from the Executive Director

As we continue to face new variants of the COVID virus, we are all working together to keep our community a safe environment while maintaining active programming. We thank you for playing your part by continuing to cooperate with our masking requirements, sign-in process and social distancing during visits.

At this time, we continue with our community dining and an active Community Life schedule of events and programs -- we are hopeful that this will not change recognizing what an important role socialization and engagement play in the health and wellness of our residents.

Make sure to check your calendars for the upcoming activities and events. Once again, thank you for your understanding and patience during our ongoing carpet replacement.

Here's to the end of Winter as we look forward to Spring!

Best,

*Howard Holben*

*Executive Director*

## Highlighted Events

- 1 – **Mardi Gras Social** @ 2:30pm
- 3 – **Dinner Excursion:** Applebees @ 4pm
- 8 – **International Women's Day Flower Making** @ 1:15pm - *Connections Club*
- 11 – **Vintage Gentleman's Luncheon** @ 12pm
- 11 – **Pip & Frodo Visit** @ 1:15pm - *Connections Club*
- 17 – **St. Patrick's Day Social** @ 2pm
- 24 – **Welcoming Spring:** Cupcake Bar @ 2pm
- 31 – **Disney Day:** Alice In Wonderland Mad Tea Party @ 11am & 12:15pm

## Welcome New Residents

Audrey S.  
Fae H.  
Gary F.  
Gina N.  
Mercedes K.  
Janet W.  
Kenneth M.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1>March</h1> <h1>2022</h1>	<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved Community Room (CR) Create & Design Room (CDR) Fitness Room (FR) Pub (P) Front Lobby (FL) Fitness Room (FR) Connections Neighborhood (CN) Activity Room (AR)	<b>1</b> 9:30 Exercise with Adam (AR) 10:00 Daily Reading (AR) 10:15 Who am I ? Hank Williams (AR) 10:30 Menu Review (AR) 1:15 Personal Mardi-Gra Pancakes (AR) 2:00 Bingo & Mocktails with Friends (CN) 2:00 Fastnacht Donuts (AR) 3:00 Ed-U: Holocaust Survivor Presentation (CR) 6:15 Moonlight Bingo (AR)	<b>2</b> 9:30 Exercise with Adam (AR) 9:30 Working With Words (CR) 10:00 Exercise Routine (CR) 10:30 Menu Review (CR) 1:30 Gentlemen's Social Hour (P) 1:30 Memory Magic with Friends (CN) 2:30 Prize Bingo on the Big Screen (AR) 3:30 Menu Review (AR) 6:30 Movie Night: The Defiant One (CR)	<b>3</b> 9:30 Exercise with Adam (AR) 10:00 Culinary Creations: Soup Making (AR) 10:15 Daily Reading (AR) 10:30 Menu Review (AR) 12:00 March Birthday Luncheon (AR) 1:15 Staff Snack Station (P) 2:00 Social Hour: Popcorn Bar (P) 6:30 Resident Run Bingo (AR)	<b>4</b> 9:30 Exercise with Adam (AR) 9:30 Fitness Dice (CR) 10:00 Daily Reading (CR) 10:15 Fact of the Day & Discussion (CR) 10:30 Menu Review (CR) 1:30 Different Soups of the World on IN2L (CR) 2:00 Aromatherapy & Manicures (FR) 3:00 The Fine Wines** (P) 6:30 Resident Run: Fact or Fiction (FL)	<b>5</b> 9:30 Exercise with Adam (AR) 10:00 Donut Mind If I Do! (AR) 1:15 Daily Reading (P) 2:00 Bingo & Social with Friends (CN) 2:00 Musical Entertainment with John C. (P) 2:30 Social Hour: Non Alcoholic Caramel Apple Jell-O Shots (P) 3:15 Menu Review (P) 6:30 Resident Run: Game of UNO (AR)	
	<b>6</b> 9:30 Exercise with Adam (AR) 9:30 Daily Reading (CR) 10:00 Song and Scripture with Hot Beverages (CR) 10:15 History of the Day (CR) 10:30 Menu Review (CR) 1:15 Oreo Cookie Dessert (P) 1:30 Prize Bingo (AR) 3:00 Worship Service (CR)	<b>7</b> 9:30 Exercise with Adam (AR) 9:30 Card Crunch Fitness (CR) 10:00 Daily Reading (CR) 10:15 Who AM I ? Alexander Graham Bell (CR) 10:30 Menu Review (CR) 1:00 Catholic Communion (CR) 1:30 Musical Engagement with Lindsay (AR) 2:30 Create & Design: St. Patrick's Day	<b>8</b> 9:30 Exercise with Adam (AR) 10:00 Daily Reading (AR) 10:15 Finish the Phrase (AR) 10:30 Menu Review (AR) 1:15 International Women's Day Recognition Flower Making (CR) 2:00 Ed-U: Art Presentation (AR) 2:00 Create & Design: Jewelry Making (CN) 3:00 Themed Trivia (AR) 6:15 Moonlight Bingo (AR)	<b>9</b> 9:30 Exercise with Adam (AR) 9:30 Working With Words (CR) 10:00 Exercise Routine (CR) 10:30 Menu Review (CR) 1:30 Piano Music with Justin (P) 1:30 Memory Magic with Friends (CN) 2:30 Prize Bingo on the Big Screen (AR) 3:30 Menu Review (AR) 6:30 Movie Night: Lucy (CR)	<b>10</b> 9:30 Exercise with Adam (AR) 10:00 Culinary Creations: Spain Appetizer (AR) 10:15 Daily Reading (AR) 10:30 Menu Review (AR) 1:15 Staff Snack Station (P) 1:30 Educational Presentation by Bayada (AR) 2:00 Social Hour: Taste of Spain (P) 6:15 Moonlight Bingo (AR)	<b>11</b> 9:30 Exercise with Adam (AR) 10:00 Chefs Demo (AR) 10:30 Menu Review (AR) 12:00 Gentlemen's Luncheon: Vintage Themed ** (P) 1:15 Visit from Frodo and Pippy (CR) 2:00 Puppy Dog Bingo (CR) 2:00 Aromatherapy & Manicures (FR) 6:30 Resident Run Jingo (AR)	<b>12</b> 9:30 Exercise with Adam (AR) 10:00 Donut Mind If I Do! (AR) 1:15 Daily Reading (P) 1:30 Musical Entertainment with Holly (P) 2:30 Social Hour: Clean Paloma (P) 3:15 Menu Review (P) 6:30 Resident Run: Game of Pokeno (AR)
	<b>13</b> 9:30 Exercise with Adam (AR) 9:30 Daily Reading (CR) 10:00 Song and Scripture with Hot Beverages (CR) 10:15 History of the Day (CR) 10:30 Menu Review (CR) 1:30 Prize Bingo (AR) 3:00 Worship Service (CR)  Daylight Savings Begins	<b>14</b> 9:30 Exercise with Adam (AR) 9:30 Card Crunch Fitness (CR) 10:00 Daily Reading (CR) 10:15 Take a closer look at the Butterfly (CR) 10:30 Menu Review (CR) 1:30 Musical Engagement with Lindsay (AR) 2:30 Martins Potato Chip History with Chips & Dip (AR)	<b>15</b> 9:30 Exercise with Adam (AR) 10:00 Campus to Campus Conversation (CR) 10:15 Read Round the Table (AR) 10:30 Menu Review (AR) 1:15 Shoes of the World (CR) 2:00 Ed-U: Sunny Side Farms Presentation (AR) 2:00 Create & Design: Pompom Cacti (CN) 3:00 Themed Trivia (AR)	<b>16</b> 9:30 Exercise with Adam (AR) 9:30 Working With Words (CR) 10:00 Exercise Routine (CR) 10:30 Menu Review (CR) 1:30 Gentlemen's Social: Martinis & Horse Racing (P) 1:30 Memory Magic with Friends (CN) 2:30 Lucky Bingo (AR) 3:30 Menu Review (AR) 6:30 Movie Night: Mr. Poppers Penguins	<b>17</b> 9:30 Exercise with Adam (AR) 10:00 Culinary Creations: Basketball Cookies (AR) 10:15 St. Patrick's Day Trivia (AR) 10:30 Menu Review (AR) 1:15 Staff Snack Station (P) 2:00 Social Hour: St. Patrick's Day (P) 6:15 Moonlight Bingo (AR)  St. Patrick's Day	<b>18</b> 9:30 Exercise with Adam (AR) 9:30 Fitness Dice (CR) 10:00 Daily Reading (CR) 10:00 Fact of the Day & Discussion (CR) 10:30 Menu Review (FL) 12:00 Ladies Luncheon: Fondue Pot (P) 1:15 Afternoon Sitter-cize on the IN2L (CR) 2:00 Aromatherapy & Manicures (FR) 3:00 The Fine Wines ** (P) 6:30 Resident Run Bingo (AR)	<b>19</b> 9:30 Exercise with Adam (AR) 10:00 Donut Mind If I Do! (AR) 1:15 Daily Reading (P) 2:00 Musical Entertainment with Tom & Randi with Mocktails (P) 3:15 National Let's Laugh Day and Jokes & Menu Review (P) 6:30 Resident Run: Game of Ring Toss (AR)
	<b>20</b> 9:30 Exercise with Adam (AR) 9:30 Daily Reading (CR) 10:00 Song and Scripture with Hot Beverages (CR) 10:15 History of the Day (CR) 10:30 Menu Review (CR) 1:30 Prize Bingo (AR) 3:00 Worship Service (CR)	<b>21</b> 9:30 Exercise with Adam (AR) 9:30 Card Crunch Fitness (CR) 10:00 Daily Reading (CR) 10:15 Take a closer look at the Brooklyn Bridge (CR) 10:30 Menu Review (CR) 2:30 Lets Write some Poetry (CR) 6:30 Resident Run: Fact or Fiction (FL)	<b>22</b> 9:30 Exercise with Adam (AR) 10:00 Daily Reading (AR) 10:15 Memories in the Making (AR) 10:30 Menu Review (AR) 2:00 Create & Design: Fairy House Painted Rocks (CN) 3:00 Themed Trivia (AR) 6:15 Moonlight Bingo (AR)	<b>23</b> 9:30 Exercise with Adam (AR) 9:30 Working With Words (CR) 10:00 Exercise Routine (CR) 10:30 Menu Review (CR) 1:30 Piano Music with Justin (P) 1:30 Memory Magic with Friends (CN) 2:30 Prize Bingo on the Big Screen (AR) 3:30 Menu Review (AR) 6:30 Movie Night: Marley & Me (CR)	<b>24</b> 9:30 Exercise with Adam (AR) 10:00 Culinary Creations: Vegetable Pizza Bites (AR) 10:15 Daily Reading (AR) 10:30 Menu Review (AR) 1:15 Staff Snack Station (P) 2:00 Social Hour: Cupcake Bar (P) 6:15 Moonlight Bingo (AR)	<b>25</b> 9:30 Exercise with Adam (AR) 9:30 Fitness Dice (CR) 10:00 Daily Reading (CR) 10:15 Greece appetizer making- (AR) 10:30 Menu Review (CR) 1:15 Fact of the Day & Discussion (CR) 2:00 Taste of Greece Social (P) 6:30 Resident Run Jingo (AR)	<b>26</b> 9:30 Exercise with Adam (AR) 10:00 Donut Mind If I Do! (AR) 1:15 Daily Reading (P) 2:00 Bingo & Social with Friends (CN) 2:30 Social Hour: Root Beer Floats (P) 3:15 Menu Review (P) 6:30 Resident Run: Table Top Air Hockey (AR)
	<b>27</b> 9:30 Exercise with Adam (AR) 9:30 Daily Reading (CR) 10:00 Song and Scripture with Hot Beverages (CR) 10:15 History of the Day (CR) 10:30 Menu Review (CR) 1:30 Prize Bingo (AR) 3:00 Worship Service (CR)	<b>28</b> 9:30 Exercise with Adam (AR) 9:30 Card Crunch Fitness (CR) 10:00 Daily Reading (CR) 10:15 Culinary Creations: Edible Eddies (AR) 10:30 Menu Review (CR) 1:30 Movie Matinee: Eddie & the Cruisers (CR) 6:30 Resident Run: Fact or Fiction (FL)	<b>29</b> 9:30 Exercise with Adam (AR) 10:00 Daily Reading (AR) 10:15 Memory Magic (AR) 10:30 Menu Review (AR) 1:15 Table Top Game (CR) 2:00 Create & Design: Fruit Print Painting (CN) 3:00 Themed Trivia (AR) 6:15 Moonlight Bingo (AR)	<b>30</b> 9:30 Exercise with Adam (AR) 9:30 Working With Words (CR) 10:00 Exercise Routine (CR) 10:30 Menu Review (CR) 1:30 Gentleman's Social: Bulls Eye (P) 1:30 Memory Magic with Friends (CN) 2:30 Bingo Blast (AR) 3:30 Menu Review (AR) 6:30 Movie Night:	<b>31</b> 9:30 Exercise with Adam the Genie (AR) 9:30 Memory Magic & Fellowship with Friends (CN) 10:00 Culinary Creations: Magical Treats (AR) 10:15 All About Alice in Wonderland (AR) 10:30 Menu Review (AR) 1:15 Staff Snack Station (P) 1:30 Wonderland Social (P) 6:15 Moonlight Bingo (AR)	<h1>THE Club</h1>	