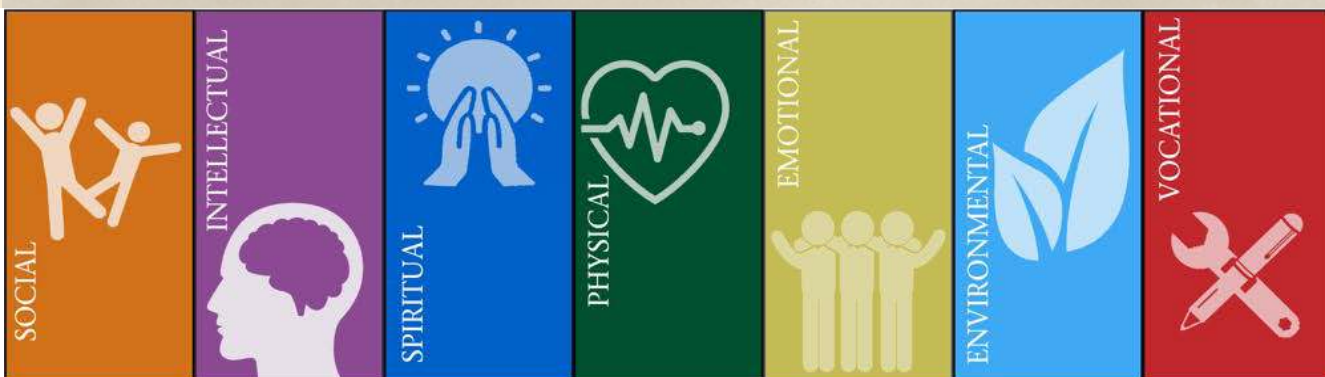


Focus on Wellness

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.	Patricia W.
Audrey S.	James D.
Mary H.	Michael K.
Barry G.	Mary W.
Ruth W.	Mercedes K.
Sarah S.	Faye B.
Barbara D.	Sally K.



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



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 2022</h1>	Calendar Key: (AR) Activities Room, (DR) Dining Room (FR) Fitness Room, (P) PUB (CR) Community Room (CDR) Create & Design Room (CY) 100 Hall Court Yard (PT) Pool Table Room (CN) Connections Neighborhood (BW) Building Wide (L) Lobby (FP) Front Patio (FL) Front Lobby (F) Fireside Room (OOB) Out of the Building ** Registration Required \$\$ Cost Involved	1 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Weis**\$(OOB) 10:00 House Of Café ft. Fosnot's (AR) 1:30 Worship Service (CR) 2:30 Super Mardi Gras Social Hour (P) 3:30 Mardi Gras Fun Facts (P) 6:15 Sundown Bingo (AR) 6:30 Game Of Dominos (FL)	2 9:30 Morning Exercise (AR) 10:00 Fireside Chat with ED Howard (AR) 10:00 Grief Support Group (F) 1:30 Hymns with Chaplain Shawn (CR) 2:30 Prize Bingo (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Movie Night: The Defiant One (CR)	3 9:30 Morning Exercise (AR) 10:00 Create: Canvas Painting** (CDR) 12:00 March Birthday Luncheon (AR) 2:00 Social Hour: Popcorn Bar (P) 3:00 Game Of Trivia (P) 4:00 First Thursday: Dinner Excursion Applebee's**\$(OOB) 4:00 & 5:15 Wine & Dine (DR) 6:30 Tabletop Ring Toss (FL)	4 9:30 Morning Exercise (AR) 10:00 Clever Cooks: Homemade Bread (AR) 1:30 Hall Walkers & Small Weights (BW) 2:00 Aromatherapy & Manicures (FR) 3:00 The Fine Wines** (P) 6:30 Fact Or False (FL) 6:30 Bingo (AR)	5 9:30 Morning Exercise (AR) 10:00 House Of Café; Donut Mind If I Do! (AR) 1:30 Helping Hands; Social Prep (P) 2:00 Social Hour: Fancy Lemonade (P) 3:30 Helping Hands; Basket Goodies (AR) 6:30 Neighbor Visit: Goodie Basket (CN) 6:30 Table Royale: Uno (AR)	
	6 9:30 Morning Exercise (AR) 10:00 House Of Café & Discussions (AR) 11:00 & 12:15 Table Mate Riddles (DR) 2:00 Table Royale: Rumi (AR) 3:00 Worship Service (CR) 6:30 Poker Night (AR)	7 9:30 Morning Exercise (AR) 10:00 Bible Study (AR) 1:30 Circle Of Friends** (AR) 1:30 Melodies by Lindsay Amspacher (AR) 2:30 Ed-U: Holocaust Auschwitz Survivor; Lilly Ebert (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Crosswords & Word Search (FL)	8 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Burlington**\$(OOB) 1:30 Worship Service (CR) 2:30 Get To Know Your Neighbor: True or False (AR) 3:30 Would You Rather (AR) 6:15 Sundown Bingo (AR) 6:30 Game Of Checkers (FL)	9 9:30 Morning Exercise (AR) 10:00 Grief Support Group (F) 10:00 Genesis Fitness with Laura (FR) 1:30 Hymns with Chaplain Shawn (CR) 2:30 Prize Bingo (AR) 3:30 Ed-U: <i>How To Parent: From a Teen's Perspective</i> (AR) 6:30 Movie Night: Being The Ricardos (CR)	10 9:30 Morning Exercise (FR) 10:00 Create: Carrot Plushie** (CDR) 10:30 Community Life Planning Committee Meeting (AR) 1:30 Bayada Wellness Edu. With Natasha (AR) 2:30 Social Hour: Taste Of Spain (P) 3:00 Game Of Trivia (P) 4:30 Wine & Dine (DR) 6:15 Table Royale: Uno (AR)	11 9:30 Morning Exercise (AR) 10:00 Chefs Demo (AR) 12:00 Vintage Gentlemen's Luncheon (P) 1:30 Hall Walkers & Small Weights (BW) 2:00 Aromatherapy & Manicures (FR) 6:30 Hang Man (FL) 6:30 Bingo (AR)	12 9:30 Morning Exercise (AR) 10:00 House Of Café; Donut Mind If I Do! (AR) 1:30 Musical Entertainment with Holly (P) 2:30 Social Hour: Banana or Strawberry Milkshake (P) 3:30 Helping Hands; Basket Goodies (AR) 6:30 Neighbor Visit: Goodie Basket (CN) 6:30 Table Royale: Pokeno (AR)
	13 9:30 Morning Exercise (AR) 10:00 House Of Café & Discussions (AR) 10:30 Welcoming Garden Club (AR) 11:00 & 12:15 Table Mate Riddles (DR) 2:00 Table Royale: Kings In A Corner (AR) 3:00 Worship Service (CR) 6:30 Poker Night (AR) Daylight Savings Begins	14 9:30 Morning Exercise (AR) 10:00 Bible Study (AR) 1:30 Circle Of Friends** (AR) 1:30 Melodies by Lindsay Amspacher (AR) 2:30 Ed-U: <i>Survivor Man Grenada Island</i> (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Crosswords & Word Search (FL)	15 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Dollar Tree**\$(OOB) 1:30 Worship Service (CR) 2:30 Jeopardy! (AR) 3:30 Vocabulary Challenge (AR) 6:15 Sundown Bingo (AR) 6:30 Game Of Chess (FL)	16 9:30 Morning Exercise (AR) 10:00 Grief Support Group (F) 1:30 Hymns with Chaplain Shawn (CR) 2:30 Wear Green! Lucky Bingo (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Movie Night: Under The Tuscan Sun (CR)	17 9:30 Morning Exercise (AR) 10:00 Create: Jewelry** (CDR) 10:00 Praying the Rosary (P) 1:30 Helping Hands: Social Prep (P) 2:00 Green Drink Social Hour (P) 3:00 St. Patty's Trivia (P) 4:00 & 5:15 Wine & Dine (DR) 6:30 Table Royale: Rummi (AR) St. Patrick's Day	18 9:30 Morning Exercise (AR) 10:00 Clever Cooks: Banana Muffins (AR) 12:00 Fondue Ladies Luncheon (P) 1:30 Meet The Chef (P) 2:30 Aromatherapy & Manicures (FR) 3:00 The Fine Wines** (P) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Trivia (FL) 6:30 Bingo (AR)	19 9:30 Morning Exercise (AR) 10:00 House Of Café; Donut Mind If I Do! (AR) 1:30 Helping Hands; Social Prep (P) 2:00 Musical Entertainment with Tom & Randy & Mocktails (P) 3:30 Helping Hands; Basket Goodies (AR) 6:30 Neighbor Visit: Goodie Basket (CN) 6:30 Tabletop Ring Toss (AR)
	20 9:30 Morning Exercise (AR) 10:00 House Of Café & Discussions (AR) 11:00 & 12:15 Table Mate Riddles (DR) 2:00 Table Royale: Old Maid (AR) 3:00 Worship Service (AR) 6:30 Poker Night (AR)	21 9:30 Morning Exercise (AR) 10:00 Bible Study (AR) 1:30 Circle Of Friends** (AR) 1:30 Melodies by Lindsay Amspacher (AR) 2:30 Ed-U: <i>Queen Victoria's Children Documentary</i> (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Crosswords & Word Search (FL)	22 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Whitecombs**\$(OOB) 1:30 Worship Service (CR) 2:30 Lab Fair (AR) 3:30 Science Facts (AR) 6:15 Sundown Bingo (AR) 6:30 Game Of Trivia (FL)	23 9:30 Morning Exercise (AR) 10:00 Grief Support Group (F) 1:30 Hymns with Chaplain Shawn (CR) 1:30 Pianist Performance: Justin Adams (P) 2:30 Prize Bingo (AR) 3:30 Ed-U: TED TALK: <i>Own Your Face</i> (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Movie Night: Marley & Me (CR)	24 9:30 Morning Exercise (AR) 10:00 Create: Rainbow Pompom** (CDR) 10:00 Praying the Rosary (P) 1:30 Helping Hands: Social Prep (P) 2:00 Welcoming Spring: Cup Cake Bar (P) 3:00 Spring Reminiscing (P) 4:00 & 5:15 Wine & Dine (DR) 5:30 Movie & Pizza Night ** (CR) 6:30 Table Royale: War (AR)	25 9:30 Morning Exercise (AR) 10:00 House Of Café ft. Greek Pastries (AR) 1:30 Hall Walkers & Small Weights (BW) 2:00 Greek Pallet: Lemon Potato's (AR) 3:00 Greek Trivia (AR) 4:00 & 5:15 Table Mate: Greek Trivia (DR) 6:30 Pictionary (FL) 6:30 Bingo (AR)	26 9:30 Morning Exercise (AR) 10:00 House Of Café; Donut Mind If I Do! (AR) 1:30 Helping Hands; Social Prep (P) 2:30 Social Hour: Root Beer Floats (P) 3:30 Helping Hands; Basket Goodies (AR) 6:30 Neighbor Visit: Goodie Basket (CN) 6:30 Table Top Air Hockey (AR)
	27 9:30 Morning Exercise (AR) 10:00 House Of Café & Discussions (AR) 10:30 Welcoming Garden Club (AR) 11:00 & 12:15 Table Mate Riddles (DR) 2:00 Table Royale: Uno (AR) 3:00 Worship Service (AR) 6:30 Poker Night (AR)	28 9:30 Morning Exercise (AR) 10:00 Bible Study (AR) 1:30 Circle Of Friends** (F) 1:30 Movie Matinee (CR) 1:30 Melodies by Lindsay Amspacher (AR) 2:30 Ed-U: <i>The Story of Europe Origins and Identity</i> (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Crosswords & Word Search (FL)	29 9:30 Morning Exercise (AR) 10:00 Day Excursion: Country Ride** (OOB) 1:30 Worship Service (CR) 2:30 Guess What's In The Box (AR) 3:30 Wishful Thinking (AR) 6:15 Sundown Bingo (AR) 6:30 Game Of Chinese Checkers (FL)	30 9:30 Morning Exercise (AR) 10:00 Grief Support Group (F) 1:30 Hymns with Chaplain Shawn (CR) 2:30 Bingo Blast! (AR) 3:30 Ed-U: TED TALK: <i>Happiness Is All In Your Mind</i> (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Movie Night: Benjamin Button (CR)	31 9:30 Exercise with Genie Adam (AR) 10:00 Disney Trivia & Fun Facts (AR) 11:00 & 12:15 Alice In Wonderland The Mad Tea Party Lunch (DR) 1:30-3:00 Most Magical Social Hour (P) 6:30 Disney Bingo (AR)	