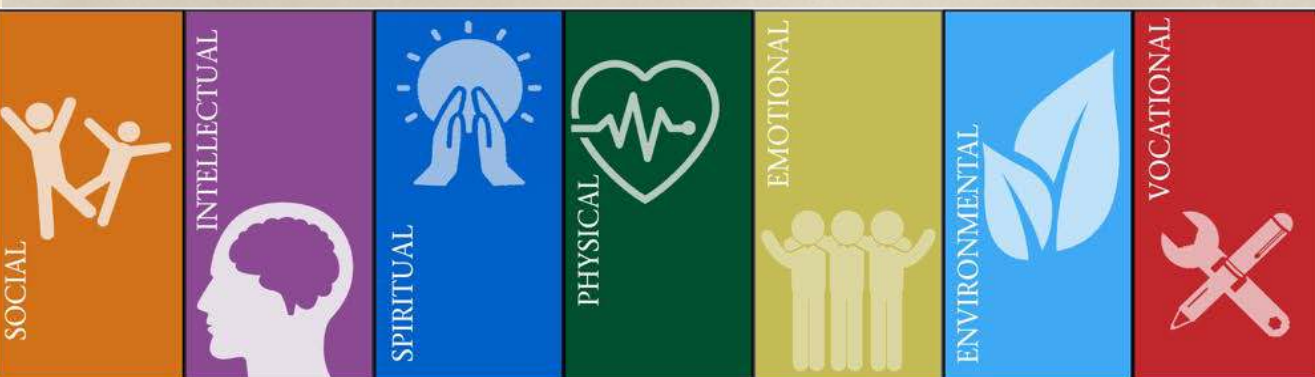


# Focus on Wellness

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 H.  
Mary L.  
Joseph F.  
Margey E.



# Providence Place SENIOR LIVING News

Q1: March 2022

## A Note from the Executive Director

2022 is finally shaping up to be a fresh start here in Drums.

COVID has affected many of our lives throughout the past two years, but we are well equipped to manage the end of this latest surge as needed and continue to move forward.

As I reflect on 2021, I am going to focus on better things ahead and not forget the memories we created. I would like to thank all of our coworkers who worked through the pandemic to be sure our residents were cared for, safe, and happy.

We are staying warm in our community and are looking forward to a bright & joy-filled spring.

*Kim Perchak*

*Executive Director*

## Highlighted Events

- 1 – **Mardi Gras Super Social**  
@ 2:30pm
- 7 – **Resident Volunteer Celebration**  
@ 2:30pm
- 12 – **Elvis Tribute Super Social**  
with Lori & James Duo @ 2:30pm
- 17 – **EdU Presentation:** Bagpipe  
History & Demo @ 10am
- 19 – **Girl Scout Cookie Stand**  
@ 1pm – 3pm
- 24 – **Providence Place Wishes**  
@ 3pm
- 28 – **Forrest Feed Co. Food Truck**  
@ 4:30pm – 6:30pm

## Welcome New Residents

Roy R.  
Dolores G.



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</h1>	<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, (C) Café	<b>Happy Birthday Irene Heidrich!!</b> <sup>1</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Stretch Exercise (2nd) 10:30 Fat Tuesday Donut Holes (Café) 1:00 iN2L: Mardi Gras Parade 1:30 Focus on Health: Blood Pressure Checks (3rd) 2:30 Mardi Gras Social : Paul Romero (DR) 3:30 Dealing with Loss Support Group (SR) 6:30 Scrabble (1st)	Ash Wednesday <sup>2</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Ash Wednesday Service (Ch) 10:30 Trivia Challenge (3rd) 1:00 Play Snowball Basketball ! (T) 1:30 Movie: John Wayne: McLintock (2nd) 2:45 Bingo (3rd) 3:30 Holiday Planning Meeting (3rd) 3:30 Re-memory Storytelling (1st) 6:30 Dominoes (1st)	<sup>3</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Sacrament of Reconciliation 9:45 Finish the Lines (2nd) 10:00 Mass with Father Mike (DR) 10:30 Balance in Action Exercise (2nd) 1:00 Faux Snowball Fight!!! (T) 2:30 Carol Burnett Show Favorites (2nd) 2:30 Ed-U: Sleep Habits: Melissa(DOW)(3rd) 3:30 Welcome Ambassador Meeting (3rd) 6:30 Pinochle Players Club (3rd)	<sup>4</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Crosswords, Coffee / Croissants(2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Hand Weights Exercise(2nd) 1:30 TED Talk: Say "No"! (3rd) 2:30 Discussion/ Dessert Chef Ashley (DR) 3:00 Stations of the Cross (Ch) 6:30 Boggle (1st)	<sup>5</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Fingerprint Animal Painting(2nd) 1:30 Sing A Long with Sue (3rd) 2:30 Entertainment by Joe & Dot (T) 2:30 Matinee: The Great Gatsby (2nd) 3:30 "Green is Great!" Happy Hour (1st) 6:30 Rummikub (1st)	
	<sup>6</sup> 9:00 TV Catholic Mass (3rd) 9:30 Psalms for Beginners (2nd) 10:30 Irish Storytelling (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Hymn Sing (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Ireland:The Cliffs of Moher (3rd) 6:30 Knit & Crochet Club (3rd)	<sup>7</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Carol Burnett Show Favorites (2nd) 1:30 Circle of Life (SR) 1:30 Fingerprint Animal Prints (T) 2:30 Resident Volunteer Celebration (3rd) 3:30 Sunshine Committee (3rd) 3:30 iPad: Where In the World? (2nd) 6:30 Pinochle Players Club (3rd)	<sup>8</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 European Folk Tales Storytelling 10:00 Stretch Exercise (2nd) 10:30 Holistic Aromatherapy (2nd) 1:30 Music Class with Cynthia (2nd) 2:30 Entertainment by Glenn Faul (DR) 3:30 iPad: Nature Riddle Me This (1st) 3:30 Dealing with Loss Support Group (SR) 6:30 Scrabble (1st)	<sup>9</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:30 TED Talk: Living Without Answer(2nd) 1:30 Bible Study /Deacon Bob Roman (C) 2:45 Bingo (3rd) 3:30 iN2L: Patrick: His Life (T) 3:30 iPad: March Symbol: Rabbits (3rd) 6:30 Dominoes (1st)	<sup>10</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Daily Prayer & Meditation (Ch): 10:00 Balance in Action Exercise (2nd) 10:00 Sing Folk Songs with Sue( T) 1:30 Color Your Way: Irish Themes to Irish Music(2nd) 2:30 Celebration of Life Service (Ch) 3:30 Providence Place Walking Club (ML) 6:30 Pinochle Players Club (3rd)	<sup>11</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Irish Limericks Framed Art (2nd) 1:30 Craft Club: Suncatchers (3rd) 2:30 Providence Place Wish Granted For Resident Ramon Santiago (3rd) 3:00 Stations of the Cross (Ch) 6:30 Boggle (1st)	<sup>12</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 iN2L: Elvis /the Memphis Mafia(2nd) 1:30 Helping Club: Set Up /Elvis Social (DR) 2:30 Elvis Presley Super Social: Lori & James Duo (DR) 3:30 Uno (1st) 6:30 Matinee: Darby O'Gill & the Little People (2nd)
	<sup>13</sup> 9:00 TV Catholic Mass (3rd) 9:30 Psalms for Beginners (2nd) 10:30 Irish Storytelling (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Ireland: The Ring of Kerry (3rd) 6:30 Knit & Crochet Club (3rd) Daylight Savings Begins	<sup>14</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 TED Talk: Less Stuff(3rd) 1:30 Irish Riddles: What Am I? (T) 1:30 Circle of Life (SR) 1:30 Irish Songs of the Heart (3rd) 3:30 Technology Committee (3rd) 6:30 Pinochle Players Club (3rd)	<sup>15</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Truth or Blarney: Irish Trivia (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Cooking Club: Irish Soda Bread ( C ) 2:30 Irish Storytelling (T) 2:30 Resident Birthday Meeting (3rd) 3:30 Chicken Soup for the Soul (3rd) 6:30 Scrabble (1st)	<sup>16</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service/ Chaplain Beverly (Ch) 10:30 Hymn Sing (Ch) 1:30 iPad: Remembering Irish Songs (T) 1:30 Community Life Planning Meeting (3rd) 2:45 Bingo (3rd) 4:00 March Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	<sup>17</sup> St. Patrick's Day 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 St Patrick's Day Special: Bernie Jaspersen Bagpipe Performance(DR) 10:00 iN2L: St Patrick's Parade (2nd) 1:30 iN2L: Saint of the Day: St. Patrick (T) 2:30 St. Patrick's Day Social (3rd) 3:30 Truth or Blarney (1st) 6:30 Pinochle Players Club (3rd)	<sup>18</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Paper Butterflies (2nd) 1:30 Soul Club: Chicken Soup /the Soul(3rd) 2:00 Drumming Class /Joe Ciarvella (2nd) 3:00 Stations of the Cross (Ch) 4:00 Finish the Lyrics (1st) 6:30 Boggle (1st)	<sup>19</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary 10:30 iPad Poetry: Shel Silverstein (2nd) 10:30 TED Talk 1:00-3:00 GS Cookies Troop #30270 (1st) 3:00 Matinee: The Quiet Man (2nd) 6:30: Rummikub (1st)
	<sup>20</sup> 9:00 TV Catholic Mass (3rd) 9:30 Psalms for Beginners (2nd) 10:30 Irish Storytelling (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Hymn Sing (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Visiting Ireland: Blarney Castle (3rd) 6:30 Knit & Crochet Club (3rd)	<sup>21</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 (2nd) 10:30 TED Talk: Asking Questions (3rd) 1:30 Irish Riddles: What Am I? (T) 1:30 Circle of Life (SR) 2:30 Chef's Pairings with Chef Ashley (DR) 3:30 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)	<sup>22</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Folk Songs Sing A Long (2nd) 10:00 Stretch Exercise (2nd) 10:30 Holistic Aromatherapy (2nd) 1:00 iN2L: Rick Steves's Ireland (3rd) 2:30 Music Class with Cynthia (T) 2:30 iN2L: Local History: Angela Park (3rd) 3:00 Fireside Chat with ED Kim (1st) 3:30 Dealing with Loss Support Group 6:30 Scrabble (1st)	<sup>23</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Faux Air Plants (2nd) 1:30 Bible Study /Deacon Bob Roman © 2:30 Entertainment: Noreen Gregory (T) 2:45 Bingo (3rd) 4:00 iN2L: Today in History (3rd) 6:30 Dominoes (1st)	<sup>24</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Ed-U: Spring Birding /NEPA By Photographer Terry Neumyer (3rd) 10:30 St. Catherine of Genoa (2nd) 1:30 Craft with ED Kim (2nd) 2:30 March Birthday Sundae Social: (3rd) 2:30 Entertainment by Joe & Dot (T) 6:30 Pinochle Players Club (3rd)	<sup>25</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study /Bayada Hospice (Ch) 10:30 Faux Air planters (3rd) 1:30 Reminiscing: WW2, Our Story (3rd) 2:30 Men's Club: March Madness Basketball Game (3rd) 3:00 Stations of the Cross (Ch) 6:30 Boggle (1st)	<sup>26</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Finish the Phrase (3rd) 1:45 iN2L: St Augustine: A Voice for All Generations (3rd) 2:30 Matinee: Driving Miss Daisy (2nd) 3:30 Guinness Happy Hour (1st) 6:30 Uno
	<sup>27</sup> 9:00 TV Catholic Mass (3rd) 9:30 Psalms for Beginners (2nd) 10:30 Irish Storytelling (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Visiting Ireland: The Blarney Stone (3rd) 6:30 Knit & Crochet Club (3rd)	<sup>28</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Crazy Quilt Glass Plates (2nd) 1:30 Clear Ball Spring Terrarium (T) 2:30 Chef Ashley: Retro Cocktail Party (Café) 3:30 (1st) 6:30 Pinochle Players Club (3rd)	<sup>29</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 ReMemory: My Story (2nd) 10:00 Stretch Exercise (2nd) 10:30 Aromatherapy: Essential Oils (2nd) 1:30 Inspirational Speaker: Korey Washine Stage 4 Brain Cancer Survivor (DR) 3:30 Dealing with Loss Support Group (SR) 6:30 Scrabble (1st)	<sup>30</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Sacred Hymns (Ch) 1:30 Manicures & Mocktails (3rd) 2:45 Bingo (3rd) 3:45 History Trivia (1st) 6:30 Dominoes	<sup>31</sup> 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Music Therapy with Cynthia (T) 1:30 Karaoke Singalong (3rd) 2:30 Honey Hole Winery: Make Your Own Custom Wine! (Café) 3:30 Honeymooners: Early Episodes (2nd) 6:30 Pinochle Players Club (3rd)	<h1>THE Club</h1>	