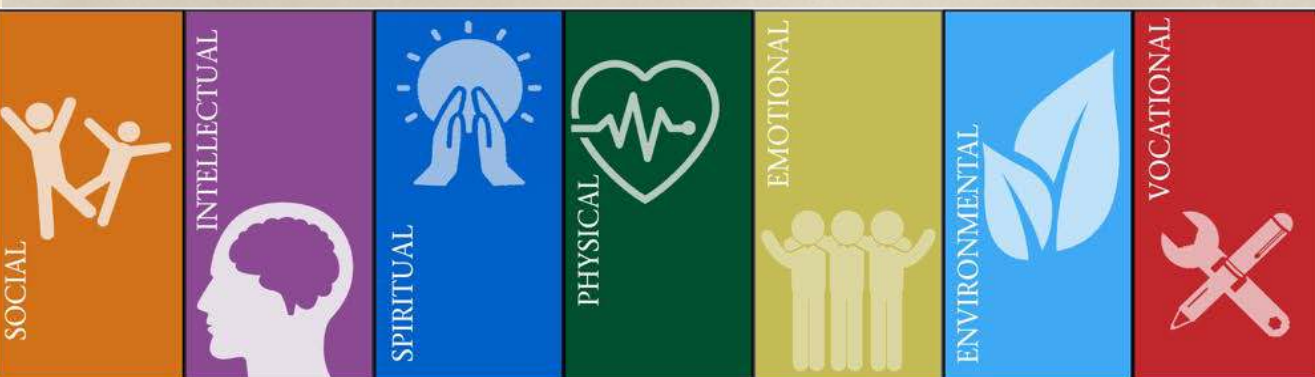


Focus on Wellness

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 F.
Dolores G.



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 (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	1 9:30 Food for Thought & Tasting: Donuts (C) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Focus on Health: Blood Pressure Checks (3rd) 2:30 Mardi Gras Social: Musical Entertainment by Paul Romero (DR) 3:30 Dealing with Loss Support Group (SR) 6:30 Scrabble (1st)	2 9:30 Sit & Be Fit Exercise (2nd) 10:00 Ash Wednesday Service by Chaplain Beverly (Ch) 10:30 Trivia Challenge (3rd) 1:30 Men's Club: A Salute to John Wayne Matinee <i>McIntock</i> (2nd) 2:45 Bingo (3rd) 3:30 Holiday Celebration Planning Cmte (3rd) 6:30 Dominoes (1st)	3 9:30 Sacrament of Reconciliation With Father Mike (Ch) 10:00 Mass with Father Mike (DR) 10:30 Balance in Action Exercise (2nd) 1:30 Cooking Club: Mini Shepherd's Pies (C) 2:30 Ed-U Wellness Presentation: <i>Better Sleep Habits</i> by DOW, Melissa (3rd) 3:30 Welcome Ambassador Cmte Mtg (3rd) 6:30 Pinochle Players Club (3rd)	4 9:30 Breakfast Caravan: Tom's Kitchen*** (OOB) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Hand Weights Strength Exercise (2nd) 1:30 TED Talk & Discussion: <i>Dare To Say No</i> (3rd) 2:30 Dessert & Discussion by Chef Ashley (DR) 3:00 Stations of the Cross (Ch) 6:30 Boggle (1st)	5 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Thankful Club (3rd) 1:45 X-Box Bowling Residents vs. Staff (2nd) 2:30 Matinee: <i>The Great Gatsby</i> (2nd) 3:30 <i>Green is Great!</i> Happy Hour (1st) 6:30 Rummikub (1st)	
	6 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service by Chaplain Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Visiting Ireland to The Cliffs of Moher (3rd) 6:30 Knit & Crochet Club (3rd)	7 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Food for Thought: Potatoes (C) 1:30 Bible Study with Deacon Bob Roman (C) 2:30 Resident Volunteer Recognition Celebration (3rd) 3:30 Sunshine Committee (3rd) 6:30 Pinochle Players Club (3rd)	8 9:30 Shopping Trip: Walmart*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Musical Entertainment by Glenn Faul (DR) 3:30 Craft Club: Sun Catchers (3rd) 6:30 Scrabble (1st)	9 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Beverly (Ch) 10:30 Hymn Sing (Ch) 1:30 TED Talk & Discussion: <i>Living Without Answers</i> (2nd) 2:45 Bingo (3rd) 3:30 iN2L: March Animal Symbol: Rabbits (3rd) 6:30 Dominoes (1st)	10 9:30 Daily Prayer & Meditation (Ch): 10:00 Balance in Action Exercise (2nd) 10:30 Cooking Club: Boxy (C) 1:30 Men's Club: Assemble New Bird Feeders (3rd) 2:30 Celebration of Life Memorial Service (Ch) 3:30 Providence Place Walking Club (ML) 6:30 Pinochle Players Club (3rd)	11 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration: Stamp Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:15 March Birthday Sundae Social Hosted by Resident Birthday Cmte (3rd) 3:00 Stations of the Cross (Ch) 6:30 Boggle (1st)	12 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Spring Planning (3rd) 1:30 Helping Hands Club: Set Up for Elvis Social (DR) 2:30 Elvis Presley Musical Tribute Super Social by Lori & James Duo (DR) 3:30 Uno (1st) 6:30 Matinee: <i>Darby O'Gill & the Little People</i> (2nd)
	13 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service by Chaplain Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Visiting Ireland to The Ring of Kerry (3rd) 6:30 Knit & Crochet Club (3rd) Daylight Savings Begins	14 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 TED Talk & Discussion: <i>Less Stuff, More Happiness</i> (3rd) 1:30 Irish Songs of the Heart (3rd) 2:30 New Resident Cocktail Mixer (3rd) 3:30 Technology Committee (3rd) 6:30 Pinochle Players Club (3rd)	15 9:30 Shopping Trip: Dollar Tree & Aldi's*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Cooking Club: Irish Soda Bread (C) 2:30 Resident Birthday Committee Meeting (3rd) 3:30 Soul Club: <i>Chicken Soup for the Soul</i> (3rd) 6:30 Scrabble (1st)	16 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Beverly (Ch) 10:30 Hymn Sing (Ch) 11:00 Diner's Lunch Caravan: Top of the 80's Restaurant*** (OOB) 1:30 Community Life Planning Meeting (3rd) 2:45 Bingo (3rd) 4:00 March Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	17 9:30 Balance in Action Exercise by Genesis Health & Rehab (2nd) 10:00 Ed-U Presentation: <i>Bagpipe History & Demonstration</i> By Bernie Jespersen (DR) 10:30 Saint of the Day: St. Patrick (2nd) 1:30 Dining Service Committee Meeting (3rd) 2:30 St. Patrick's Day Social (3rd) 3:30 Truth or Blarney (1st) 6:30 Pinochle Players Club (3rd) St. Patrick's Day	18 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration: Stamp Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciarvella (2nd) 3:00 Stations of the Cross (Ch) 4:00 Finish the Lyrics (1st) 6:30 Boggle (1st)	19 9:30 Pedal Exercise (2nd) 10:00 Rosary 10:30 TED Talk & Discussion: <i>Less Stuff, More Happiness</i> (3rd) 1:00-3:00 Community Outreach: Girl Scout Cookie Stand by Girl Scout Troop #30270 (1st) 1:30 Painting Class with Jennie Perez** (3rd) 3:00 Matinee: <i>The Quiet Man</i> (2nd) 6:30: Rummikub (1st)
	20 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service by Chaplain Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Visiting Ireland to Blarney Castle (3rd) 6:30 Knit & Crochet Club (3rd)	21 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 TED Talk & Discussion: <i>The Value of Asking Questions</i> (3rd) 1:30 Bible Study with Deacon Bob Roman (C) 2:30 Chef's Pairings by Chef Ashley (DR) 3:30 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)	22 9:30 Daily Prayer & Meditation (Ch) 10:00 Retail Shopping: Boscov's*** (OOB) 10:30 Stretch Exercise (2nd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Local History: Angela Park (3rd) 3:00 Fireside Chat (1st) 3:30 Classic Movie Trivia (2nd) 6:30 Scrabble (1st)	23 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Beverly (Ch) 10:30 Hymn Sing (Ch) 1:30 Cooking Club: Monkey Bread (C) 2:45 Bingo (3rd) 4:00 Today in History (3rd) 6:30 Dominoes (1st)	24 9:30 Balance in Action Exercise (2nd) 10:00 Ed-U Presentation: <i>Spring Birding in NE Pennsylvania</i> By Photographer Terry Neumyer (3rd) 10:30 Saint of the Day: St. Catherine of Genoa (2nd) 1:30 Craft with ED Kim (2nd) 3:00 Providence Place Wish Honoring Resident Ramon Santiago (3rd) 6:30 Pinochle Players Club (3rd)	25 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration: Stamp Art (2nd) 1:30 Dealing with Loss Support Group (SR) 2:30 Men's Club: March Madness Basketball Game (3rd) 3:00 Stations of the Cross (Ch) 6:30 Boggle (1st)	26 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Finish the Phrase (3rd) 1:45 Ed-U Day Excursion: Francis E. Walter Dam** (OOB) 2:30 Matinee: <i>Driving Miss Daisy</i> (2nd) 3:30 Guinness Happy Hour (1st) 6:30 Uno (1st)
	27 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service by Chaplain Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Visiting Ireland to The Blarney Stone (3rd) 6:30 Knit & Crochet Club (3rd)	28 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Craft Club: Fresh Flower Arrangements (3rd) 1:30 Providence Place Walking Club (ML) 2:30 Ed-U Demonstration: <i>Wine Making</i> By Pete Aiello, Honey Hole Winery (3rd) 4:30-6:30 Community Dinner Event: Forrest Feed Co. (OOB) 6:30 Pinochle Players Club (3rd)	29 9:30 Daily Prayer & Meditation (Ch) 10:00 Shopping Trip: Hobby Lobby*** (OOB) 10:30 Stretch Exercise (2nd) 1:30 Famous Birthdays: Cy Young (3rd) 2:00 Ed-U Presentation: <i>Rendezvous in Space;</i> <i>SpaceX Program</i> by Ron & Crystal Bolton from Night Wonders of Astronomy (3rd) 3:30 Holistic Wellness Aromatherapy (2nd) 6:30 Scrabble (1st)	30 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Beverly (Ch) 10:30 Hymn Sing (Ch) 1:00 Focus on Health: Weight Checks (3rd) 1:30 Manicures & Mocktails (3rd) 2:45 Bingo (3rd) 3:30 Helping Hands Club: Organize Library (2nd) 6:30 Dominoes (1st)	31 9:30 Daily Prayer & Meditation (Ch) 10:00 Balance in Action Exercise (2nd) 10:30 TED Talk & Discussion: <i>The Transformative Power of Music</i> (2nd) 1:30 Karaoke Singalong (3rd) 2:30 Dining Demo by Chef Ashley (DR) 3:30 Sudoku Challenge (1st) 6:30 Pinochle Players Club (3rd)	