

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

Eleanor R.
Stanley B.
Mary B.
Mina Lois R.
Evelyn R.
Nicolas S.
Sandra M.



Providence Place SENIOR LIVING News

Q1: March 2022

A Note from the Executive Director

With the name O'Leary, some would say March is my month. Hopefully a leprechaun will visit your home and bring you a pot of gold at the end of the rainbow.

We had a tradition in our household when my daughter was little – we would place our shoes outside our bedroom doors on St. Patrick's Day eve and find them filled with goodies the next morning. Our leprechaun, Sean, would leave notes of encouragement and goodies for my daughter – and husband and me. This is a tradition I plan on celebrating with the residents in our community. This special tradition was as much fun as Christmas and Easter and I hope everyone will enjoy it!

In addition, our Community Life Department has a St. Patrick's Day Social planned on March 17th at 2 p.m. with musical entertainment. I hope you can join us. We will also be hosting an Open House on March 22nd for the greater community to officially reopen our first floor for expanded Memory Care.

Donna O'Leary

Executive Director

Highlighted Events

- 1 – **Boscov's & Lunch Outing** @ 10am
- 11 – **Jay Smar Entertainment** @ 2 & 3pm
- 14 – **Edu Presentation:** How to Protect Your Stuff @ 2pm
- 15 – **Shopping Trip to Walmart** @ 10am
- 22 – **Open House Social** @ 4:15-7pm
- 24 – **Spring Music** @ 2pm
- 24 – **Freedom Singers** @ 2pm
Connections
- 31 – **EdU Presentation:** Night Wonders of Astronomy @ 3pm. - *Connections*

Welcome New Residents

Richard B.



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 2022</h1>	Calendar Key: ** Registration Required \$\$ Cost Involved (CH) Chapel (DR) Dining Room (PT) Pool Table Room (AR) Activity Room (L) Lobby (OOB) Out of Building (GL) Governors Lounge (S) Salon	1	2	3	4	5
		9:30 Free Weights Exercises (CH) 10:00 Shopping Trip & Lunch Out: Boscov's & Park City Dinner**\$\$ (OOB) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:30 Dining Service Committee Meeting (CH) 2:00 Mardi Gras Social (GL) 3:15 Jeopardy (CH) 6:15 Movie Club: Hallmark Movie (CH)	9:00 Early Risers Social Society (CH) 9:30 Sit n Be Fit (CH) 10:00 Midweek Worship Service & Ashes Service (CH) 1:30 TED Talks and Discussions: <i>My Year of Saying Yes to Everything</i> (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (AR)	9:30 Balance in Action by Amy with Genesis Health and Rehab (CH) 10:00 Grief Share and Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Community Life Planning Committee (CH) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (AR)	9:30 Seated Pilates (CH) 10:00 Welcome Ambassador Committee Meeting (CH) 10:30 Movie Club: <i>Residents Pick</i> (CH) 1:30 Examining Bible Prayers (CH) 2:00 The Dime Store (L) 3:15 Friday Floats and Random Facts (CH) 6:15 Community Puzzle (AR)	9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (L) 10:00 Bingo (CH) 1:30 Finish The Lines (AR) 2:00 Super Social Hour <i>Welcoming New Friends</i> (GL) 3:15 Creative Crafting: Beaded Coasters (AR) 6:15 Dominoes (AR)
6	7	8	9	10	11	12
9:00 Early Risers Social Society (CH) 9:30 Faith Studies (AR) 10:30 Team Cuisine Cooking Club: Oreo Dirt Cake (AR) 1:30 Manicure and Mocktails **(S) 2:00 Sunday Mixer and Trivia (GL) 3:00 Worship Service and Communion (CH) 6:15 Movie Club: <i>Leap Year</i> (CH)	9:30 Chair Yoga (CH) 10:00 iN2L Armchair Travels (CH) 10:30 iN2L Brain Teasers (CH) 11:00 Horticulture Club (AR) 1:30 Heart Healthy Walking Club (L) 2:00 Art Exploration: Pottery Works (AR) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble with Friends (AR)	9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:30 Thankful to You Club (AR) 2:00 Men's Club: Crafting Wooden Bookends (CH) 3:15 Spelling Bee (CH) 6:15 Movie Club: Hallmark Movie (CH)	9:30 Sit n Be Fit (CH) 10:00 Midweek Worship Service (CH) 1:30 Word in a Word Game (CH) 2:00 Ed-U Presentation: <i>Spring Birding on Presque Isle</i> by Local Retired Educator, Terry Neumyer (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (AR)	9:30 Balance in Action (CH) 10:00 Grief Share and Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Family Feud (CH) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (AR)	9:30 Seated Pilates (CH) 10:00 Probing Science Club: <i>The Chicken Life Cycle</i> (AR) 10:30 Movie Club: <i>Residents Pick</i> (CH) 1:30 Examining Bible Prayers (CH) 2:00 Ed-Presentation <i>Irish Music Old N New</i> by Jay Smar (DR) 2:00 The Dime Store (L) 3:15 Friday Floats and Random Facts (CH) 6:15 Community Puzzle (AR)	9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (L) 10:00 Bingo (CH) 1:30 Finish The Lines (AR) 2:00 Super Social Hour <i>Ireland Wine Tasting</i> (GL) 3:15 Creative Crafting: St. Patrick's Day Centerpieces (AR) 6:15 Dominoes (AR)
13	14	15	16	17	18	19
9:00 Early Risers Social Society (CH) 9:30 Faith Studies (AR) 10:30 Team Cuisine Cooking Club: Shamrock Shakes (AR) 1:30 Sunshine Committee (AR) 2:00 Sunday Mixer (GL) 3:00 Worship Service (CH) 6:15 Movie Club: <i>Before We Go</i> (CH) Daylight Savings Begins	9:30 Chair Yoga (CH) 10:00 iN2L Armchair Travels (CH) 10:30 iN2L Brain Teasers (CH) 1:30 Heart Healthy Walking Club (L) 2:00 Ed-U Presentation <i>How to Protect Your "Stuff"</i> by Bellomo & Assoc (DR) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble with Friends (AR)	9:30 Free Weights Exercises (CH) 10:00 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:30 Word in a Word Game (CH) 2:00 <i>Women Who Made History</i> Celebrating Women's History Month (CH) 3:15 Jeopardy (CH) 6:15 Movie Club: Hallmark Movie (CH)	9:00 Early Risers Social Society (CH) 9:30 Sit n Be Fit (CH) 10:00 Midweek Worship Service (CH) 2:00 Ed-U Presentation: <i>My Neighbors Secret</i> by Retired Teacher, Published Author & World Traveler, Stephen Shaw (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (AR)	9:30 Balance in Action (CH) 10:00 Grief Share and Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 St. Patrick's Day Social with Musical Entertainment featuring Frankie Widder (DR) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (AR) St. Patrick's Day	9:30 Seated Pilates (CH) 10:30 Movie Club: <i>Residents Pick</i> (CH) 1:30 Examining Bible Prayers (CH) 2:00 Fireside Chat with Executive Director, Donna O'Leary (CH) 2:00 The Dime Store (L) 3:15 Friday Floats and Random Facts (CH) 6:15 Community Puzzle (AR)	9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (L) 10:00 Bingo (CH) 1:30 Finish The Lines (L) 2:00 Super Social Hour <i>Irish Beer Tasting</i> (GL) 3:15 Creative Crafting: Easter Art (AR) 6:15 Dominoes (AR)
20	21	22	23	24	25	26
9:00 Early Risers Social Society (CH) 9:30 Faith Studies (AR) 10:30 Team Cuisine Cooking Club: Irish Soda Bead (AR) 1:30 Book Club (CH) 2:00 Sunday Mixer: (GL) 3:00 Worship Service (CH) 6:15 Movie Club: <i>P.S I love You</i> (CH)	9:30 Chair Yoga (CH) 10:00 iN2L Armchair Travels (CH) 10:30 iN2L Brain Teasers (CH) 1:30 Heart Healthy Walking Club (L) 2:00 Horticulture Club (CH) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble with Friends (CH)	9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:30 Creative Cooking w/ Chef Jermel (CH) 2:00 Musical Entertainment featuring <i>Old Time Music Sound</i> by Jerry Ginger (DR) 3:15 Spelling Bee (CH) 4:15 - 7:00 Open House Social: Connections on First Floor (DR)	9:00 Early Risers Social Society (CH) 9:30 Sit n Be Fit (CH) 10:00 Midweek Worship Service (CH) 2:00 TED Talks and Discussions: <i>Why We Collect Things</i> (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (CH)	9:30 Balance in Action (CH) 10:00 Grief Share an Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Musical Entertainment featuring <i>Spring Music</i> by Lee Moyer (CH) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (L)	9:30 Seated Pilates (CH) 10:00 Probing Science Club: Flowers & Color (CH) 10:30 Movie Club: <i>Residents Pick</i> (CH) 1:30 Examining Bible Prayers (CH) 2:00 The Dime Store (L) 3:15 Friday Floats and Random Facts (CH) 4:15 & 5:30 March Birthday Celebration <i>Oscar Night</i> (DR) 6:15 Community Puzzle (CH)	9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (CH) 10:00 Bingo (CH) 1:30 Crafting: Easter Balloon Art (CH) 2:00 Super Social Hour: <i>Irish Cocktails</i> (GL) 3:00 Musical Entertainment Organist Gary Collier (CH) 6:15 Dominoes (CH)
27	28	29	30		<h1>Community Life</h1>	
9:00 Early Risers Social Society (CH) 9:30 Faith Studies (AR) 10:30 Team Cuisine Cooking Club: Deviled Eggs (AR) 1:30 Jewelry Club (AR) 2:00 Sunday Mixer: (GL) 3:00 Worship Service (CH) 6:15 Movie Club: <i>Ben-Hur</i> (CH)	9:30 Chair Yoga (CH) 10:00 iN2L Armchair Travels (CH) 10:30 iN2L Brain Teasers (CH) 1:30 Heart Healthy Walking Club (L) 2:00 Ed-U Presentation: <i>Maple Sugaring</i> by Lisa Sanchez, Naturalist from Lancaster Parks and Rec. (CH) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble with Friends (AR)	9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:30 Chef Pairing with Chef Jermel (CH) 2:00 Men's Club: Drinks and Discussions "The Man Cave" (CH) 3:15 Jeopardy (CH) 6:15 Movie Club: Hallmark Movie (CH)	9:00 Early Risers Social Society (CH) 9:30 Sit n Be Fit (CH) 10:00 Midweek Worship Service (CH) 1:30 TED Talks and Discussions <i>The Brain Changing Benefits of Exercise</i> (CH) 2:00 iN2L True Confessions (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (AR)			