

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

John D.
Doreen H.
Terry N.



Providence Place SENIOR LIVING News

Q1: March 2022

A Note from the Executive Director

The Grove has a lot to celebrate as head into the New Year. We continue to maintain a safe environment and have open visitation. Please remember to be vigilant with masking and hand-washing when visiting your loved ones. We still have the temperature and screening station at our reception desk upon entering the community.

Our lobby renovations are completed and our new look is amazing. Our Community Life program is flourishing with many new outings and educational programs coming into the building. Lori has a new assistant, Victoria, who has joined our activities team.

Our dining room is still socially-distanced and open to residents only. However, you can call and reserve the community room to enjoy any meal with your loved one.

I am hopeful that 2022 will be a better year for everyone. I saw this quote and wanted to share:



*Sincerely,
Julie Wallace*

Executive Director

Highlighted Events

- 10 – **German Folk Art** @ 2pm
Quiet Valley Living Historical Farm
- 16 – **St. Patty's Day Party** @ 2pm
Entertainment by O'Henry's Irish Music
- 19 – **Girl Scout Cookie Sale** @ 8am
- 23 – **Diner's Caravan** @ 11am
Ruby Tuesdays
- 24 – **EdU Presentation** @ 6pm
Works of Vincent Van Gogh
- 30 – **EdU Presentation** @ 2pm
German Culture & Music

Welcome New Residents

Ginger M.
Dolores Z.
Kerwin D.




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) (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (H) Hallway (R) Room (FP) Front Patio	1	2	3	4	5
6	7	8	9	10	11	12
9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 2:00 iN2L: Methodist Service (2F) 3:00 iN2L: Catholic Service (2F) 4:00 Confident Cruisers (H) 6:30 Music & Mindful Colors (1F)	9:30 Balance In Action (2F) 10:00 Resident Planning Committee (2F) 10:30 YouTube & You: <i>Beware The Ides Of March</i> (2F) 10:30 Mass With Deacon Henninger (1F) 1:30 Service In Action: Cards For Heroes Leigh High Valley Hospital Workers (2F) 3:30 Confident Cruisers (H) 6:00 Corn Hole Tournament (2F)	9:30 Target Leg Exercise (2F) 10:00 iN2L Learning: Traditions Of Ireland (2F) 11:00 Confident Cruisers (H) 2:00 Yoga With Leah (2F) 3:30 Karaoke With Alexa (2F) 4:00 Mardi Gras Detective Trivia (2F) 6:00 Scrabble Challenge (2F)	9:30 Gentle Stretches (2F) 10:00 Ted Talk: <i>How To Motivate Yourself</i> By Mel Robbins (2F) 10:30 Opinion & Discuss (2F) 11:30 Shopping Excursion: Walmart***\$\$ (OOB) 3:00 Card Club: Phase 10 (1F) 6:30 Social Hour: Country Crooners Music Featured (2F)	9:30 Core Strength Exercise (2F) 10:00 Today In History: Alexander Graham Bell (2F) 10:30 Inventions You Can't Do Without (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Ed-U Presentation: German Folk Art By Quiet Valley Living Historical Farm (2F) 4:00 Jigsaw Puzzle Team (2F) 6:00 Card Club: Rummy (2F)	9:30 Move2Music (2F) 10:00 World News (2F) 10:30 Famous Irish Folks: Who Am I? (2F) 11:00 Confident Cruisers (H) 1:30 Service In Action: Mercy Matt Project For Servants To All Homeless Shelter (2F) 3:30 Hot Chocolate Bar (2F) 6:00 Game Night: Sorry (2F)	9:30 Sit & Be Fit (2F) 10:00 March Fact or Fiction (2F) 10:30 Coffee Cache And Reading Of Daily Chronicles (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Ice Cream Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel of Fortune (1F) 8:00 Pennsylvania Polka (1F)
13	14	15	16	17	18	19
9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 2:00 Church of God Service (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (H) 6:30 Music & Mindful Colors (1F) Daylight Savings Begins	9:30 Balance In Action (2F) 10:00 America A to Z (2F) 10:30 Mardi Gras Color Or Not? (2F) 10:30 Mass With Deacon Henninger (1F) 11:00 Giant Crossword Puzzle (2F) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:00 Corn Hole Tournament (2F)	9:30 Target Leg Exercise (2F) 10:00 YouTube & You: Irish Ceili (2F) 11:00 Confident Cruisers (H) 2:00 Ed-U Presentation: Die Cut Machine Demonstration By Bev Spittler, For Paper Cards (2F) 3:00 Craft n' Creations: Spring Greeting Cards (2F) 4:00 Scripture Reading (2F) 6:00 Scrabble Challenge (2F)	9:30 Gentle Stretches (2F) 10:00 Joyous Purim: The Story Of <i>Esther</i> (2F) 10:30 Opinion & Discuss (2F) 11:00 Seated Weight Exercise (2F) 2:00 St Patty's Day Social Entertainment By The O'Henry's Live Irish Music (2F) 6:30 Social Hour: Jordan Brother Music Featured (2F)	9:30 Core Strength Exercise (2F) 10:00 Kitchen Krew: Irish Potato Candy (2F) 11:00 Helping Hands: Set Up Party Decorations (2F) 2:00 Clover All Over Social (2F) 3:00 Minty Milkshake (2F) 6:00 Card Club: Rummy (2F) St. Patrick's Day	9:30 Move2Music (2F) 10:00 World News (2F) 10:30 Blarney Stone Mining Puzzle (2F) 11:00 Confident Cruisers (H) 1:30 Welcome Ambassador Social With Killarney Kiwi Kickers Cocktail (2F) 3:00 New Resident Raffle Giveaway (2F) 4:30 Mother Teresa Service EWNT 49 6:00 Card Club: Rummy (2F)	8:00 Pine Grove Girl Scout Cookie Sale Station (FP) 9:30 Sit & Be Fit (2F) 10:00 March Fact or Fiction (2F) 10:30 Coffee Cache And Reading Of Daily Chronicles (2F) 12:00 Market Run: BG'S ***\$\$ (OOB) 2:00 Bingo (2F) 3:30 Ice Cream Social (2F) 4:00 Prize Puzzle Of The Week (2F)
20	21	22	23	24	25	26
9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 2:00 iN2L: Methodist Service (2F) 3:00 iN2L: Catholic Service (2F) 4:00 Confident Cruisers (H) 6:30 Music & Mindful Colors (1F)	9:30 Balance In Action (2F) 10:00 March Trivia (2F) 10:30 Mass With Deacon Henninger (1F) 11:00 Giant Crossword Puzzle (2F) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 2:00 A Visit From Our "Comfort Dog" <i>Basil</i> (2F) 3:00 Manicures (2F) 6:00 Corn Hole Tournament (2F)	9:30 Target Leg Exercise (2F) 10:00 History Decoded: UFO'S (2F) 10:30 Market Run: Boyer's ***\$\$ (OOB) 11:00 Confident Cruisers (H) 2:00 Yoga With Leah (2F) 3:30 Karaoke With Alexa (2F) 4:00 Jigsaw Puzzle Team (2F) 6:00 Scrabble Challenge (2F)	9:30 Gentle Stretches (2F) 10:00 Ted Talk: Amy Cuddy <i>Body Language</i> (2F) 10:30 Opinion & Discuss (2F) 11:00 Seated Weight Exercise (2F) 11:30 Diner's Caravan: <i>Ruby Tuesdays</i> ***\$\$ (OOB) 3:30 Card Club: Phase 10 (1F) 6:30 Social Hour: Gospel Music Featured (2F)	9:30 Core Strength Exercise (2F) 10:00 History Decoded: DB Cooper American Outlaw (2F) 10:30 Opinion & Discuss (2F) 11:00 Confident Cruisers (H) 2:00 iN2L: Brain Games (2F) 6:00 Ed-U Presentation: Works Of Vincent Van Gogh By Alyssa Paline, Saint Clair Area Art Educator (2F)	9:30 Move2Music (2F) 10:00 World News (2F) 10:30 Boggle Puzzle Team (2F) 11:00 Confident Cruisers (H) 2:00 Ed-U Presentation: Heart Health Awareness By Melissa, Bayada Home Health Care (2F) 4:00 Mother Teresa Service EWNT 49 6:00 Card Club: Rummy (2F)	9:30 Sit & Be Fit (2F) 10:00 March Fact or Fiction (2F) 10:30 Coffee Cache And Reading Of Daily Chronicles (2F) 11:00 Holy Rosary EWNT 49 2:00 Bingo (2F) 3:30 Ice Cream Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel of Fortune (1F) 8:00 Pennsylvania Polka (1F)
27	28	29	30	31		
9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 2:00 Church of God Memorial Service (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (2F) 6:30 Music & Mindful Colors (1F)	9:30 Balance In Action (2F) 10:00 America A To Z (2F) 10:30 Finish The Lines (2F) 11:00 Giant Crossword Puzzle (2F) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:00 Corn Hole Tournament (2F)	9:30 Target Leg Exercise (2F) 10:00 World News (2F) 10:30 Brain Drain Trivia (2F) 11:00 Confident Cruisers (H) 2:00 Drum Circle (2F) 3:30 Cool Down With Cool Drinks (2F) 4:00 Mother Teresa Service EWNT49 6:00 Scrabble Challenge (2F)	9:30 Gentle Stretches (2F) 10:00 iN2L: Would You Rather? (2F) 11:00 Holy Rosary EWNT 49 1:30 Ed-U Presentation: German Culture And Music By Keith Brintzenhoff, Master Educator & Commonwealth Speaker (2F) 3:30 iN2L: Brain Games (2F) 4:00 Jigsaw Puzzle Team (2F) 6:30 Social Hour: Dixieland Music	9:30 Core Strength Exercise (2F) 10:00 Finish The Lines (2F) 10:30 Diner's Caravan: Chicken Biggs and Boscov's***\$\$ (OOB) 11:00 Giant Crossword Puzzle (2F) 1:30 Service In Action: Mercy Matts (2F) 3:30 Jigsaw Puzzle Team (2F) 6:00 Card Club: Rummy (2F)		