

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

Joan K.	Ethel L.
Sue W.	Richard H.
Anita F.	Helen R.
Barbara A.	Nellie T.
Raymond L.	Janet R.
Joan D.	Alberta S.
Yvonne W.	



Providence Place SENIOR LIVING News

Q1: March 2022

A Note from the Executive Director

Hello Providence Place family! With little glimpses of the warmer weather recently, I get more excited about us getting back to having all the fun events outdoors. It will be so nice to see the residents sitting outside on the front patio, which they love so much.

We have begun planning for the Spring and Summer! There are many new ideas and plans to look for in our community calendar. The Dining program is working on a variety of menu changes that will include more fresh produce and scratch made dishes. We do appreciate menu requests. I am also anticipating the beginning of our Memory Support Group which starts in March.

I am glad to see that the COVID-19 is working its way out of the county and community. Currently, Providence Place of Pottsville has no cases but we are maintaining safety precautions. We continue to ask all visitors to wear masks and complete the pre-screening process prior to each visit. We always work to find the balance between quality of life and the safety of our residents, families, and our co-workers.

Our staff are always open to any questions or needs you may have. We look forward to speaking with you!

Tracy Mason, Executive Director

Highlighted Events

- 1 – **Sights & Sounds of Israel**
@ 3pm
- 3 – **Hollywood Casino Outing**
@ 11am
- 5 – **Pencil Sketching with Staff**
@ 2pm – *Connections*
- 7 – **Pet Pal visit with Chloe**
@ 10:30am - *Connections*
- 8 – **Culinary Adventures with Chef Jean** @ 2pm - *Connections*
- 10 – **Lenten Soup Sale**
@ 10am - 2pm
- 17 – **St. Patrick's Day Celebration**
@ 2pm
- 25 – **Read Across America** @ 3pm
with local students

Welcome New Residents

Cecelia B.
Dale S.
Nicholas S.
Joan B.
Carolyn C.
Eva K.
Alverna H.



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: \$\$ Cost Involved PUB-Pub 1st Floor A-Activity Room 2nd Floor C-Chapel 3rd Floor OOB-Out of Building L-Main Lobby 1st Floor	1 9:00 Color My World & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Mardi Gras in the Terrace (CN) 11:15 Joyfully Walking (CN) 1:30 Friends Helping Friends: Hat Pom-Poms for People Living with Cancer (A) 2:30 <i>Let's Talk It Out</i> Recognizing Self (A) 3:00 Stress Busting Exercise (A) 3:30 Hand Messages and Manicures (A)	2 9:00 Breakfast Club with Missy (A) 9:30 Morning Meeting & Discussions (A) 10:00 Finish the Phrase (A) 10:30 Light and Lively Exercise (PUB) 1:30 Countryside Ride with Trivia (OOB) 3:00 Ash Wednesday Service (C) 4:00 Hymn Sing Along (C)	3 9:00 Word Search & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Table Top Roll Ball (A) 11:00 The Importance of Hydration (A) 1:30 Garden Club: Plant Starter Seeds (A) 2:30 What Am I? Fruit or Veggie Trivia (A) 3:00 Sneak a Snack (A) 3:30 Clover Bingo (A) 4:30 Walk and Stretch (A)	4 9:00 Color My World & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Wordies Game on Terrace (CN) 10:30 Audio Books: Short Stories (CN) 11:15 Walk for Health (CN) 1:30 Zumba with Michele (PUB) 2:30 Curls for Girls (2nd FL Lounge) 3:00 Communion Service (C) 3:30 Hymn Sing Along (C) 4:30 Praise Walk (C)	5 9:00 Humanity Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Baking Club: Dark Chocolate Stout Cake (A) 10:45 Talk and Taste (A) 11:30 Walk it Off (A) 1:30 Paper Mache Project (A) 2:30 Mindful Exercises (A) 3:00 Expressive Writing (A) 3:30 Expressive Slam Reading (A)	
	6 9:00 Praise Songs & Inspirations (A) 9:30 Live Stream Worship; Trinity Lutheran Church (PUB) 10:30 Bible Study (PUB) 11:00 Fuzion Fitness (PUB) 1:00 Popcorn & a Movie: <i>Grumpy Old Men</i> (PUB) 2:00 Manicures and Hand Message (PUB) 3:00 Communion Service (C) 4:00 Chit Chat with Chaplain David (C)	7 9:00 Search a Word & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Kickball to Polkas (CN) 10:30 Pup Visits with Chloe (CN) 11:15 Heart Healthy Walk (CN) 1:30 Card Games (A) 2:00 My Life Story (A) 3:00 Communion Service (C) 4:00 Hymn Sing Along (C)	8 9:00 Color My World & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Hospitality Club (CN) 10:30 Traveling Tunes on Terrace (CN) 1:30 Preparing Huluski for Soup Sale (A) 2:45 Stress Releasing Yoga (A) 3:15 Sharing Smiles and Jokes (A) 3:45 Hand Messages and Manicures (A)	9 9:00 Breakfast Club with Missy (PUB) 9:30 Morning Meeting & Discuss (PUB) 10:30 Worship Service by Pastor Reading (C) 11:30 <i>Saints Go Marching</i> Walk (C) 1:30 Making Huluski for Soup Sale (A) 2:30 Helping Hands: Set Up (PUB) 3:00 Popping Corn Social (PUB) 4:00 Finish My Line (PUB)	10 9:00 Word Search & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Drumming Exercise (A) 11:00 Importance of Hydration (A) 1:30 Garden Club: Nutritional Values of Fruits & Vegetables (PUB) 2:30 Bingo (PUB) 3:30 Faith Study (A) 4:00 Old Gospel Music (A)	11 9:00 Color My World & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Spring Social on Terrace (CN) 11:15 Walk for Health (CN) 1:30 Zumba with Michele (PUB) 2:30 Hydration and Snack (PUB) 3:00 Communion Service (C) 3:30 Hymn Sing Along (C) 4:30 Praise Walk (C)	12 9:00 Humanity Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Baking Club: Mint Chocolate Lasagna (A) 10:45 Talk and Taste (A) 11:30 Walk It Off (A) 1:30 Project: Faux Connemara Marble Planter (A) 2:30 Helping Hands: Cleaning Up (A) 3:00 Vagabond Traveler's: Ireland (PUB)
	13 9:00 Praise Songs & Inspirations (A) 9:30 Live Stream Worship; Trinity Lutheran Church (PUB) 10:30 Chair Exercise (PUB) 11:00 Hymn Sing Along (PUB) 1:00 Popcorn & a Movie: <i>Grumpier Old Men</i> (PUB) 3:00 Communion Service (C) 4:00 Chit Chat with Chaplain David (C) Daylight Savings Begins	14 9:00 Color my World & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Memory Magic (CN) 11:00 Heart Healthy Walk (CN) 1:30 Cloud Races (A) 2:00 Art Exploration: Common Spring Colors (A) 2:30 Science Discovery & Documentary (A) 3:00 Communion Service (C)	15 9:00 Word Puzzles & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Name that Tune (CN) 1:30 Paint Project: Lighthouses (A) 2:45 Lighthouses 101 (A) 3:00 Chair Yoga (A) 3:30 Manicures and Hand Messages (A) 4:00 Science Discovery: Crystal Solution (A)	16 9:00 Breakfast Club with Missy (A) 9:30 Morning Meeting & Discussions (A) 10:00 Ireland Trivia (PUB) 10:30 Light and Lively (PUB) 1:30 Countryside Ride with Trivia (OOB) 3:00 Bagpipe Social Hour (PUB) 4:00 Color My World (PUB)	17 9:00 Word Search & Inspirations (PUB) 9:30 Morning Meeting & Discussions (PUB) 10:00 Balance in Action with Genesis Health & Rehab (PUB) 11:00 The Importance of Hydration (PUB) 1:30 Garden Club: What's in Season? (PUB) 2:00 Grateful Drumming with Joe (PUB) 3:00 St. Patrick's Day Social (PUB) St. Patrick's Day	18 9:00 Color My World & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Hospitality Club (CN) 10:30 Farm to Table (CN) 11:00 Walk for Health (CN) 1:30 Zumba with Michele (PUB) 2:30 Hydration and Snack (PUB) 3:00 Communion Service (C) 4:30 Praise Walk (C)	19 9:00 Humanity Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Baking Club: Candied Oranges and Lemons (A) 10:45 Talk and Taste (A) 11:30 Walk It Off (A) 1:30 Art Project: Pot of Geo Gold (A) 2:30 Mindful Exercise (A) 3:00 Expressive Writing (A)
	20 9:00 Praise Songs & Inspirations (A) 9:30 Live Stream Worship; Trinity Lutheran Church (PUB) 11:00 Fuzion Fitness (PUB) 1:00 Popcorn & a Movie: <i>Singing in the Rain</i> (PUB) 2:00 Manicures and Hand Message (PUB) 3:00 Communion Service (C) 4:00 Chit Chat with Chaplain David (C)	21 9:00 Search a Word & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Memory Magic (CN) 11:00 Heart Healthy Walk (CN) 1:30 Aim and Shoot Table Top Game (A) 2:15 Winner Circle Social (A) 3:00 Communion Service (C) 4:00 Hymn Sing Along (C)	22 9:00 Color My World & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Name that Tune (CN) 12:00 Souper Tuesday Luncheon (A) 1:30 Finish the Lyrics (PUB) 2:00 Entertainment by Bryan Herber (PUB) 3:00 Helping Hands: Clean Up (PUB) 4:00 Light Chair Exercises (PUB)	23 9:00 Breakfast Club with Missy (PUB) 9:30 Morning Meeting & Discuss (PUB) 10:00 Strength Training (PUB) 10:30 Worship Service by Pastor Reading (C) 11:30 "The Saints go Marching" Walk (C) 1:30 Penny Stones (PUB) 2:00 Entertainment by Lester Hirsh (PUB) 3:00 Fireside Chats with Tracy, ED (PUB) 3:30 Bingo (PUB)	24 9:00 Word Search & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Table Top Roll Ball (A) 11:00 The Importance of Hydration (A) 11:15 Reminiscing Occupations (A) 1:30 Garden Club: Farm Veggie Craft (A) 2:30 Sneak a Snack (A) 2:45 Uno Card Games (A) 3:30 Ring Ross (A) 4:00 Hydration (A)	25 9:00 Color My World & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Farm to Table (CN) 11:00 Walk for Health (CN) 1:30 Zumba with Michele (PUB) 2:30 Hydration and Snack (PUB) 3:00 Communion Service (C) 4:00 Praise Sing Alone (C)	26 9:00 Humanity Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Baking Club: Healthy Pistachio Cup Cakes (A) 10:45 Talk and Taste (A) 11:30 Walk it Off (A) 1:30 Bingo (A) 2:30 Helping Hands: Cleaning Up (A) 3:00 Vagabond Traveler's: Vietnam (PUB) 4:00 Helping Hands: Clean Up (PUB)
	27 9:00 Praise Songs & Inspirations (A) 9:30 Live Stream Worship; Trinity Lutheran Church (PUB) 10:30 Chair Exercise (PUB) 11:00 Hymn Sing Along (PUB) 1:00 Popcorn & a Movie: <i>Darby O'Gill</i> (PUB) 2:00 Manicures and Hand Message (PUB) 3:00 Communion Service (C) 4:00 Chit Chat with Chaplain David (C)	28 9:00 Search a Word & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Memory Magic (CN) 11:15 Heart Healthy Walk (CN) 1:30 Fuzion Fitness (A) 2:30 Sip and Tid-bits (A) 3:00 Communion Service (C) 4:00 Faith Talk (C)	29 9:00 Word Puzzles & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Traveling Tunes (CN) 12:00 Souper Tuesday Luncheon (A) 1:30 Craft: DIY Spring Wreath (A) 2:45 Stress Busting Exercise (A) 3:00 Mental Mindfulness (A) 3:30 Peaceful Relaxation: Manicures and Hand Messages (A)	30 9:00 Breakfast Club with Missy (PUB) 9:30 Morning Meeting & Discuss (PUB) 10:00 Drumming Exercise (A) 10:30 Hydration (A) 11:00 Faith Stones (A) 11:30 "The Saints go Marching " Walk (A) 1:30 Countryside Ride with Trivia (OOB) 3:00 Live Long & Prosper Social Hour (PUB) 4:00 Bingo (PUB)	31 9:00 Word Search & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Kickball to Polka (A) 10:45 Hydration (A) 11:00 Name 5 Game (A) 1:30 Garden Club: Photosynthesis 101 (A) 2:30 Hallway Bowling (A) 3:30 Memory Lane Social (A)	<h1>THE Club</h1>	