

# 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!*



# 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!

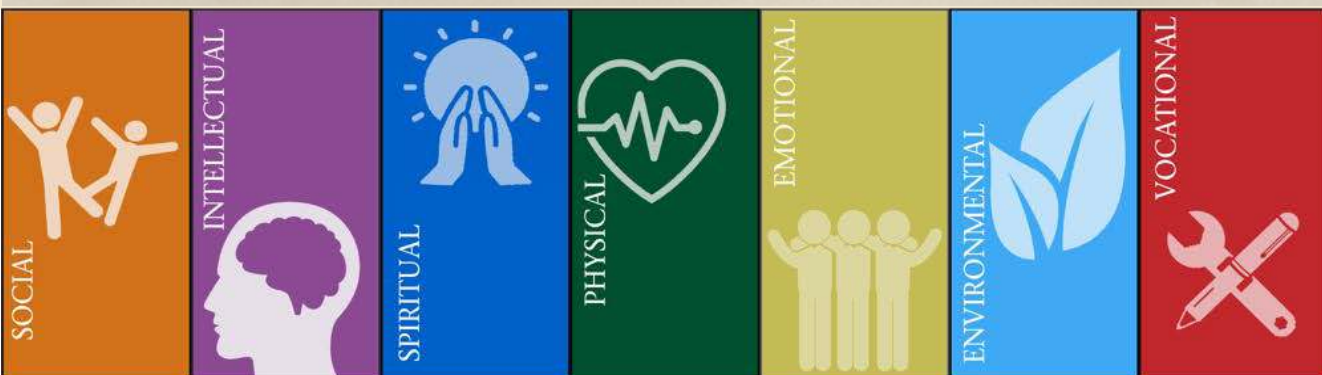
*Tracy Mason, Executive Director*

## 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.



*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.  |            |



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 2022</h1>	<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved, (DR) Dining Room (ML) Main Lobby, (CH) Chapel, (PUB) Pub (PUBR) Rear Room of Pub (A) Activity Room (3F) Third Floor by South Side (2FSL) 2nd Floor South New Wing (OOB) Out of Building (TB) Throughout Building	1 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Balloon Volleyball (PUB) 11:00 P <sup>2</sup> Foodies: Prepping for Soup Luncheon (A) 12:00 Souper Tuesday Luncheon (A) 2:00 Dining Committee Meeting (DR) 3:00 <i>Sights &amp; Sounds of Israel</i> by PP Team Member, Chris Klepsch (PUB) 6:15 Nickel Bingo \$\$ (A)	2 9:00 Breakfast Club: Irish Scone Breakfast Bake (A) 10:00 Board Games: Connect 4 (PUBR) 10:30 Lite & Lively (PUB) 2:00 Acrylic Paints with Shannon (A) 2:30 Puzzle Club (3F) 3:00 Ash Wednesday Service (CH) 3:00 We Are Pea-Nutty Social Hour (PUB) 6:15 Nickel Po-Ke-No \$\$ (A)	3 9:00 Walking Warriors (ML) 9:30 Color Me Calm (PUBR) 11:00 Day Excursion: Hollywood Casino*** (OOB) 2:00 Board Games: Monopoly (PUBR) 3:00 Puzzle Club (3F) 3:30 Community Life Planning Meeting (PUB) 6:15 Prize Bingo (A)	4 9:00 Green Thumbs: Tending to our Plants (TB) 10:00 Puzzle Club (3F) 10:30 Life Happens Support Group (CH) 10:30 Gentle Stretching (PUB) 1:30 Zumba Fitness with Michele (PUB) 2:30 Curls for Girls (2FSL) 3:00 Communion Service (CH) 6:15 Nickel Polish Bingo \$\$ (DR)	5 9:00 Shopping Trip: Walmart*** (OOB) 10:00 Board Games: Checkers (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Feeling Lucky Prize Bingo (PUB) 2:30 Puzzle Club (3F) 3:00 Vagabond Travelers: Armenia (PUB) 6:15 Card Games: War (PUBR)
6 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Grumpy Old Men</i> (PUB) 2:00 Beat the Winter Blues Country Ride ** (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:30 Kings in the Corner (A)	7 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Sunshine Committee Meeting (PUBR) 3:00 Communion Service (CH) 3:00 XBOX Bowling (A) 6:15 Bridge Club (A)	8 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Keep Kicking Kickball (PUB) 11:00 P <sup>2</sup> Foodies: Preparing Haluski for Soup Sale (A) 12:00 Souper Tuesday Luncheon (A) 1:00 Card Games: UNO (PUBR) 2:00 <i>Considering the Conversation</i> with Compassionate Care Hospice (PUB) 6:15 Nickel Bingo \$\$ (A)	9 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Board Games: Checkers (PUBR) 10:30 Strength Training (PUB) 10:30 Worship Service (CH) 2:00 Chef's Table with Culinary Department (DR) 3:00 Popping Popcorn Social Hour (PUB) 3:30 Puzzle Club (3F) 6:15 Nickel Po-Ke -No \$\$ (A)	10 9:00 Walking Warriors (ML) 9:30 Puzzle Club (3F) 10:00-2:00 Lenten Soup Sale (ML) 10:30 Gratitude Club (PUB) 11:00 Diner's Caravan: Red Lion*** (OOB) 2:00 Craft Corner: String Nail Art (A) 3:30 Card Games: War (PUBR) 6:15 Prize Bingo (A)	11 9:00 Green Thumbs: Tending to our Plants (TB) 10:00 Puzzle Club (3F) 10:30 Life Happens Support Group (CH) 10:30 Brain Games: Finish My Line (PUB) 1:30 Zumba Fitness with Michele (PUB) 2:30 Basketball Bonanza (PUB) 3:00 Mass with Father (CH) 6:15 Nickel Polish Bingo \$\$ (DR)	12 9:00 Shopping Trip: Fairlane Village Mall ** (OOB) 10:00 Board Games: Yahtzee (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$\$ (PUB) 2:30 Color Me Calm (PUBR) 3:00 Vagabond Travelers: Ireland (PUB) 6:15 Card Games: Pinochle (PUBR)
Daylight Savings Begins 13	14 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Brian Games: Finish My Line & Tea Cart (PUB) 3:00 Communion Service (CH) 3:00 Hallway Corn Hole (A) 6:15 Bridge Club (A)	15 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Schuylkill Historical Society presents <i>History of Molly Maguire's</i> (PUB) 11:00 P <sup>2</sup> Foodies: Prepping for Luncheon (A) 12:00 Souper Irish Luncheon (A) 2:00-4:00 Manicures & Mimosas** (CH) 2:30 Card Games: War (PUBR) 6:15 Nickel Bingo \$\$ (A)	16 9:00 Breakfast Club: Shamrock Fried Eggs, Rye Toast, & Fruit Cup (A) 10:00 Board Games: Yahtzee (PUBR) 10:30 Cheltenham Gold Cup Social Hour (PUB) 2:00 Lite & Lively (PUB) 2:30 Card Games: 500 Rummy (PUBR) 3:00 Bagpipe Social Hour (PUB) 3:30 Color Me Calm (PUBR) 6:15 Nickel Po-Ke -No \$\$ (A)	St. Patrick's Day 17	18 9:00 Green Thumbs: Tending to our Plants (TB) 10:00 Puzzle Club (3F) 10:30 Life Happens Support Group (CH) 10:30 Gentle Stretching (PUB) 1:30 Zumba Fitness with Michele (PUB) 2:30 Curls for Girls (2FSL) 3:00 Communion Service (CH) 6:15 Nickel Polish Bingo \$\$ (DR)	19 9:00 Shopping Trip: Walmart*** (OOB) 10:00 Board Games: Connect 4 (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$\$ (PUB) 2:30 Puzzle Club (3F) 3:00 Vagabond Travelers: Cayman Islands (PUB) 6:15 Card Games: 500 Rummy (PUBR)
20 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Singing in the Rain</i> (PUB) 2:00 Beat the Winter Blues Country Ride ** (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:30 Kings in the Corner (A)	21 9:00 Walking Warriors (PUB) 10:00 Puzzle Club (3F) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Welcoming Committee Meeting (PUB) 3:00 Communion Service (CH) 3:00 Hallway Ring Toss (A) 6:15 Bridge Club (A)	22 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Balloon Volleyball (PUB) 11:00 P <sup>2</sup> Foodies: Prepping for Luncheon (A) 12:00 Souper Tuesday Luncheon (A) 2:00 Musical Entertainment featuring Bryan Herber (PUB) 2:30 Card Games: Solitaire (PUBR) 6:15 Nickel Bingo \$\$ (A)	23 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Board Games: Checkers (PUBR) 10:30 Strength Training (PUB) 10:30 Worship Service (CH) 10:30 Ed-U Wellness <i>Importance of Good Nutrition</i> by Bayada Home Health (PUB) 2:00 Musical Entertainment featuring Lester Hirsh (PUB) 3:00 Fireside Chats with Tracy, ED (PUB) 6:15 Nickel Po-Ke -No \$\$ (A)	24 9:00 Walking Warriors (ML) 10:00 Craft Corner: Monogram Twig Door Décor (A) 10:30 Color Me Calm (PUBR) 11:00 Diner's Caravan: Manheim Diner*** (OOB) 2:30 Card Games: UNO (PUBR) 3:00 Welcoming Committee Social (PUB) 6:15 Prize Bingo (A)	25 9:00 Green Thumbs: Tending to our Plants (TB) 10:00 Puzzle Club (3F) 10:30 Life Happens Support Group (CH) 10:30 Brain Games: Name That Tune (ML) 1:30 Zumba Fitness with Michele (PUB) 3:00 Team Member Kids Reading Dr. Seuss & Party (PUB) 3:00 Communion Service 6:15 Nickel Polish Bingo \$\$ (DR)	26 9:00 Shopping Trip: Fairlane Village Mall ** (OOB) 10:00 Board Games: Monopoly (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$\$ (PUB) 2:30 Puzzle Club (3F) 3:00 Vagabond Travelers: Vietnam (PUB) 6:15 Card Games: Solitaire (PUBR)
27 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Darby O'Gill</i> (PUB) 2:00 Beat the Winter Blues Country Ride ** (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:30 Kings in the Corner (A)	28 9:00 Walking Warriors (PUB) 10:00 Color Me Calm (PUBR) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Brain Games: Spring Trivia & Lemonade (PUB) 3:00 Communion Service (CH) 3:00 Hallway Bowling (A) 6:15 Bridge Club (A)	29 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Men's Club (PUB) 11:00 P <sup>2</sup> Foodies: Prepping for Luncheon (A) 12:00 Souper Tuesday Luncheon (A) 2:00-4:00 Manicures & Mimosas** (CH) 2:30 Card Games: Pinochle (PUBR) 6:15 Nickel Bingo \$\$ (A)	30 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Color Me Calm (PUBR) 10:30 Ed-Wellness: <i>Sleep Health</i> by US Sleep Lab LLC (PUB) 1:30 Board Games: Schuylkillopoly (PUBR) 2:00 Prize Jeopardy Sponsored by Compassionate Care Hospice (PUB) 3:00 Live Long & Prosper Social Hour (PUB) 6:15 Nickel Po-Ke -No \$\$ (A)	31 9:00 Walking Warriors (ML) 10:00 Craft Corner: Coffee Crafts (A) 10:30 Board Games: Connect 4 (PUB) 11:00 Diner's Caravan: Roman Delight *** (OOB) 2:30 Puzzle Club (3F) 3:00 Showing our Gratitude (TB) 5:00 Resident Birthday Dinner (PUB) 6:15 Prize Bingo (A)	