



*"Tomorrow is the first blank page of a 365-page book.  
Write a good one."*



*Dimensions  
of Wellness*

## Resident Birthdays

### January

1 – Lucille H.  
2 – Robert W.  
6 – Mary Jane K.  
14 – Mary Ann C.  
15 – Frances K.  
15 – Dorothy E.  
18 – Monica W.  
20 – Delores D.  
20 – Gregg D.  
20 – Vivian S.  
20 – Bruce F.

22 – Sandra M.  
23 – Marian B.  
25 – Dolerene M.  
26 – Robert M.  
27 – Nancy O.

### February

1 – Melissa D.  
3 – Wanda A.  
4 – Barbara B.  
7 – Margaret L.  
10 – Phyllis G.  
13 – E. Mae D.  
16 – Faye N.  
18 – Johanna S.  
18 – Ellen O.  
24 – Doris L.  
28 – Patricia P.

### March

1 – Martha S.  
3 – Willa Mae H.  
3 – Virginia R.  
5 – Sally C.  
12 – Mary F.  
15 – Virginia S.  
19 – Faye C.  
24 – A. Vivian R.  
25 – Wilma W.  
29 – Leslie H.

## A Note from the Executive Director

The holidays were festive & fun here in Chambersburg. Thank you to all of our families, residents & team members that made it so special and enjoyable. We are truly kicking off 2023 with renewed joy.

Please take a look at our calendar and feel free to visit for some fun events and activities. Please join us each Sunday for Game Club, or for Dance Class with Jess on 1/12, and check out our great winter outings to Windy Knolls and Jim's Farmers Market.

Thank you to Justin from our Dover community for helping lead our campus while I had a short leave of absence, we appreciate the support from our entire group of communities.

Wishing you joy and peace and all the best as we step into 2023.

Sincerely,

*Holly Townsend*

*Executive Director*

## Highlighted Events

- 4 – **Forever Fit @ YMCA @ 9:30am**
- 12 – **Dance Class with Jess @ 10am**
- 14 – **Local Fares Outing @ 10am**  
Jim's Farmers Market
- 18 – **Fireside Chat @ 2pm**
- 25 – **EdU: Birding & Sites of the Atlantic Coast of FL @ 10am**
- 28 – **Local Fares Outing @ 11am**  
Windy Knoll's

## Welcome New Residents

- Elizabeth G.
- Jay S.
- LeVaun S.
- Nancy L.
- Sue D.
- Kitty H.
- Vivian S.




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	
1 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Horseshoes (3E) 6:15 Not Forgotten Ministries (2A)  New Year's Day	2 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 Craft Corner: Origami Crane (C) 3:00 iN2L Documentary: <i>Lens Between the Folds- History of Origami</i> (2A) 6:15 Card Club: Sequence (2A)	3 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$\$ (OOB) 10:00 Helping Hands: Christmas Decoration Tear Down (FL) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Nickle Bingo \$\$ (2A) 3:00 iN2L: Chinese Folklore (2A) 6:15 Dart League (3E)	4 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$\$ (OOB) 10:00 Cooking Creation: Homemade Fortune Cookies (C) 1:30 Workout with Vickie From Genesis Rehabilitation (3E) 2:00 Blood Pressure Clinic (2A) 3:00 Jeopardy (2A) 6:15 Card Club: Pinochle (2A)	5 9:00 Sit & Be Fit Exercise (3E) 9:00 Guided Tour to Heaven with Chaplain Rick ( C ) 10:00 Dance Class With Jess (FL) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Wii Bowling League (3E)	6 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PDR) 1:30 Walk and Roll Walking Club (FL) 2:00 Prize Bingo (2A) 3:00 Social Hour: Taste of China (P) 6:15 Movie Night: <i>Live Action Mulan</i> (3A)	7 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events ( P ) 10:00 Community Outreach: Coupons for Troops ( C ) 1:30 Stair Stepper Exercise (3E) 2:00 TED Talk <i>How to Discover Your Authentic Self - At Any Age</i> by Bevy Smith(2A) 6:15 Billiards (3E)	
8 9:00 Light & Lively Exercise (3E) 9:30 Trivia Handouts (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Scrabble (C) 6:30 Song and Scriptures (CH.609)	9 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 GriefShare with Chaplain Rick (C) 3:00 iN2L Documentary: <i>A Bite of China</i> (2A) 6:15 Wii Bowling League (3E)	10 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Big Lots **\$(OOB) 10:00 Prize Bingo (2A) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Birthday Gang Committee Meeting ( C ) 3:00 Hedbanz Word Guessing Game (2A) 6:15 Billiards (3E)	11 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Dining Committee Meeting (2A) 1:30 Musical Entertainment featuring Jessica Snyder (2A) 3:00 Wine Paring (P) 6:15 Ladder Ball (3E)	12 9:00 Sit & Be Fit Exercise (3E) 9:00 Guided Tour to Heaven with Chaplain Rick ( C ) 10:00 Chair Yoga with Beth (3E) 10:00 Craft Corner: Paper Lanterns (C) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Card Club: Rummy (2A)	13 9:00 Chair Yoga With Beth (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Seated Chair Tai Chi (2A) 2:00 Community Life Planning Meeting (P) 3:00 Social Hour: Green Tea (P) 6:15 Movie Night: <i>Around the World in 80 Days</i> (3A)	14 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events ( P ) 10:00 Local Fares: Jim's Farmers Market **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Nickle Bingo (2A) 3:00 Wii Bowling League (3E) 6:15 Corn Hole (3E)	
15 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Mexican Train Dominoes (C) 6:15 Song and Scriptures (CH.609)	16 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 iN2L Documentary: <i>How Martin Luther King, Jr. Changed the World</i> (2A) 3:00 Social Hour: Iced Tea and MLK'S Favorite Pecan Pie (P) 6:15 Card Club: Dealer's Choice (2A) Martin Luther King, Jr Day	17 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: TJ Maxx **\$(OOB) 11:00 Local Fares: Perkins **\$(OOB) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Martin Luther King Trivia (L) 3:00 Discussion of the MLK Memorial (2A) 6:15 Corn Hole (3E)	18 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Craft Corner: Snowman Door Hanger** (C) 1:30 Seated Stretches (2A) 2:00 Fireside Chat (2A) 3:00 January Trivia Social (P) 6:15 Dart League (3E)	19 9:00 Sit & Be Fit Exercise (3E) 9:00 Guided Tour to Heaven with Chaplain Rick ( C ) 10:00 Dance Class With Jess (FL) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Wii Bowling League (3E)	20 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PDR) 1:30 Horseshoes (3E) 2:00 Nickle Bingo \$(2A) 3:00 Social Hour: Boba Tea 6:15 Movie Night: <i>The Great Wall</i> (3A)	21 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events ( P ) 10:00 Wii Bowling League (3E) 1:30 Stair Stepper Exercise (3E) 2:00 Community Outreach: Coupons for Troops (C) 3:00 Ed-U Presentation <i>Touring of Our Planet System</i> by Ron & Crystal Bolton, Night Wonders of Astronomy (2A) 6:15 Dart League (3E)	
22 9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordies Handouts (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Scrabble (C) 6:15 Song and Scriptures (CH.609)	23 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 Helping Hands: Decorate the Pub (P) 3:00 iN2L Documentary: <i>Beijing: The Tradition of Chinese New Year</i> (2A) 6:15 Blitz With Ruth (2A)	24 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Target **\$(OOB) 10:00 Cooking Demo with Jose (P) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Nickle Bingo \$\$ (2A) 3:00 Social Hour: Cookies and Coffee (P) 6:15 Horseshoes (3E)	25 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Ed-U Presentation <i>Birding and Sites of the Atlantic Coast of Florida</i> by Terry Neuymer (2A) 1:30 Seated Stretches (2A) 2:00 Prize Bingo (2A) 3:00 Card Club: Dealer's Choice (2A) 6:15 Sit and Chat By the Fire (FL)	26 9:00 Sit & Be Fit Exercise (3E) 9:00 Guided Tour to Heaven with Chaplain Rick (C) 10:00 TED Talk: <i>The Beautiful, Mysterious Science of How You Hear</i> by Jim Hudspeth, Biophysicist (2A) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Wii Bowling League (3E)	27 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Cooking Creation: Sesame Ball Dessert (C) 1:30 Ladder Ball (3E) 2:00 Men's Club: Snowball Fight (2A) 3:00 Social Hour: Chinese New Year Cocktails (P) 6:15 Movie Night: <i>The Karate Kid</i> (3A)	28 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events ( P ) 10:00 Community Outreach: Coupons for Troops (C) 11:00 Local Fares: Windy Knoll's**\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Game Club: Sequence (2A) 3:00 Scrabble (C) 6:15 Card Club; Rummy (2A)	
29 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Uno with Bri (C) 6:15 Song and Scriptures (CH.609)	30 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 GriefShare with Chaplain Rick (C) 3:00 iN2L Documentary: <i>Behind the Great Wall</i> (2A) 6:15 Wii Bowling League (3E)	31 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Prize Bingo (2A) 3:00 Friends Hosting Friends (CN) 6:15 Dart League (3E)			<h1>January</h1> <h2>2023</h2>		<b>Calendar Key:</b> Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY) Connections (CN) Picnic Tables (PT) ** Registration Required \$\$ Cost Involved