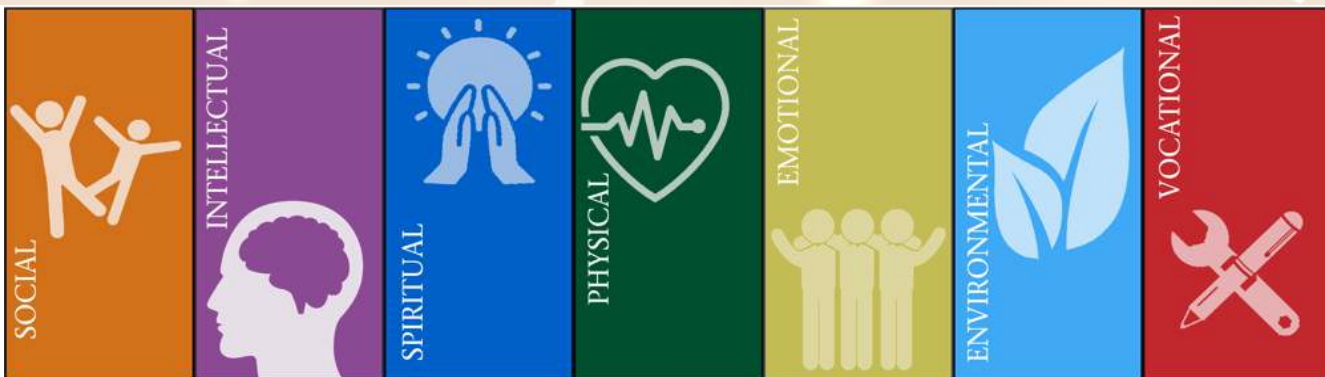




*"Tomorrow is the first blank page of a 365-page book.  
Write a good one."*



*Dimensions  
of Wellness*

## *A Note from the Executive Director*

We hope everyone had time to spend with their families and loved ones during the holiday season. We had a lot of great community activities here in our community – it was certainly festive!

We are going to start a new tradition for the new year. We will begin our monthly Brunch for residents and families. Stay tuned for our first date & details to be announced!

As we continue to face COVID and the flu, we are all working together to keep our community a safe environment while maintaining active programming. We thank you for playing your part by continuing to cooperate with our masking requirements, sign-in process, and social distancing during visits.

Happy New Year... here's to a bright & fun 2023.

Best,  
*Howard Holben*  
*Executive Director*

## *Highlighted Events*

- 1 – **New Year's Day Dinner**
- 3 – **Elvis Musical Entertainment**  
@ 2pm – *Connections Club*
- 11 – **Day Excursion:** PA Farm Show  
@ 10:30am
- 17 – **Day Excursion:** Hollywood  
Casino @ 1pm
- 19 – **EdU Musical Entertainment:**  
Jay Smar @ 2pm
- 20 – **Penguin Plunge Social** @ 2pm
- 24 – **EdU Presentation** @ 2pm  
Exploring Mars - *Connections Club*

## *Welcome New Residents*

- Adonna B.
- Lorene S.
- Barbara H.
- Ronald W.
- Janice W.
- Evelyn P.

## *Resident Birthdays*

### *January*

- 2 – Loretta D.
- 5 – Fred H.
- 8 – Verna P.
- 14 – Janice W.
- 23 – Faith S.
- 25 – Edith S.
- 26 – Kenneth B.
- 28 – Karen H.

### *February*

- 6 – Robert D.
- 7 – Shirley T.
- 10 – Margaret F.
- 11 – Joan R.
- 12 – Velma D.
- 13 – Dona G.
- 13 – Douglas F.
- 15 – Gloria W.
- 17 – Phyllis H.
- 19 – Fae H.
- 20 – Mary Carolyn M.
- 21 – Leroy C.
- 27 – Katie H.

### *March*

- 1 – Irene Z.
- 2 – Audrey S.
- 4 – Barry G.
- 7 – Esther H.
- 8 – Sarah S.
- 11 – Barbara D.
- 17 – Patricia W.
- 18 – James D.
- 19 – Eloise D.
- 20 – Michael K.
- 20 – Mary W.
- 21 – Evelyn P.
- 24 – Sally K.
- 27 – Marilyn F.
- 28 – Carman B.



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 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: How Countries Celebrate New Years (CR) 10:50 Menu Review (CR) 1:15 Penguin Crafting (P) 2:15 Chicken Soup Reading & Drinks (P) 3:00 Worship Service (CR) 6:00 Fireside Fellowship (FL) New Year's Day	2 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Writing fond Memories (CR) 10:50 Menu Review (CR) 1:30 Melodies with Katie (AR) 2:30 Afternoon Fitness: (CR) 3:00 Bowling for Bars (CR) 3:50 Menu Review (CR) 6:00 Rummikub (FL)	3 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Reminisce through the pages (CR) 10:50 Menu Review (CR) 1:15 Create with Friends (CN) 1:30 Finish the Phrase (P) 2:00 Musical Entertainment: Elvis (AR) 3:15 Create a character (P) 6:00 Bingo (AR)	4 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Memory Magic with Friends (CN) 10:50 Menu Review (CR) 1:30 Mid-week Worship (CR) 2:00 Musical Entertainment: Lee Moyer (AR) 2:15 Trivia Time (CR) 3:00 Baking Brownies (AR) 6:15 Movie Night: Where the Crawdads Sing (CR)	5 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 iN2L: The Famous Mr. Ed (CR) 2:15 iN2L: Fitness (CR) 3:00 Hydration & Humor (CR) 3:30 Make a flying bird (CR) 3:50 Menu Review (CR) 6:00 Fireside Fellowship (FL)	6 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations: White and Black Cookies (AR) 10:50 Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Jingo (CR) 3:00 Fitness with Friends (CN) 3:50 Menu Review (CR) 6:00 Resident Run Bingo (AR)	7 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 10:50 Menu Review (AR) 1:15 Daily Reading (CR) 1:30 Who was Pepe le Pew (CR) 2:00 Toss the Fruit Cake (CR) 3:00 Hydration & Humor (CR) 3:50 Menu Review (CR) 6:00 Card Club (AR)	
8 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: History of Silly Putty (CR) 10:50 Menu Review (CR) 1:15 Which Soup Do You Like Best (P) 2:15 Chicken Soup Reading & Drinks (P) 3:00 Worship Service (CR) 6:00 Fireside Fellowship (FL)	9 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Cards for Cops (CR) 10:50 Menu Review (CR) 1:30 Melodies with Katie (AR) 2:30 Afternoon Fitness: (CR) 3:00 Create a Snow Flake (CR) 3:50 Menu Review (CR) 6:00 Rummikub (FL)	10 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Who am I? George Foreman (CR) 10:50 Menu Review (CR) 1:15 Create with Friends (CN) 1:30 Time Slips (P) 2:00 Happy Hour with Small Starter (P) 3:15 Card Game I got it (P) 6:00 Bingo (AR)	11 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Memory Magic with Friends (CN) 10:50 Menu Review (CR) 1:30 Mid-week Worship (CR) 2:15 Serving Hot Toddies (CR) 3:00 Making Trail Mix (AR) 6:15 Movie Night: Rescued by Ruby (CR)	12 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 iN2L: Word Game (CR) 2:15 iN2L: Fitness (CR) 3:00 Hot Tea & Trivia (CR) 3:50 Menu Review (CR) 6:00 Fireside Fellowship (FL)	13 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations: Teddy Bear Cookies (AR) 10:50 Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Create & Design: Teddy Bears (CR) 3:00 Fitness with Friends (CN) 3:50 Menu Review (CR) 6:00 Resident Run Bingo (AR)	14 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 10:50 Menu Review (AR) 1:15 Daily Reading (CR) 1:30 Dress a Pet (CR) 2:00 Smores and More (CR) 3:00 Hydration & Humor (CR) 3:50 Menu Review (CR) 6:00 Card Club (AR)	
15 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: What makes us happy (CR) 10:50 Menu Review (CR) 1:15 UNO Card Game (P) 2:15 Chicken Soup Reading & Drinks (P) 3:00 Worship Service (CR) 6:00 Fireside Fellowship (FL)	16 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Who Am I ? Martin Luther King Jr. (CR) 10:50 Menu Review (CR) 1:30 Melodies with Katie (AR) 2:30 Afternoon Fitness: (CR) 3:00 Create & Design: Marshmallow Men 3:50 Menu Review (CR) 6:00 Rummikub (FL) Martin Luther King, Jr Day	17 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Create & Design: Snowflakes (CR) 10:50 Menu Review (CR) 1:15 Create with Friends (CN) 1:30 Reading Round the Table (P) 2:00 Happy Hour with Small Starter (P) 3:15 Who Am I ? Betty White (P) 6:00 Bingo (AR)	18 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Memory Magic with Friends (CN) 10:50 Menu Review (CR) 1:30 Mid-week Worship (CR) 2:15 Who Am I Cary Grant ? (CR) 3:00 Creating A Cheese Ball (AR) 6:15 Game Night with Dover Women of Today (CR)	19 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 iN2L: Happy Birthday Dolly (CR) 2:15 iN2L: Fitness (CR) 3:00 Hydration & Humor (CR) 3:30 Fact of the Day (CR) 3:50 Menu Review (CR) 6:00 Fireside Fellowship (FL)	20 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations: Cinnamon Sugar Pecans (AR) 10:50 Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Pokeno (CR) 3:00 Fitness with Friends (CN) 3:50 Menu Review (CR) 6:00 Resident Run Bingo (AR)	21 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 10:50 Menu Review (AR) 1:15 Daily Reading (CR) 1:30 National Tulip Day (CR) 2:00 Flower Bingo (CR) 3:00 Hydration & Humor (CR) 3:50 Menu Review (CR) 6:00 Card Club (AR)	
22 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: How to Make Bread (CR) 10:50 Menu Review (CR) 1:15 Card Game (P) 2:15 Taste of Different Breads (P) 3:00 Worship Service (CR) 6:00 Fireside Fellowship (FL)	23 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 White Board Hand Writing (CR) 10:50 Menu Review (CR) 1:30 Melodies with Katie (AR) 2:30 Afternoon Fitness: (CR) 3:00 Blind Tasting Pies (CR) 3:50 Menu Review (CR) 6:00 Rummikub (FL)	24 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Gut Busters & Belly Laughs (CR) 10:50 Menu Review (CR) 1:15 Create with Friends (CN) 1:30 Hospitality Cards (P) 2:00 Ed-Presentation: <i>Exploring Mars</i> with Ron & Crystal Bolton (AR) 3:15 How much does it cost Now (P) 6:00 Bingo (AR)	25 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Memory Magic with Friends (CN) 10:50 Menu Review (CR) 1:30 Mid-week Worship (CR) 2:15 Name the State (CR) 3:00 Creating Cereal Bars (AR) 6:15 Movie Night: Wizard of Oz (CR)	26 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 iN2L: Travel to Australia (CR) 2:00 Celebration of Life (CR) 3:00 Hydration & Humor (CR) 3:30 Themed Trivia (CR) 3:50 Menu Review (CR) 6:00 Fireside Fellowship (FL)	27 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations: Chocolate Cake (AR) 10:50 Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Chocolate Cake Day (CR) 3:00 Fitness with Friends (CN) 3:50 Menu Review (CR) 6:00 Resident Run Bingo (AR)	28 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 10:50 Menu Review (AR) 1:15 Daily Reading (CR) 1:30 Kazoo Music (CR) 2:00 Musical Instrument Bingo (CR) 3:00 Hydration & Humor (CR) 3:50 Menu Review (CR) 6:00 Card Club (AR)	
29 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: Short Clip Sleeping Beauty (CR) 10:50 Menu Review (CR) 1:15 Fairy Tale Bingo (P) 2:15 Chicken Soup Reading & Drinks (P) 3:00 Worship Service (CR) 6:00 Fireside Fellowship (FL)	30 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 British Invasion by Music (CR) 10:50 Menu Review (CR) 1:30 Matinee: Jungle To Jungle Featuring Tim Allen (CR) 3:30 Jungle Facts (CR) 3:50 Menu Review (CR) 6:00 Rummikub (FL)	31 9:30 Morning Fitness (AR) 10:00 Daily Reading (CR) 10:15 Croissants with Coffee (CR) 10:50 Menu Review (CR) 1:15 Create with Friends (CN) 1:30 Dice Game (P) 2:00 Happy Hour with Small Starter (P) 3:15 Create & Design: Heart Art (P) 6:00 Bingo (AR)	<b>THE</b> <i>Club</i>		<b>January</b> 2023		<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (FL) Front Lobby (P) Pub (OOB) Out of Building