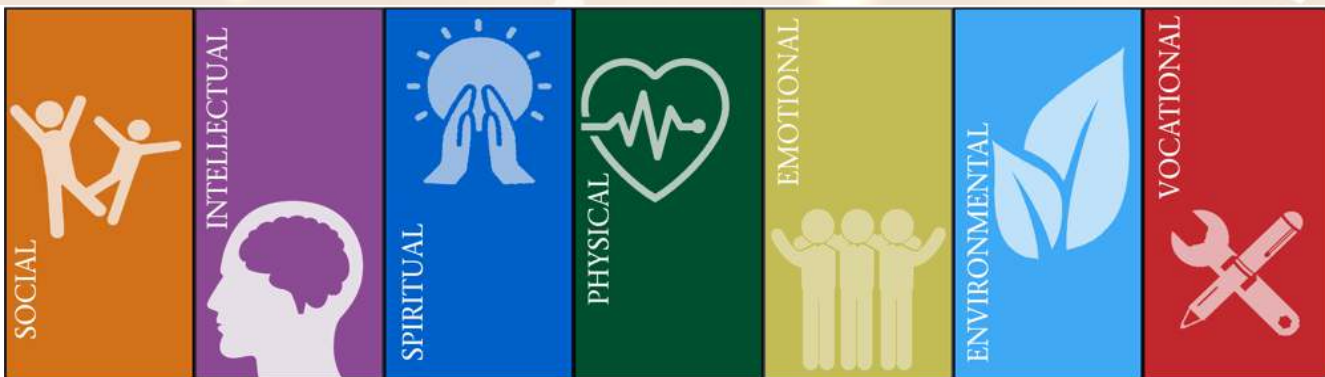




*"Tomorrow is the first blank page of a 365-page book.
Write a good one."*



*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.



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	
1 9:30 Morning Exercise (AR) 10:00 Putting the Past in Oder (AR) 11:30/12:30 New Years Day Dinner (DR) 2:00 Discuss and Recall What's New in the New Year (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (FL) New Year's Day	2 9:30 Morning Exercise (AR) 10:00 Thankful for You Committee (AR) 10:30 Dining Room Committee Meeting (AR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie York Musical Therapy (AR) 2:15 Country Side Ride **(OOB) 6:00 Rummikub (AR)	3 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:00 Men's Club (AR) 1:30 Circle of Friends with Chaplin (CR) 2:00 Musical Entertainment Featuring Elvis (AR) 3:15 Cards Club (AR) 6:00 Prize Bingo (AR)	4 9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:30 Shopping Trip: Giant **\$(OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Musical Entertainment Featuring Lee Moyer (AR) 3:00 Bible Study (P) 6:00 Popcorn and a Movie: <i>Where The Crawdad Sing</i> (AR)	5 9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:15 LCR (AR) 2:00 Armchair Travelers to Canada (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Pool Game (PT)	6 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Would You Rather Game (AR) 1:15 Cranium Crunches (AR) 2:00 Community Life Planning (AR) 3:00 Ed Sullivans Rock n' Roll Classics <i>Great Group</i> (AR) 6:00 Resident Run Bingo (AR)	7 9:30 Morning Exercise (AR) 10:15 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 TED Talk <i>What Really Matters at End of Life</i> by American Physician, Author and Speaker, BJ Miller (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafters Corner (AR) 6:00 Card Club (AR)	
8 9:30 Morning Exercise (AR) 10:00 Making It Easy Cooking Club (AR) 1:15 Ladies Hot Tea Circle (AR) 2:00 Pokeno (CR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (FL)	9 9:30 Morning Exercise (AR) 10:00 Sunshine Club (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie York Musical Therapy (AR) 2:15 Country Side Ride **(OOB) 6:00 Rummikub (AR)	10 9:30 Morning Exercise (AR) 10:00 Ed-U Wellness Presentation <i>Hearing & Vision Health</i> By Laura Lambert, Program Manager, Bayada Home Health Care (AR) 1:00 Card Club (AR) 1:30 Circle of Friends with Chaplin (CR) 2:00 Happy Hour & Hot Hors d'oeuvres (P) 3:00 Dinner Out: <i>Smokey Bones</i> **(OOB) 6:00 Prize Bingo (AR)	11 9:30 Morning Exercise (AR) 10:00 Balance in Action, Laura from Powerback Rehab (AR) 10:15 Life Chats with Chaplin Shawn (P) 10:30 Day Excursion: <i>Rooted in Progress</i> Pennsylvania Farm Show \$\$\$ (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Cooking Demo by Chef Joe (AR) 3:00 Bible Study (P) 6:00 Movie: <i>Rescued By Ruby</i> (AR)	12 9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:15 LCR (AR) 2:00 Musical Entertainment Featuring Ed Alwine (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Pool Game (PT)	13 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Name that Sound (AR) 1:15 Cranium Crunches (AR) 2:00 History of Friday the 13 th (AR) 3:00 Ed Sullivans Rock n' Roll Classics <i>The History of Rock n' Roll</i> (AR) 6:00 Resident Run Bingo (AR)	14 9:30 Morning Exercise (AR) 10:15 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 TED Talk <i>Why We Laugh</i> By Neuroscientist, Sophie Scott (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafters Corner (AR) 6:00 Card Club (AR)	
15 9:30 Morning Exercise (AR) 10:00 Making It Easy Cooking Club (AR) 1:15 The Price is Right (AR) 2:00 Pokeno (CR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (FL)	16 9:30 Morning Exercise (AR) 10:00 MLK Memorial to a Great Man (AR) 10:30 Grief Share and Support Group (AR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie York Musical Therapy (AR) 2:00 Art Exploration Pottery Painting with Alana, The Glazing Sun** (AR) 6:00 Rummikub (AR) Martin Luther King, Jr Day	17 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:00 Day Excursion Hollywood Casino **\$(OOB) 1:30 Circle of Friends with Chaplin (CR) 2:00 Happy Hour & Hot Hors d'oeuvres (P) 3:00 Thankful and Appreciate You (AR) 6:00 Prize Bingo (AR)	18 9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:30 Shopping Trip: <i>Boscov's</i> **\$(OOB) 1:30 Mid-Week Worship Service (CR) 2:00 The Swinging 60's (AR) 3:00 Bible Study (P) 6:00 Game Night with Dover Women of Today (AR)	19 9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:15 Fireside Chat with Howard, E.D. (AR) 2:00 Ed-U Musical Presentation <i>Variety Show</i> by Jay Smar (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Pool Game (PT)	20 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 This or That Game (AR) 1:15 Creative Arts <i>How to Draw a Penguin</i> (AR) 2:00 Polar Penguin Social (AR) 3:00 Special Feature Movie <i>March of the Penguin</i> (AR) 6:00 Resident Run Bingo (AR)	21 9:30 Morning Exercise (AR) 10:15 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 2:00 Musical Entertainment <i>Memory Music</i> with Tom and Randy (AR) 3:00 Crafters Corner (AR) 6:00 Card Club (AR)	
22 9:30 Morning Exercise (AR) 10:00 Making It Easy Cooking Club (AR) 1:15 Learning Chinese New Years (AR) 2:00 Pokeno (CR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (FL)	23 9:30 Morning Exercise (AR) 10:00 Discuss and Recall (AR) 10:30 Grief Share and Support Group (AR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie York Musical Therapy (AR) 2:15 Country Side Ride **(OOB) 6:00 Rummikub (AR)	24 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:00 Writers Corner (AR) 1:30 Circle of Friends with Chaplin (CR) 2:00 Happy Hour & Hot Hors d'oeuvres (P) 3:00 Cards Club (AR) 6:00 Prize Bingo (AR)	25 9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:30 Shopping & Lunch Out: Dollar Tree & Cracker Barrel **\$(OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Flight Club (AR) 3:00 Bible Study (P) 6:00 Popcorn and a Movie: <i>The Wizard of Oz</i> (AR)	26 9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:15 Welcome Ambassador Meeting (AR) 2:00 Celebration of Life (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Pool Game (PT)	27 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Would You Rather Game (AR) 1:15 Cranium Crunches (AR) 2:00 <i>Sock It to Me</i> Fashion Show (AR) 3:00 Ed Sullivans Rock n' Roll Classics <i>Rock Legends</i> (AR) 6:00 Resident Run Bingo (AR)	28 9:30 Morning Exercise (AR) 10:15 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 TED Talk <i>The Hidden Power of Sad Songs and Rainy Days</i> by American Writer, Susan Cain & Violinist Min Kym (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafters Corner (AR) 6:00 Card Club (AR)	
29 9:30 Morning Exercise (AR) 10:00 Making It Easy Cooking Club (AR) 1:15 Ladies Hot Tea Circle (AR) 2:00 Pokeno (CR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (FL)	30 9:30 Morning Exercise (AR) 10:00 Discuss and Recall (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Monday at the Movies with Jenny <i>Jungle to Jungle</i> (CR) 2:15 Country Side Ride** (OOB) 6:00 Rummikub (AR)	31 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:00 Men's Club (AR) 1:30 Circle of Friends with Chaplin (CR) 2:00 Happy Hour & Hot Hors d'oeuvres (P) 3:00 Cards Club (AR) 6:00 Prize Bingo (AR)			<h1>January</h1> <h1>2023</h1>		Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activity Room (P) Pub (DR) Dining Room (FR) Fitness Room (CR) Community Room (FL) Lobby (FP) Front Patio (CN) Connections Neighborhood (OOB) Out of Building (CY) 100 Hall Court Yard