

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



*Dimensions  
of Wellness*

## Resident Birthdays

### January

2 – Cynara M.  
6 – Francis B.  
7 – Bessie B.  
10 – Rose Marie G.  
13 – Linda B.  
14 – Joan M.  
16 – Dolores Z.  
16 – Margaret G.  
17 – Marie S.  
20 – Martha S.  
25 – James M.

### February

6 – Charles C.  
9 – Roy F.  
14 – Mary K.  
15 – Eric B.  
16 – Marcella S.  
22 – Joan L.  
25 – Gloria Y.

### March

1 - Irene H.  
6 – Marian H.  
10 – Bob N.  
14 – Catherine Y.  
16 – Anastasia G.  
19 – Dorothy K.



# Providence Place SENIOR LIVING News

Q1: January 2023

## A Note from the Executive Director

Happy New Year! 2022 was filled with many great memories and some big changes for our campus. As you may know, Kim Perchak was promoted to VP of Operations for all Providence Place communities, and I was promoted to Executive Director here at Drums. I am pleased to announce that Danielle Schoonmaker is our new Director of Wellness and Hayley Hoffman was promoted to Connections Director. We are all very excited to start this new year together.

We had some wonderful holiday celebrations with staff and residents. Seeing the joy on everyone's face and hearing the laughter brought me such joy. In 2023, we are going to focus on all the wonderful things coming our way and creating more memories together.

Special thanks to all of our amazing staff, residents and families that brought in treats over the holidays. Nothing says happiness quite like a homemade cookie. I wish you all very healthy, happy 2023!

*Melissa Jacoby*

*Executive Director*

## Highlighted Events

- 2 – **New Resident Milkshake Social:**  
@ 2:30pm
- 9 – **Musical Entertainment @ 2:30pm**  
Top Canadian Singer Spotlight by Lori Woodward
- 20 – **EdU Presentation @ 2:30pm**  
Cookie Decorating with Chef Tiffany
- 22 – **Sunday Brunch @ 10:30a-12:30p**  
Families Welcome! Call reception to reserve your table.
- 25 – **Diner's Lunch Caravan @ 10:30a**  
Vesuvio's Pizzeria
- 31 – **EdU Presentation:**  
The Age of Enlightenment by Guardians of our History

## Welcome New Residents

Catherine T.  
Janis S.  
Charles C.




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 TV Catholic Mass (3rd) 10:00 <i>First Time for Everything Trivia</i> (2nd) 10:30 Sit & Be Fit Exercise (2nd) 11:00 - 1:00 New Year's Celebration (DR) 1:30 Worship Service with Ch. Beverly (Ch) 2:30 Welcome 2023 Photo Booth (2nd) 3:00 New Year's Calendar Bingo (3rd) 6:30 Jenga (1st)  New Year's Day	2 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Famous Birthday Spotlight on Zoologist, Jack Hanna (2nd) 2:30 New Resident Milkshake Social (Café) 3:30 Name That '60's Tune (1st) 6:30 Pinochle Players Club (3rd)	3 9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Craft Club: Scarf & Mittens Wreath (3rd) 2:45 Bingo (3rd) 3:30 Movie Matinee Cmte Meeting (3rd) 6:30 Scrabble (1st)	4 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service by Ch. Beverly (Ch) 10:30 Garden Club: Post-Holiday Poinsettia Care (2nd) 1:30 Circle of Friends (SR) 2:30 Men's Club: Billiards Tournament (2nd) 3:00 National Trivia Day: <i>Jeopardy</i> Residents vs. Staff (3rd) 6:30 Dominoes (1st)	5 9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 TED Talk & Discussion: <i>How To Discover Your Authentic Self</i> by Bevy Smith, Actress (3rd) 1:45 Dancing with Tracey (2nd) 2:30 Dessert & Discussion by Chef Ashley: Sticky Toffee Pudding (DR) 3:30 Holistic Wellness Aromatherapy (2nd) 6:30 Pinochle Players Club (3rd)	6 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Ch. Beverly (Ch) 10:30 Cooking Club - Tastes of Canada: Butter Tarts (C) 1:30 Dealing with Loss Support Group (SR) 2:30 Celebration of Life Service (Ch) 3:30 Holiday Planning Committee (2nd) 6:30 Boggle (1st)	7 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Hilarious Headlines (2nd) 1:30 Hymn Sing (Ch) 2:00 Thelma <i>Butterfly</i> McQueen: Her Famous Hollywood Role (2nd) 2:30 Matinee: <i>Gone with the Wind</i> (2nd) 3:30 Community Life Planning Mtg (3rd) 6:30 Rummikub (1st)	
8 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit with Harvey (1st) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Ch. Beverly (Ch) 2:45 Bingo (3rd) 4:00 Destination Discovery: CN Tower in Toronto, Ontario, Canada (3rd) 6:30 Jenga (1st)	9 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob Roman (DR) 2:30 Musical Entertainment featuring <i>Top Canadian Singers Spotlight</i> Performed by Lori Woodward (DR) 3:30 Community Outreach <i>Troopons: Coupons for Troops</i> (3rd)	10 9:30 Shopping Trip: Dollar Tree/Aldi's**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Dining Service Cmte Meeting (3rd) 3:30 Red or Black Card Game (2nd) 6:30 Scrabble (1st)	11 9:30 Men's Club Breakfast Caravan: Tom's Kitchen**\$\$ (OOB) 10:00 Prayer Service by Ch. Beverly (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:30 Manicures & Mocktails (2nd) 4:00 January Honorees Dinner (DR) 6:30 Dominoes (1st)	12 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 TED Talk & Discussion: <i>Brain Magic</i> by Magician, Keith Barry (3rd) 1:45 Dancing with Tracey (2nd) 2:45 Bingo (3rd) 3:30 Hymn Sing (Ch) 6:30 Pinochle Players Club (3rd)	13 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Ch. Beverly (Ch) 10:30 Art Exploration: The Magic of Bob Ross' <i>Winterscapes</i> (2nd) 1:30 Dealing with Loss Support Group (SR) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciarvella (2nd) 3:30 Soul Club: <i>Chicken Soup for the Soul</i> (2nd) 6:30 Boggle (1st)	14 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Welcome Ambassador Cmte Mtg (2nd) 1:30 X-Box Bowling (2nd) 2:30 Matinee: <i>The Notebook</i> (2nd) 3:30 <i>Moose Milk</i> Super Happy Hour (1st) 6:30 Rummikub (1st)	
15 9:00 TV Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Ch. Beverly (Ch) 2:45 Bingo (3rd) 4:00 Destination Discovery: Capilano Suspension Bridge in N Vancouver, British Columbia, Canada (3rd) 6:30 Jenga (1st)	16 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Craft Club: Doves of Peace (3rd) 2:30 MLK Day: <i>The Living Legacy of "Letter from Birmingham Jail"</i> (3rd) 3:30 Classic Movie Musicals Catchiest Songs (3rd) 6:30 Pinochle Players Club (3rd)  Martin Luther King, Jr Day	17 9:30 Retail Shopping: Boscov's**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Blast from the Past: Dean Martin Variety Hour (2nd) 3:00 Chef's Pairings with Chef Ashley: Popcorn & Wine (DR) 6:30 Scrabble (1st)	18 9:30 <i>All About January</i> Trivia (2nd) 10:00 Prayer Service by Ch. Beverly (Ch) 10:30 Balance in Action Exercise by Carrie, Powerback Rehab (2nd) 1:30 Circle of Friends (SR) 2:45 Bingo (3rd) 4:00 Destination Discovery Dinner: Tastes of Canada (DR) 6:30 Dominoes (1st)	19 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Technology Committee (2nd) 1:30 Dancing with Tracey (2nd) 2:00 Ed-U Presentation: <i>History of Canada's Newfoundland</i> by Retired Teacher, Terry Neumyer (3rd) 3:30 Cranium Crunches (3rd) 6:30 Pinochle Players Club (3rd)	20 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Ch. Beverly (Ch) 10:30 Cooking Club - Tastes of Canada: Nanaimo Bars (C) 1:30 Dealing with Loss Support Group (SR) 2:30 Ed-U Presentation & Demo: Snowman Cookie Decorating by Pastry Chef, Tiffany O'Donnell (DR) 3:30 Sunshine Committee (3rd) 6:30 Boggle (1st)	21 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 TED Talk & Discussion: <i>Why We Laugh</i> by Neuroscientist, Sophie Scott (3rd) 1:30 Hymn Sing (Ch) 2:30 Matinee: <i>Cheaper By the Dozen</i> (2nd) 3:30 <i>Tea Trivia &amp; Tastings</i> (C) 6:30 Rummikub (1st)	
22 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit with Harvey (1st) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Ch. Beverly (Ch) 2:45 Bingo (3rd) 4:00 Destination Discovery: Niagara Falls in Ontario, Canada (3rd) 6:30 Jenga (1st)	23 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob Roman (DR) 2:30 Chinese New Year 2023 Social: <i>Year of the Rabbit</i> (3rd) 3:30 Feng Shui 101 (3rd) 6:30 Pinochle Players Club (3rd)	24 9:30 Shopping Trip: TJ Maxx**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class with Cynthia (2nd) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)	25 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service by Ch. Beverly (Ch) 10:30 Diner's Lunch Caravan: Vesuvio's Pizzeria**\$\$ (OOB) 1:30 Circle of Friends (SR) 2:45 Bingo (3rd) 3:30 Resident Birthday Committee (3rd) 6:30 Dominoes (1st)	26 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Thankful to You Committee (3rd) 1:45 Dancing with Tracey (2nd) 2:30 Ed-U Presentation: <i>History Through Folk Music</i> By Jay Smar (DR) 3:30 Hymn Sing (Ch) 6:30 Pinochle Players Club (3rd)	27 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Ch. Beverly (Ch) 10:30 Art Exploration: The Magic of Bob Ross' <i>Winterscapes</i> (2nd) 1:30 Dealing with Loss Support Group (SR) 2:30 Dining Demo with Chef Ashley: Homemade Bread (DR) 3:30 Focus on Health: Blood Pressure Checks (3rd) 6:30 Boggle (1st)	28 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 TED Talk & Discussion: <i>The Power of Vulnerability</i> by Prof. & Author, Brené Brown (3rd) 1:30 Junk Drawer Detective (2nd) 2:30 Matinee: <i>The Odd Couple</i> (2nd) 3:30 <i>Labatt's Blues</i> Happy Hour (1st) 6:30 Rummikub (1st)	
29 9:00 TV Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Ch. Beverly (Ch) 2:45 Bingo (3rd) 4:00 Destination Discovery: The Biosphere in Montreal, Quebec, Canada (3rd) 6:30 Jenga (1st)	30 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 <i>Campus Store</i> Cart (2nd) 2:30 Ed-U Health Presentation: <i>Hearing &amp; Vision Health Awareness</i> by Providence Place Drums DOW (3rd) 3:30 iN2L Animal World: Canadian Winter Wildlife (3rd) 6:30 Pinochle Players Club (3rd)	31 9:30 Shopping Trip: Dollar General**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:30 Ed-U Presentation: <i>The Age of Enlightenment</i> by Joe & Delores McDevitt, Guardians of Our History (3rd) 3:30 Food for Thought: Poutine (C) 6:30 Scrabble (1st)			<h1>January</h1> <h2>2023</h2>		<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C)