

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



A Note from the Executive Director

Here is to a happy and healthy New Year. Our 2023 is going to be a new beginning and a chance to reflect on the memories made in 2022.

The Grove enjoyed many festivities for the holidays including a special visit from Santa and Mrs. Clause. Please continue to check your Calendars from Community Life for upcoming activities and events during these cold winter months!

We continue to be COVID-free in our building, so please continue to be vigilant with hand washing and using the and sanitizer stations throughout the building.

Cheers to 2023!

Sincerely,
Julie Wallace
Executive Director

Highlighted Events

- 6 – **Watercolor Painting with Victoria** @ 2pm
- 17 – **Antique Tour** @ 11am
Vintage Route 61
- 18 – **Diner's Caravan** @ 11am
Ruby Tuesdays
- 25 – **EdU Presentation:** Find your Inner Beauty @ 1:30pm
- 26 – **EdU Presentation & Book Signing:** The World Is my Classroom @ 2pm

Welcome New Residents

Lois C.
Delores B.



*Dimensions
of Wellness*

Resident Birthdays

January

- 11 – Arlan G.
- 17 – Michael D.
- 20 – Mae W.
- 21 – Sally L.
- 30 – Ruth S.

February

- 4 – Shirley A.
- 9 – Rosemary B.
- 10 – Ray B.
- 12 – Helen P.
- 13 – Hilda H.
- 14 – Norman C.
- 14 – Verna D.
- 21 – Mary Jane B.

March

- 1 – John D.
- 13 – Reba S.
- 17 – Jackson P.
- 18 – Terry N.
- 23 – Lois C.
- 26 – Judith D.




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 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 What's New In 2023? (2F) 11:00 Confident Cruisers (HW) 12:00 Wine And Dine (DR) 1:30 Scenic Country Ride (OOB) 3:00 iN2L: Catholic Service (2F) 4:00 iN2L: Methodist Service (2F) New Year's Day	2 9:30 Target Legs Exercise (2F) 10:00 New Years Food Traditions (2F) 10:30 Mass with Chaplain Henninger (1F) 11:00 Mother Teresa Program EWNT 49 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 4:00 Confident Cruisers (HW) 6:00 Game Of Clue (2F)	3 9:30 Balance in Action Class by Kari, Powerback Rehab (2F) 10:00 Community Life Planning Meeting (1F) 10:30 iN2L: Brain Drain (2F) 2:00 Entertainment By Tanya & Marge (1F) 3:00 Fruit And Cheese Charcuterie Board (1F) 6:00 Scrabble Team (2F)	4 9:30 Move2Music (2F) 10:00 World Briefs & Discuss (2F) 10:30 Fireside Chat with Julie and Members of Management Team (2F) 11:00 Never Alone Support Group (2F) 11:30 Shopping Excursion: Walmart **\$\$ (OOB) 3:30 Jigsaw Puzzle Team (2F) 6:00 Music & Mixed Cocktail Social (2F)	5 9:30 Light Hand Weights Exercise (2F) 10:00 Dining Committee Meeting (2F) 10:30 Fascinating Facts Discussion: Customs (2F) 11:00 Confident Cruisers (HW) 2:00 iN2L Virtual Museum Guided Tour: <i>The Metropolitan Museum Of Art</i> (2F) 3:30 Saints & Heroes EWNT 49 6:00 Game Night: Clue (1F)	6 9:30 Core Strength Exercise (2F) 10:00 Never Alone Support Group (2F) 10:30 Join The Prayer Chain (2F) 11:00 Market Run: Boyers **\$\$ (OOB) 2:00 Watercolor Painting With Victoria (2F) 3:30 Helping Hands: Clean Up Crew (2F) 4:00 The Fishwrapper: <i>You Know Your Getting Older When...</i> (2F) 6:00 Monopoly (2F)	7 9:30 Gentle Moves (2F) 10:00 Men's Club Outing (OOB) 10:30 <i>Mornings With Jesus</i> Program (2F) 11:00 Coffee Cache and Daily Chronicles (2F) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)		
8 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 11:00 Confident Cruisers (HW) 12:00 Wine And Dine (DR) 2:00 Church Of God Memorial Service (DR) 3:00 Fellowship Hour (DR) 6:00 Music And Mindful Colors (1F)	9 9:30 Target Legs Exercise (2F) 10:00 Searching For January Puzzle (2F) 10:30 Mass with Chaplain Henninger (1F) 11:00 Mother Teresa Program EWTN 49 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 4:00 Confident Cruisers (HW) 6:00 Game Of Clue (2F)	10 9:30 Target Balance Exercise (2F) 10:00 iN2L: Have You Ever? 11:00 Giant Crossword Puzzle (2F) 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 TLC Time From Bella, The Comfort Dog (2F) 6:00 Scrabble Team (2F)	11 9:30 Move2Music (2F) 10:00 World Briefs & Discuss (2F) 10:30 Ed-U Wellness: <i>Hearing & Vision Health</i> by DOW Kortnee Wagner (2F) 11:00 Pray The Rosary EWTN 49 3:00 Jigsaw Puzzle Team (2F) 4:00 Pray The Rosary EWNT 49 6:00 Music & Mixed Cocktail Social (2F)	12 9:30 Light Hand Weights Exercise (2F) 10:00 Get To Know Your Neighbors (2F) 10:30 Ted Talk: <i>What Makes A Good Life?</i> by Robert Waldinger, Psychiatrist (2F) 11:00 Open Forum & Discuss (2F) 2:00 Crochet Corner With Helen (2F) 4:00 Confident Cruisers (HW) 6:00 Game Night: Clue (1F)	13 9:30 Core Strength Exercise (2F) 10:00 Never Alone Support Group (2F) 10:30 Intentions For The Prayer Chain (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Film Fest: <i>Sister Act</i> (2F) 3:30 Penny Candy Cart (2F) 6:00 Monopoly (2F)	14 9:30 Gentle Moves (2F) 10:00 January Fact Or Fiction (2F) 10:30 <i>Mornings With Jesus</i> Program (2F) 11:00 Coffee Cache and Daily Chronicles (2F) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)		
15 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 11:00 Confident Cruisers (HW) 12:00 Wine And Dine (DR) 1:30 Scenic Country Ride (OOB) 3:00 iN2L: Catholic Service (2F) 4:00 iN2L: Methodist Service (2F) 6:00 Music And Mindful Colors (1F)	16 9:30 Target Legs Exercise (2F) 10:00 iN2L: Martin Luther King Day (2F) 10:30 Mass with Chaplain Henninger (1F) 11:00 Mother Teresa Program EWTN 49 1:30 Ed-U Discussion: Selma to Montgomery March (2F) 3:00 Manicures (2F) 6:00 Game Of Clue (2F) Martin Luther King, Jr Day	17 9:30 Target Balance Exercise (2F) 10:00 iN2L: Picture Prompts (2F) 10:30 Reminisce: Mothballs In Your Attic (2F) 11:00 Antique Tour: Vintage 61 **\$\$ (OOB) 3:00 Memory Magic (2F) 4:00 Hot Chocolate Cart (2F) 6:00 Scrabble Team (2F)	18 9:30 Move2Music (2F) 10:00 World Briefs & Discuss (2F) 10:30 January Zodiac (2F) 11:00 Diner's Caravan: Ruby Tuesdays **\$\$ (OOB) 3:00 Jigsaw Puzzle Team (2F) 4:00 Pray The Rosary EWNT 49 6:00 Music & Mixed Cocktail Social (2F)	19 9:30 Light Hand Weights Exercise (2F) 10:00 Get To Know Your Neighbors (2F) 10:30 Fascinating Facts With Discussion: The Animal Kingdom (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Ed-U Presentation: <i>Joyful Moments</i> by Celeste Bailey, Health & Fitness Educator (2F) 4:00 Meaningful Meditation & Music (2F)	20 9:30 Core Strength Exercise (2F) 10:00 Never Alone Support Group (2F) 10:30 Intentions For The Prayer Chain (2F) 11:00 Market Run: Boyers **\$\$ (OOB) 2:00 Craft & Creations: Water Beads Air Freshener (2F) 3:00 Name 10 (2F) 6:00 Monopoly (2F)	21 9:30 Gentle Moves (2F) 10:00 January Fact Or Fiction (2F) 10:30 <i>Mornings With Jesus</i> Program (2F) 11:00 Coffee Cache and Daily Chronicles (2F) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)		
22 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 11:00 Confident Cruisers (HW) 12:00 Wine And Dine (DR) 2:00 Church Of God Service (DR) 3:00 Fellowship Hour (DR) 6:00 Music And Mindful Colors (1F)	23 9:30 Target Legs Exercise (2F) 10:00 Golden Globe IQ (2F) 10:30 Mass with Chaplain Henninger (1F) 11:00 Mother Teresa Program EWTN 49 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 4:00 Confident Cruisers (HW) 6:00 Game Of Clue (2F)	24 9:30 Target Balance Exercise (2F) 10:00 Beach Ball Throw (2F) 10:30 iN2L: Have You Ever? (2F) 11:00 Mother Teresa Program EWTN 49 2:00 Ed- U Presentation: <i>The Art And Practice Of Mindful Meditation</i> by Leah Zerbe, Senior Editor At DrAxe.com (2F) 6:00 Scrabble Team (2F)	25 9:30 Move2Music (2F) 10:30 Short Story & Discuss: <i>Fate According To Scrabble</i> (2F) 1:30 Ed-U Presentation: <i>Find Your Inner Beauty</i> by Tracy Zellin, Mary Kay Professional (2F) 3:30 Glamour Photo Shoot: Capture Your Inner Beauty (2F) 6:00 Music & Mixed Cocktails (2F)	26 9:30 Light Hand Weights Exercise (2F) 10:00 Get To Know Your Neighbors (2F) 10:30 iN2L: Have You Ever? (2F) 2:00 Ed-U Presentation: <i>The World Is My Classroom</i> By Cindy Ross, NY Times Best Selling Author And World Traveler (2F) 3:30 Book Signing Opportunity (2F) 6:00 Game Night: Clue (1F)	27 9:30 Core Strength Exercise (2F) 10:00 Never Alone Support Group (2F) 10:30 Intentions For The Prayer Chain (2F) 11:00 Confident Cruisers (HW) 2:00 Film Fest: <i>Bye Bye Birdie</i> (2F) 3:00 Popcorn & Soda Cart (2F) 4:00 The Fishwrapper: <i>Trust The Lord</i> (2F) 6:00 Monopoly (2F)	28 9:30 Gentle Moves (2F) 10:00 January Fact OR Fiction (2F) 10:30 <i>Mornings With Jesus</i> Program (2F) 11:00 Coffee Cache and Daily Chronicles (2F) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)		
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