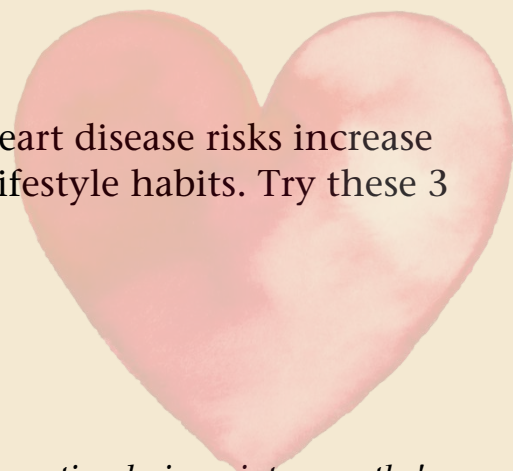


Focus on Wellness

Heart Health Tips

Heart disease is a major threat to our health. Although heart disease risks increase with age, it doesn't have to be inevitable with the right lifestyle habits. Try these 3 tips as we celebrate Heart Health month this February:



- 1) Follow a heart-healthy diet
- 2) Get to a healthy weight
- 3) Get and stay active

Check your activity calendar for presentations on these topics and to stay active during winter months!



*Dimensions
of Wellness*

Resident Birthdays

February

Melissa Drachbar
Wanda Allender
Barbara Britt
Margaret Lawson
Phyllis Goetz
E. Mae Dagenhart
Faye Nicarry
Johanna Spierenburg
Ellen O'Shaughnessy
Doris Liggon
Patricia Piper

March

Martha Swink
Willa Mae Heiser
Virginia Rote
Sally Crider
Mary Fisher
Virginia Stouffer
Faye Cramer
A. Vivian Reilly
Wilma Whetstone
Leslie Hurley



Providence Place SENIOR LIVING News

Q1: February 2023

A Note from the Executive Director

2023 is off to a nice start here in Chambersburg, we know we have the best team & residents a community could as for – thank you for being a part of our family.

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 2/9, and feel free to participate in our Animal Shelter donation drive going on most of the month.

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

Sincerely,

Holly Townsend

Executive Director

Highlighted Events

- 9 – **Dance Class with Jess** @ 10am
- 10 – **Hearing Clinic** @ 9am
Belton Hearing
- 15 – **Fireside Chat** @ 2pm
- 19 – **Outing to Shippensburg Luhrs Center:** Mutts Gone Nuts @ 12:15pm
- 1st – 23rd – **Cumberland Valley Animal Shelter Drive**
- 24 – **Animal Shelter Donation Drop-off** @ 10am

Welcome New Residents

Bettie H.
Gene K.



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
<p>THE</p> <h1>Club</h1>			1	2	3	4
			9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Groundhog Trivia (3A) 1:15 Kitchen Creation: Edible Groundhog (CN) 2:30 Sip and Taste (CN) 3:00 Groundhog Day Predictions (P) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Nelly Fox Bowling (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Groundhog Secret Quote (3A) 6:15 Chit Chat in the Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Walk and Stroll Club (HW) 2:00 Macrame Heart (3A) 3:00 Social Hour: Rose Wine Spritzer (P) 6:15 Movie Night: <i>Groundhog Day</i> (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Game Club: Kerplunk (3A) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)
5	6	7	8	9	10	11
9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Memory Magic (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Musical Entertainment featuring Pianist Bryan Herber (2A) 6:15 Songs and Scripture (Ch. 809)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 2:00 iN2L Documentary: <i>The Story of Us - The True Story with Morgan Freeman</i> (2A) 3:00 Chocolate Coke Social (P) 6:15 Card Club (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Dollar Tree \$\$ (OOB) 1:15 Crafty Creation: Clay Conversation Hearts (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Show (CN) 3:00 Bible Study (CN) 6:15 Game Shows (ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dining Committee (2A) 1:15 Kitchen Creation: Potatoes Dauphinoise (CN) 2:30 Sip and Taste (CN) 3:00 Fact Vs. Fiction (P) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 10:00 Dance Class with Jess (FL) 1:15 Day Excursion: Wendy's Frosty (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 P is for Pizza Game (3A) 6:15 Chit Chat in the Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Appreciate and Thank Club: Valentines Day Lollipops (3A) 1:30 Walk and Stroll Club (HW) 2:00 Kindly Canine Pet Visits (2A) 3:00 Social Hour: Superbowl Trivia with Beer and Pretzels (P) 6:15 Movie Night: <i>The Blind Side</i> (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Valentines Day Brain Games (3A) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)
12	13	14	15	16	17	18
9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 History of Valentines Day (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Rummy (3A) 6:15 Songs and Scripture (Ch. 809)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Conversation Heart Bingo (3A) 2:00 iN2L Documentary: <i>Story of Saint Valentine</i> (2A) 3:00 Reminisce and Recall: My Life Story (3A) 6:15 Card Club (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Walmart \$\$ (OOB) 1:15 Kitchen Creation: Ham & Swiss Sticky Buns (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Valentines Day Bingo Social (CN) 3:00 Valentines Day Super Social (P) 6:15 Game Shows (ch.78) Valentine's Day	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Diners Caravan (OOB) 1:15 Crafty Creation: Mardi Gras Mask (CN) 2:00 Fireside Chat (2A) 2:30 Sip and Taste (CN) 3:00 Coffee and Questions (P) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 10:00 Dance Class with Jess (FL) 1:15 Ed-U Day Excursion: Gettysburg Battlefield (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Presidents Day - Guess a Letter (3A) 6:15 Chit Chat in the Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Heart Health with Jamie from Bayada Home Health Care (2A) 1:30 Walk and Stroll Club (HW) 2:00 Prize Bingo (3A) 3:00 Social Hour: Gougeres & French Bread (P) 6:15 Movie Night: <i>Gone with the Wind</i> (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (2A) 2:00 Ed-U Presentation <i>Prison Ships</i> by Joe and Delores McDevitt (2A) 3:00 Presidential Trivia (3A) 6:15 Puzzle Club (3A)
19	20	21	22	23	24	25
9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Memory Magic (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Mardi Gras Brain Games (3A) 6:15 Songs and Scripture (Ch. 809)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L Documentary: <i>French Colonization of North America with Tom Richey</i> (2A) 2:00 Hymn Sing with Jody Corbett (2A) 3:00 Rummikub with Ann Marie (3A) 6:15 Card Club (3A) President's Day	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Kohls \$\$ (OOB) 1:15 Kitchen Creation: Air Fried Donuts (CN) 1:30 Balance and Action (3E) 1:30 Acrylic Canvas Painting (C) 2:00 Live Streaming the Mardi Gras Parade Social (CN) 3:00 Mardi Gras Social (P) 6:15 Game Shows (ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 French 101 (P) 1:15 Crafty Creation: Tissue Paper Monet Painting (CN) 2:30 Sip and Show (CN) 3:00 Friends Hosting Friends (CN) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Gettysburg Baking Company (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Concentration Puzzles (3A) 6:15 Chit Chat in the Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Walk and Stroll Club (HW) 2:00 TED Talk: <i>How Your Emotions Change the Shape of Your Heart</i> by Sandeep Jauhar (2A) 3:00 Social Hour: Heart Healthy (P) 6:15 Movie Night: <i>King Creole</i> (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Memories in the Making (3A) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)
26	27	28	<h1>February 2023</h1>			
9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Junk Drawer Detective (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Root Beer Float Social (P) 6:15 Songs and Scripture (Ch. 809)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 February Brain Games (3A) 2:00 iN2L Documentary: <i>Geography Now Regions of France</i> (2A) 3:00 Burning Questions — How Would You Answer? (P) 6:15 Card Club (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Weis \$\$ (OOB) 1:15 Kitchen Creation: Wafer Eiffel Tower (OOB) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Taste (CN) 3:00 Bible Study (CN) 6:15 Game Shows (ch.78)				

Calendar Key: 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