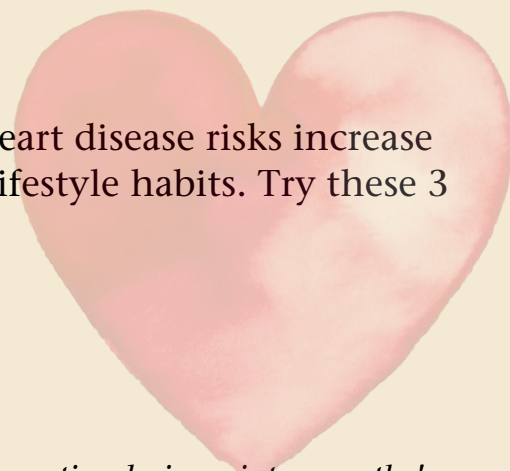


Focus on Wellness

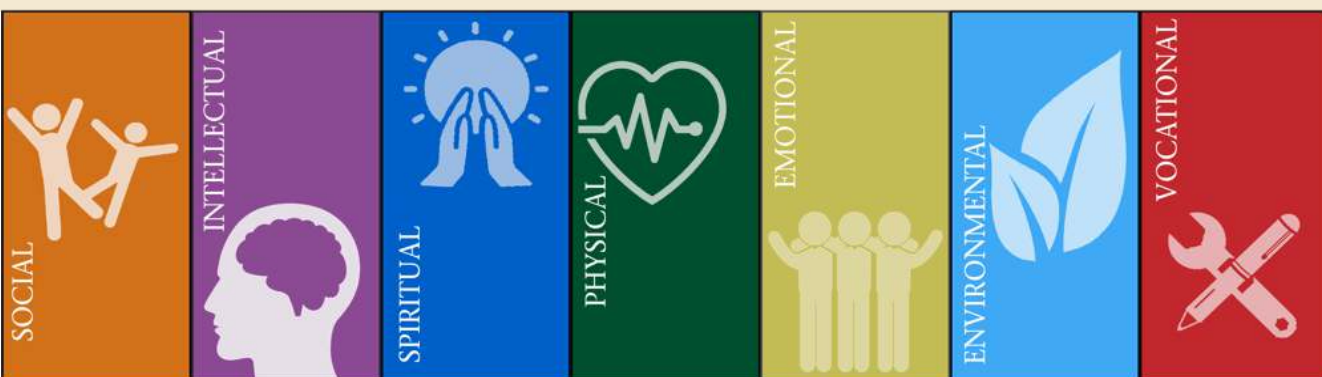
Heart Health Tips

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
Beltone 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	
			1 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Cumberland Valley Animal Shelter Pet Drive Begins (2A) 1:30 Workout with Vickie From Powerback Rehabilitation (3E) 2:00 Prize Bingo (2A) 3:00 Groundhog Day Predictions (P) 6:15 Blitz with Ruth (2A)	2 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (2A) 10:00 President Day French Brunch** (C) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Resident Run: Rummy (2A)	3 9:00 Light & Lively Exercise (3E) 9:30 Design Club: Valentines Decorating in the Pub (P) 10:00 Bible Study with Sharon (PDR) 1:30 Community Outreach: Coupons for Troops (C) 2:00 Helping Hands: Couples V-Day (P) 3:00 Social Hour: Rose Wine Spritzer (P) 6:15 Movie Night: <i>Groundhogs Day</i> (3A)	4 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops (C) 10:00 Nickel Bingo \$(2A) 1:30 Stair Stepper Exercise (3E) 2:00 Craft Creations: Garland & Hearts Door Décor (C) 3:00 Moral Dilemma and Discussion (C) 6:15 Resident Run: Scrabble (C)	
			5 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Musical Entertainment featuring Pianist Bryan Herber (2A) 6:30 Not Forgotten Ministries (2A)	6 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Recycling Collection (LR's, C, P) 1:30 Media Club (P) 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 Resident Run: Billiards (3E)	7 9:00 Light & Lively Exercise (3E) 9:30 Walk & Roll Walking Club (HW) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Griefshare (PDR) 3:00 Prize Bingo (2A) 6:15 Resident Run: Sequence (2A)	8 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Dining Committee Meeting (2A) 1:30 Seated Chair Stretches (3E) 2:00 Nickel Bingo \$(2A) 3:00 Fact Vs. Fiction (P) 6:15 Resident Run: UNO (2A)	9 9:00 Yoga with Beth (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (2A) 10:00 Dance Class with Jess (FL) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Blitz with Ruth (2A)
12 9:00 Light & Lively Exercise (3E) 9:30 Trivia Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR)) 2:00 Worship Service Celebration of Life (2A) 3:00 Reflect and Recall (P) 6:30 Resident Run: Super Bowl Viewing Party (P)	13 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Giant/Kohls**\$(OOB) 10:00 Recycling Collection (LR's, C, P) 1:30 Birthday Gang Committee Mtg. (C) 2:00 iN2L Documentary: <i>Story of Saint Valentine</i> (2A) 3:00 Nickel Bingo \$(2A) 6:15 Resident Run: Sequence (2A)	14 9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends With Chaplain Rick (PDR) 1:30 Helping Hands: PDR Set up for Couples Dinner (PDR) 1:30 Acrylic Canvas Paintings (C) 2:00 Griefshare (PDR) 3:00 Valentines Day Super Social (P) 6:15 Card Club: Dealer's Choice (2A) Valentine's Day	15 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Cooking Club: Gougeres (C) 1:30 Blood Pressure Clinic (2A) 2:00 Fireside Chat (2A) 3:00 Coffee & Questions (P) 6:15 Blitz with Ruth (2A)	16 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (2A) 10:00 TED Talk: How Your Emotions Change the Shape of Your Heart with Sandeep Jauhar (2A) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Dart League (P)	17 9:00 Light & Lively Exercise (3E) 10:00 Heart Health with Jaime with Bayada Home Health Care (2A) 10:00 Bible Study with Sharon (PDR) 2:00 Prize Bingo (2A) 3:00 Social Hour: Gougeres & French Bread (P) 6:15 Movie Night: <i>Gone with the Wind</i> (3A)	18 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops (C) 10:00 Local Fares: Jim's Farmer's Market **\$(OOB) 2:00 <i>Prison Ships</i> with Joe and Delores McDevitt (2A) 3:00 Helping Hands: Mardi Gras (P) 6:15 Resident Run: Billiards (3E)	
19 9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordie Handout (L) 10:00 Polish and Paint Nail Service (2A) 12:15 Shippensburg Luhrs Center Presents <i>Mutts Gone Nuts</i> **\$(OOB) 2:00 Worship Service (2A) 3:00 Resident Run: Scrabble (C) 6:30 Song & Scripture's (Channel 609)	20 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Rural King**\$(OOB) 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 Resident Ambassador Committee (P) 6:15 Resident Run: Bunko (2A) President's Day	21 9:00 Light & Lively Exercise (3E) 9:30 Walk & Roll Walking Club (HW) 10:00 Cooking Creation: Dog Biscuits (C) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Horseshoes (3E) 3:00 Mardi Gras Social (P) 6:15 Blitz with Ruth (2A)	22 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 French 101(P) 11:00 Lunch Out: Olive Garden **\$(OOB) 2:00 Prize Bingo (2A) 3:00 Friends Hosting Friends (CN) 6:15 Resident Run: Mexican Train Dominoes (C)	23 9:00 Sit & Be Fit Exercise (3E) 9:30 Walk & Roll Walking Club (HW) 10:00 Helping Hands: Dining Centerpieces (LD) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service with Allen Brown (2A) 3:00 Bible Study (PDR) 6:15 Resident Run: Rummy (2A)	24 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Brunch with Lauren ** (C) 10:00 Cumberland Valley Animal Shelter Donation Drop Off ** (OOB) 2:00 Catholic Mass with Corpus Christi Church (2A) 3:00 Social Hour: Heart Healthy (P) 6:15 Movie Night: <i>King Creole</i> (3A)	25 9:00 Light & Lively Exercise (3E) 10:00 –1:00 Girl Scout Troop 80173 Cookie Sale (FL) 10:00 Design Club: St. Paddy Day Décor (P) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Game Club: Sequence (2A) 6:15 Wii Bowling League (3E)	
26 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service with Special Guest Andy Palowski (2A) 3:00 Root Beer Float Social (P) 6:30 Song & Scripture's (Channel 609)	27 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Recycling Collection (LR's, C, P) 1:30 Men's Club: Chocolate Tasting (C) 2:00 iN2L Documentary: <i>Geography Now Regions of France</i> (2A) 3:00 Burning Questions– How Would You Answer? (P) 6:15 Blitz with Ruth (2A)	28 9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Griefshare (PDR) 3:00 Comm. Life Planning Meeting Review and Recap Jan. & Feb. (P) 6:15 Resident Run: Billiards (3E)	<h1>February 2023</h1>			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), Back Yard (BY), Laundry Rooms (LR's), Pub Deck (PD) **Registration Required, \$\$ Cost Involved	