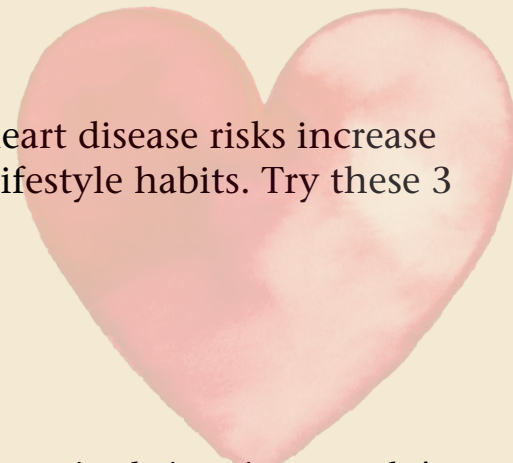


# Focus on Wellness

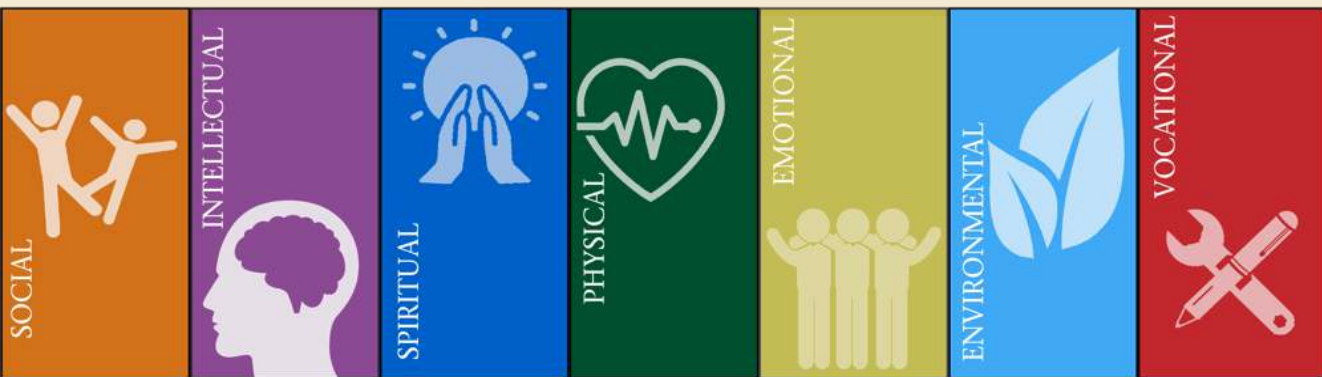
## Heart Health Tips

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

Anna Walchonski  
 Pat Peeples  
 Josephine McCloskey  
 James Riviello  
 Helena Winn  
 Mary Balestra

### March

Joyce Burkey  
 Josephine Adams  
 Marianne Sergio  
 Margot Crain  
 Ann Kempter



# Providence Place SENIOR LIVING News

Q1: February 2023

## A Note from the Executive Director

Happy New Year! It has been a fantastic holiday season full of celebration and activity here in Collegeville. It was a joy to watch our residents and coworkers gathering with happiness. A special thank you to residents and families for the abundance of treats brought in over the holidays.

As we welcome the New Year, I also reflect and learn from 2022. We have made much progress, including completion of the secondary flood wall and our Connections Club kick off. The focus for 2023 is to continue providing phenomenal care to our residents and also using the resident satisfaction survey to continue to make improvements that are important to you.

As always, I am available anytime for discussions, not just once a year on a survey. I welcome your comments, concerns, and suggestions. We truly want to make a difference in the lives of our residents, families, and coworkers.

I wish you the best of luck, love, happiness, and success in the New Year.

Warmly,

*Terri Sanelli*

*Executive Director*

## Highlighted Events

- 2 – **Lunch Outing:** Paladar Latin Kitchen & Rum Bar @ 10am
- 3 – **Fred Astaire Ballroom Dancers** @ 1pm
- 10 – **Musical Entertainment** @ 3:30pm  
Courtney Coletti
- 16 – **Bach's Lunch at Community Music School** @ 10:30am
- 21 – **Mardi Gras Murder Mystery** @ 6-8pm – *Families Welcome!*
- 26 – **Flamenco Dancers** @ 2pm
- 28 – **Spanish Luncheon** @ 11:30am – 1pm

## Welcome New Residents

John "Jack" H.  
 Cheney R.  
 Valia K.



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	
<p>THE</p> <h1>Club</h1>			1 9:15 Morning Meeting (P) 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Penny Ante (P) 1:30 <i>Look Who's Dancing</i> Dancercise (CN) 2:30 National Dark Chocolate Day: Dark Chocolate Social (CN) 4:00 Hydration Station (CN)	2 9:15 Morning Meeting (P) 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Diners Caravan: Paladar Latin Kitchen & Rum Bar*** (OOB) 1:00 History: Ground Hod Day (CN) 2:30 Cooking Club: Loaded Tots (CN) 3:30 Happy Hour Karaoke (P) 6:00 Nighttime Nickle Bingo (AR)	3 9:30 Morning Meeting (P) 10:00 Morning Coffee, Tea & Chat (P) 10:30 Sit and Be Fit (P) 11:00 Crafting Club 1:00 Fred Astaire Dancers (P) 2:15 Balloon Volleyball (P) 3:30 Helping Hands: Mardi Gras Murder Mystery Prep (P) 6:00 Res. Run: Billiards (OL)	4 9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 10:30 Baking It Easy: Spanish Chocolate Olive Oil Cake (AR) 1:00 Bingo in Beads (AR) 2:00 Aerobic Drumming (P) 3:30 Roulette Happy Hour (P)	
5 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Dominoes (AR) 2:00 Visitors: Girl Scout Troop (P) 3:00 Worship Service (T) 4:00 Manicures (AR) 6:00 Movie (T)	6 9:30 Morning Meeting (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Weekly Weather & News (P) 11:00 Sit & Be Fit (P) 1:00 Outing: Frozen Kiwi Yogurt **(OOB) 2:15 Nadine's Music & Meditation (AR) 3:30 Time Slips Story Telling (P) 4:00 Hydration & Chat (P)	7 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Puzzles (P) 11:00 Crafty Art Project (AR) 1:00 Stretching, Tai Chi & Meditation (CN) 2:00 Cooking Club: Alfredo Pasta (CN) 3:00 Aerobic Drumming (P) 4:00 Balloon Volleyball (CR)	8 9:15 Morning Meeting (P) 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Connect 4 (P) 1:00 Balloon Volleyball (CR) 2:00 Gathering: Tea & Cookies (AR) 3:00 Kite Flying (OS) 4:00 TED Talk & Discuss (T)	9 9:15 Morning Meeting (P) 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Sit and Be Fit (P) 10:30 Pizza Box Skee-Ball (P) 1:00 Cooking Club: Pizza (AR) 2:30 Hydration and Meditation (CN) 3:30 Spanish Music Happy Hour (P) 6:00 Nighttime Nickle Bingo (AR)	10 9:15 Morning Meeting (P) 10:00 Morning Coffee, Tea & Chat (P) 10:30 Sit and Be Fit (P) 11:00 Crafting Club: Flannel Day (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Dining Room Cmte Mtg (AR) 3:30 Musical Entertainment featuring Singer Courtney Coletti (P) 4:00 Shakespeare in the Pub (P)	11 9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 10:30 Baking It Easy: Spanish Apple Olive Oil Cake (AR) 1:00 Bingo in Hats (AR) 2:00 Book Club with Tea & Hot Chocolate (T) 3:00 Aromatherapy & Hand Massage (AR)	
12 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Dominoes (AR) 2:00 Games in the Pub (P) 3:00 Worship Service (T) 4:00 Manicures (AR) 6:00 Movie (T)	13 9:30 Morning Meeting (P) 10:00 Weekly Weather & News (P) 11:00 Sit & Be Fit (P) 1:00 Bingo (AR) 2:15 Nadine's Music & Meditation (AR) 3:30 National Cheddar Day: Cheddar Cheese & Crackers (CN) 4:00 Hydration Station (CN)	Valentine's Day 14 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Cooking Club: Trail Mix (AR) 11:00 Crafty Art Project (AR) 12-1pm Valentine's Day Entertainment: Patrice Hawthorne (DR) 1:00 Valentine's Social Sponsored by Grane Hospice (CN) 2:00 Circle of Friends (T) 3:00 Aerobic Drumming (P) 4:00 Valentine's Day Happy Hour (P)	15 9:15 Morning Meeting (P) 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Memory Magic (P) 1:30 <i>Look Who's Dancing</i> Dancercise (P) 2:00 Balloon Volleyball (P) 3:30 TED Talk: <i>Brexit How, When &amp; What</i> (T)	16 9:15 Morning Meeting (P) 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Sit and Be Fit (P) 10:30 Bach's Lunch at CMA** (OOB) 1:00 Piano Playing 101 by Marion (CN) 2:00 Ed-U Presentation: Sabastian Riding Assoc. with a Mini Horse (CN) 3:00 Thoughtful Gift (P) 3:30 Musical Entertainment (CN) 6:00 Nighttime Nickle Bingo (AR)	17 9:15 Morning Meeting (P) 10:00 Morning Coffee, Tea & Chat (P) 10:30 Sit and Be Fit (P) 11:00 Giving Back for Care Partners (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Ed-U: <i>Processing Sensory Information</i> by Beth Pope, PT from Power back Rehab (T) 2:30 Balloon Volleyball (CR) 3:30 Helping Hands: Mardi Gras Murder Mystery Prep (P)	18 9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 10:30 Baking It Easy: Almond Cake (AR) 11:00 Community Crossword (P) 1:00 Bingo (AR) 2:00 Book Club (T) 3:30 Roulette Happy Hour (P)	
19 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Dominoes (AR) 2:00 Games in the Pub (P) 3:00 Worship Service (T) 4:00 Manicures (AR) 6:00 Movie (T)	President's Day 20 9:30 Morning Meeting (P) 10:00 Weekly Weather & News (P) 10:30 Woofs of Wisdom with Harper (P) 11:00 Sit & Be Fit (P) 1:00 Outing: Philly Soft Pretzel Factory **(OOB) 2:15 Nadine's Music & Meditation (AR) 3:15 History: Presidents Day (T) 4:00 Wii Bowling (CR)	21 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Word Finds (P) 11:00 Brain Thinking: 30 Seconds Mysteries (P) 1:00 Stretching, Tai Chi & Meditation (CN) 2:00 Comedy Cooking: Fried Oreos (CN) 3:00 Aerobic Drumming (P) 4:00 Balloon Volleyball (CR) 6-8 Mardi Gras Murder Mystery (P)	22 9:15 Morning Meeting (P) 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Color Me Calm (P) 11:30-1 Spanish Lunch with Sangria (DR) 1:00 iN2L Spanish Sites and Holidays (P) 2:00 Ed-U Presentation: <i>A Tale of 2 British Soldiers</i> by Joe McDevitt (T) 3:00 Balloon Volleyball (P) 4:00 Happy Birthdays Happy Hour (P)	23 9:15 Morning Meeting (P) 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Sit and Be Fit (P) 10:30 Service in Action Trip: Montgomery County SPCA** (OOB) 1:00 Fireside Chat with Terri (AR) 2:00 Flamenco at 5:15 (T) 3:30 Sangria Happy Hour (P) 6:00 Nighttime Nickle BINGO (AR)	24 9:15 Morning Meeting (P) 10:00 Morning Coffee, Tea & Chat (P) 10:30 Sit and Be Fit (P) 11:00 Duck Trap Game (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (P) 3:30 Theatrical Performance: Shakespeare's HENRY II Performed by Providence Place Players (T) 6:00 Res. Run: Billiards (OL)	25 9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 10:30 Baking It Easy: Empanadas (AR) 11:00 Community Crossword (P) 1:00 Bingo in Hats (AR) 2:00 Book Club (P) 3:30 Musical Entertainment featuring Victor Tarassov Flamenco Guitar (P) 4:00 Happy Hour Trivia (P)	
26 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Dominoes (AR) 2:00 Dancing Performers: Flamenco Dancers (P) 3:00 Worship Service (T) 4:00 Manicures (AR) 6:00 Movie (T)	27 9:30 Morning Meeting (P) 10:00 Weekly Weather & News (P) 11:00 Sit & Be Fit (P) 1:00 Outing: Dunkin Donuts **(OOB) 2:15 Nadine's Music & Meditation (AR) 3:30 Creative Crafting (AR) 4:00 Wii Bowling & Other Wii Sports (CR)	28 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Boggle Word Game (P) 11:00 Crafty Art Project (AR) 1:00 Balloon Volleyball (CR) 2:00 Circle of Friends (T) 3:00 Aerobic Drumming (P) 4:00 Balloon Volleyball (CR)	<h1>February 2023</h1>			<p><b>Calendar Key:</b>  ** Registration Required  \$\$ Cost Involved  (CR) Community Room  (AR) Activity Room  (P) Pub, (C) Connections Neighborhood  (DR) Dining Room, (OL) Old Lobby,  (LIB) Library, (ML) Main Lobby,  (OS) Outside, (T) Theater</p>	