

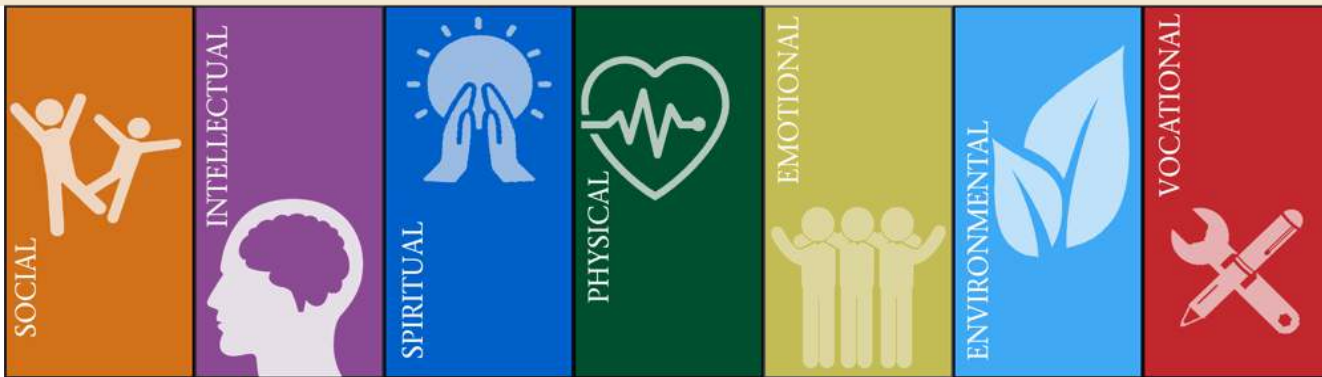
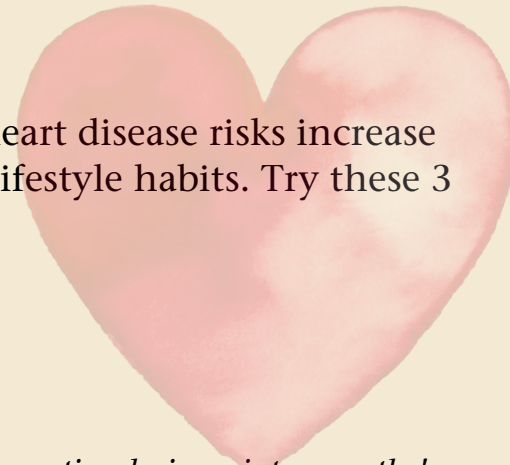
Focus on Wellness

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

Robert Dovey
Shirley Trish
Margaret Ferrari
Joan Rauhauser
Velma Dellinger
Dona Grimm
Douglas Fraser
Gloria Witmer
Phyllis Hershey
Fae Hoffman
Mary Carolyn Marsh
Leroy Crone
Katie Haas

March

Irene Zinn
Audrey Snyder
Barry Grimm
Esther Holler
Sarah Senft
Barbara Densel
Patricia White
James Detzel
Mary Wynegar
Eloise Dubs
Michael Krout
Mary Ward

Evelyn Potts
Sally Kursar
Marilyn Fraser
Carman Baker



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



Providence Place SENIOR LIVING News

Q1: February 2023

A Note from the Executive Director

As we continue to face COVID and the flu, we are all working together to keep our community a safe environment while maintaining active programming. We thank you for playing your part by continuing to cooperate with any masking requirements and social distancing during visits.

As we move into February, we will begin our new quarterly Brunch. Our first Brunch will be February 26th. Sign-up sheets will be located at the front desk. We will be limited to the number of guests per resident and the number of guests per event.

Please check out the activity calendar to keep up with all our exciting events for the month.

Happy Valentine's Day!

Best,
Howard Holben
Executive Director

Highlighted Events

- 7 – **Sweethearts Luncheon**
@ 11:30am
- 9 – **Superbowl Tailgating Party**
@ 11:30am
- 10 – **Centenarian Birthday Party**
@ 1:15pm - Irene Dellinger
- 14 – **EdU Presentation:** *Unsung Women of the 18th Century* @ 2pm
- 22 – **EdU Presentation:**
Gold in SE Pennsylvania @ 2pm
- 26 – **Sunday Brunch**
Please see reception to make reservations

Welcome New Residents

Verna S.
John T.
Ruthanna K.
Wayne W.
Karen A.
Lucia H.
Ruthanna H.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
THE <i>Club</i>			1 9:30 Morning Fitness (AR) 10:15 Memory Magic (CN) 1:15 Daily Reading (CR) 1:30 Mid Week Worship (CR) 2:15 Betty White and the Girls (CR) 3:00 No Bake Cheese Cake (AR) 4:00 Menu Review (AR) 6:00 Popcorn and a Movie Featuring <i>A Hard Day's Night (AR)</i>	2 9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 iN2L: Ground Hog Day (CR) 2:15 iN2L: Fitness (CR) 3:00 Hydration & Humor (CR) 4:00 Menu Review (CR) 6:00 Fireside Fellowship (CR)	3 Wear Your Red Today 9:30 Morning Fitness (AR) 10:00 Culinary Creations: Apple Pie (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Day (FL) 2:00 Buddy Holly and The Day The Music Died (CR) 3:00 Friday Fitness with Friends (CN) 6:00 Resident Run Bingo (AR)	4 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 10:50 Menu Review (AR) 1:15 Daily Reading (CR) 2:00 Wall Jeopardy (AR) 3:00 DIY Ice Cream Bar (CR) 4:00 Menu Review (CR) 6:30 Card Club (AR)	
5 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: Super Bowl History (CR) 11:00 Menu Review (CR) 1:15 Football Jingo (AR) 3:00 Church Service (CR) 4:00 Menu Review (CR) 6:30 Fireside Fellowship (FL)	6 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L Program with Friends (CN) 11:00 Menu Review (CR) 1:30 Music with Katie (AR) 2:30 Afternoon Fitness: Exercise Dice (CR) 3:00 Themed Trivia (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	7 9:30 Morning Fitness (AR) 10:00 Name the Tunes (AR) 11:00 Menu Review (CR) 11:30 Sweethearts Luncheon (CR) 1:15 Create with Friends: Valentine's Decorations (CN) 1:30 Purposeful Painting (CR) 2:00 Happy Hour (P) 3:00 Jingo (P) 4:00 Menu Review (P)	8 9:30 Morning Fitness (AR) 10:15 Memory Magic (CN) 1:15 Daily Reading (CR) 1:30 Mid Week Worship (CR) 2:15 Boy Scout History & Popcorn (CR) 3:00 Music Entertainment: Frank Sinatra (CN) 4:00 Menu Review (AR) 6:00 Popcorn and a Movie Featuring <i>The Graduate (AR)</i>	9 9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:45 Daily Reading & Menu Review (CR) 11:30 Tailgating Lunch (DR) 1:15 iN2L: How Pizza is Made (CR) 2:15 Personal Pizzas (CR) 3:00 Hydration & Humor (CR) 4:00 Menu Review (CR) 6:00 Fireside Fellowship (CR)	10 9:30 Morning Fitness (AR) 10:00 Culinary Creations: Rainbow Bread (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Day (FL) 2:00 Celebrating a Centenarian (AR) 3:00 Friday Fitness with Friends (CN) 6:00 Resident Run Bingo (AR)	11 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 10:50 Menu Review (AR) 1:15 Daily Reading (CR) 2:00 Musical Entertainment: Jay Smar (AR) 3:00 Memorable Inventors (CR) 4:00 Menu Review (CR) 6:30 Card Club (AR)	
12 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: President Lincoln (CR) 11:00 Menu Review (CR) 1:15 Penny Ante Game (AR) 3:00 Church Service (CR) 4:00 Menu Review (CR) 6:30 Fireside Fellowship (FL)	13 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L Program with Friends (CN) 11:00 Menu Review (CR) 1:30 Music with Katie (AR) 2:30 Afternoon Fitness: Card Crunch (CR) 3:00 Themed Trivia (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	Valentine's Day 14 9:30 Morning Fitness (AR) 10:00 Health Presentation (AR) 11:00 Menu Review (CR) 1:15 Valentines Bingo (CN) 2:00 Valentine's Day Celebration (CN) 2:00 Ed-U Presentation: <i>Unsung Women (CN)</i> 3:00 Music with Friends (CN) 4:00 Menu Review (P)	15 9:30 Morning Fitness (AR) 10:15 Memory Magic (CN) 1:15 Daily Reading (CR) 1:30 Mid Week Worship (CR) 2:15 Gum Drop Game (CR) 3:00 Gum Drop Tea Bread (AR) 4:00 Menu Review (AR) 6:00 Game Night with Dover Women of Today (AR)	16 9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:45 Daily Reading & Menu Review (CR) 11:30 Lunch Out: Lyndon Diner with Friends (OOB) 1:15 iN2L: Paczki in Poland (CR) 2:15 iN2L: Fitness (CR) 3:00 Hydration & Humor (CR) 4:00 Menu Review (CR) 6:00 Fireside Fellowship (CR)	17 9:30 Morning Fitness (AR) 10:00 Culinary Creations: Friendship Cookies (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Day (FL) 2:00 Help your Neighbor Game (CR) 3:00 Friday Fitness with Friends (CN) 6:00 Resident Run Bingo (AR)	18 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 10:50 Menu Review (AR) 1:15 Daily Reading (CR) 2:00 Musical Entertainment: Tom and Randi (P) 3:00 Crafting Corner (AR) 4:00 Menu Review (CR) 6:30 Card Club (AR)	
19 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: President Day History (CR) 11:00 Menu Review (CR) 1:15 Andes Mints LCR (AR) 3:00 Church Service (CR) 4:00 Menu Review (CR) 6:30 Fireside Fellowship (FL)	President's Day 20 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L Program with Friends (CN) 11:00 Menu Review (CR) 1:30 Music with Katie (AR) 2:30 Afternoon Fitness: Balloon Volleyball (CR) 3:00 Themed Trivia (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	21 9:30 Morning Fitness (AR) 10:00 Name the Tunes (AR) 11:00 Menu Review (CR) 11:30 Special Marid Gras Lunch (DR) 1:15 Purple and Green Bingo (CN) 1:30 Daily Reading & Mardi Gras Trivia (CR) 2:00 Happy Hour (P) 3:00 Jingo (P) 4:00 Menu Review (P)	22 9:30 Morning Fitness (AR) 10:15 Memory Magic (CN) 1:15 Daily Reading (CR) 1:30 Ash Wednesday Service (CR) 2:00 Ed-U Presentation: <i>Gemstones (AR)</i> 3:00 Presidential Jingo (AR) 4:00 Menu Review (AR) 6:00 Popcorn & Movie: <i>Cool Hand Luke (AR)</i>	23 9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 1:15 Daily Reading (AR) 2:00 Celebration of Life (CR) 2:15 Create & Design: Green Gnomes (P) 4:00 Menu Review (CR) 6:00 Fireside Fellowship (CR)	24 9:30 Morning Fitness (AR) 10:00 Culinary Creations: Homemade Tortilla Chips (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Day (FL) 2:00 Mocktail Margarita (CR) 3:00 Friday Fitness with Friends (CN) 6:00 Resident Run Bingo (AR)	25 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 10:50 Menu Review (AR) 1:15 Daily Reading (CR) 2:00 Wall Jeopardy (AR) 3:00 Sharp Shooter Annie Oakley (CR) 4:00 Menu Review (CR) 6:30 Card Club (AR)	
26 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: Grand Canyon (CR) 11:00 Menu Review (CR) 1:15 Jingo (AR) 3:00 Church Service (CR) 4:00 Menu Review (CR) 6:30 Fireside Fellowship (FL)	27 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L Program with Friends (CN) 11:00 Menu Review (CR) 1:30 Music with Katie (AR) 2:30 Taste the World (CR) 3:15 Themed Trivia (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	28 9:30 Morning Fitness (AR) 10:00 Name the Tunes (AR) 11:00 Menu Review (CR) 1:15 Create with Friends (CN) 1:30 Daily Reading (P) 2:00 Happy Hour (P) 3:15 Painting with Flowers (CR) 4:00 Menu Review (P)	<h1>February 2023</h1>			Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (DN) Dining Room (FL) Front Lobby (P) PUB (OOB) Out of Building	