

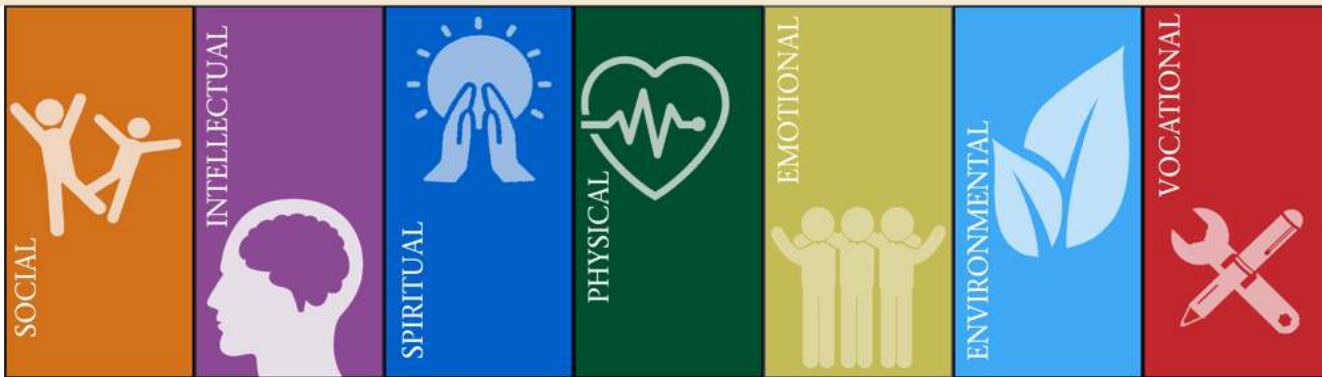
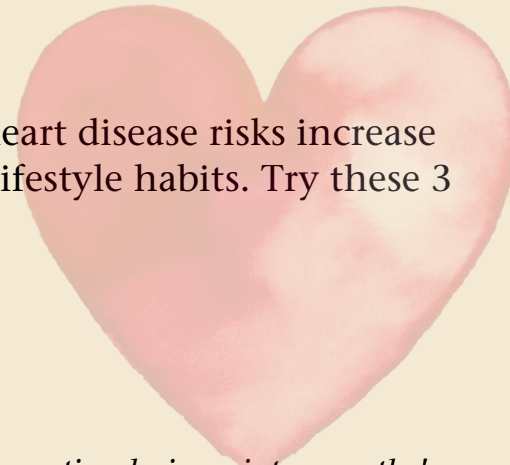
Focus on Wellness

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	
			1 9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:30 Shopping Trip: Burlington*** (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 LCR (AR) 3:00 Bible Study (AR) 6:00 Popcorn and a Movie Featuring <i>A Hard Day's Night</i> (AR)	2 9:30 Morning Exercises (AR) 10:00 Hymn Sing (CR) 10:30 Praying The Rosary (P) 1:15 Punxsutawney Phil's Competition (CR) 2:00 Scrabble Poker (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Wii Games (PT)	3 9:30 Morning Exercise (AR) 10:00 Manicures and Music (AR) 10:30 Cranium Crunches (AR) 1:15 A Rose is a Rose Game (AR) 2:00 <i>Heart Expressions</i> (AR) 3:00 iN2L Trivia Games (AR) 6:00 Resident Run Bingo (AR)	4 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 TED Talk <i>Getting Heart Healthy: The Missing Ingredient</i> by James Beckerman (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafter Corner (AR) 6:00 Resident Run Kings (AR)	
5 9:30 Morning Exercises (AR) 10:00 Making It Easy Cooking Club (AR) 1:15 Ladies Hot Tea Circle (AR) 2:00 Pokeno (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (L)	6 9:30 Morning Exercise (AR) 10:00 Thankful to You Committee (AR) 10:30 Dining Room Committee (AR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie York Music Therapy (AR) 2:15 Country Side Ride ** (OOB) 6:00 Rummikub (L)	7 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 11:30 Sweethearts Lunch (CR) 1:30 Circle of Friends (P) 2:00 Happy Hour (AR) 3:00 Men's Club (AR) 6:00 Evening Bingo with Adam (AR)	8 9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:30 Shopping Trip: Weis*** (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Community Life Planning (AR) 3:00 Bible Study (P) 6:00 Popcorn and a Movie Featuring <i>The Graduate</i> (AR)	9 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 11:30/12 Super Bowl LVII Tailgating Party (DR) 2:00 Grateful Drumming with Joe Ciarvella (AR) 3:15 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Wii Games (PT)	10 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Craniums Crunches (CR) 1:15 Centenarian 102th Birthday Celebration Honoring PP Resident Irene Dellinger (AR) 2:00 Musical Entertainment <i>Valentines Day Favorites</i> featuring Pat Kocen (AR) 3:00 iN2L Trivia Games (AR) 6:00 Resident Run Bingo (AR)	11 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 2:00 Ed-U Musical Entertainment Valentine's Day Special featuring Jay Smar (AR) 3:00 Crafters Corner (AR) 6:00 Resident Run Kings (AR)	
12 9:30 Morning Exercises (AR) 10:00 Making It Easy Cooking Club (AR) 1:15 Ladies Hot Tea Circle (AR) 2:00 Pokeno (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (L)	13 9:30 Morning Exercise (AR) 10:00 Sunshine Group (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie, York Music Therapy (AR) 2:15 Country Side Ride ** (OOB) 6:00 Rummikub (AR)	Valentine's Day 14 9:30 Morning Exercise (AR) 10:00 Ed-U Wellness Presentation by Laura Lambert Program Manager, Bayada Home Health Care (AR) 1:30 Circle of Friends (P) 2:00 Ed-U Presentation <i>Unsung Women of the 18th Century</i> by Joseph and Delores McDevitt (AR) 3:00 Valentine's Day Happy Hour (P) 6:00 Evening Bingo with Adam (AR)	15 9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:30 Shopping Trip: At Home*** (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Fireside Chat with Howard, E.D. (AR) 3:00 Bible Study (P) 6:00 Game Night with Dover Women of Today (AR)	16 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 2:00 Scrabble Poker (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Wii Games (PT)	17 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Craniums Crunches (CR) 1:15 History of the Postal Service (AR) 2:00 Creative Arts DIY Stationary (AR) 3:00 iN2L Trivia Games (AR) 6:00 Resident Run Bingo (AR)	18 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 2:00 Musical Entertainment featuring <i>Memory Music</i> by Tom and Randy (AR) 3:00 Crafter Corner (AR) 6:00 Resident Run Kings (AR)	
19 9:30 Morning Exercises (AR) 10:00 Making It Easy Cooking Club (AR) 1:15 Ladies Hot Tea Circle (AR) 2:00 Pokeno (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (L)	President's Day 20 9:30 Morning Exercise (AR) 10:00 President's Day Trivia (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie York Music Therapy (AR) 2:30 Art Exploration Pottery Painting with Alana, The Glazing Sun ** (AR) 6:00 Rummikub (L)	21 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 11:30 Mardi Gras Special Lunch (DR) 1:30 Circle of Friends (CR) 2:00 Flight Club with Chef Joe (AR) 3:00 <i>Let the Good Times Roll</i> , A Mardi Gras Discussion (AR) 6:00 Evening Bingo with Adam (AR)	22 9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:30 Shopping Trip: Target** (OOB) 1:30 Mid-Week Worship and Distribution of Ashes Service (CR) 2:00 Ed-Presentation <i>Gold in South East Pennsylvania</i> by Jeri Jones, Jones Geological Services (AR) 3:00 Bible Study (P) 6:00 Popcorn & Movie <i>Cool Hand Luke</i> (AR)	23 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (AR) 2:00 Celebration of Life (CR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (AR) 6:00 Wii Games (PT)	24 9:30 Morning Exercise (AR) 10:00 Coffee and Discussions (CR) 10:30 Day Excursion Hershey Park Chocolate World *** (OOB) 1:15 Cards with Friends (AR) 2:00 Welcome Ambassador Meeting (AR) 3:00 iN2L Trivia Games (AR) 6:00 Resident Run Bingo (AR)	25 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 TED Talk <i>Why are We Happy? Why aren't We Happy?</i> by Dan Gilbert, Businessman, Investor, & Philanthropist (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafter Corner (AR) 6:00 Resident Run Kings (AR)	
26 9:30 Morning Exercises (AR) 10:00 Making It Easy Cooking Club (AR) 1:15 Ladies Hot Tea Circle (AR) 2:00 Pokeno (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (L)	27 9:30 Morning Exercise (AR) 10:00 Sunshine Group (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie York Music Therapy (AR) 2:15 Country Side Ride ** (OOB) 6:00 Rummikub (AR)	28 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 1:30 Circle of Friends (AR) 2:00 Cooking Demo with Chef Joe (AR) 3:00 Dining Out Bob Evan *** (OOB) 6:00 Evening Bingo with Adam (AR)	<h1>February 2023</h1>			Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building (P) Pub (DR) Dining Room (FP) Front Patio (PT) Pool Table Room (AR) Activity Room (CR) Community Room	