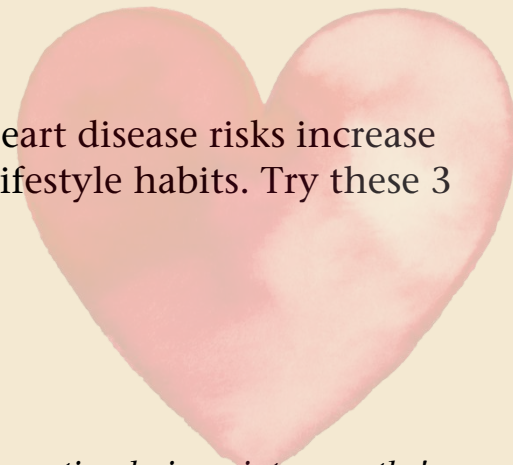


# Focus on Wellness

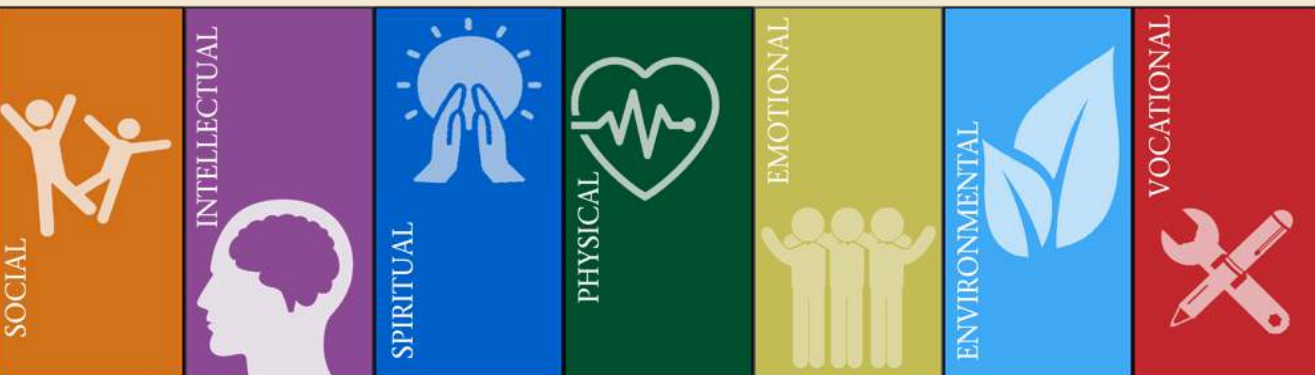
## Heart Health Tips

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

Charles Charest  
 Anna Crofcheck  
 Mary Konschnik  
 Eric Bell  
 Marcella Szumilo  
 Joan Latinski  
 Gloria Yenshaw

### March

Irene Heidrich  
 Marian Horn  
 Bob Novak  
 Catherine Yedlock  
 Anastasia Gallagher  
 Dorothy Koons



# Providence Place SENIOR LIVING News

Q1: February 2023

## A Note from the Executive Director

Happy New Year! 2022 was filled with many great memories and some big changes for our campus. As you may know, Kim Perchak was promoted to VP of Operations for all Providence Place communities, and I was promoted to Executive Director here at Drums. I am pleased to announce that Danielle Schoonmaker is our new Director of Wellness and Hayley Hoffman was promoted to Connections Director. We are all very excited to start this new year together.

We had some wonderful holiday celebrations with staff and residents. Seeing the joy on everyone's face and hearing the laughter brought me such joy. In 2023, we are going to focus on all the wonderful things coming our way and creating more memories together.

Special thanks to all of our amazing staff, residents and families that brought in treats over the holidays. Nothing says happiness quite like a homemade cookie. I wish you all very healthy, happy 2023!

*Melissa Jacoby*


Executive Director

## Highlighted Events

- 1 – **Musical Entertainment** @ 2:30pm  
John Stevens Polka Band
- 6 – **New Resident Wine & Cheese Mixer** @ 2:30pm
- 14 – **Valentine's Day Super Social** @ 2:30pm  
Entertainment by Joe Romagno
- 15 – **Destination Discovery Dinner** @ 4-6:30p – Tastes of France
- 21 – **Mardi Gras Super Social** @ 3pm
- 22 – **EdU Presentation: Colonial Philadelphia** @ 2:30pm
- 28 – **Diner's Caravan: Applebees** @ 10:30am

## Welcome New Residents

Rita N.  
 Bob N.  
 Margaret S.  
 RoseMary A.  
 Anna C.  
 Margret L.  
 Norbert M.

 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>			<p>1</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Balance in Action (2ND) 10:30 Cast your Vote: Spring or Snow ? (C) 1:30 Circle of Friends (SR) 2:00 iN2L: Black History Month (T) 2:30 Musical Entertainment; By John Stevens Polka Band (DR) 6:30 Word Search (2ND)</p>	<p>2</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Sit &amp; Be Fit Exercise (2ND) 10:00 Mass with Father Mike (DR) 1:30 Ground Hog Day Social (T) 2:00 Dancing with Tracey (2ND) 2:30 Crafts: Ground Hog Paintings (T) 6:30 Pinochle Players Club (3RD)</p>	<p>3</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Hand Weights Exercise (2ND) 10:00 Bible Study with Ch. Beverly (CH) 10:30 Hymn Sing (CH) 1:30 Dealing with Loss Support Group (SR) 2:30 Dessert &amp; Discussion by Chef Ashley <i>Galette de Rois</i> (King Cake) (DR) 6:30 Scrabble (2ND)</p>	<p>4</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Pedal Exercise (2ND) 10:00 Rosary (CH) 11:00 Lunch Outing: Evans Road House (OOB) 2:30 World Cancer Day: Create Your Own Awareness Ribbon (3RD) 6:30 Uno Card Game (2ND)</p>
<p>5</p> <p>9:00 Tv Catholic Mass (3RD) 9:30 Daily Chronicle/Inspiration (2ND) 10:00 Companion K-9 Visit With 'Harvey' (1ST) 10:30 Chair Tai Chi Exercise (2ND) 1:30 Worship Service: Ch. Beverly (CH) 2:45 Bingo (3RD) 6:30 Boggle (2ND)</p>	<p>6</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Rosary (CH) 10:00 Yoga Fitness by Bill Krings (CH) 1:30 Famous Birthday Spotlight: Babe Ruth (2ND) 2:30 New Resident Wine &amp; Cheese Mixer (1ST) 6:30 Pinochle Players Club (2ND)</p>	<p>7</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 10:00 Daily Prayer &amp; Meditation (CH) 10:30 Stretch Exercise (2ND) 1:00 Prayer Service &amp; Communion (CH) 1:30 Jeopardy (2ND) 2:30 Interactive Music Class with Cynthia (T) 6:30 Dominoes (2ND)</p>	<p>8</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 10:00 Prayer Service by Ch. Beverly (CH) 10:30 Balance in Action Exercise (2ND) 1:30 Circle of Friends (SR) 2:30 Cooking Club: Baked Potato with Toppings (T) 6:30 Word Search (2ND)</p>	<p>9</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 10:00 Sit &amp; Be Fit (2ND) 1:30 Time Slips (2ND) 2:30 Musical Entertainment featuring George Rittenhouse (T) 3:30 Hymn Sing (CH) 6:30 Pinochle Players Club (3RD)</p>	<p>10</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Hand Weights Exercise (2ND) 10:00 Bible Study with Ch. Beverly (CH) 10:30 Craft Club: Conversation Hearts (C) 1:30 Dealing with Loss Support Group (SR) 2:00 Drum To Your Own Beat Drumming Class with <i>Joe Ciarvella</i> (2nd) 6:30 Scrabble (2ND)</p>	<p>11</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Pedal Exercise (2ND) 10:00 Rosary (CH) 10:30 Finish The Lyrics (2ND) 1:30 X-Box Bowling (2ND) 2:00 Matinee: <i>The Music Man</i> (2ND) 6:30 Uno Card Game (2ND)</p>
<p>12</p> <p>9:00 Tv Catholic Mass (3RD) 9:30 Daily Chronicle/Inspiration (2ND) 10:30 Chair Zumba with Alyson Cara (2ND) 1:30 Worship Service: Ch. Beverly (CH) 2:45 Bingo (3RD) 6:30 Super Bowl Party (DR)</p>	<p>13</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Rosary (CH) 10:00 Yoga Fitness by Bill Krings (CH) 1:30 Bible Study with Deacon Bob (DR) 3:00 Food for Thought &amp; Tasting Croissants (C) 6:30 Pinochle Players Club (2ND) 6:30 Musical Entertainment: By George Rittenhouse (DR)</p>	<p>14</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 10:00 Daily Prayer &amp; Meditation (CH) 10:30 Stretch Exercise (2ND) 1:00 Prayer Service &amp; Communion (CH) 1:45 Crown PP King &amp; Queen of Hearts (C) 2:30 Valentine's Day Super Social: Entertainment By <i>Joe Romagno</i> (DR) 6:30 Dominoes (2ND)</p> <p style="text-align: center;">Valentine's Day</p>	<p>15</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 10:00 Prayer Service by Ch. Beverly (CH) 10:30 Balance in Action Exercise by Carrie, Powerback Rehab (2ND) 1:30 Circle of Friends (SR) 2:45 Bingo (3RD) 6:30 Word Search (2ND)</p>	<p>16</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Daily Prayer &amp; Meditation (CH) 10:00 Sit &amp; Be Fit (2ND) 1:00 Manicures &amp; Mimosas (3RD) 2:00 Dancing with Tracey (2ND) 2:30 TED Talk: <i>Think About Thursday</i> (T) 6:30 Pinochle Players Club (3RD)</p>	<p>17</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Hand Weights Exercise (2ND) 10:00 Bible Study with Ch. Beverly (CH) 10:30 Color Me Calm (2ND) 1:30 Dealing with Loss Support Group (SR) 2:30 Cooking Club: Crepes (C) 6:30 Scrabble (2ND)</p>	<p>18</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Pedal Exercise (2ND) 10:00 Rosary (CH) 10:30 Ted Talk &amp; Discussion: Why We Laugh (2ND) 11:00 Lunch Caravan : Laurel Mall (OOB) 1:30 ED-U Demo/Presentation: <i>Painting With Melanie Cunningham</i> (3rd) 3:30 Hymn Sing (CH)</p>
<p>19</p> <p>9:00 Tv Catholic Mass (3RD) 9:30 Daily Chronicle/Inspiration (2ND) 10:00 Companion K-9 Visit With 'Harvey' (1ST) 10:30 Chair Tai Chi Exercise (2ND) 1:30 Worship Service: Ch. Beverly (CH) 2:45 Bingo (3RD) 6:30 Boggle (2ND)</p>	<p>20</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Rosary (CH) 10:00 Yoga Fitness by Bill Krings (CH) 1:30 Presidential Trivia (3RD) 2:30 Exploring Washington, DC: Monuments &amp; Memorial (3RD) 3:30 'Campus Store' Cart (2ND) 6:30 Pinochle Players Club (2ND)</p> <p style="text-align: center;">President's Day</p>	<p>21</p> <p>9:00 Fat Tuesday Donuts &amp; Coffee (C) 10:00 Daily Chronicle/Inspiration (2ND) 10:30 Stretch Exercise (2ND) 1:00 Prayer Service &amp; Communion (CH) 2:30 Interactive Music Class with Cynthia (T) 3:00 Mardi Gras Super Social (3RD) 6:30 Dominoes (2ND)</p>	<p>22</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Balance in Action (2ND) 10:00 Ash Wednesday Service (CH) 1:30 Circle of Friends (SR) 2:30 Ed-U Presentation: <i>Colonial Philadelphia</i> by Joe &amp; Dolores McDevitt (3RD) 6:30 Word Search (2ND)</p>	<p>23</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Daily Prayer &amp; Meditation (CH) 10:00 Sit &amp; Be Fit Exercise (2ND) 1:30 Name that Tune (2ND) 2:30 Craft Club: Tie Knot Blanket (T) 6:30 Pinochle Players Club (3RD)</p>	<p>24</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Hand Weights Exercise (2ND) 10:00 Bible Study with Ch. Beverly (CH) 10:30 Craft Club: Wine Glass Snowmen (C) 1:30 Dealing with Loss Support Group (SR) 2:30 Cooking Club: Chocolate Chip Pancakes (T) 6:30 Scrabble (2ND)</p>	<p>25</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Pedal Exercise (2ND) 10:00 Rosary (CH) 10:30 The World of Music; Best Of French Café Music (3RD) 1:30 Junk Drawer Detective (2ND) 2:00 Matinee: <i>The Great Gatsby</i> (2ND) 6:30 Uno Card Game (2ND)</p>
<p>26</p> <p>9:00 Tv Catholic Mass (3RD) 9:30 Daily Chronicle/Inspiration (2ND) 10:30 Chair Zumba With Alyson Cara (2ND) 1:30 Worship Service: Ch. Beverly (CH) 2:45 Bingo (3RD) 6:30 Boggle (2ND)</p>	<p>27</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 9:30 Rosary (CH) 10:00 Yoga Fitness by Bill Krings (CH) 1:30 Bible Study with Deacon Bob (DR) 2:00 Dining Demo with Chef Ashley (DR) Chocolate Souffle (DR) 3:00 Red or Black Card Game (2ND) 6:30 Pinochle Players Club (2ND)</p>	<p>28</p> <p>9:00 Daily Chronicle/Inspiration (2ND) 10:00 Daily Prayer &amp; Meditation (CH) 10:30 Stretch Exercise (2ND) 1:00 Prayer Service &amp; Communion (CH) 2:00 ED-U Health Presentation: Heart Health by DOW. Danielle (3RD) 2:30 Craft Club: Floral Bouquet (T) 3:00 Fireside Chat (1ST) 6:30 Dominoes (2ND)</p>	<h1>February 2023</h1>			<p><b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (FP) Front Porch (SR) Sun Room, (1ST) First Floor (2ND) Second Floor, (3RD) Third Floor (ML) Meet in Lobby, ( C ) Cafe (T) Terrace</p>