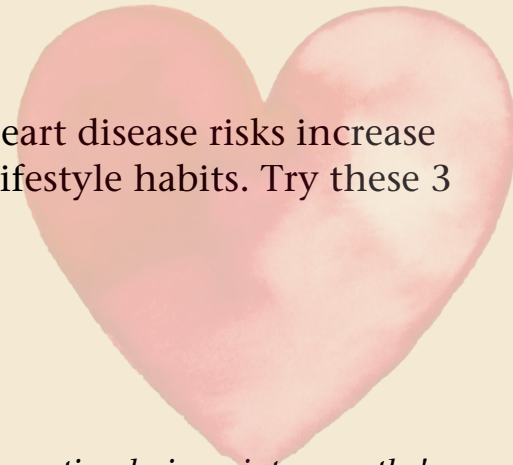


Focus on Wellness

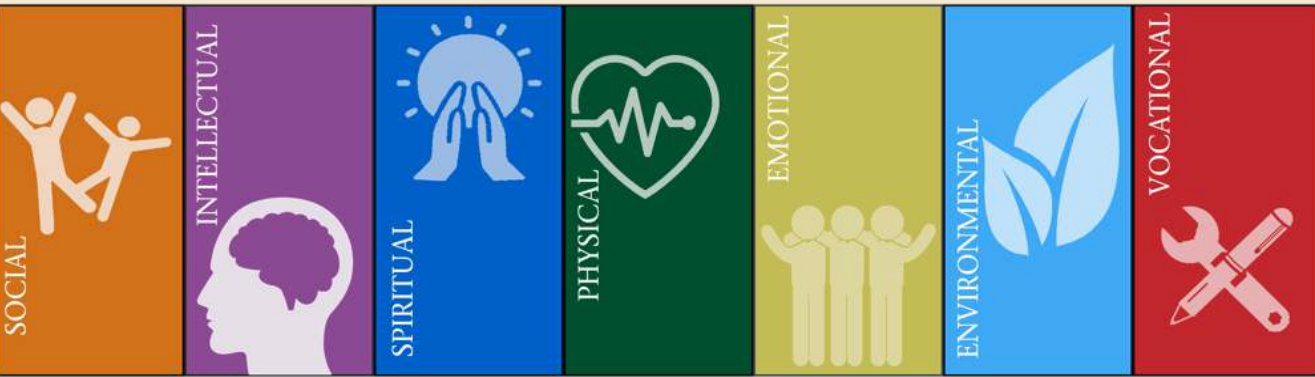
Heart Health Tips

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.



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	2	3	4
			<p>9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Cast Your Vote: Spring or Snow? (C) 1:30 Circle of Friends (SR) 2:30 Musical Entertainment: By John Stevens Polka Band (DR) 3:30 iN2L: Destination Discovery: France: The Louvre Museum (2nd) 6:30 Dominoes (1st)</p>	<p>9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Cooking Club: Baked Brie in Puff Pastry (C) 1:30 Animal World Spotlight: Punxsutawney Phil (2nd) 2:00 Dancing with Tracey (2nd) 2:45 Bingo (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Hymn Sing (Ch) 1:30 Dealing with Loss Support Group (SR) 2:30 Dessert & Discussion With Chef Ashley: Galette de Rois (King Cake) (DR) 3:30 Black History Month Celebration: Black Musicians—Who Am I? (2nd) 6:30 Boggle (1st)</p>	<p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Roses 101 (3rd) 1:30 TED Talk & Discussion: Why Art is a Tool for Hope (3rd) 2:00 World Cancer Day: Create Cancer Awareness Ribbons (3rd) 3:00 Community Life Planning Mtg. (3rd) 6:30 Rummikub (1st)</p>
5	6	7	8	9	10	11
<p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Tai Chi Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Jenga (1st)</p>	<p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Famous Birthday Spotlight: Babe Ruth (2nd) 2:30 New Resident Wine & Cheese Mixer (1st) 3:30 Movie Matinee Committee Mtg. (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class With Cynthia (2nd) 3:00 Dining Service Committee Mtg. (3rd) 6:30 Scrabble (1st)</p>	<p>9:30 Men's Club Breakfast Caravan: Perkins**\$\$ (OOB) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:30 Ed-U Musical Presentation: Why Music Matters by Glenn Faul (DR) 4:00 February B-Day Celebration (DR) 6:30 Dominoes (1st)</p>	<p>9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 iN2L: Destination Discovery: France: The Notre-Dame Cathedral (2nd) 1:45 Community Outreach: Troopons: Coupons for Troops ((3rd) 2:45 Bingo (3rd) 3:30 Hymn Sing (Ch) 6:30 Pinochle Players Club (3rd)</p>	<p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (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 Joe Ciarvella (2nd) 3:30 Soul Club: Chicken Soup for the Soul (2nd) 6:30 Boggle (1st)</p>	<p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Welcome Ambassador Committee Meeting (3rd) 1:30 X-Box Bowling (2nd) 2:00 Matinee: The Music Man (2nd) 3:30 J'adore Paris! Super Happy Hour (1st) 6:30 Rummikub (1st)</p>
12	13	14	15	16	17	18
<p>9:00 TV Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Super Bowl Party (DR)</p>	<p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob (DR) 3:00 Food for Thought & Tasting: Croissants (C) 6:30 Pinochle Players Club (3rd) 6:30 Musical Entertainment: By George Rittenhouse (DR)</p>	<p>9:30 Retail Shopping: Boscov's**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:45 Crown PP King & Queen of Hearts (C) 2:30 Valentine's Day Super Social: Entertainment by Joe Romagno (DR) 3:30 Love is in the Air Trivia (1st) 6:30 Scrabble (1st) Valentine's Day</p>	<p>9:30 All About February Trivia (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise By Carrie of Powerback Rehab (2nd) 1:30 Circle of Friends (SR) 2:45 Bingo (3rd) 4:00 Destination Discovery Dinner: Tastes of France (DR) 6:30 Dominoes (1st)</p>	<p>9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Technology Committee: Virtual Reality 101 (2nd) 1:00 Manicures & Mimosas (3rd) 2:00 Dancing with Tracey (2nd) 3:00 iN2L: Destination Discovery: France: The Eiffel Tower (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Sunshine Committee (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Cooking Club: Crepes (C) 3:30 Black History Month Celebration: Historical Sites of the Civil Rights Movement (3rd) 6:30 Boggle (1st)</p>	<p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 TED Talk & Discussion: Why We Laugh (2nd) 1:30 Ed-U Demo /Presentation: Painting Class: The Eiffel Tower With Melanie Cunningham (3rd) 3:30 Hymn Sing (Ch) 6:30 Rummikub (1st)</p>
19	20	21	22	23	24	25
<p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Tai Chi Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Jenga (1st)</p>	<p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Presidential Trivia (3rd) 2:30 Exploring Washington, DC: Monuments & Memorials (3rd) 3:30 "Campus Store" Cart (2nd) 6:30 Pinochle Players Club (3rd) President's Day</p>	<p>9:00 Fat Tuesday Donuts & Coffee (C) 9:30 Shopping Trip: Dollar Tree/Aldi's**\$\$ (OOB) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class With Cynthia (2nd) 3:00 Mardi Gras Super Social (3rd) 6:30 Scrabble (1st)</p>	<p>9:30 Balance in Action Exercise (2nd) 10:00 Ash Wednesday Service (Ch) 10:30 Crossword Challenge (1st) 1:30 Circle of Friends (SR) 2:30 Ed-U Presentation: Colonial Philadelphia By Joe & Dolores McDevitt (3rd) 3:30 Resident Birthday Committee (2nd) 6:30 Dominoes (1st)</p>	<p>9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Thankful To You Committee (2nd) 1:45 iN2L: Destination Discovery: France: Palace of Versailles (3rd) 2:30 Chef's Pairings with Chef Ashley: French Cocktails (DR) 3:30 Hymn Sing (Ch) 6:30 Pinochle Players Club (3rd)</p>	<p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Focus on Health: Blood Pressure Checks (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Craft Club: Wine Glass Snowmen (3rd) 3:30 Men's Club: Indoor Mini Golf (2nd) 6:30 Boggle (1st)</p>	<p>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: The Great Gatsby (2nd) 3:30 Bastille Day Super Happy Hour (1st) 6:30 Rummikub (1st)</p>
26	27	28	<h1>February 2023</h1>			
<p>9:00 TV Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Jenga (1st)</p>	<p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob (DR) 2:00 Dining Demo with Chef Ashley: Chocolate Souffle (DR) 3:00 Red or Black Card Game (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>9:30 Daily Prayer & Meditation (Ch) 10:00 Stretch Exercise (2nd) 10:30 Diner's Lunch Caravan: Applebee's**\$\$ (OOB) 1:00 Prayer Service & Communion (Ch) 2:00 Ed-U Health Presentation: Heart Health by DOW, Danielle (3rd) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)</p>				

Calendar Key:
 ** Registration Required
 \$\$ Cost Involved
 (OOB) Out of Building, (FP) Front Porch,
 (SR) Sunroom, (DR) Dining Room,
 (Ch) Chapel, (1st) First Floor,
 (2nd) Second Floor, (3rd) Third Floor,
 (ML) Meet in Lobby, Café (C)