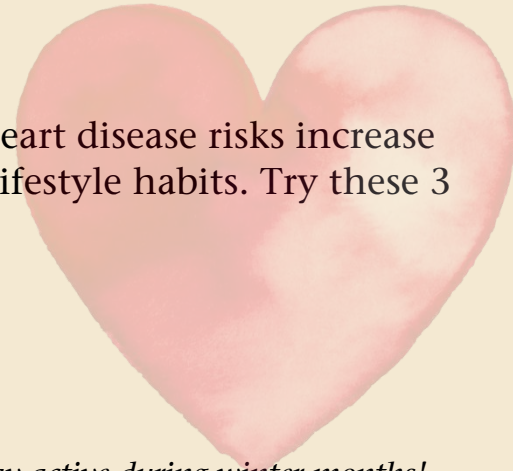


Focus on Wellness

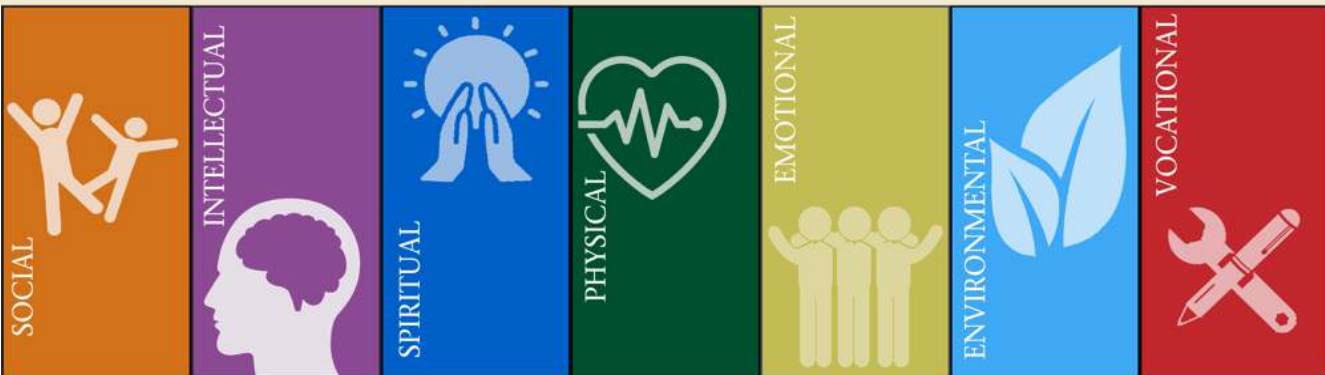
Heart Health Tips

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

Rose Turnowshyk
Lillian Astaria
Roza Csoboth
Loretta Martin

March

Eleanor Rohlf
Stanley Butler
Sharon Wettig
Tony Reimel
Sandra McCann



Providence Place SENIOR LIVING News

Q1: February 2023

A Note from the Executive Director

Happy New Year! 2023 is going to be a new year with a fresh start. I hope everyone had a wonderful holiday season. We had such a great time here at our community for the holidays: we hope you had a chance to visit and celebrate with us.

We have welcomed in our promoted Director of Wellness, Candice Davis, and we encourage you to connect with Candace about the care for you or your loved one.

As we usher in 2023, please take the time to view our calendar of events and find ways to connect within our community even in the frigid weather! We will be hosting a Superbowl Party on February 12th and starting rehearsals for our spring play, each Wednesday at 2:30pm.

If you have any questions or concerns, please reach out to our team anytime.

Cheers to 2023,

Donna O'Leary

Executive Director

Highlighted Events

- 6 – Pottery Works @ 2pm
- 9 – Men's Group: Superbowl Fun @ 2pm
- 12 – Superbowl Party @ 6pm
- 14 – Valentine's Dinner @ 4:30pm
Entertainment by Bryan Huber
- 15 – Veteran's Tea Social @ 1:30pm
With VFW Post 1463
- 21 – Mardi Gras Dinner @ 4:30pm
Mondays at 1:30pm – Readers and Writers Club
Wednesdays at 2:30pm – Spring Play Rehearsals

Welcome New Residents

Bruce E.
Linda D.
Theresa K.
Anthony R.
Earnest 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 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Who, What am I? & Hope Visits (CH) 2:30 Providence Place Players <i>Accepting New Members</i> (CH) 3:15 Bingo (CH) 6:00 Movie Night (CH)	2 10:00 Balance in Action (CH) 10:30 Journey Through the Bible (CH) 10:30 Grocery Run: Giant**\$\$ (OOB) 1:30 Getting to Know You Social (GL) 2:00 Special Music: Keil Hammond (CH) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)	3 10:00 Fitness Fun Games (CH) 10:30 Circle of Friends (CH) 1:30 Jeopardy Challenge (AR) 2:30 Destination Discovery: Oakland, CA <i>Places of Civil Rights Movement</i> (AR) 3:15 Word in Word with Floats (AR) 6:00 Classic Movie Night (CH)	4 10:00 What's the Word? (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Games with Pat (AR) 2:30 Happy Hour :Drinks, Apps & Fun <i>California Dreamin'</i> (GL) 3:30 Charades (GL) 6:00 Domino Dominators Meet (AR)			
			5 10:00 Coffee Social & Games (FL) 10:30 Team Cuisine Cooking Group: <i>Colorado Street Tacos</i> (AR) 2:00 Destination Discovery Social: <i>Colorado Discussion & Snacks</i> (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (L)	6 10:00 Stretch & Flex (CH) 10:30 iN2L: Discover Colorado (CH) 1:30 Writing Club: Community Story <i>The Mystery Continues!</i> (AR) 2:00 Artist in Us All: Pottery Works (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)	7 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shop & Dine: Boscov's & Miller's Ale House **\$\$ (OOB) 2:00 Ceca Awards Program (DR) 2:30 Sunshine Committee Mtg (AR) 3:00 Bingo Helpers in Connections (CN) 6:00 Scrabble Night (AR)	8 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Wellness Presentation by Bayada Home Health Care (CH) 2:30 Providence Place Players (CH) 3:15 Bingo (CH) 6:00 Movie Night (CH)	9 10:00 Balance in Action (CH) 10:30 Journey Through the Bible (CH) 1:30 Nail Painting (S) 2:00 Ed-U Presents <i>Trivia Talk</i> with Retired Educator Bob Reigh (CH) Men's Group: Super Bowl Fun <i>Sliders & Beverages</i> (AR) 3:15 LCR w/ Chaplain Jeff (AR)	10 10:00 Fitness Fun Games (CH) 10:30 Circle of Friends (CH) 1:30 Jeopardy Challenge ((CH) 2:00 Ed-U Presents: <i>Winter Wild Life</i> by Lisa Sanchez, Lanc Park &Rec (CH) 3:15 Word in Word with Floats (AR) 6:00 Classic Movie Night (CH)	11 10:00 What's the Word (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Sweet Heart Crafts with Diana (AR) 2:30 Happy Hour :Drinks, Apps & Fun <i>Snow Much Fun</i> (GL) 3:15 Finish the Phrase Fun (GL) 6:00 Domino Dominators Meet (AR)
			12 10:00 Coffee Social & Games (FL) 10:30 Team Cuisine Cooking Group: <i>New England Bean</i> & <i>Bog Cassoulet</i> (AR) 2:00 Destination Discovery Social: <i>Connecticut Discussion & Snacks</i> (GL) 3:00 Sunday Worship Service (CH) 6:00 Super Bowl Party (CH)	13 10:00 Stretch & Flex (CH) 10:30 iN2L: Discover Connecticut (CH) 1:30 Read & Write: Famous Love Letters 2:00 Artist in Us All: Start <i>Mardi Gras</i> <i>Floats & Masks</i> Project (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)	14 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 1:30 Welcome Ambassador Meeting (AR) 2:00 Thankful to You Committee: Valentines for Staff (AR) 3:00 Bingo Helpers in Connections (CN) 4:30 Valentine Dinner featuring Pianist Bryan Huber (DR) Valentine's Day	15 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Celebrate Veterans Social by VFW Post 1463 (CH) 2:30 Providence Place Players (AR) 3:15 Bingo (CH) 6:00 Movie Night (CH)	16 10:00 Balance in Action (CH) 10:30 Journey Through the Bible (CH) 10:30 Country Ride** (OOB) 2:00 Men's Group: Games We Played; Penny Pitching, Marble & others AR) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)	17 10:00 Fitness Fun Games (CH) 10:30 Circle of Friends (CH) 1:30 Jeopardy Challenge (CH) 2:00 Musical Performance featuring Quentin Jones (CH) 3:15 Word in Word with Floats (AR) 6:00 Classic Movie Night (CH)	18 10:00 What's the Word (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Games with Pat (AR) 2:30 Happy Hour : Drinks, Apps & Fun <i>Love Your Life</i> (GL) 3:15 Pictionary Fun (GL) 6:00 Domino Dominators Meet (AR)
			19 10:00 Coffee Social & Games (FL) 10:30 Team Cuisine Cooking Group: <i>Amish Apple Scrapple</i> (AR) 2:00 Destination Discovery Social: <i>Delaware Discussion & Snacks</i> (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (L)	20 10:00 Stretch & Flex (CH) 10:30 iN2L: Discover Delaware (CH) 1:30 A Presidential Discussion <i>What Would You Do?</i> (AR) 2:00 Artist in Us All: Finish Our <i>Floats & Masks</i> (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR) President's Day	21 10:00 Weights & Bands Fitness (CH) 10:30 Getting Ready for Lent Fasnacht & Coffee Served (CH) 10:30 Shopping Trip: Community Aide **\$\$ (OOB) 2:00 Drum Circle: Grateful Drumming (CH) 3:00 Party Decorating in Dining Room 4:30 Mardi Gras Dinner with Wine & Music (DR) 6:00 Scrabble Night (AR)	22 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service Ashes to be Distributed (CH) 1:30 Destination Discovery: Delaware's Place in the Under Ground Rail Road (DR) 2:30 Providence Place Players (CH) 3:15 Bingo (CH) 6:00 Movie Night (CH)	23 10:00 Balance in Action (CH) 10:30 Journey Through the Bible (CH) 10:30 Grocery Run: Aldi Food **\$\$ (OOB) 1:30 Nail Painting (S) 2:00 Fireside Chat with Executive Director, Donna O Leary (CH) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)	24 10:00 Fitness Fun Games (CH) 10:30 Circle of Friends (CH) 1:30 Jeopardy Challenge (AR) 2:30 The Dating Game (CH) 3:15 Word in Word with Floats (AR) 4:15 Date Night Dinner (GL) 6:00 Classic Movie Night (CH)	25 10:00 What's the Word (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Crafts with Diana (AR) 2:30 Happy Hour :Drinks, Apps & Fun (GL) 3:15 Familiar Songs with Gary Coller on the Organ (CH) 6:00 Domino Dominators Meet (AR)
			26 10:00 Coffee Social & Games (FL) 10:30 Team Cuisine Cooking Group: <i>Cuban Sandwiches</i> (AR) 2:00 Destination Discovery Social: <i>Florida Discussion & Snacks</i> (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (L)	27 10:00 Stretch & Flex (CH) 10:30 iN2L: Discover Florida (CH) 1:30 Writers Club: My Life Story <i>Short Stories About You!</i> (AR) 2:00 Artist in Us All: Flamingo Fun (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)	28 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Trip: Ruby Tuesday**\$\$ (OOB) 2:00 Community Life Planning Committee Meeting (AR) 3:00 Bingo Helpers in Connections (CN) 6:00 Scrabble Night (AR)	<h1>February 2023</h1>			Calendar Key: (BR) Billiards Room (CH) Chapel (AR) Activity Room (S) Salon (GL) Governor's Lounge (LB) Library (DR) Dining Room (FL) Lobby (FP) Front Porch (OOB) Out of Building \$\$ Cost Involved ** Registration Required