

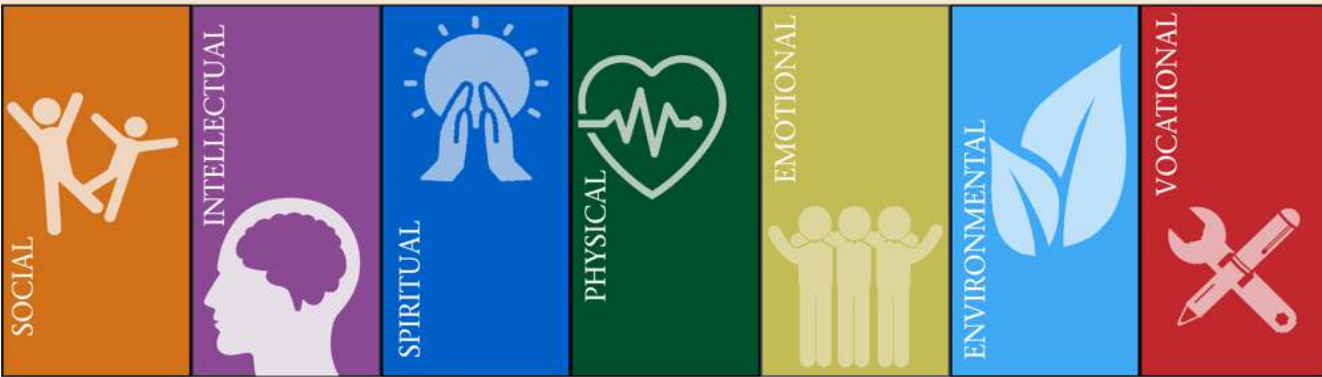
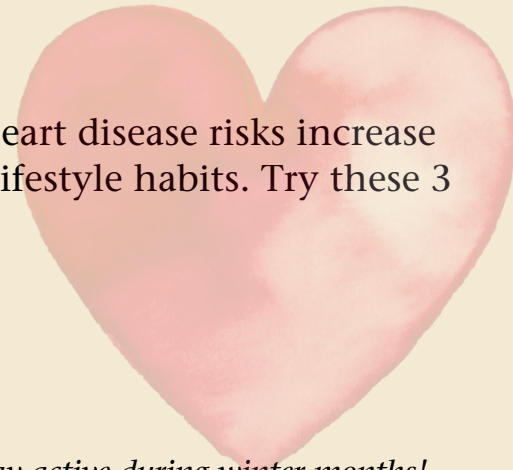
# Focus on Wellness

## 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

Shirley Adams  
 Rosemary Boyer  
 Ray Beckey  
 Helen Pietromonico  
 Norman Chimokosky  
 Verna Donmoyer  
 Mary Jane Beckett

### March

John Dreisbach  
 Reba Strubhar  
 Jackson Perry  
 Terry Noll  
 Lois Compaan  
 Judith DeAngelis



# Providence Place SENIOR LIVING News

Q1: February 2023

## A Note from the Executive Director

Here is to a happy and healthy New Year. Our 2023 is going to be a new beginning and a chance to reflect on the memories made in 2022.

The Grove enjoyed many festivities for the holidays including a special visit from Santa and Mrs. Clause. Please continue to check your Calendars from Community Life for upcoming activities and events during these cold winter months! Feel free to join us for our Sunday Brunch event on February 5<sup>th</sup> from 10:30am – 12:30pm (see reception for reservations) or our Cocktails & Cupid Social on Valentine's Day with entertainment provided by Tanya & Marge starting at 2pm.

We continue to be COVID-free in our building, so please continue to be vigilant with hand washing and using the and sanitizer stations throughout the building.

Cheers to 2023!

Sincerely,  
*Julie Wallace*

## Highlighted Events

- 2 – **Kitchen Krew** @ 2pm
- 5 – **Sunday Brunch** @ 10:30am – 12:30pm – *call for reservations!*
- 8 – **EdU Tour:** The Big Catch Antique & Collectibles @ 12pm
- 14 – **Cocktails & Cupid Social** @ 2pm  
Entertainment by Tanya & Marge
- 15 – **EdU Presentation:** Educating & Socializing Children at Home @ 2pm
- 22 – **EdU Presentation** @ 2pm  
Luna: A New World

## Welcome New Residents

Mary B.  
Fred L.



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			
			1 9:30 Move2Music (2F) 10:30 Fireside Chat With ED Julie, And Management Team (2F) 11:00 Confident Cruisers (HW) 11:30 Shopping Excursion: Walmart **\$\$ (OOB) 3:00 Giant Crossword Puzzle (2F) 4:00 Junk Drawer Detective Puzzle (2F) 6:00 Mixed Drinks And Music Social (2F)	2 9:30 Core Strength Exercise (2F) 10:00 Who Am I? Mystery Person (2F) 10:30 Dining Committee (2F) 10:30 Market Run: Boyers **\$\$ (OOB) 11:00 Mother Teresa Program EWNT 49 1:30 Helping Hands: Set Up Team (2F) 2:00 Kitchen Krew: Making Pizza Pies (2F) 4:00 Holy Rosary EWTN 49 6:00 Crafting With Victoria (2F)	3 9:30 Light Hand Weight Exercises (2F) 10:00 February Jeopardy (2F) 10:30 Coffee Or Tea Break (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Paint & Sip With Victoria (2F) 4:00 Confident Cruisers (HW) 6:00 Domino Team (2F)	4 9:30 Gentle Moves (2F) 10:00 Men's Club: Country Ride (OOB) 10:30 Simple Grace Devotions (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F)			
			5 9:30 Whole Body Stretches (2F) 10:00 Amen Corner (2F) 10:30 Sunday Brunch (DR) 12:00 Wine & Dine (2F) 2:00 Church Of God Service (DR) 3:00 Fellowship Hour (DR) 3:00 Pro Bowl: AFC At NFL All Star (1F) 6:00 Music & Mindful Colors (1F)	6 9:30 Target Legs Exercise (2F) 10:00 iN2L Strategy: Sliding Tiles (2F) 10:30 Name The President Trivia (2F) 11:00 TV Classics And Coffee Break (2F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Game Night: Clue (2F)	7 9:30 Balance In Action By Kari, Powerback Rehab (2F) 10:00 Community Life Meeting (1F) 11:00 Pray The Rosary EWNT 49 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 TLC Time With Bella Our Comfort Dog (2F) 6:00 Scrabble Team (2F)	8 9:30 Move2Music (2F) 10:00 Famous February Birthdays (2F) 10:30 Ed-U Wellness Presentation: Heart Health By DOW Kortnee Wagner (2F) 12:00 Ed-U Tour: The Big Catch Antiques And Collectables **\$\$ (OOB) 3:30 Card Club: Rummy (2F) 4:00 Bible Word Search Puzzle (2F)	9 9:30 Core Strength Exercise (2F) 10:00 What Am I? Mystery Place (2F) 10:30 Daily Briefs & Discuss (2F) 10:30 Market Run: Boyers **\$\$ (OOB) 11:00 Presidential Crossword Puzzle (2F) 1:30 Craft and Creations: Jimmy Carter Peanut Butter Bird Feeder (2F) 4:00 Holy Rosary EWTN 49 6:00 Crafting With Victoria (2F)	10 9:30 Light Hand Weights Exercise (2F) 10:00 Never Alone Support Group (F) 10:30 Join The Prayer Chain (2F) 11:00 iN2L: Superbowl Commercials (2F) 2:00 Film Fest: Poms (2F) 3:00 Popcorn And Soda Cart (2F) 4:00 Valentine's Day Word Puzzle (2F) 6:00 Domino Team (2F)	11 9:30 Gentle Moves (2F) 10:00 Simple Grace Devotions (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F)
			12 9:30 Whole Body Stretches (2F) 10:00 Amen Corner (2F) 10:30 Holy Humor: <i>The Kingdom Of God Is A Party</i> (2F) 12:00 Wine & Dine (2F) 1:30 Scenic Country Ride (OOB) 3:00 iN2L: Catholic Service (2F) 4:00 iN2L: Methodist Service (2F) 6:30 Superbowl LVII Party (1F)	13 9:30 Target Legs Exercise (2F) 10:00 iN2L Strategy: 4 The Win (2F) 11:00 TV Classics And Coffee Break (2F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 4:00 Confident Cruisers (HW) 6:00 Game Night: Clue (2F)	14 9:30 Target Balance Exercise (2F) 10:00 Resident Planning Committee (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Cocktails And Cupid Party Entertainment By Tanya & Marge (DR) 4:00 TLC Time With Bella Our Comfort Dog (2F) 6:00 Ticket Bingo (2F)  Valentine's Day	15 9:30 Move2Music (2F) 10:00 February IQ (2F) 11:00 Confident Cruisers (2F) 2:00 Ed-U Presentation: <i>Educating And Socializing Children At Home</i> By Aubree Graver Schuylkill And Berks Homeschool Chapter Member (2F) 4:00 Holy Rosary EWTN 49 6:00 Mixed Drinks And Music Social (2F)	16 9:30 Core Strength Exercise (2F) 10:00 Who Am I? Mystery Person (2F) 10:30 Daily Briefs & Discuss (2F) 10:30 Market Run: Boyers **\$\$ (OOB) 11:00 Reminisce: Your 1st Love (2F) 1:30 Memory Magic (2F) 2:00 Hot Chocolate Cart (2F) 4:00 Holy Rosary EWTN 49 6:00 Crafting With Victoria (2F)	17 9:30 Light Hand Weight Exercises (2F) 10:00 February Jeopardy (2F) 10:30 Coffee Or Tea Break (2F) 11:00 Jigsaw Puzzle Team (2F) 2:00 Welcome Ambassador Social (2F) 3:00 Ice Breaker Questions (2F) 4:00 Confident Cruisers (HW) 6:00 Domino Team (2F)	18 9:30 Gentle Moves (2F) 10:00 Simple Grace Devotions (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F)
			19 9:30 Whole Body Stretches (2F) 10:00 Amen Corner (2F) 10:30 Holy Humor: <i>A Father's Prayer</i> (2F) 12:00 Wine & Dine (2F) 2:00 Church Of God Service (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (HW) 6:00 Music & Mindful Colors (1F)	20 9:30 Target Legs Exercise (2F) 10:00 Ted Talk: <i>What Would It Be Like To Live On The Moon?</i> By Alex Gendler, Writer And Editor With TED-Ed (2F) 11:00 Presidents Day History (2F) 3:00 Ed-U Presentation: <i>Modern Crafting Technologies</i> By Bev Spittler (2F) 6:00 Game Night: Clue (2F)  President's Day	21 9:30 Target Balance Exercise (2F) 10:00 Shrove Tuesday Traditions (2F) 11:00 You Tube & You: Neil Armstrong (2F) 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 TLC Time With Bella Our Comfort Dog (2F) 6:00 Scrabble Team (2F)	22 9:30 Move2Music (2F) 10:00 World New Briefs And Discuss (2F) 11:00 Confident Cruisers (2F) 2:00 Ed-U Presentation: <i>Luna: A New World</i> By Crystal, Nights Of Wonder (2F) 4:00 Holy Rosary EWTN 49 6:00 Mixed Drinks And Music Social (2F)	23 9:30 Core Strength Exercise (2F) 10:00 What Am I? Mystery Place (2F) 10:30 Daily Briefs & Discuss (2F) 10:30 Market Run: Boyers **\$\$ (OOB) 2:00 Ed-U Presentation: <i>Joyful Moments</i> By Celeste Bailey, Health & Fitness Educator (2F) 4:00 Holy Rosary EWTN 49 6:00 Crafting With Victoria (2F)	24 9:30 Light Hand Weights Exercise (2F) 10:00 Never Alone Support Group (F) 10:30 Join The Prayer Chain (2F) 11:00 iN2L: Pub Trivia (2F) 2:00 Film Fest: <i>Five Feet Apart</i> (2F) 3:00 Popcorn And Soda Cart (2F) 4:00 Confident Cruisers (2F) 6:00 Domino Team (2F)	25 9:30 Gentle Moves (2F) 10:00 Simple Grace Devotions (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F)
			26 9:30 Whole Body Stretches (2F) 10:00 Amen Corner (2F) 10:30 Holy Humor: <i>The Devil Can't Stand The Sound Of Laughter</i> (2F) 12:00 Wine & Dine (2F) 1:30 Scenic Country Ride (OOB) 3:00 iN2L: Catholic Service (2F) 4:00 iN2L: Methodist Service (2F) 6:00 Music & Mindful Colors (1F)	27 9:30 Target Legs Exercise (2F) 10:00 iN2L Strategy: Bubble Popper (2F) 10:30 Song Geography (2F) 11:00 TV Classics And Coffee Break (2F) 2:00 Ticket Bingo (2F) 3:00 Soft Serve Ice Cream Social (2F) 6:00 Game Night: Clue (2F)	28 9:30 Target Balance Exercise (2F) 10:00 World Briefs And Discuss (2F) 11:00 Ted Talk: <i>The Moon Illusion</i> By Andrew Vanden Heuvel, Dutch Astronomer (2F) 2:00 Grateful Drumming With Joe (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 Moon Walk Puzzle (2F) 6:00 Scrabble Team (2F)	<h1>February 2023</h1>			<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (L) Lobby (HW) Hallway