

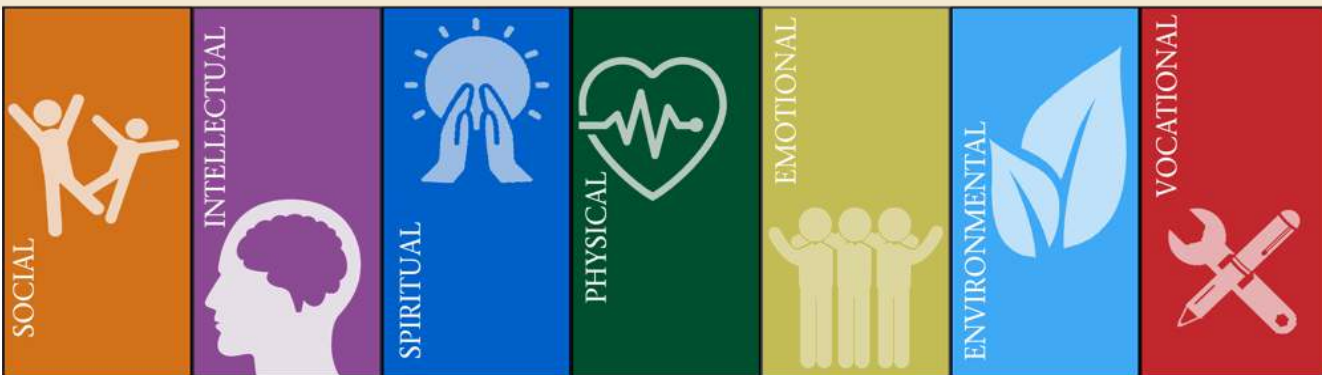
Focus on Wellness

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

Eileen Dunchick
Catherine Bagienski
Helen Kuzma
Janet Muller
Shirley Bauser
Marcella Rinaldi

March

Joan Koehler
Sue Wartella
Barbara Arnold
Anita Fisher
Raymond Lavenberg
Kathleen Scheider
Joan Snyder
Yvonne Wiscount
Ethel LaBouf
Richard Harvey

Patricia Grace
Helen Reigel
Ruth Borkowski
Helen Barnes
Alberta Spina



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 new start. I hope everyone had a wonderful holiday season. We had such a great time here at our community for the holidays and look forward to some great winter fun also. Please see our calendar highlights and join us in our community.

As I reflect back on the last few months here, I can't help but appreciate how much progress we have made. I want to thank our coworkers and all of the residents and families who worked with us during some difficult times. We will be continuing our quarterly Department Manager Meetings with family members in the evenings so we can share the latest happenings in the community but also receive feedback to continue to grow our Pottsville community.

We all look forward to 2023 to be exciting and fulfilling for all. As always, the team remains available for any questions or needs you may have. Continue to stay safe, happy and healthy.

All the best,

Melissa Melnick

Executive Director

Highlighted Events

- 2 – **EdU Presentation: Groundhog's Day** @ 2pm
- 15 – **EdU Wellness with Melissa Rassmussen** @ 10:30am
- 15 – **Fireside Chat** @ 2pm
- 22 – **Ash Wednesday Service** @ 3pm
- 23 – **Visit with local author John O'Hara** @ 1pm
- 28 – **Monte Carlo Casino Night** @ 6pm

Welcome New Residents

Ruth T.
James S.
Shirley M.
Robert A.
Margarat A.
Carol B.



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			
<p style="text-align: center;">THE <i>Club</i></p>			1	2	3	4			
			9:00 Coffee, Donuts, & Discussion (P) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Lite & Lively (A) 11:00 Reading Republican & Menu (L) 1:30 Yoga with Michele (CN) 2:30 Art Expressions with Kim (CN) 3:00 Reminiscing with Friends (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Balloon Volley (A) 11:00 Reading Republican & Menu (L) 1:30 Expressions Card Game (A) 2:00 UNO (A) 3:00 Craft: Scrapbooking (A) 3:30 Hydration & Humor (A) 4:00 Walk for Heart Health (TB) 6:00 Gospel Singers (CH)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Manicures (A) 10:30 Easy Listening (A) 11:00 Reading Republican & Menu (L) 1:30 Zumba with Michele (P) 2:45 Creative Writing (CH) 3:00 Worship Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (FL)	9:00 Morning Meeting & Daily Chronicle (P) 9:30 Wall Scrabble (A) 10:00 Kickball to Polkas (A) 11:00 Reading Republican & Menu (L) 1:30 Craft: Valentine Cards (CN) 2:00 Social with CN Friends (CN) 3:00 Cornhole Tournament (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)			
			5	6	7	8	9	10	11
			9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:00 Bingo (CN) 2:00 Culinary Creations: Hoagie Dip (CN) 3:30 How Many Can You Name? (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)	9:00 Brain Games (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Reminiscing w/ Music (A) 2:30 Opposites (CH) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Culinary Creations: Ice Cream Cake (A) 11:00 Reading Republican & Menu (L) 12:00 Souper Tuesday Luncheon (A) 1:00 Craft: Valentine Hearts (CN) 2:00 Snack & Social with Friends (CN) 3:00 Tuesday Tunes (CN) 4:00 Walk for Heart Health (TB) 6:00 Nickel Bingo \$\$ (P)	9:00 Coffee, Donuts, & Discussion (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Glamor Photos w/ Virginia (A) 11:00 Reading Republican & Menu (L) 1:30 Yoga with Michele (CN) 2:30 Hydration Station (CN) 3:00 Puzzles & Ponderings (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Card Games (A) 11:00 Reading Republican & Menu (L) 1:30 Memory Magic (P) 2:30 Discuss & Recall (P) 3:00 Hand Bell Players (P) 3:30 Hydration & Humor (P) 4:00 Walk for Heart Health (TB) 6:00 Bingo (P)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Hand Massages (A) 10:30 Meditation for a Healthy Mind (A) 11:00 Reading Republican & Menu (L) 1:30 Zumba w/ Michele (P) 2:45 Name Game (CH) 3:00 Worship Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (FL)	9:00 Morning Meeting & Daily Chronicle (P) 9:30 Brain Games (P) 10:00 Horse Racing (P) 11:00 Reading Republican & Menu (L) 1:30 iN2L: Iceland (CN) 2:00 Mocktails & Munchies (CN) 3:00 Games Galore (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)
			12	13	14	15	16	17	18
9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:00 Bingo (CN) 2:00 Sundae Social (CN) 3:00 Storytelling: Picture This? (CN) 4:00 Walk for Heart Health (TB)	9:00 Morning Fitness (P) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Reminiscing w/ Music (P) 2:30 Finish My Line (CH) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Culinary Creations: Sugar Cookies (A) 11:00 Reading Republican & Menu (L) 1:30 Craft: Roses Are Red (CN) 2:00 Love is in the Air Social (CN) 3:00 Time Slips (CN) 4:00 Walk for Heart Health (TB) 6:00 Bingo (P) Valentine's Day	9:00 Coffee, Donuts, & Discussion (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Lite & Lively (A) 11:00 Reading Republican & Menu (L) 1:30 Yoga with Michele (CN) 2:30 Hydration Station (CN) 3:00 Puzzles & Ponderings (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Card Games (A) 11:00 Reading Republican & Menu (L) 1:30 iN2L Exploration (A) 2:00 Drum Circle w/ Joe (P) 3:00 Art: Water Colors (P) 3:30 Hydration & Humor (P) 4:00 Walk for Heart Health (TB) 6:00 Bingo (P)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Manicures (A) 10:30 Easy Listening (A) 11:00 Reading Republican & Menu (L) 1:30 Zumba with Michele (P) 2:45 Q&A: 60's Cereals (CH) 3:00 Worship Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (FL)	9:00 Morning Meeting & Daily Chronicle (P) 9:30 Finish the Lyric (A) 10:00 Balloon Volley (A) 11:00 Reading Republican & Menu (L) 1:30 Bingo (CN) 2:30 Social with CN Friends (CN) 3:00 Puzzles & Ponderings (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)			
19	20	21	22	23	24	25			
9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:30 iN2L: Polka Time (CN) 2:30 Volunteer Appreciation Social (CN) 3:30 Games Galore (CN) 4:00 Walk for Heart Health (TB)	9:00 Presidential Trivia (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Reminiscing with Music (A) 2:30 Honest Abe (CH) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L) President's Day	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Culinary Creations: Brownies (A) 11:00 Reading Republican & Menu (L) 12:00 Souper Tuesday Luncheon (A) 1:30 Donut Day Social (CN) 2:30 Craft: Think Spring Flower Bouquets (CN) 3:30 Trivia Time (CN) 4:00 Walk for Heart Health (TB)	9:00 Coffee, Donuts, & Discussion (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Lite & Lively (A) 11:00 Reading Republican & Menu (L) 1:30 Yoga with Michele (CN) 2:30 Hydration Station (CN) 3:00 Sing-A-Long with Georgina Rae (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 UNO (A) 11:00 Reading Republican & Menu (L) 1:30 Appreciation Club: CL (A) 2:30 Delivering Gifts (A) 3:00 Memory Magic (P) 3:30 Hydration & Humor (P) 4:00 Walk for Heart Health (TB) 5:00 Resident Birthday Dinner (P)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Hand Massages (A) 10:30 Meditation for a Healthy Mind (A) 11:00 Reading Republican & Menu (L) 1:30 Zumba with Michele (P) 2:45 I Remember That! (CH) 3:00 Worship Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (FL)	9:00 Morning Meeting & Daily Chronicle (P) 9:30 Time Slips (P) 10:00 Auto Racing (P) 11:00 Reading Republican & Menu (L) 1:30 Craft Corner: Rustic Coasters (CN) 2:30 Social with CN Friends (CN) 3:00 Balloon Volley (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)			
26	27	28	<h1>February 2023</h1>						
9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:30 Bingo (CN) 2:30 Cornhole Tournament (CN) 3:30 Guess the Letter Game (CN) 4:00 Walk for Heart Health (TB)	9:00 Mind Joggers (P) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga with Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Reminiscing with Music (Pub) 2:00 Jeopardy with Staff (CH) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Culinary Creations: Con Queso Dip (A) 11:00 Reading Republican & Menu (L) 1:00 Country Ride for Ice Cream** (OOB) 3:00 Games Galore (CN) 4:00 Walk for Heart Health (TB) 6:00 Bingo (P)							
Calendar Key: ** Registration Required \$\$ Cost Involved Activity Room (A) Connections (CN) Throughout Building (TB) Lobby (L) Pub (P) Chapel (CH) Out of Building (OOB)									