

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
			1	2	3	4
			9:00 Coffee, Donuts, & Current Events (P) 10:30 Lite & Lively (P) 1:00 P ² Foodies: Madeline Cookies (A) 2:00 Acrylic Paint Class with Shannon **(A) 2:30 Helping Hands: Setting Up Social (P) 3:00 Groundhog Social Hour (P)	9:00 Walking Warriors (ML) 10:00 Errand Run: Banks & Post Office **\$(OOB) 1:00 Shopping Trip: Walmart **\$(OOB) 2:00 Ed-U Presentation: Groundhog's Day with Matthew Dodd (P) 3:00 Providence Place Pet Visit (P) 7:00 Gospel Singers (CH)	9:00 Green Thumbs: Tending to our Plants (TB) 10:15 Life Happens Support Group (CH) 10:30 Curls for Girls (3FSL) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service (CH) 3:30 5 o'clock Somewhere Social Hour (P)	9:00 Brain Games: Finish My Line (ML) 10:00 Balloon Volleyball (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$(P) 3:00 Vagabond Travelers: <i>History of the Eiffel Tower</i> (P)
5	6	7	8	9	10	11
9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>Les Misérables</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (A)	9:00 Brain Games: French 101 (ML) 10:30 Yoga with Michele (P) 1:00 Sunshine Committee (P) 2:00 Providence Place Choir Practice (P) 3:00 Communion Service (CH) 3:30 XBOX Bowling (A)	9:00 Walking Warriors (ML) 10:30 Balloon Volleyball (P) 11:00 P ² Foodies: Prepping for Luncheon (A) 12:00 Souper Tuesday Luncheon **(A) 2:00-4:00 Manicures & Mimosas **(A) 6:00 Nickel Bingo \$(P)	9:00 Coffee, Donuts, & Current Events (P) 10:30 Drum Stick Exercise (P) 1:00 Touring the Louvre (P) 2:00 Penny Pitching (P) 2:30 Helping Hands: Setting Up Social (P) 3:00 Pizza Social Hour (P)	9:00 Brain Games: Name 5 (ML) 10:30 Providence Place Pet Visit (P) 1:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 2:00 Artist In Depth: Claude Monet **(A) 3:00 Hand Bell Players (P) 6:00 Prize Bingo (P)	9:00 Green Thumbs: Tending to our Plants (TB) 10:15 Life Happens Support Group (CH) 10:30 TED Talk: <i>Empowering Seniors to Step Out of the Shadows</i> by Maggie Wallem Rowe, speaker & writer (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service (CH) 3:30 5 o'clock Somewhere Social Hour (P)	9:00 Walking Warriors (ML) 10:00 Horse Racing (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$(P) 3:00 Vagabond Travelers: Touring Paris (P)
12	13	14	15	16	17	18
9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>15:17 to Paris</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (A)	9:00 Walking Warriors (ML) 10:30 Yoga with Michele (P) 1:00 Gratitude Committee Meeting (A) 2:00 Welcome Committee Meeting (P) 3:00 Communion Service (CH) 3:30 Board Games with Community Life: Checkers Tournament (P)	9:00 Brain Games: Valentine Trivia (ML) 10:00 Ed-U Presentation: <i>History of Love Songs</i> by Jay Smar (P) 1:00 Helping Hands: Setting Up Party (P) 2:00 Valentine's Day Party (P) 3:00 Loving Hands Spa Manicure **(A) 6:00 Nickel Bingo \$(P) Valentine's Day	9:00 Coffee, Donuts, & Current Events (P) 10:30 Ed-U Wellness: <i>Heart Failure</i> by Melissa Rasmussen, MSN, R.N. (P) 1:00 An Afternoon at the Cabaret (P) 2:00 Fireside Chats with Management (P) 2:30 Helping Hands: Setting Up Social (P) 3:00 Wine & Cheese Social Hour (P)	9:00 Walking Warriors (ML) 10:30 Balance in Action with Powerback Rehab (P) 11:00 Diner's Caravan: Palermo **\$(OOB) 2:00 Drum Circle with Joe (P) 3:00 Craft Corner: French Paper Art **(A) 6:00 Prize Bingo (P)	9:00 Green Thumbs: Tending to our Plants (TB) 10:15 Life Happens Support Group (CH) 10:30 Curls for Girls (3FSL) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service (CH) 3:30 5 o'clock Somewhere Social Hour (P)	9:00 Brain Games: Finish the Lyric (ML) 10:00 Creative Corner with Community Life (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$(P) 3:00 Chopped Jr. French Addition (A)
19	20	21	22	23	24	25
9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>Chocolat</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (A)	9:00 Brain Games: Presidential Trivia (ML) 10:30 Yoga with Michele (P) 1:00 Men's Group Meeting (P) 2:00 Hand Bell Players (P) 3:00 Communion Service (CH) 3:30 Card Games with Community Life: French Commerce (P) President's Day	9:00 Walking Warriors (ML) 10:30 Keep Kicking Kickball (P) 11:00 P ² Foodies: Prepping Luncheon (A) 12:00 Souper Tuesday Luncheon **(A) 2:00 Manicures & Mimosas **(A) 6:00 Nickel Bingo \$(P)	9:00 Coffee, Donuts, & Current Events (P) 10:30 Total Body Seated Workout (P) 1:00 P ² Foodies: Galette & Truffles (A) 2:00 Helping Hands: Setting Up Social (P) 3:00 Ash Wednesday Service (CH) 3:00 Welcome Social (P)	9:00 Brain Game: French Trivia (ML) 10:00 Providence Place Choir (P) 11:00 Day Excursion: Plum Creek **\$(OOB) 1:00 Ed-U Presentation: <i>John O'Hara</i> by The Sch. County Historical Society (P) 3:00 Craft Corner: French Flower Cones **(A) 5:00 Resident Birthday Dinner	9:00 Green Thumbs: Tending to our Plants (TB) 10:15 Life Happens Support Group (CH) 10:30 TED Talk: <i>Growing Old is a Blessing</i> by Maria Alejandro, Senior Advocate (P) 1:30 Seated Zumba with Michele (P) 3:00 Stations of the Cross (CH) 3:30 5 o'clock Somewhere Social Hour (P)	9:00 Walking Warriors (ML) 10:00 Auto Racing (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$(P) 3:00 Vagabond Travelers: French Market Tour (P)
26	27	28	<h1>February 2023</h1>			
9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>Collette</i> (P) 3:00 Rosary (CH) 3:30 Bible Study (A)	9:00 Walking Warriors (ML) 10:30 Yoga with Michele (P) 1:00 Men's Group Outing **(OOB) 2:00 February Jeopardy with Staff (P) 3:00 Divine Mercy (CH) 3:30 Creative Corner with Community Life (P)	9:00 Brain Games: French 101 (ML) 10:00 Balloon Tennis (P) 1:00 Ed-U Excursion: Red Shale Winery **\$(OOB) 3:00 Manicures & Mimosas **(A) 6:00 Monte Carlo Casino Night (P)				

Calendar Key:
 ** Registration Required
 \$\$ Cost Involved
 ML Main Lobby
 3FSL 3rd Floor South Lounge
 P Pub
 A Activity Room
 CH Chapel
 TB Throughout the Building
 OOB Out of Building