

Focus on Wellness

March is National Nutrition Month. This month, we celebrate and recognize both the importance of nutritious foods and the role that food service staff play in supporting community health through meals. Developing and maintaining sound eating and physical activity habits sets the stage for feeling well.

- Eat Breakfast every day
- Focus on home-cooked meals
- Eat plenty of fruits & vegetables
- Beware of sweets & sweetened drinks

Be sure to thank your dining team for their commitment to scratch-cooked, local meals!



*Dimensions
of Wellness*

Resident Birthdays

March

Martha Swink
Willa Mae Heiser
Virginia Rote
Sally Crider
Mary Fisher
Virginia Stouffer
Faye Cramer
A. Vivian Reilly
Wilma Whetstone
Leslie Hurley



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 Info@Prov-Place.com.



www.Providence-Place.com



Providence Place SENIOR LIVING News

Q1: March 2023

A Note from the Executive Director

2023 is off to a nice start here in Chambersburg, we know we have the best team & residents a community could as for – thank you for being a part of our family.

Please take a look at our calendar and feel free to visit for some fun events and activities. Our monthly Dementia Care Partner Support Group will meet 3/9 @ 3pm or 6pm (and every second Wednesday of each month in Connections). We will also be hosting our annual Community Easter Egg Hunt on March 25th – families & community members welcome. Check out the flyer for details.

Wishing you continued blessings as we start to step into Spring!

Sincerely,

Holly Townsend


Executive Director

Highlighted Events

- 9 – **Dementia Support Group**
@ 3pm or 6pm – *Connections*
- 25 – **Community Easter Egg Hunt**
@ 2-4pm – *Families Welcome*
- 29 – **One Man Marching Band**
Nick Disanto @ 1:30pm
- 30 – **Out on the Town:** John Allison
Public House of Flannery's
@ 12:15pm

Welcome New Residents

Bill & Barbara S.
Julia H.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Calendar Key: Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY) Connections (CN) Picnic Tables (PT) ** Registration Required \$\$ Cost Involved	THE 		1	2	3	4	
			9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Irish Bingo (3A) 1:15 Cooking Creations: Rainbow Grapes (CN) 2:30 Sip and Taste (CN) 3:00 Welcome New Resident Social (P) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 10:00 Providence Place Chambersburg Antique Show (2A) 1:15 Day Excursion: Nelly Fox Bowling (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Be Social (CN) 3:00 Truth or Blarney (3A) 6:15 Chit Chat in the Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Celtic Knot Bracelets (3A) 1:30 Walk and Stroll Club (HW) 2:00 EdU Musical Entertainment Featuring Jay Smar (2A) 3:00 Social Hour: Soda Bread & Jam (P) 6:15 Movie Night: Sound of Music (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Imagery Fitness Cards (3A) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)	
	5	6	7	8	9	10	11
	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Junk Drawer Detective (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Uno (3A) 6:15 Songs and Scripture (Ch. 809)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Seated Chair Exercises (2A) 2:00 Discuss and Recall: My Life Story (2A) 3:00 iN2L Documentary: History of Ireland (2A) 6:15 Card Club (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Dollar Tree \$\$ (OOB) 2:00 Musical Entertainment Featuring Tom Shultz (2A) 3:00 Crafty Creation: Celtic Knot Flag (3A) 6:15 Game Shows (ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dining Committee Meeting (2A) 1:15 Cooking Creation: Potato Candy (CN) 2:30 Sip and Taste (CN) 3:00 Irish Food 101 (P) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 10:00 Dance Class With Jess (FL) 1:15 Day Excursion: Mikey's Ice Cream (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Be Social (CN) 3:00 Brain Games (3A) 6:15 Chit Chat in the Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 St. Patrick's Day Brain Game (3A) 1:30 Walk and Stroll Club (HW) 2:00 Kindly Canines Pet Visits (2A) 3:00 Social Hour: Irish Mule Cocktails (P) 6:15 Movie Night: Son of God (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 T.E..D Talk: <i>The Irish Language & Beauty with Donall O' Healai</i> (2A) 1:30 Aromatherapy and Nails (3A) 3:00 Fact Vs. Fiction: Life History (P) 6:15 Puzzle Club (3A)
	12	13	14	15	16	17	18
	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Helping Hands: Easter Prep (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service Celebration of Life (2A) 3:00 Game Club: Clue (3A) 6:15 Songs and Scripture (Ch. 809) Daylight Savings	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Seated Chair Exercises (2A) 2:00 iN2L Documentary: <i>Irish Origin, Th Genetic History of Ireland</i> (2A) 3:00 Coffee & Questions (P) 6:15 Card Club (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Walmart \$\$ (OOB) 1:15 Crafty Creation: Rainbow Walters Dorf Star (CN) 2:30 Sip and Show (CN) 3:00 A Taste of Ireland (3A) 6:15 Game Shows (ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Irish Folklore (3A) 1:15 Cooking Creation: Irish Apple Cupcakes (CN) 2:30 Sip and Taste (CN) 3:00 Discuss and Recall (P) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Nature Ride (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Be Social (CN) 3:00 Wacky Wordies (3A) 6:15 Chit Chat in the Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Better Sleep Habits with Jamie From Bayada 1:30 Walk and Stroll Club (HW) 2:00 Helping Hands: Easter Prep (3A) 3:00 Social Hour: St. Patrick's Day Super Social (P) 6:15 Movie Night: Circle of Friends (3A) St. Patrick's Day	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 The History of Irish Dancing (3A) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)
19	20	21	22	23	24	25	
9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Junk Drawer Detective (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Uno (3A) 6:15 Songs and Scripture (Ch. 809)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Seated Chair Exercises (2A) 2:00 Helping Hands Easter Prep (3A) 3:00 iN2L Documentary: <i>Easter Rising, When Ireland Erupted</i> (2A) 6:15 Card Club (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Weis \$\$ (OOB) 1:15 Crafty Creation: Chick and Bunny Terra Cotta Pots (CN) 12:30 Sip and Show (CN) 3:00 History of Irish Dancing (3A) 6:15 Game Shows (ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Jeopardy (3A) 1:15 Cooking Creation: Donut Easter Bunnies (CN) 2:30 Sip and Taste (CN) 3:00 Memories in the Making (3A) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Wendy's Frosty (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Be Social (CN) 3:00 Game Club: Sorry! (3A) 6:15 Chit Chat in the Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cooking Creation: Easter Haystack Cupcakes (C) 1:30 Walk and Stroll Club (HW) 2:00 Cooking Creation: Decorating Easter Haystack Cupcakes (C) 3:00 Social Hour: Easter in Ireland (P) 6:15 Movie Night: Harvey (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 2:00—4:00 Community Easter Celebration Building Wide 6:15 Puzzle Club (3A)	
26	27	28	29	30	31	31	
9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Reminisce and Recall: Life Story (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Sorry! (3A) 6:15 Songs and Scripture (Ch. 809)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Seated Chair Exercises (2A) 2:00 iN2L Documentary: Gentle Ireland: The Lush Countryside of Midlands (2A) 3:00 Table Topics (2A) 6:15 Card Club (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Big Lots \$\$ (OOB) 1:15 Crafty Creation: DIY Blarney Stone (CN) 2:30 Sip and Show (CN) 3:00 Shuffle Board (3A) 6:15 Game Shows (ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:30 Diners Caravan: Bonanza (OOB) 1:30 Cooking Creations: Irish Scones (CN) 2:30 Sip and Taste (CN) 3:00 Musical Entertainment Featuring Nick DiSanto (CN) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Caledonia Bus Ride (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Be Social (CN) 3:00 Ladder Ball (3A) 6:15 Chit Chat in the Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 March Guess a Letter (3A) 1:30 Walk and Stroll Club (HW) 2:00 Crafting Club: Canvas Art (3A) 3:00 Social Hour: Guinness & Chocolate Cake (P) 6:15 Movie Night: Easter Parade (3A)	<h1>March</h1> <h1>2023</h1>	