

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) **Registration Required, \$\$ Cost Involved			1 9:00 Balloon Ball Exercise (3E) 9:30 Shuffleboard (3E) 10:00 Cooking Creation: Soda Bread (C) 1:30 Ed U- Wellness: Workout with Vickie From Powerback Rehabilitation (3E) 2:00 Nickel Bingo \$\$ (2A) 3:00 Welcome New Resident Social (P) 6:15 Blitz with Ruth (2A)	2 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (2A) 10:00 Providence Place Chambersburg Antique Show (2A) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:30 Resident Run Rummy (2A)	3 9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 1:30 Community Outreach: Coupons for Troops (C) 2:30 Ed-U Irish Music Old and New Featuring Jay Smar (3A) 3:00 Social Hour: Soda Bread & Jam (P) 6:30 Movie & Popcorn: <i>Sound of Music</i> (3A)	4 9:00 Light & Lively Exercise (3E) 9:30 Local Fares: Butcher Shoppe*\$\$ (OOB) 10:00 Resident Run Horseshoes (3E) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Mexican Train Dominoes (C) 6:15 Resident Run Sequence (2A)
5 9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (I) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Cub: Scrabble (C) 6:30 Not Forgotten Ministries (2A)	6 9:00 Light & Lively Exercise (3E) 9:30 Men's Wii Bowling League (3E) 10:00 Recycling Collection (LR's, C, P) 1:30 Balance & Action (3E) 2:00 Media Club (P) 3:00 iN2L Documentary: History of Ireland (2A) 6:15 Blitz with Ruth (2A)	7 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$\$ (OOB) 10:00 Horseshoes (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Musical Entertainment Featuring Tom Shultz (2A) 3:00 Resident's Tales of Ireland (P) 6:15 Card Club: Dealer's Choice (2A)	8 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$\$ (OOB) 10:00 Dining Committee Meeting (2A) 1:30 Balance & Action (3E) 2:00 Prize Bingo (2A) 3:00 Tales of Ireland: Resident's Past Trips Abroad (P) 6:15 Dart League (P)	9 9:00 Yoga with Beth (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (2A) 10:00 Cooking Creation: Irish Bread (C) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:30 Resident Run Sequence (2A)	10 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Name the Irish Actor (P) 1:30 Community Outreach: Coupons for Troops (C) 2:00 Birthday Gang Committee Meeting (C) 3:00 Social Hour: Irish Mule Cocktail (P) 6:30 Movie & Popcorn: <i>Son of God</i> (3A)	11 9:00 Light & Lively Exercise (3E) 9:30 Walk & Roll Walking Club (HW) 10:00 T.E.D Talk: <i>The Irish Language & Beauty</i> with Donall O Healai (2A) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$\$ (2A) 3:00 Fact Vs. Fiction: Life History (P) 6:15 Wii Bowling League (3E)
12 9:00 Light & Lively Exercise (3E) 9:30 Trivia Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service 3:00 Reflect & Recall (P) 6:30 Song & Scripture's (Channel 609) Daylight Savings	13 9:00 Light & Lively Exercise (3E) 10:00 Design Club: St. Paddy Day in the Pub (P) 1:30 iN2L Documentary: <i>Irish Origins, The Genetic History of Ireland</i> (2A) 2:00 Kindly Canines Pet Visits (2A) 3:00 Coffee & Questions (P) 6:15 Resident Run Sequence (2A)	14 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Big Lots **\$\$ (OOB) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 Acrylic Canvas Paintings (C) 2:00 Griefshare © (PDR) 3:00 Nickel Bingo \$\$ (2A) 6:15 Resident Run: UNO (2A)	15 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$\$ (OOB) 10:00 Cooking Creation: Irish Tea Cakes (C) 1:30 Blood Pressure Clinic (2A) 2:00 Fireside Chat (2A) 3:00 Discuss & Recall (P) 6:15 Card Club: Dealer's Choice (2A)	16 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (2A) 10:00 Nickel Bingo \$\$ (2A) 1:30 Art Exploration: Mixed Media (C) 2:00 Celebration of Life (2A) 3:00 Bible Study (PDR) 6:30 Blitz with Ruth (2A)	17 9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Prize Bingo with Jaime from Bayada Home Health Care (2A) 2:00 Resident Run Cornhole (3E) 3:00 St. Patrick's Day Super Social Featuring Craig Johnson (P) 6:30 Movie & Popcorn: <i>Circle of Friends</i> (3A) St. Patrick's Day	18 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Design Club: St. Patrick's Day Tear Down (P) 1:30 Stair Stepper Exercise (3E) 2:00-4:00 Helping Hands Club: Easter Preparation (P) 6:15 Shuffleboard (3E)
19 9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordie Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Orange Cream Floats (P) 6:30 Song & Scripture's (Channel 609)	20 9:00 Light & Lively Exercise (3E) 9:30 Woman's Will Bowling League (3E) 10:00 Recycling Collection (LR's, C, P) 2:00 New Resident Ambassador Welcome Committee Check In (P) 3:00 iN2L Documentary: <i>Easter Rising, When Ireland Erupted</i> (2A) 6:15 Resident Run Pinochle (2A)	21 9:00 Light & Lively Exercise (3E) 9:30 Parx Casino **\$\$ (OOB) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Griefshare © (PDR) 3:00 Nickel Bingo \$\$ (2A) 6:15 Wii Bowling League (3E)	22 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$\$ (OOB) 10:00 Prize Bingo (2A) 1:30 Balance & Action (3E) 2:00 Community Life Planning Committee (P) 3:00 Appreciate & Thank Club (C) 6:15 Blitz with Ruth (2A)	23 9:00 Sit & Be Fit Exercise (3E) 9:30 Walk & Roll Walking Club (HW) 10:00 Men's Club (P) 1:30 Art Exploration: Mixed Media (C) 2:00 iN2L Worship Service (2A) 3:00 Bible Study (PDR) 6:30 Resident Run Sequence (2A)	24 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Cooking Creation: Easter Haystack Cupcakes (C) 2:00 Cooking Creation: Easter Haystack Cupcakes (C) 3:00 Social Hour: Easter in Ireland (P) 6:30 Movie & Popcorn: <i>Harvey</i> (3A)	25 9:00 Light & Lively Exercise (3E) 10:00 Resident Run Horseshoes (3E) 2:00 –3:00 Community Easter Celebration Building Wide 3:00-4:00 Eddy Ray Magic Show (CN) 6:15 Card Club: Dealer's Choice (2A)
26 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:30 Song & Scripture's (Channel 609)	27 9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Recycling Collection (LR's, C, P) 1:30 iN2L © Seated Chair Exercise (2A) 2:00 iN2L Documentary: <i>Gentle Ireland: The Lush Countryside of Midlands</i> (2A) 3:00 Moral Dilemma & Discussion Religion in Schools (P) 6:15 Card Club: Dealer's Choice (2A)	28 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$\$ (OOB) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 Acrylic Canvas Paintings (C) 2:00 Griefshare © (PDR) 3:00 Coworker Vs. Resident Jeopardy! (2A) 6:15 Resident Run Sequence (2A)	29 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$\$ (OOB) 10:00 Nickel Bingo \$\$ (2A) 1:30 Musical Entertainment featuring Nick Disanto (2A) 3:00 Popcorn Stand (FL) 6:15 Blitz with Ruth (2A)	30 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (2A) 11:00 Out to Lunch: John Allison Public House **\$\$ (OOB) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:30 Resident Run Pinochle (2A)	31 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Prize Bingo (2A) 2:00 Catholic Mass with Corpus Christie Church (2A) 3:00 Social Hour: Guinness & Chocolate Cake (P) 6:30 Movie & Popcorn: <i>Easter Parade</i> (3A)	<h1>March</h1> <h1>2023</h1>