

Focus on Wellness

March is National Nutrition Month. This month, we celebrate the recognize both the important 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

Josephine Adams
Marianne Sergio
Pasquale Portolese



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

We are starting to see signs of Spring here in Collegeville. What a wonderful February we enjoyed in the community – thank you to all that joined us for the Mardi Gras Murder Mystery, Valentine’s Day festivities and all things Spanish-inspired.

As always, our entire management team is available anytime for your questions or concerns.

Please join us this month for the exciting activities, including St. Patrick’s Day celebrations and our educational programming. Please also keep an eye out for information on our monthly Dementia Care Partner Support Group in the Connections Neighborhood.

Warmly,

Terri Sanelli

Executive Director

Highlighted Events

- 2 – **Diner’s Caravan:** Molly Maguire’s Pub @ 10:30am
- 4 – **Irish Music & History** @ 3:30pm
Jay Smar
- 9 – **Lunch Delivery:** Jack Cassidy’s Irish Pub @ 12pm
- 17 – **St. Patrick’s Day Lunch**
- 18 – **St. Patrick’s Day Happy Hour**
@ 3:30pm
- 18 – **Hatfield Irish Dancers**
@ 2pm
- 23 – **Diner’s Caravan:** Limerick Diner @ 10:30am
- 23 – **EdU Presentation:** Jim M. football in Ireland @ 2pm

Welcome New Residents

Horace T.
Vivian C.
Anthony A.
Ann V.
Jack T.
Richard A.
Antoinette C.
Margaret E.
Pasquale P.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar Key: ** Registration Required \$\$ Cost Involved	<h1>THE Club</h1>		1 9:15 Morning Meeting (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 iN2L Tour of Ireland (P) 1:30 Look Who's Dancing (CN) 2:15 Cup Painting (CN) 3:30 Baking Club: Irish Cupcakes (CN)	2 9:15 Morning Meeting (P) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Aromatherapy (CR) 11:00 Uno (AR) 1:00 Women's Club Outing**\$\$ (OOB) 2:30 Hydration Peach Tea (AR) 3:30 Karaoke Happy Hour (P)	3 9:15 Morning Meeting (P) 10:00 Weekly Grateful & Chat (P) 10:30 Sit & Be Fit (P) 11:00 Dominos (AR) 1:30 Baking Club: Irish Potatoes (CN) 3:00 Plays: Night Must Fall or Arsenic and Old Lace (P)	4 9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 11:00 Irish Baked Goods (AR) 1:00 Bingo in Green (AR) 2:00 Aerobic Drumming (P) 3:30 Ed-U Presentation: <i>Irish Music & History</i> by Jay Smar (P) 6:15 Res. Run Dominoes (AR)
5 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Dominoes (AR) 2:00 Games in the Pub: Racko/Checkers/Scrabble (P) 3:00 Manicures (AR) 6:00 Movie: An Everlasting Piece (T)	6 9:15 Morning Meeting (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Weekly Weather & News (AR) 11:00 Sit & Be Fit (P) 1:00 Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Creative Craft (CR) 4:00 Lucky Coin Shuffle (CR) 6:00 Fun Drinks Happy Hour (P)	7 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Weekly Hoop Tournament (CR) 11:00 Pinochle (CR) 1:00 Stretching, Tai Chi & Guided Meditation (CR) 2:15 Book Mobile (OS) 3:00 Aerobic Drumming (P) 4:00 Balloon Volleyball (CR)	8 9:15 Morning Meeting (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Ring Toss (P) 1:00 Jewelry Making (AR) 2:30 Baking Club: Fried Oreos (CN) 4:00 10 Best Places to Visit in Ireland, Travel Video (T)	9 9:15 Morning Meeting (P) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Table Hockey (CR) 1:00 Outing: Pin Ball Parlor **\$\$ (OOB) 3:00 Hydration with Raspberry Tea (CR) 6:00 Happy Hour (P)	10 9:15 Morning Meeting (P) 10:00 Weekly Grateful & Chat (P) 10:30 Sit & Be Fit (P) 11:00 Puzzles (CR) 1:00 Bingo (AR) 2:00 Root beer Floats (AR) 3:30 Plays: Night Must Fall or Arsenic and Old Lace (P)	11 9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 10:30 Irish Baked Goods (AR) 1:00 Bingo in Hats (AR) 2:00 Book Club & Hot Chocolate (T) 3:00 Aromatherapy & Hand Massage (AR) 3:30 Finish That Lyric Happy Hour (P) 6:15 Res. Run Dominoes (AR)
12 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Dominoes (AR) 2:00 Games in the Pub: Racko/Checkers/Scrabble (P) 3:00 Manicures (AR) 6:00 Movie: Bloody Sunday (T)	13 9:15 Morning Meeting (P) 10:00 Weekly Weather & News (AR) 11:00 Sit & Be Fit (P) 1:00 Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Ed-U: <i>Better Sleep Habits</i> by Nadine Chudoba, Hopeful Healing (AR) 4:00 Wii Sports (CR) 6:00 Crazy Drinks Happy Hour (P)	14 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Riddles (P) 11:00 Pot Of Gold Hunt (P) 1:30 Baking Club: March Madness Cupcakes (CN) 3:00 Garden Club (AR) 4:00 Balloon Volleyball (CR)	15 9:15 Morning Meeting (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Leprechaun Trap (CR) 1:30 Look Who's Dancing (CN) 2:15 Baking Club: Soda Bread (CN) 3:30 Ed-U Irish Traditions (T)	16 9:15 Morning Meeting (P) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 CMS Bach's (OOB) 1:00 Dinning Room Committee Meeting (AR) 2:00 Cooking Demonstration (AR) 3:00 Hydration with Lemon Tea (CR) 4:00 Happy Hour (P)	17 9:15 Morning Meeting (P) 10:00 Weekly Grateful & Chat (P) 10:30 Sit & Be Fit (P) 11:00 Cooking Club: Shamrock Shakes (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Ed-U: <i>Staying Healthy or Healthy Habits</i> by Beth Pope, PT from Powerback Rehab (T) 2:30 Balloon Volleyball (CR)	18 9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 10:30 Irish Baked Goods (AR) 11:00 Community Crossword (P) 1:00 BINGO (AR) 2:00 Dance Performance by Hatfield Irish Dancers (P) 3:30 St. Patrick's Day Happy Hour (P) 6:15 Res. Run Dominoes (AR)
19 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Dominoes (AR) 2:00 Games in the Pub: Racko/Checkers/Scrabble (P) 3:00 Manicures (AR) 6:00 Movie: Calvary (T) Daylight Savings	20 9:15 Morning Meeting (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Weekly Weather & News (AR) 11:00 Sit & Be Fit (P) 1:00 Nickle Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Creative Crafting (CR) 4:00 Pin The Hat On The Leprechaun (AR) 6:00 Happy Hour (P)	21 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Wheel Of Fortune (AR) 11:00 Spa Day (CR) 1:00 Stretching, Tai Chi & Guided Meditation (CR) 2:00 Outing: Collegetown Bakery**\$\$ (OOB) 3:00 Aerobic Drumming (P) 4:00 Lucky Dice Game (AR)	22 9:15 Morning Meeting (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Snowball Target (P) 1:00 Bean Bag Toss (P) 2:00 Irish Games: Three Men's Morris & Game of Rings (P) 3:00 Balloon Volleyball (CR)	23 9:15 Morning Meeting (P) 10:00 Sit and Be Fit (P) 10:30 Penny Ante (CR) 1:00 Fireside Chat with Terri (AR) 2:00 Ed-U Jim McGinley, Resident & Professional Soccer Player, Presentation about Irish Football (T) 3:00 Catholic Mass St. Eleanor (T) 4:00 Happy Hour (P) 6:00 Nighttime Nickel BINGO (AR)	24 9:15 Morning Meeting (P) 10:00 Weekly Grateful & Chat (P) 10:30 Sit & Be Fit (P) 11:00 Tik-Tac-Toe (CR) 1:00 Bingo (AR) 2:00 Breath Of Fresh Air (BP) 3:00 Plays: Night Must Fall or Arsenic and Old Lace (P) St. Patrick's Day	25 9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 10:30 Irish Baked Goods (AR) 11:00 Community Crossword (P) 1:00 Bingo in Hats (AR) 2:00 Book Club: <i>The Judge's List</i> by John Grisham (T) 3:00 Barrack Hebrew Academy Pen Pals (P) 4:00 Trivia Happy Hour (P) 6:15 Res. Run Dominoes (AR)
26 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Dominoes (AR) 2:00 Games in the Pub: Racko/Checkers/Scrabble (P) 3:00 Manicures (AR) 6:00 Movie: Michael Collins (T)	27 9:15 Morning Meeting (P) 10:00 Weekly Weather & News (AR) 11:00 Sit & Be Fit (P) 1:00 Nickle Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Creative Craft (CR) 4:00 Jug Ball Catcher (CR)	28 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Pool (OL) 11:00 Charades (CR) 1:00 Outing: Philly Soft Pretzels **\$\$ (OOB) 2:00 No Sew Pillow Making (AR) 3:00 Aerobic Drumming (P)	29 9:15 Morning Meeting (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Shuffleboard (CR) 1:30 Look Who's Dancing (P) 2:00 Toss & Talk (AR) 3:30 Entertainer Steve Ritrovato (T)	30 9:15 Morning Meeting (P) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Jenga (CR) 1:30 Mystery Bags (P) 3:00 Hydration with Lemonade (CR) 4:00 Happy Hour (P)	31 9:15 Morning Meeting (P) 10:00 Weekly Grateful & Chat (P) 10:30 Sit & Be Fit (P) 11:00 Hangman (CR) 1:00 Bingo (AR) 2:00 Baking Club: Hot Coco Bombs (AR) 3:00 Plays: Night Must Fall or Arsenic and Old Lace (P) 4:00 Memory Magic (AR)	<h1>March</h1> <h1>2023</h1>