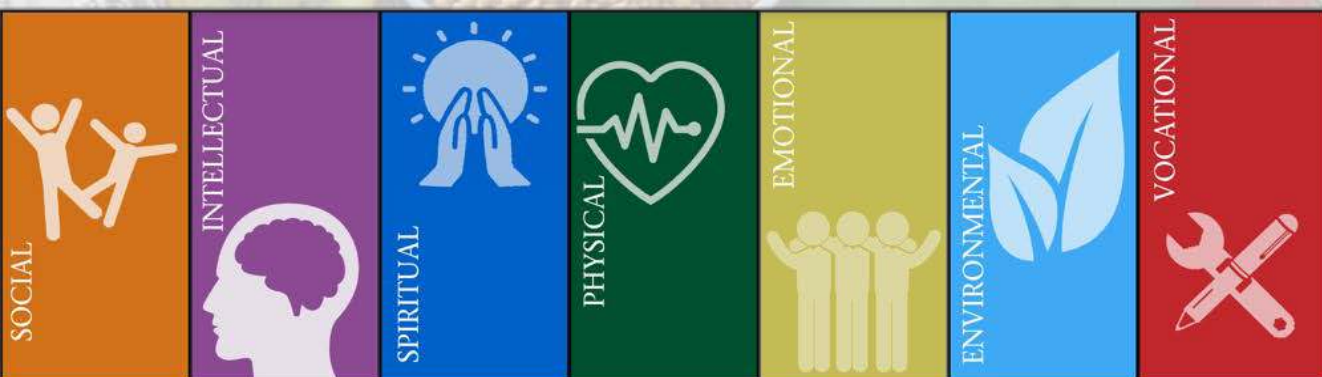


Focus on Wellness

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 (CR) Community Room (AR) Activity Room (P) Pub, (C) Connections Neighborhood (DR) Dining Room, (OL) Old Lobby, (LIB) Library, (ML) Main Lobby, (OS) Outside, (T) Theater			1 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 iN2L Tour of Ireland: Emerald Isle, Dublin, Cork and Ring of Kerry (P) 1:30 <i>Look Who's Dancing</i> Dancercise (C) 2:30 Balloon Volleyball (P) 6:00 Res. Run Billiards (OL)	2 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Diners Caravan Lunch Out: Molly Maguire's Irish Restaurant & Pub***\$\$ (OOB) 1:30 Activities Committee Meeting (AR) 2:30 Lord of the Dance on Screen (T) 3:30 Karaoke Happy Hour (P) 6:00 Nighttime Nickel BINGO (AR)	3 10:30 Sit and Be Fit (P) 11:00 Crosswords / Word Searches / Coloring (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (P) 3:00 Plays: Night Must Fall or Arsenic and Old Lace (P) 6:00 Res. Run: Billiards (OL)	4 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 11:00 Bake Irish (AR) 1:00 Bingo in Green (AR) 2:00 Aerobic Drumming (P) 3:30 Irish Music & History with 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 10:00 Woofs of Wisdom with Harper (P) 11:00 Sit and Be Fit (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Creative Crafting of Hearts (CR) 4:00 Wii Bowling (CR) 6:00 Fun Drinks Happy Hour (P)	7 9:30 Sit and Be Fit (P) 10:00 Shopping Trip: Boscov's***\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 Stretching, Tai Chi & Guided Meditation (CR) 2:00 Circle of Friends (T) 2:15 Book Mobile (OS) 3:00 Aerobic Drumming (P) 4:00 Barrack Hebrew Academy Pen Pals (P) 6:00 Community Board Games (P)	8 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Crossword Puzzle (P) 1:00 Balloon Volleyball (CR) 2:00 Tea and Cookies (AR) 3:00 Thankful To You Committee (AR) 4:00 10 Best Places to Visit in Ireland, Travel Video (T) 6:00 Res. Run Card Games (P)	9 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 11:00 Community Crossword (P) 12:00 Lunch Brought In: Jack Cassidy's Irish Pub***\$\$ (P) 1:00 Balance In Action Class by Powerback Rehab (P) 3:30 Irish Trivia Happy Hour (P) 6:00 Nighttime Nickel BINGO (AR)	10 10:30 Sit and Be Fit (P) 11:00 Crosswords / Word Searches / Coloring (P) 1:30 Food Demonstration with Chef Ed 2:30 Bingo Bucks Bingo (AR) 3:30 Plays: Night Must Fall or Arsenic and Old Lace (P) 6:00 Res. Run: Billiards (OL)	11 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Bake Irish (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 (P)
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) Daylight Savings	13 10:00 Woofs of Wisdom with Harper (P) 11:00 Sit and Be Fit (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (AR) 3:15 Ed-U: Better Sleep Habits by Nadine Chudoba Hopeful Healing (AR) 4:00 Wii Bowling (CR) 6:00 Crazy Drinks Happy Hour (P)	14 9:30 Sit and Be Fit (P) 10:00 Shopping Trip: Target***\$\$ (OOB) 11:00 Games in the Pub (P) 2:00 Circle of Friends (T) 3:00 Aerobic Drumming (P) 4:00 Barrack Hebrew Academy Pen Pals (P) 6:00 Community Board Games (P)	15 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 10:30 Rummikub (P) 1:30 <i>Look Who's Dancing</i> Dancercise (P) 2:00 Balloon Volleyball (P) 3:30 Ed-U: Irish Traditions (T) 6:00 Res. Run Card Games (P)	16 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 CMS Bach's Sara Rabatin, Soprano (OOB) 1:00 Dinning Room Committee Meeting (AR) 2:00 Cooking Demonstration (AR) 3:00 Balloon Volleyball (CR) 4:00 Irish Music Happy Hour (P) 6:00 Nighttime Nickel BINGO (AR)	17 10:30 Sit and Be Fit (P) 11:00 Crosswords / Word Searches / Coloring (P) 11:30 -1pm St. Patrick's Day Lunch (DR) 1:00 Bingo Bucks Bingo (AR) 2:00 Ed-U: Energy Conservation Beth Pope, PT from Powerback Rehab (T) 2:30 Balloon Volleyball (CR) 6:00 Res. Run: Billiards (OL) St. Patrick's Day	18 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Bake IrishCake (AR) 11:00 Community Crossword (P) 1:00 BINGO (AR) 2:00 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)	20 10:00 Woofs of Wisdom with Harper (P) 11:00 Sit and Be Fit (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Creative Crafting of Hearts (CR) 4:00 Wii Bowling (CR) 6:00 Happy Hour (P)	21 9:30 Sit and Be Fit (P) 10:00 Shopping: Dollar Store***\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 Stretching, Tai Chi & Guided Meditation (CR) 2:00 Circle of Friends (T) 3:00 Aerobic Drumming (P) 4:00 Barrack Hebrew Academy Pen Pals (P) 6:15 Community Board Games (P)	22 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Artful Coloring to Music (P) 1:00 iN2L Family Feud (P) 2:00 Irish Games: Three Men's Morris & Game of Rings (P) 3:00 Balloon Volleyball (P) 6:00 Res. Run Card Games (P)	23 10:00 Sit and Be Fit (P) 10:30 Wii Bowling (CR) 10:30 Diners Caravan Lunch Out: Limerick Diner***\$\$ (OOB) 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 10:30 Sit and Be Fit (P) 11:00 Crosswords / Word Searches / Coloring (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (P) 3:00 Plays: Night Must Fall or Arsenic and Old Lace (P) 4:00 Barrack Hebrew Academy Pen Pals (P) 6:00 Res. Run: Billiards (OL)	25 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Bake (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 Making Dog Biscuits (AR) 2:00 Games in the Pub: Racko/Checkers/Scrabble (P) 3:00 Manicures (AR) 6:00 Movie: Michael Collins (T)	27 10:00 Woofs of Wisdom with Harper (P) 11:00 Sit and Be Fit (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Creative Crafting of Hearts (CR) 4:00 Wii Bowling (CR) 6:00 Happy Hour (P)	28 9:30 Sit and Be Fit (P) 10:00 Shopping: Redner's***\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 Balloon Volleyball (CR) 2:00 Circle of Friends (T) 3:00 Aerobic Drumming (P) 6:15 Community Board Games (P)	29 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 10:30 Rummikub (P) 1:30 <i>Look Who's Dancing</i> Dancercise (P) 2:00 Balloon Volleyball (P) 3:30 Entertainer: Steve Ritrovato (T) 6:00 Res. Run Card Games (P)	30 10:00 Sit and Be Fit (P) 10:30 Wii Bowling (CR) 10:30 Service in Action Trip: Montgomery County SPCA** (OOB) 1:00 Fireside Chat with Terri (AR) 2:00 Barrack Academy Pen Pals (P) 3:00 Catholic Mass St. Eleanor (T) 4:00 Irish Beer & Whiskey Happy Hour (P) 6:00 Nighttime Nickel BINGO (AR)	31 10:30 Sit and Be Fit (P) 11:00 Crosswords / Word Searches / Coloring (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (P) 3:00 Plays: Night Must Fall or Arsenic and Old Lace (P) 6:00 Res. Run: Billiards (OL)	<h1>March</h1> <h1>2023</h1>