

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

Irene Zinn
Audrey Snyder
Barry Grimm
John Tarman Jr.
Sarah Senft
Barbara Densel
Patricia White
James Detzel
Mary Wynegar

Eloise Dubs
Michael Krout
Mary Ward
Evelyn Potts
Sally Kursar
Carman Baker



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

As we continue to face COVID and the flu, we are all working together to keep our community a safe environment while maintaining active programming. We thank you for playing your part by continuing to cooperate with any masking requirements and social distancing during visits.

As we move into March, we were able to hold our first Brunch last month. We hope everyone enjoyed the event! A special thank you to our dining staff and all staff that assisted in making it a successful event. If your family member was not able to attend due to our limited space, we will have them on our list for first seating for the next Brunch.

Please check out the activity calendar to keep up with all our exciting events for the month. Enjoy the spring-like weather.

Happy St. Patrick's Day!


Best,
Howard Holben
Executive Director

Highlighted Events

- 9 – **Grateful Drumming with Joe**
@ 2pm
- 11 – **TEDTalk:** Let's End Ageism
@ 1:15pm
- 15 – **Game Night** @ 6pm
with Dover Women of Today
- 17 – **St. Patrick's Day Celebrations**
Starting @ 1pm
- 20 – **Art Exploration:** Pottery
Painting @ 2:30pm

Welcome New Residents

Ralph S.
Mary W.
Robert B.
Mary H.
Rick M.
Martha N.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (P) Pub (FL) Front Lobby (OOB) Out of Building	THE 		1 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:30 What goes with Peanut Butter (CR) 11:00 Menu Review (CR) 1:30 Mid- Week Worship (CR) 2:00 60's tunes & Soda Pop (CR) 3:00 Famous Faces (CR) 4:00 Menu Review (CR) 6:00 Popcorn and a Movie Featuring	2 9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:45 Daily Reading & Menu Review (CR) 1:00 Arm Chair Travel: Texas 2:00 Musical Entertainment featuring Lee Moyer (CR) 3:15 Bingo (AR) 4:15 Menu Review (CR) 6:00 Fireside Fellowship (FL)	3 9:30 Morning Fitness (AR) 10:00 Manicures and More (CR) 10:00 Culinary Creations: Shortbread Circus Cookies (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Wildlife Jingo (CR) 3:00 Friday Fitness with Friends (CN) 6:00 Resident Run Bingo (AR)	4 9:30 Morning Fitness (AR) 10:00 Coffee and Donut Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 How to eat Healthy (CR) 2:00 Help your Neighbor (CR) 3:00 Crafters Corner (AR) 4:00 Menu Review (CR) 6: Card Club (AR)
5 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: Whats in a Name (CR) 11:00 Menu Review (CR) 1:15 Jingo (CR) 3:00 Church Service (CR) 6:00 Fireside Fellowship (FL)	6 9:30 Morning Fitness (AR) 10:00 Daily Reading & Menu Review (CR) 10:15 iN2L Program with Friends (CN) 1:00 Catholic Communion (CR) 1:30 Music with Katie (AR) 2:30 Afternoon Fitness: 3:00 Too many Different Oreos (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	7 9:30 Morning Fitness (AR) 10:00 Name the Tunes (AR) 1:15 Daily Reading (CR) 1:15 Create & Design: (CN) 1:30 Memory Magic (P) 1:30 Circle of Friends (CR) 2:00 Happy Hour (AR) 3:00 Bingo (AR) 6:00 Fireside Fellowship (FL)	8 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:30 Dice Game (CR) 11:00 Menu Review (CR) 1:30 Mid- Week Worship (CR) 2:00 50's tunes & Soda Pop (CR) 3:00 Famous Faces (CR) 4:00 Menu Review (CR) 6:00 Popcorn and a Movie Featuring	9 9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:45 Daily Reading & Menu Review (CR) 1:00 Irish Trivia (CR) 2:00 Drumming Circle (CR) 3:15 Bingo (AR) 4:15 Menu Review (CR) 6:00 Fireside Fellowship (FL)	10 9:30 Morning Fitness (AR) 10:00 Manicures and More (CR) 10:00 Culinary Creations: Irish Apple Cake (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 What to pack for a Picnic (CR) 3:00 Friday Fitness with Friends (CN) 6:00 Resident Run Bingo (AR)	11 9:30 Morning Fitness (AR) 10:00 Coffee and Donut Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Apples to Apples Game (CR) 2:00 Do you Remember your Prom (CR) 3:00 Crafters Corner (AR) 4:00 Menu Review (CR) 6: Card Club (AR)
12 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: Girl Scout History (CR) 11:00 Menu Review (CR) 1:15 Indoor Flowers Arrangements (P) 3:00 Church Service (CR) 6:00 Fireside Fellowship (FL) Daylight Savings	13 9:30 Morning Fitness (AR) 10:00 Daily Reading & Menu Review (CR) 10:15 iN2L Program with Friends (CN) 1:00 Catholic Communion (CR) 1:30 Music with Katie (AR) 2:30 Afternoon Fitness: 3:00 Crafting with Jewels (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	14 9:30 Morning Fitness (AR) 10:00 Name the Tunes (AR) 1:15 Daily Reading (CR) 1:30 Finish the Phrase (P) 1:30 Circle of Friends (CR) 2:00 Ed-Presentation: (CR) 3:00 Bingo (AR) 6:00 Fireside Fellowship (FL)	15 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:30 100 word game (CR) 11:00 Menu Review (CR) 11:30 Lunch out with Friends: Moonlight Café (OOB) 1:30 Mid- Week Worship (CR) 2:00 Irish Tunes & Shamrock Shakes (CR) 3:00 Famous Faces (CR)	16 9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 iN2L: Carnivals all Around (CR) 2:15 Musical Entertainment Featuring Jay Smar (AR) 3:15 Bingo (AR) 4:15 Menu Review (CR) 6:00 Fireside Fellowship (FL)	17 9:30 Morning Fitness (AR) 10:00 Manicures and More (CR) 10:00 Culinary Creations: Shamrock Smoothies (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 St. Pats social (AR) 3:00 Look for the Leprechaun (CN) 6:00 Resident Run Bingo (AR) St. Patrick's Day	18 9:30 Morning Fitness (AR) 10:00 Coffee and Donut Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Paper Quilting (CR) 2:00 Musical Entertainment: Tom and Randi (P) 3:00 Crafters Corner (AR) 4:00 Menu Review (CR) 6: Card Club (AR)
19 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: Americas most funniest (CR) 11:00 Menu Review (CR) 1:15 Jingo (CR) 3:00 Church Service (CR) 6:00 Fireside Fellowship (FL)	20 9:30 Morning Fitness (AR) 10:00 Daily Reading & Menu Review (CR) 10:15 iN2L Program with Friends (CN) 1:30 Music with Katie (AR) 2:30 Afternoon Fitness: 3:00 Edible Dirt Dessert Cups (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	21 9:30 Morning Fitness (AR) 10:00 Name the Tunes (AR) 1:15 Daily Reading (CR) 1:30 Purposeful Painting (P) 1:30 Circle of Friends (CR) 2:00 Happy Hour (AR) 3:00 Bingo (AR) 6:00 Fireside Fellowship (FL)	22 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:30 French Bread Pizzas (CR) 11:00 Menu Review (CR) 1:30 Mid- Week Worship (CR) 2:00 Club Choice Programming (CR) 3:00 Famous Faces (CR) 4:00 Menu Review (CR) 6:00 Popcorn and a Movie Featuring	23 9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 iN2L: Name the Dog (CR) 2:15 iN2L: Making Dog Biscuits (CR) 3:15 Bingo (AR) 4:15 Menu Review (CR) 6:00 Fireside Fellowship (FL)	24 9:30 Morning Fitness (AR) 10:00 Manicures and More (CR) 10:00 Culinary Creations: Crock French Onion Soup (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Pokeno (CR) 3:00 Friday Fitness with Friends (CN) 6:00 Resident Run Bingo (AR)	25 9:30 Morning Fitness (AR) 10:00 Coffee and Donut Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Spring time Trivia (CR) 2:00 Refreshments and Reminisce (CR) 3:00 Crafters Corner (AR) 4:00 Menu Review (CR) 6: Card Club (AR)
26 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: Popeye and his Spinach (CR) 11:00 Menu Review (CR) 1:15 Make a Holiday (P) 3:00 Church Service (CR) 6:00 Fireside Fellowship (FL)	27 9:30 Morning Fitness (AR) 10:00 Daily Reading & Menu Review (CR) 10:15 iN2L Program with Friends (CN) 1:30 Music with Katie (AR) 2:30 Afternoon Fitness: 3:00 Coffee & Biscotti (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	28 9:30 Morning Fitness (AR) 10:00 Name the Tunes (AR) 1:15 Daily Reading (CR) 1:30 Reading Round Table (P) 1:30 Circle of Friends (CR) 2:00 Happy Hour (AR) 3:00 Bingo (AR) 6:00 Fireside Fellowship (FL)	29 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:30 Simple Magic Tricks (CR) 11:00 Menu Review (CR) 1:30 Mid- Week Worship (CR) 2:00 Words in a Word (CR) 3:00 Famous Faces (CR) 4:00 Menu Review (CR) 6:00 Popcorn and a Movie Featuring	30 9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 iN2L: Bits about the Bunny (CR) 2:00 Create a Springtime Garden (CR) 3:00 Afternoon Walk Outside (FL) 3:15 Bingo (AR) 4:15 Menu Review (CR) 6:00 Fireside Fellowship (FL)	31 9:30 Morning Fitness (AR) 10:00 Manicures and More (CR) 10:00 Culinary Creations: 10:30 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Crayon Crafting (CR) 3:00 Friday Fitness with Friends (CN) 6:00 Resident Run Bingo (AR)	<h1>March</h1> <h1>2023</h1>