

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

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 (OOB) Out of Building (P) Pub (DR) Dining Room (FP) Front Patio (PT) Pool Table Room (AR) Activity Room (CR) Community Room (FL) Front Lobby			1 9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:30 Shopping Trip & Lunch: Community Aide & Primanti Brothers **\$(OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Bible Study (AR) 3:00 King Kong Vs Residents (AR) 6:00 Popcorn and a Movie (CR)	2 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Armchair Traveler Texas (AR) 2:00 Musical Entertainment Featuring Lee Moyer (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Wii Games (PT)	3 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Craniums Crunches (CR) 1:15 Appreciate n Thank You Club (AR) 2:00 Old Stuff Show and Tell (AR) 3:00 iN2I Trivia Games (AR) 6:00 Resident Tun Bingo (AR)	4 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 TED Talk <i>Inside the Mind of a Master Procrastinator</i> By Internet Writer, Tim Urban (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafter Corner (AR) 6:00 Resident Ran Kings in Corner (AR)
5 9:30 Morning Exercises (AR) 10:00 Making it Easy Cooking Club (AR) 1:15 Namesake Day <i>Behind the Name</i> (AR) 2:00 Pokeno (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (L)	6 9:30 Morning Exercise (AR) 10:00 Fun Fact About Names (AR) 10:15 Dining Room Committee (P) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie York Music Therapy (AR) 2:15 Country Side Ride **(OOB) 6:00 Rummikub (L)	7 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Circle of Friends (P) 2:00 Siete de Marcho Celebration (AR) 3:00 Creative Arts Game Pieces (AR) 6:00 Evening Bingo with Adam (AR)	8 9:30 Morning Exercise (AR) 10:00 Balance in Action with Lora, Powerback Rehab (AR) 10:15 Life Chats with Chaplin Shawn (P) 10:30 Shopping Trip & Lunch Out Walmart & China Buffet**\$(OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Balloon Volleyball (AR) 3:00 Bible Study (P) 6:00 Popcorn and a Movie (CR)	9 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 2:00 Grateful Drumming With Joe Ciarvella (CR) 3:15 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Wii Games (PT)	10 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Craniums Crunches (CR) 1:00 Providence Place Cookbook (AR) 2:00 iN2L Hometown Roots (AR) 3:00 iN2I Trivia Games (AR) 6:00 Resident Tun Bingo (AR)	11 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 TED Talk <i>Lets End Ageism</i> By Ashton Applewhite, writer and activist (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafter Corner (AR) 6:00 Resident Ran Kings in Corner (AR)
12 9:30 Morning Exercises (AR) 10:00 Making it Easy Cooking Club (AR) 1:15 Ladies Hot Tea Circle (AR) 2:00 Jingo AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (L) Daylight Savings	13 9:30 Morning Exercise (AR) 10:00 Coupons for the Troops (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie, York Music Therapy (AR) 2:15 Country Side Ride **(OOB) 6:00 Rummikub (AR)	14 9:30 Morning Exercise (AR) 10:00 Ed-U Wellness Presentation <i>Better Sleep Habits</i> with Laura Lambert Bayada Home Health Care (AR) 1:30 Circle of Friends (P) 2:00 Ed-U Presentation <i>Benjamin Franklin</i> By Joe and Delores McDevitt (AR) 3:00 Horserace Game (AR) 6:00 Evening Bingo with Adam (AR)	15 9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 11:00 Catholic Mass with Father Dominic with St. Rose of Lima (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Balloon Volleyball (AR) 3:00 Bible Study (P) 6:00 Game Night with Dover Women of Today (AR)	16 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Secret History of Colors (P) 2:00 Ed-U Musical Presentation <i>Irish Folk</i> featuring Award Winning Musician, Jay Smar (AR) 3:15 Card Club <i>I Got It</i> (AR) 4:30/5:00 Wine and Dine (DR)	17 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Craniums Crunches (CR) 1:00 St. Patrick' Day Trivia and Facts (AR) 2:00 St. Patrick's Day Celebration (AR) 3:00 iN2I Trivia Games (AR) 6:00 Resident Run Bingo (AR) St. Patrick's Day	18 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 2:00 Musical Entertainment <i>Memory Music</i> by Tom and Randy (AR) 3:00 Crafter Corner (AR) 6:00 Resident Ran Kings in Corner (AR)
19 9:30 Morning Exercises (AR) 10:00 Making it Easy Cooking Club (AR) 1:15 Ed-U Presentation <i>Hatching Chicks</i> with Chicken Tender Jessica Lewis (AR) 2:00 Pokeno (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (L)	20 9:30 Morning Exercise (AR) 10:00 Brain Games with Bethany, Powerback Rehab (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies w/ Katie York Music Therapy (AR) 2:30 Art Exploration Pottery Painting with Alana, The Glazing Sun **(AR) 6:00 Rummikub (L)	21 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Circle of Friends (P) 2:00 Spring Happy Hour With Hors d'oeuvres (AR) 3:00 Horserace Game (AR) 4:00 Dining Out Red Lobster **\$(OOB) 6:00 Evening Bingo with Adam (AR)	22 9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:30 Shopping Trip Dollar Tree **\$(OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Balloon Volleyball (AR) 3:00 Bible Study (P) 6:00 Popcorn and a Movie (CR)	23 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 2:00 Scrabble Poker (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Wii Games (PT)	24 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Craniums Crunches (CR) 1:15 Science Secrets <i>Creating Current</i> from Citrus (AR) 2:00 Creative Arts DIY Stationary (AR) 3:00 iN2I Trivia Games (AR) 6:00 Resident Run Bingo (AR)	25 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 TED Talk <i>How Language Transformed Humanity</i> By Biologist Mark Pagel (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafter Corner (AR) 6:00 Resident Ran Kings in Corner (AR)
26 9:30 Morning Exercises (AR) 10:00 Making it Easy Cooking Club (AR) 1:15 Ladies Hot Tea Circle (AR) 2:00 Jingo (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (L)	27 9:30 Morning Exercise (AR) 10:00 Sunshine Group (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie York Music Therapy (AR) 2:15 Country Side Ride **(OOB) 6:00 Rummikub (AR)	28 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Circle of Friends (P) 2:00 Happy Hour with Hors d'oeuvres (AR) 3:00 Bingo with Amanda (AR) 6:00 Fireplace Fellowship (AR)	29 9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:00 Shopping Trip Karn's **\$(OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Balloon Volleyball (AR) 3:00 Bible Study (P) 6:00 Popcorn and a Movie (CR)	30 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (AR) 2:00 Celebration of Life (CR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (AR) 6:00 Wii Games (PT)	31 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Craniums Crunches (CR) 1:15 Providence Place Cookbook (AR) 2:00 iN2L Hometown Roots (AR) 3:00 iN2I Trivia Games (AR) 6:00 Resident Run Bingo (AR)	<h1>March</h1> <h1>2023</h1>