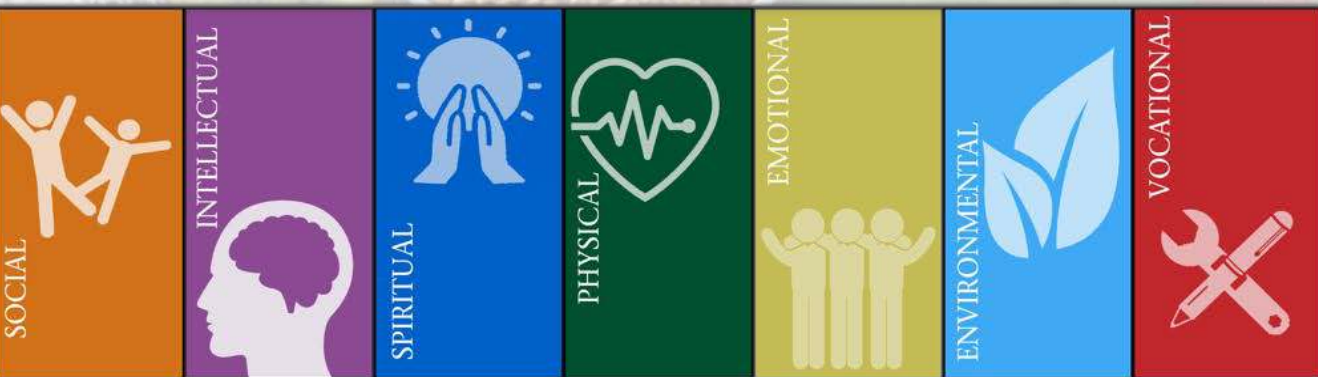


Focus on Wellness

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 Heidrich
Marian Horn
Bob Novak
Catherine Yedlock
Anastasia Gallagher
Dorothy Koons



Providence Place SENIOR LIVING News

Q1: March 2023

A Note from the Executive Director

We are excited to be seeing the first signs of Spring here in Drums. February was a busy and exciting month on the campus with Valentine's Day visitors, Brunch, Mardi Gras and all the sights, sounds & tastes of France.

As we step into March, we hope you can come visit and spend some time with our amazing residents, team members and visitors.

We are also proud to be hosting our monthly Dementia Care Partner Support Group in our Connections Neighborhood. Please see the flyer for more details.

If you have any questions or want to connect with our team, please reach out anytime!

Melissa Jacoby

Executive Director

Highlighted Events

- 3 – **World Day of Prayer Presentation** with Arlene Stagg @ 2pm
- 6 – **Men's Club Outing:** Full Klips Barber Shop @ 10:30am
- 17 – **EdU Presentation:** Bagpipe Songs & History @ 2:30pm
- 18 – **50's & 60's Musical Entertainment** @ 2pm
- 23 – **Chef's Pairings with Chef Ashley:** Gusiness Pairings @ 2:30pm
- 23 – **Dementia Support Group** @ 6pm – *Connections*
- 29 – **Diner's Caravan:** Cavanaugh's Grille @ 3:45pm

Welcome New Residents

Gary E.
Robert F.



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (CH) Chapel, (1ST) First Floor, (2ND) Second Floor, (3RD) Third Floor, (ML) Meet in Lobby, Café (C)	<h1 style="font-size: 48px; margin: 0;">THE Club</h1>		1	2	3	4
	5	6	7	8	9	10
	12	13	14	15	16	17
	19	20	21	22	23	24
	26	27	28	29	30	31
	<h1 style="font-size: 48px; margin: 0;">March</h1> <h1 style="font-size: 48px; margin: 0;">2023</h1>					
	9:00 Tv Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Tai Chi Exercise (2nd) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Boggle (2nd)	9:00 Daily Chronicle /Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch)1:30 What's Your Leprechaun Name ?(C) 2:30 New Resident Ice Cream Sundae Mixer (3rd) 3:30 Movie Matinee Committee (3rd) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:30 Interactive Music Class With Cynthia Ritchey (T) 3:30 The Story Of Joyous Purim (3rd) 6:30 Dominoes (2nd)	9:00 Daily Chronicle/Inspiration (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (Sr) 2:00 Drum to Your Own Beat Drumming Class with Joe Ciarella (2nd) 2:30 Red & Black Game (T) 4:00 March Birthday Celebration (Dr) 6:30 Word Search (2nd)	9:00 Daily Chronicle/Inspiration (2nd) 9:30 Daily Prayer & Meditation (CH) 10:00 Sit & Be Fit Exercise (2nd) 10:30 iN2L: Destination Discovery: Ireland: Guinness Storehouse (2nd) 11:00 Outing : Olive Garden ** (OOB) 2:45 Bingo (3rd) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Beverly (CH) 10:30 Craft Club: Shamrock Pins (2nd) 1:30 Dealing with Loss Support Group (SR) 2:00 Ed-U Presentation: Benjamin Franklin By Joe & Dolores McDevitt (3rd) 3:00 Stations of the Cross (Ch) 6:30 Scrabble (2nd)
9:00 Tv Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Chair Zumba with Alyson Cara (2nd) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Boggle (2nd) Daylight Savings	9:00 Daily Chronicle /Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 What's Your Leprechaun Name ? (C) 2:30 New Resident Ice Cream Sundae Mixer (3rd) 3:30 Movie Matinee Committee (3rd) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Manicures & Mocktails (3rd) 2:30 Cooking Club: Shamrock Shakes (T) 3:30 Soul Club: Chicken Soup for the Soul (3rd) 6:30 Dominoes (2nd)	9:00 Daily Chronicle/Inspiration (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise By Carrie of Power back Rehab (2nd) 1:30 Circle of Friends (Sr) 2:45 Bingo (3rd) 4:00 Destination Discovery Dinner: Taste of Ireland (Dr) 6:30 Word Search (2nd)	9:00 Daily Chronicle/Inspiration (2nd) 9:30 Daily Prayer & Meditation (CH) 10:00 Sit & Be Fit Exercise (2nd) 10:30 iN2L: Destination Discovery: Ireland: Blarney Castle (2nd) 1:45Dancing with Tracey (2nd) 2:00 Musical Entertainment: By Frankie Gervasi (T) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Beverly (CH) 10:30 Color me calm (2nd) 1:30 Dealing with Loss Support Group (SR) 2:00 Ed-U Presentation/Demo: Bagpipe Songs & History with Bernie Jespersen (Dr) 3:00 Stations of the Cross (Ch) St. Patrick's Day	9:00 Daily Chronicle/Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 TED Talk & Discussion: Do What You Love (2nd) 1:00 Men's Club: Billiards Challenge (2nd) 2:00 Musical Entertainment: Hannah Fox: Miss Pa Teen Volunteer (Dr) 6:30 Square Up (2nd)
9:00 Tv Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Tai Chi Exercise (2nd) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Boggle (2nd)	9:00 Daily Chronicle /Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 Hello Spring Word puzzle (1st) 2:30 Irish Dancing 101: The Legend of Riverdance (3rd) 3:30 "Campus Store" Cart (2nd) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Brain Games (3rd) 2:30 Interactive music Class With Cynthia Ritchey (T) 2:45 Bingo (3rd) 6:30 Dominoes (2nd)	9:00 Daily Chronicle/Inspiration (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 1:30 Circle of Friends (Sr) 2:30 Ed-U Presentation: Celtic Voyage By "Cracked Walnuts" with Jan & Jeff Ausfahi (Dr) 4:00 March Birthday Celebration (Dr) 6:30 Word Search (2nd)	9:00 Daily Chronicle/Inspiration (2nd) 9:30 Daily Prayer & meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Brain Gaes (2nd) 1:30 Ramadan Traditions & Practice (2nd) 2:30 Chef's Pairings: Chef Ashley (DR) 3:30 Hymn Sing (CH) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Beverly (Ch) 10:30 Focus on Health: Blood Pressure Checks (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Craft Club: Spring Bouquet (T) 3:00 Stations of the Cross (Ch) 6:30 Scrabble (2nd)	9:00 Daily Chronicle/Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 X-Box Bowling (2nd) 1:30 Junk Drawer Detective(2nd) 2:30 Matinee: Singing in the Rain (2nd) 6:30 Square Up (2nd)
9:00 Tv Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Chair Zumba with Alyson Cara (2nd) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Boggle (2nd)	9:00 Daily Chronicle /Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 Bible Study with Deacon Bob (Dr) 2:30 Dining Demo With Ashley (Dr) 3:30 Name that Tune (2nd) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Stretch Exercise (2nd) 11:00 Girls Trip Out: Laurel Mall (OOB) 1:00 Prayer Service & Communion (Ch) 2:00 Ed-U Health Presanction: 3:30 Soul Club: Chicken Soup for the Soul (3rd) 6:30 Dominoes (2nd)	9:00 Daily Chronicle/Inspiration (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 1:30 Circle of Friends (Sr) 2:30 Celebration of Life Service (Ch) 3:45 Dinner Caravan: Cavanaugh's Grille** (OOB) 6:30 Word Search (2nd)	9:00 Daily Chronicle/Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Cooking Club: Welsh Cookies (C) 1:30 iN2L: Destination Discovery: Ireland: The Cliffs of Mother (2nd) 2:00 Dancing with Tracey (2nd) 2:45 Bingo (3rd) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Beverly (Ch) 10:30 Holistic Wellness Aromatherapy (C) 1:30 Dealing with Loss Support Group (SR) 2:00 iN2L: Destination Discovery: Ireland : Ring of Kerry (2nd) 3:00 Stations of the Cross (Ch) 6:30 Scrabble (2nd)	