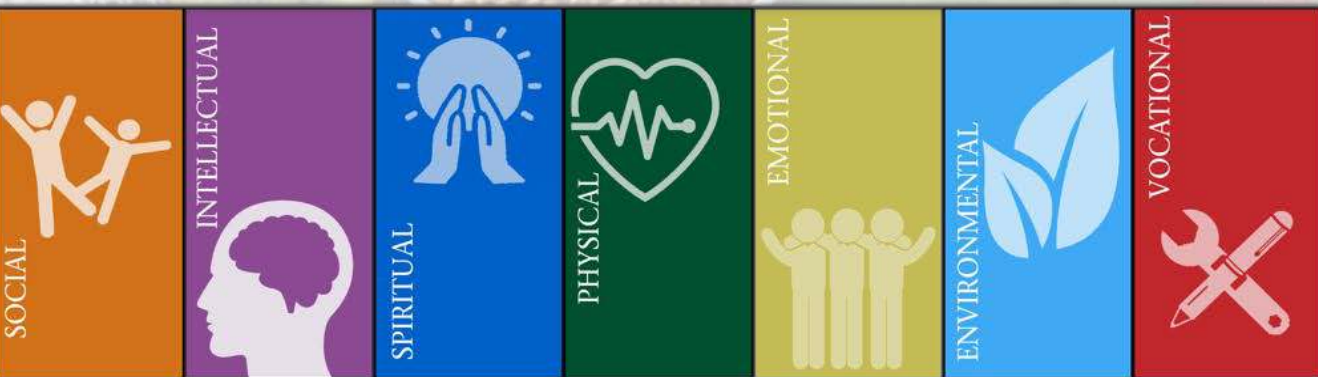


Focus on Wellness

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)			1 9:30 Daily Prayer & Meditation (Ch) 10:00 Balance in Action Exercise (2nd) 10:30 <i>Finishing Words</i> Challenge (2nd) 1:30 Dessert & Discussion With Chef Ashley (DR) 3:00 Famous Birthday Spotlight: Ron Howard (2nd) 3:30 Blast from the Past: <i>Andy Griffith Show</i> Marathon (2nd) 6:30 Dominoes (1st)	2 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 Moher (2nd) 2:00 Dancing with Tracey (2nd) 2:45 Bingo (3rd) 6:30 Pinochle Players Club (3rd)	3 9:30 Hand Weights Strength exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Employee Appreciation Day: Resident Led Iced Coffee Station (C) 1:30 Dealing with Loss Support Group (SR) 2:00 Ed-U Presentation: World Day of Prayer With Arlene Stagg (DR) 3:00 Stations of the Cross (Ch) 6:30 Boggle (1st)	4 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Shamrocks & Clovers (2nd) 1:30 TED Talk & Discussion: <i>Why Having Fun is the Secret</i> <i>To a Healthier Life</i> (2nd) 2:00 Community Life Planning Mtg. (3rd) 3:00 Hymn Sing (Ch) 6:30 Rummikub (1st)
5 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Tai Chi Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Jenga (1st)	6 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 10:30 Men's Club Trip: Full Klips Barber Shop**\$\$ (OOB) 2:00 New Resident Ice Cream Sundae Mixer (3rd) 3:30 Movie Matinee Committee (3rd) 6:30 Pinochle Players Club (3rd)	7 9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:30 Dining Service Committee Mtg. (3rd) 3:30 The Story of Joyous Purim (3rd) 6:30 Scrabble (1st)	8 9:30 What's Your Leprechaun Name? (3rd) 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 Ciarvella (2nd) 4:00 March Birthday Celebration (DR) 6:30 Dominoes (1st)	9 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 iN2L: Destination Discovery: Ireland: Guinness Storehouse (2nd) 1:30 Community Outreach: <i>Troopons:</i> Coupons for Troops (3rd) 2:45 Bingo (3rd) 3:30 Hymn Sing (Ch) 6:30 Pinochle Players Club (3rd)	10 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Craft Club: Shamrock Pins (2nd) 1:30 Dealing with Loss Support Group (SR) 2:00 Ed-U Presentation: <i>Benjamin Franklin</i> By Joe & Dolores McDevitt 3:00 Stations of the Cross (Ch) 6:30 Boggle (1st)	11 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Welcome Ambassador Committee Meeting (3rd) 1:00-3:00 Community Outreach: Girl Scout Cookie Stand (1st) 2:30 Matinee: <i>The Quiet Man</i> (2nd) 3:30 Guinness & Boxy Super Happy Hour (1st) 6:30 Rummikub (1st)
12 9:00 TV Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Jenga (1st) Daylight Savings	13 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob (DR) 3:00 Food for Thought & Tasting: Irish Soda Bread (C) 3:30 Sunshine Committee (2nd) 6:30 Pinochle Players Club (3rd)	14 9:30 Retail Shopping: Boscov's**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Manicures & Mocktails (3rd) 2:30 Truth or Blarney? (3rd) 3:30 Soul Club: <i>Chicken Soup for the Soul</i> (3rd) 6:30 Scrabble (1st)	15 9:30 <i>All About March</i> Trivia (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise By Carrie of Powerback Rehab (2nd) 1:30 Circle of Friends (SR) 3:00 Ed-U Presentation: Dental Health By LCCC Dental Hygiene Students (3rd) 4:00 Destination Discovery Dinner: Tastes of Ireland (DR) 6:30 Dominoes (1st)	16 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 iN2L: Destination Discovery: Ireland: Blarney Castle/The Blarney Stone (2nd) 1:30 Hymn Sing (Ch) 2:00 Dancing with Tracey (2nd) 2:45 Bingo (3rd) 6:30 Pinochle Players Club (3rd)	17 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Cooking Club: Shepherd's Pie (C) 1:30 Dealing with Loss Support Group (SR) 2:30 Ed-U Presentation/Demo: <i>Bagpipe Songs & History</i> With Bernie Jespersen (DR) 3:30 Stations of the Cross (Ch) 6:30 Boggle St. Patrick's Day	18 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 TED Talk & Discussion: <i>Do What You Love</i> (2nd) 1:00 Men's Club: Billiards Challenge (2nd) 2:00 Community Outreach: Musical Entertainment By Hannah Fox: Miss PA Teen Volunteer (DR) 3:30 Trivia Challenge (1st) 6:30 Rummikub (1st)
19 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Tai Chi Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Jenga (1st)	20 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Hello Spring Word Puzzle Challenge (1st) 2:30 Irish Dancing 101: <i>The Legend of Riverdance</i> (3rd) 3:30 "Campus Store" Cart (2nd) 6:30 Pinochle Players Club (3rd)	21 9:30 Shopping Trip: Dollar Tree/Aldi's**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:45 Bingo (3rd) 6:30 Scrabble (1st)	22 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 iN2L: Destination Discovery: Ireland: Killarney National Park (2nd) 1:30 Circle of Friends (SR) 2:30 Ed-U Presentation: <i>Celtic Voyage</i> By "Cracked Walnuts" With Jan & Jeff Ausfahl (DR) 3:30 Resident Birthday Committee (2nd) 6:30 Dominoes (1st)	23 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Thankful To You Committee (2nd) 1:30 Ramadan Traditions & Practices (2nd) 2:30 Chef's Pairings with Chef Ashley (DR) 3:30 Hymn Sing (Ch) 6:30 Pinochle Players Club (3rd)	24 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Focus on Health: Blood Pressure Checks (3rd) 1:30 Dealing with Loss Support Group (SR) 2:00 Craft Club: Glass Gem Suncatchers (2nd) 3:00 Stations of the Cross (Ch) 6:30 Boggle (1st)	25 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 X-Box Bowling (2nd) 1:30 Junk Drawer Detective (2nd) 2:30 Matinee: <i>Singing in the Rain</i> (2nd) 3:30 Irish Cream Super Happy Hour (1st) 6:30 Rummikub (1st)
26 9:00 TV Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Jenga (1st)	27 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob (DR) 2:30 Dining Demo with Chef Ashley (DR) 3:30 Red or Black Card Game (2nd) 6:30 Pinochle Players Club (3rd)	28 9:30 Daily Prayer & Meditation (Ch) 10:00 Stretch Exercise (2nd) 10:30 Today in History (2nd) 1:00 Prayer Service & Communion (Ch) 2:00 Ed-U Health Presentation: Better Sleep Habits Awareness By DOW, Danielle (3rd) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)	29 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Book Club (3rd) 1:30 Circle of Friends (SR) 2:30 Celebration of Life Service (Ch) 3:45 Dinner Caravan: Cavanaugh's Grille**\$\$ (OOB) 6:30 Dominoes (1st)	30 9:30 Daily Prayer & Meditation (Ch) 10:00 Hymn Sing (Ch) 10:30 Sit & Be Fit Exercise (2nd) 2:00 Dancing with Tracey (2nd) 2:45 Bingo (3rd) 3:00 Dementia Care Support Group (SR) 6:30 Pinochle Players Club (3rd)	31 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (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 Boggle (1st)	<h1>March</h1> <h1>2023</h1>