

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

Eleanor Rohlf
 Stanley Butler
 Kathryn Hartsough
 Tony Reimel
 Sandra McCann



Providence Place SENIOR LIVING News

Q1: March 2023

A Note from the Executive Director

February was a fantastic month here in Lancaster. We enjoyed Superbowl festivities, Valentine's events, Mardi Gras, educational opportunities and welcomed many new residents to our Providence Place family.

As we see signs of spring and warmer days, please be sure to enjoy our outdoor spaces and walking paths. Check out our activity calendar and be sure to join us for upcoming St. Patrick' Day festivities, Our Spring Fling (3/20), and the spring play activities.

If you have any questions or concerns, please reach out to our team anytime.

Best,

Donna O'Leary

Executive Director

Highlighted Events

- 4 – **Celebrating Women Who Tell Our Stories** (International Women's Day)
@ 3:30pm
- 7 – **Creative Cooking with Chef Rob:**
@ 1:20pm
- 11 – **Millersville University Outing:**
Wonders In Wood @ 11:45am
- 16 – **Men's Club @ 2pm**
March Madness
- 20 – **Spring Fling @ 2pm**

Welcome New Residents

Kathryn H.
 Josephine G.
 Frank B.
 James B.
 Janet A.
 Gloria J.
 Helen R.
 Paul T.
 George E.
 Audrey P.
 Phyllis G.




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: (BR) Billiards Room (CH) Chapel (AR) Activity Room (S) Salon (GL) Governor's Lounge (LB) Library (DR) Dining Room (FL) Lobby (FP) Front Porch (OOB) Out of Building ** Registration Required /Requested \$\$ Cost Involved			1 10:00 Movement & Music (CH) 10:30 Lenten Worship Service (CH) 1:30 National Black Women in Jazz Day <i>Celebrate and Enjoy Jazz Music & Dessert Tray</i> (CH) 2:30 Drama Club: <i>Prov-Place Players</i> (CH) 3:15 Bingo Fun (CH) 6:00 Movie Night: <i>Lady Sings the Blues</i> (CH)	2 10:00 Balance in Action (CH) 10:30 Circle of Friends (CH) 1:30 Getting to Know You Social (GL) 2:00 Ed-U Presentation <i>Birds</i> by Retired Educator, Terry Neumeier (CH) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)	3 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 10:30 Grocery Run: Giant **\$\$ (OOB) 1:30 Jeopardy Challenge (CH) 2:30 Destination Discovery: Florida's Disney Empire (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night: <i>King Kong 1933 Version Anniversary</i> (CH)	4 <i>International Women's Day</i> 10:00 What's the Word (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Games with Pat (AR) 2:30 Happy Hour :Drinks, Apps & Fun (GL) 3:30 Celebrating Women Who tell Our Stories; a Discussion (CH) 6:00 Table Top Shuffle Board (BR)
5 10:00 Coffee Social & Games (FL) 10:30 Team Cuisine Cooking Group: <i>Southern Pecan Pie</i> (AR) 2:00 Destination Discovery Social: Georgia - Discussion & Snacks (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (FL)	6 10:00 Stretch & Flex (CH) 10:30 Discover Georgia on IN2L (CH) 1:30 Joyous Purim Fun: Story & Treats; What is it? How is it celebrated? (AR) 2:00 Artist in Us All: <i>Pottery Works</i> (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (CH)	7 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shopping Trip: <i>Boscov's **\$\$OOB</i> 1:20 Creative Cooking w/ Chef Rob (AR) 2:30 Celebration of Life Service (AR) 3:00 Bingo Helpers in Connections 6:00 Scrabble Night (AR)	8 10:00 Movement & Music (CH) 10:30 Lenten Worship Service (CH) 1:30 Wellness Presentation: <i>Sleep Health</i> Bayada Home Health Care (CH) 2:30 Drama Club: <i>Prov-Place Players</i> (CH) 3:15 Bingo Fun (CH) 6:00 Movie Night: <i>Harriet</i> ; the story of Harriet Tubman (CH)	9 10:00 Balance in Action (CH) 10:30 Circle of Friends (CH) 1:30 Sunshine Committee (AR) 2:00 Ed-U Presents– Trivia Talk with Retired Educator Bob Reigh (CH) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)	10 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 1:30 Jeopardy Challenge (CH) 2:30 Destination Discovery: Women of Georgia (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night: <i>Anne of a Thousand Days</i> (CH)	11 10:00 What's the Word (AR) 10:30 Saturday Morning Bingo (CH) 11:45 Trip to <i>Wonders in Wood</i> at Millersville University **\$\$ (OOB) 1:30 Matinee Movie (CH) 3:00 Happy Hour: Drinks, Apps & Fun Women in History – Charades (GL) 6:00 Table Top Shuffle Board (BR)
12 10:00 Coffee Social & Games (FL) 10:30 Team Cuisine Cooking Group: <i>Hawaiian Chicken</i> (AR) 2:00 Destination Discovery Social: Hawaii - Mini Lua (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (FL) Daylight Savings	13 10:00 Stretch & Flex (CH) 10:30 Discover Hawaiian on IN2L (CH) 1:30 Writing Club: Fun with Limericks (AR) 2:00 Destination Discovery Meets Artist in Us All: <i>Flower Lei Making</i> (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (CH)	14 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch out: PF Chang's **\$\$OOB 1:30 Welcome Ambassador Meeting (AR) 2:00 Thankful to You Committee (AR) 3:00 Bingo Helpers in Connections 6:00 Scrabble Night (AR)	15 10:00 Movement & Music (CH) 10:30 Lenten Worship Service (CH) 1:30 Who—What am I? Hope Visits (CH) 2:30 Drama Club: <i>Prov-Place Players</i> (CH) 3:15 Bingo Fun (CH) 6:00 Movie Night: <i>Finding O' Hana</i> Sibling Share a Hawaiian Adventure: Great Scenery and Story (CH)	16 10:00 Balance in Action w/ Amy from Powerback Rehab Services (CH) 10:30 Circle of Friends (CH) 1:30 Nail Painting ** (S) 2:00 Men's Club: March Madness March Madness Buzzer Beaters (AR) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)	17 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 1:30 Leprechauns on the Loose (AR) 2:00 St. Patrick's Day Party Entertainer Lee Moyer (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night: <i>The Quiet Man</i> (CH) St. Patrick's Day	18 10:00 What's the Word (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Games with Pat (AR) 2:30 Happy Hour: Drinks, Apps & Fun <i>Prince Kuhio's Day Celebration</i> (GL) 3:30 Charades (GL) 6:00 Table Top Shuffle Board (BR)
19 10:00 Coffee Social & Games (FL) 10:30 Team Cuisine Cooking Group: <i>Ice Cream Potatoes</i> (AR) 2:00 Destination Discovery Social: Idaho - Discussion & Snacks (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (FL)	20 10:00 Stretch & Flex (CH) 10:30 Discover Idaho on IN2L (CH) 1:30 Writing Club: Community Story (AR) 2:00 Spring Fling: <i>Featuring Nick Viscuso On the Keyboard</i> (CH) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (CH)	21 10:00 Weights & Bands Fitness (CH) 10:30 Getting Ready for Lent (CH) 10:30 Shop & Dine: Community Aide & Centerville Diner **\$\$OOB 1:30 Dining Committee Meeting (CH) 2:00 Drum Circle: Grateful Drumming (CH) 3:00 Bingo Helpers in Connections 6:00 Scrabble Night (AR)	22 10:00 Movement & Music (CH) 10:30 Lenten Worship Service (CH) 1:30 Ed-U Presentation By Lisa OT of Powerback Rehab Services (CH) 2:30 Drama Club: <i>Prov-Place Players</i> (CH) 3:15 Bingo Fun (CH) 6:00 Movie Night: <i>Journey to Mecca</i> (CH) Understanding Ramadan	23 10:00 Balance in Action (CH) 10:30 Circle of Friends (CH) 10:30 Grocery Run: Aldi Food **\$\$ (OOB) 1:30 Nail Painting ** (S) 2:00 Fireside Chat (AR) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)	24 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 10:30 Grocery Run: Giant **\$\$ (OOB) 1:30 Iconic Outfits Through Time (CH) 2:00 Ed-U Presents: Lisa Sanchez from LCP&R <i>Reptiles & Amphibians</i> (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night (CH)	25 10:00 What's the Word (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Spring Door Decor (AR) 2:30 Destination Discovery Happy Hour: <i>Musical Memories; Idaho's Favorite Singers</i> (GL) 3:15 Toss A Tune Game (GL) 6:00 Table Top Shuffle Board (BR)
26 10:00 Coffee Social & Games (FL) 10:30 Team Cuisine Cooking Group: <i>Deep Dish Pizza Bites</i> (AR) 2:00 Destination Discovery Social: Illinois - Discussion & Snacks (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (FL)	27 10:00 Stretch & Flex (CH) 10:30 Discover Illinois on IN2L (CH) 1:30 Writer Club: My Life Stories (AR) 2:30 Ed-U—Artist in Us All: <i>Street Murals and Nature Sculpture of Illinois</i> (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (CH)	28 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Trip: Applebee's **\$\$OOB 1:30 Chef's Pairing w/ Chef Rob (AR) 2:15 Community Life Planning Committee Meeting (AR) 3:00 Bingo Helpers in Connections (CN) 6:00 Scrabble Night (AR)	29 10:00 Movement & Music (CH) 10:30 Lenten Worship Service (CH) 1:30 Who—What am I? (CH) 2:30 Drama Club: <i>Prov-Place Players</i> (CH) 3:15 Bingo Fun (CH) 6:00 Movie Night: <i>Te Ata</i> ; Story of a Native American woman attending college (CH)	30 10:00 Balance in Action (CH) 10:30 Circle of Friends (CH) 1:30 Getting to Know You Social (GL) 2:00 Special Music: Keil Hammond (CH) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)	31 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 1:30 Jeopardy Challenge (CH) 2:30 Destination Discovery: Chicago Basket Ball Fans (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night (CH)	<h1>March</h1> <h1>2023</h1>