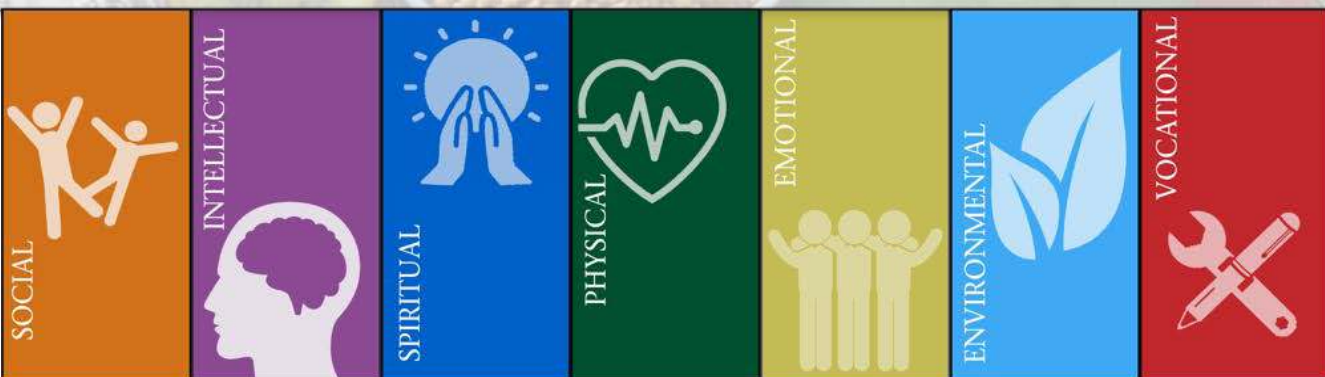


Focus on Wellness

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

John Dreisbach
 Reba Strubhar
 Jackson Perry
 Terry Noll
 Lois Compaan
 Judith DeAngelis



Providence Place SENIOR LIVING News

Q1: March 2023

A Note from the Executive Director

We are starting to see signs of Spring here in the Grove. What a wonderful February we enjoyed in the community – thank you to all that joined us for the Sunday Brunch & our Cocktails & Cupid Social.

As always, our entire management team is available anytime for your questions or concerns.

Please join us this month for the exciting activities, including our Spring Tea Party and our educational programming. Please also keep an eye out for information on our monthly Dementia Care Partner Support Group in the Connections Neighborhood at our Pottsville community.

Sincerely,
Julie Wallace
 Executive Director

Highlighted Events

- 1 – **Kitchen Krew** @ 2pm
- 9 – **Diner's Caravan:** Red Lion Restaurant @ 11:30am
- 15 – **EdU Presentation:** History of Irish Folklore & Music @ 2pm
- 22 – **Spring Tea Party** @ 2pm
- 30 – **EdU Museum Tour:** "Fighters Heaven" @ 12pm
- 30 – **Dementia Support Group** @ 6pm (**@ Pottsville Campus**)

Welcome New Residents

Frederick L.
 Barbara W.
 Douglas K.




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 (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (L) Lobby (HW) Hallway			1 9:30 Move2Music (2F) 10:30 Fireside Chat With Julie, And Members Of Management Team (2F) 11:00 Resident Planning Committee (2F) 2:00 Kitchen Krew: Making Irish Potato Candy (2F) 3:30 Coffee Or Tea Break (2F) 4:00 Confident Cruisers (HW) 6:00 Mixed Drinks & Music Social (2F)	2 9:30 Light Hand Weights Exercise (2F) 10:00 Who Am I? Mystery Person (2F) 10:30 Dining Committee Meeting (2F) 10:30 Market Run: Boyer's **\$\$ (OOB) 2:00 Creative Writing Station: Limericks (2F) 4:00 Holy Rosary EWTN 49 6:00 Domino Team (2F)	3 9:30 Light Hand Weights (2F) 10:00 Ted Talk: <i>The Spirit Of Ireland</i> By Abigail Williams, Master Of Performing Arts (2F) 10:30 Opinion & Discuss (2F) 11:00 Amazing March Madness Maze (2F) 2:00 Welcome Ambassador Social (2F) 3:00 Green Tea Cocktail Hour (2F) 6:00 Domino Team (1F)	4 9:30 Gentle Moves (2F) 10:00 Men's Club: Country Ride (OOB) 10:30 Simple Grace Devotions (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (1F) 7:00 Wheel Of Fortune (1F)
5 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Holy Humor: <i>Igniting A Man & A Woman</i> (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Memorial Service (DR) 3:00 Fellowship Hour (DR) 6:00 Music And Mindful Colors (2F)	6 9:30: Target Legs Exercise (2F) 10:00 The Hidden Meaning Of Purim (2F) 10:30 Taste Testing of Hamantashen Pastries A Purim Tradition (2F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 4:00 Confident Cruisers (HW) 6:00 Card Club: Phase 10 (2F)	7 9:30 Balance In Action By Kari, Powerback Rehab (2F) 10:15 Circle Of Friends (1F) 11:00 Mother Teresa Program EWNT 49 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 TLC Time With Bella Our Comfort Dog (2F) 6:00 Game Night: UNO (2F)	8 9:30 Move2Music (2F) 10:30 Ed-U Wellness Presentation: <i>Better Sleep Habits</i> By DOW Kortnee Wagner (2F) 12:00 Shopping Excursion: Walmart **\$\$ (OOB) 2:30 Card Club: Euchre (1F) 6:00 Mixed Drinks & Music Social (2F)	9 9:30 Light Hand Weights Exercise (2F) 10:00 Who Am I? Mystery Person (2F) 10:30 Daily Briefs & Discuss (2F) 10:30 Market Run: Boyer's **\$\$ (OOB) 11:30 Diner's Caravan: Red Lion **\$\$ (OOB) 4:00 Holy Rosary EWTN 49 6:00 Domino Team (2F)	10 9:30 Light Hand Weights (2F) 10:00 Never Alone Support Group (2F) 10:30 Join The Prayer Chain (2F) 11:00 Brain Games Bible: In The Beginning (2F) 2:00 Film Fest: <i>The Quiet Man</i> (2F) 3:00 Popcorn And Soda Cart (2F) 6:00 Domino Team (1F)	11 9:30 Gentle Moves (2F) 10:00 March Fact Or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (1F) 7:00 Wheel Of Fortune (1F)
12 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Holy Humor: <i>The Kingdom Of God Is A Party!</i> (2F) 12:00 Wine & Dine (DR) 1:30 Scenic Country Ride (OOB) 2:30 iN2L: Catholic Service (2F) 3:30 iN2L: Methodist Service (2F) 6:00 Music And Mindful Colors (2F) Daylight Savings	13 9:30: Target Legs Exercise (2F) 10:00 iN2L Travel Ireland Attractions: <i>The Cliffs Of Moher</i> (2F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 4:00 Confident Cruisers (HW) 6:00 Card Club: Phase 10 (2F)	14 9:30 Target Balance Exercise (2F) 10:00 World Briefs& Discuss (2F) 10:15 Circle Of Friends (1F) 11:00 Mother Teresa Program EWNT 49 1:30 Service In Action: Making Shamrock Shakes For Co-Workers (2F) 3:00 Resident & Co-Worker Game Of Head Bands (2F) 6:00 Game Night: UNO (2F)	15 9:30 Move2Music (2F) 10:00 Daily Briefs & Discuss (2F) 10:30 You Tube & You: <i>The Beware The Ides Of March</i> (2F) 2:00 Ed-U Presentation: <i>History of Irish Folklore and Music</i> By The O'Henrys Musical Historians (DR) 3:30 Confident Cruisers (HW) 6:00 Mixed Drinks & Music Social (2F)	16 9:30 Light Hand Weights Exercise (2F) 10:00 Reminisce 1940's: Heroes (2F) 10:30 Market Run: Boyer's **\$\$ (OOB) 1:30 Helping Hands: Set Up For Scavenger Hunt (HW) 2:00 Leprechauns On The Loose Scavenger Hunt (HW) 4:00 Holy Rosary EWTN 49 6:00 Domino Team (2F)	17 9:30 Light Hand Weights (2F) 10:00 Ted Talk: <i>The Irish Language And Beauty</i> By Donallo Healai, Dublin Film Actor (2F) 10:30 Opinion & Discuss (2F) 11:00 Junk Drawer Detectives Puzzle (2F) 2:00 iN2L: Tour of Ireland (2F) 3:00 Leprechaun Mimosas Cocktails (2F) 6:00 Domino Team (1F) St. Patrick's Day	18 9:30 Gentle Moves (2F) 10:00 March Fact Or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (1F) 7:00 Wheel Of Fortune (1F)
19 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Holy Humor: <i>A Prayer For Holy Joy</i> (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Service (DR) 3:00 Fellowship Hour (DR) 6:00 Music And Mindful Colors (2F)	20 9:30: Target Legs Exercise (2F) 10:00 iN2L Travel Ireland Attractions: <i>Grafton Street, Dublin</i> (2F) 1:30 Manicures (2F) 3:00 Ed-U Presentation: <i>Modern Crafting Technologies</i> By Bev Spitter (2F) 4:00 Confident Cruisers (HW) 6:00 Card Club: Phase 10 (2F)	21 9:30 Target Balance Exercise (2F) 10:00 iN2L: Have You Ever?(2F) 10:15 Circle Of Friends (1F) 11:00 Mother Teresa Program EWNT 49 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 TLC Time With Bella Our Comfort Dog (2F) 6:00 Game Night: UNO (2F)	22 9:30 Move2Music (2F) 10:00 Observing Ramadan: Traditions Of Faith (2F) 1:30 Helping Hands: Set Up Team (2F) 2:00 Spring Tea Party: Yellow Roses And Mimosa Cocktails (2F) 3:30 Confident Cruisers (HW) 6:00 Mixed Drinks & Music Social (2F)	23 9:30 Light Hand Weights Exercise (2F) 10:00 Reminisce 1940's: Fashion (2F) 10:30 Market Run: Boyer's **\$\$ (OOB) 11:00 Diner's Caravan & Shopping: Hosses And Dollar Store **\$\$ (OOB) 3:00 Jigsaw Puzzle Team (2F) 4:00 Holy Rosary EWTN 49 6:00 Domino Team (2F)	24 9:30 Light Hand Weights (2F) 10:00 Feel Good Stories You'll Want To Hear (2F) 10:30 Opinion & Discuss (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Film Fest: <i>Waking Ned Devine</i> (2F) 3:00 Popcorn And Soda Cart (2F) 6:00 Domino Team (1F)	25 9:30 Gentle Moves (2F) 10:00 March Fact Or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (1F) 7:00 Wheel Of Fortune (1F)
26 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Holy Humor: <i>The Gift</i> (2F) 12:00 Wine & Dine (DR) 1:30 Scenic Country Ride (OOB) 2:30 iN2L: Catholic Service (2F) 3:30 iN2L: Methodist Service (2F) 6:00 Music And Mindful Colors (2F)	27 9:30: Target Legs Exercise (2F) 10:00 iN2L Travel Ireland Attractions: <i>Killamey National Park</i> (2F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 4:00 Confident Cruisers (HW) 6:00 Card Club: Phase 10 (2F)	28 9:30 Target Balance Exercise (2F) 10:00 World Briefs & Discuss (2F) 10:15 Circle Of Friends (1F) 11:00 Mother Teresa Program EWNT 49 2:00 Grateful Drumming With Joe (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 TLC Time With Bella Our Comfort Dog (2F) 6:00 Game Night: UNO (2F)	29 9:30 Move2Music (2F) 10:00 Bible Jeopardy (2F) 2:00 Ed-U Presentation: <i>Educating And Socializing Children At Home</i> By Aubree Graver, Schuylkill & Berks Homeschool Chapter Member (2F) 3:30 Confident Cruisers (HW) 6:00 Mixed Drinks & Music Social (2F)	30 9:30 Move2Music (2F) 10:00 Daily Briefs & Discuss (2F) 10:30 Who Am I? Mystery Person (2F) 12:00 Ed-U Historic Museum Tour: <i>"Fighters Heaven"</i> The Most Famous Boxing Training Camp Ever Built **\$\$ (OOB) 3:30 Confident Cruisers (HW) 6:00 Mixed Drinks & Music Social (2F)	31 9:30 Light Hand Weights (2F) 10:00 World Briefs & Discuss (2F) 10:00 Joggin' Your Noggin' Trivia (2F) 11:00 Confident Cruisers (HW) 2:00 Ed-U Presentation: <i>Joyful Moments</i> By Celeste Bailey, Health And Fitness Educator (2F) 3:00 Hydration Station: Vitamin Water (2F) 6:00 Domino Team (1F)	<h1>March</h1> <h1>2023</h1>