

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

Joan Koehler
Sue Wartella
Barbara Arnold
Anita Fisher
Raymond Lavenberg
Kathleen Scheider
Joan Snyder
Yvonne Wiscount
Ethel LaBouf
Richard Harvey

Patricia Grace
Helen Reigel
Ruth Borkowski
Helen Barnes
Alberta Spina



Providence Place SENIOR LIVING News

Q1: March 2023

A Note from the Executive Director

Happy New Year! 2023 is going to be a new year with a fresh new start. I hope everyone had a wonderful holiday season. We had such a great time here at our community for the holidays and look forward to some great winter fun also. Please see our calendar highlights and join us in our community.

Everyone in the community (residents, team members and family members) had a great time at our 2nd Annual Super Dipper Bowl. The game & food were great fun – check out some of the pictures on our Facebook page or the Signera board.

We will be hosting our Easter Bunny Brunch on Saturday, March 25th – keep an eye out for more details in the coming days to reserve your spot for this festive, family-friendly event!

All the best,
Melissa Melnick
Executive Director

Highlighted Events

- 8 – **PA Wildlife with Porcupine Pat**
@ 2pm
- 22 – **The Molly Maguires:** Schuylkill Historical Society @ 2pm
- 25 – **Easter Bunny Brunch**
@ 10:30am & 12:00pm
Families welcome – call reception to reserve!
- 30 – **Dementia Support Group**
@ 6pm

Welcome New Residents

Cheryle K.
Mark H.
Elene W.
Marjorie C.
Clair S.
Anna Mae B.
Gerald M.
Ellen B.
Parker B.



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 Third Floor South Lounge (3FSL) Activity Room (A) Connections (CN) Throughout Building (TB) Lobby (L) Pub (P) Chapel (CH) Out of Building (OOB) Community Life (CL)	<h1>THE Club</h1>		1 9:00 Coffee, Donuts, & Discussion (P) 9:30 Morning Meeting & Chronicle (A) 10:30 Lite & Lively (A) 11:00 Reading Republican & Menu (L) 1:30 Yoga with Michele (CN) 2:30 Art Expressions w/ Kim (CN) 3:00 Reminiscing with Friends (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)	2 9:00 Morning Fitness (A) 9:30 Morning Meeting & Chronicle (A) 10:00 Xbox Bowling (A) 11:00 Reading Republican & Menu (L) 1:30 Irish River Dance (A) 2:00 Name Game (A) 3:00 Artist In Depth: Paul Henry (A) 3:30 Hydration & Humor (A) 4:00 Walk for Heart Health (TB) 7:00 Gospel Singers (CH)	3 9:00 Morning Fitness (A) 9:30 Morning Meeting & Chronicle (A) 10:00 Easy Listening (A) 10:30 Curls for Girls**(3FSL) 11:00 Reading Republican & Menu (L) 1:30 Zumba with Michele (P) 2:45 Prayer & Reflect (CH) 3:00 Stations of the Cross (CH) 4:00 Walk for Heart Health (TB)	4 9:00 Morning Meeting & Chronicle (P) 9:30 Morning Fitness (P) 10:00 Bean Bag Toss (P) 11:00 Reading Republican & Menu (L) 1:30 Creative Expressions (CN) 2:00 Bingo (CN) 3:00 Puzzles & Ponderings (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)
5 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:00 Culinary Creations: Fruit Parfaits (CN) 2:00 Can You Picture This? (CN) 3:00 Junk Drawer Detective (CN) 3:30 It's Polka Time (CN) 4:00 Walk for Heart Health (TB)	6 9:00 Brain Games (ML) 9:30 Morning Meeting & Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Reminiscing w/ Music (A) 2:30 Cranium Crunches (CH) 3:00 Divine Mercy (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)	7 9:00 Morning Fitness (A) 9:30 Morning Meeting & Chronicle (A) 10:00 Culinary Creations: Brownies (A) 11:00 Reading Republican & Menu (L) 12:00 Souper Tuesday Luncheon Irish Colcannon Soup**(A) 1:00 Limericks (CN) 2:00 Craft: Shamrock Suncatchers (CN) 3:00 Puzzles & Ponderings (CN) 4:00 Walk for Heart Health (TB)	8 9:00 Coffee, Donuts, & Discussion (A) 9:30 Morning Meeting & Chronicle (A) 10:00 Protestant Worship Service (CH) 11:00 Reading Republican & Menu (L) 1:30 Yoga with Michele (CN) 2:30 Pet Visit w/ Chloe (CN) 3:00 Achievements of Women Social (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)	9 9:00 Morning Fitness (A) 9:30 Morning Meeting & Chronicle (A) 10:00 Barbie Through the Ages (A) 11:00 Reading Republican & Menu (L) 1:30 Memory Magic (P) 2:30 "Shut the Box" Dice Game (P) 3:00 Providence Place Pet Visit (P) 3:30 Hydration & Humor (P) 4:00 Walk for Heart Health (TB) 6:00 Bingo (P)	10 9:00 Morning Fitness (A) 9:30 Morning Meeting & Chronicle (A) 10:15 Life Happens Support Group (CH) 10:30 TED Talk: Let's Change the Way We Think About Old Age (P) 11:00 Reading Republican & Menu (L) 1:30 Zumba w/ Michele (P) 3:00 Stations of the Cross(CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (FL)	11 9:00 Morning Meeting & Chronicle (P) 9:30 Morning Fitness (P) 10:00 (P) 11:00 Reading Republican & Menu (L) 1:30 Craft: Pot of Gold (CN) 2:00 Mocktails & Munchies (CN) 3:00 iN2L: Family Feud (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)
12 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:30 iN2L: Ballroom Dance (CN) 2:30 Hydration Station (CN) 3:00 Games Galore (CN) 4:00 Walk for Heart Health (TB) Daylight Savings	13 9:00 Morning Fitness (P) 9:30 Morning Meeting & Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Gratitude Committee (P) 2:00 Providence Place Hand Bell Players (P) 3:00 Divine Mercy (CH) 4:00 Walk for Heart Health (TB)	14 9:00 Morning Fitness (A) 9:30 Morning Meeting & Chronicle (A) 10:30 Keep Kicking Kickball (P) 11:00 Reading Republican & Menu (L) 1:00 Country Ride for Soft Pretzels**(OOB) 1:00 P2 Foodies: Making Irish Soda Bread & Whiskey Cake 2:00 -4:00 Manicures & Mimosas** (A) 4:00 Walk for Heart Health (TB)	15 9:00 Coffee, Donuts, & Discussion (A) 9:30 Morning Meeting & Chronicle (A) 10:00 Ed-U Presentation: Irish History w/ Jay Smar 11:00 Reading Republican & Menu (L) 1:30 Yoga with Michele (CN) 2:30 Hydration Station (CN) 3:00 iN2L: American Bandstand (CN) 4:00 Walk for Heart Health (TB)	16 9:00 Morning Fitness (A) 9:30 Morning Meeting & Chronicle (A) 10:30 Balance in Action w/ Powerback Rehab (P) 11:00 Reading Republican & Menu (L) 2:00 Drum Circle w/ Joe (P) 3:00 Craft: Basket Weaving (A) 3:30 Hydration & Humor (A) 4:00 Walk for Heart Health (TB)	17 9:00 Morning Fitness (A) 9:30 Morning Meeting & Chronicle (A) 10:00 Easy Listening (A) 10:30 Curls for Girls**(3FSL) 11:00 Reading Republican & Menu (L) 1:30 Zumba with Michele (P) 2:45 Prayer & Reflect (CH) 3:00 Stations of the Cross (CH) 3:00 St. Patrick's Day Social Hour (P) St. Patrick's Day	18 9:00 Morning Meeting & Daily Chronicle (P) 9:30 Morning Fitness (P) 10:00 Wall Memory (P) 11:00 Reading Republican & Menu (L) 1:30 Bingo (CN) 2:30 Happy Hour (CN) 3:00 Games Galore (CN) 4:00 Walk for Heart Health (TB)
19 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:30 Craft: HELLO SPRING Sign (CN) 2:00 Can You Picture This? (CN) 3:00 It's Polka Time (CN) 4:00 Walk for Heart Health (TB)	20 9:00 Word Within a Word (ML) 9:30 Morning Meeting & Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Reminiscing with Music (A) 2:00 Double Exposure (A) 3:00 Divine Mercy (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)	21 9:00 Morning Fitness (A) 9:30 Morning Meeting & Chronicle (A) 10:00 Culinary Creations: Meat Roll-Ups (A) 12:00 Souper Tuesday Luncheon Irish Stew**(A) 1:30 World Forest Day Trivia & Social (CN) 2:00 Craft: Tree Time (CN) 3:00 Puzzles & Ponderings (CN) 4:00 Walk for Heart Health (TB)	22 9:00 Coffee, Donuts, & Discussion (A) 9:30 Morning Meeting & Chronicle (A) 10:30 Protestant Worship Service (CH) 11:00 Reading Republican & Menu (L) 1:30 Finish My Lyric (P) 2:00 Ed-U Presentation: The Molly Maguires by the Sch. Co. Historical Society 3:00 Color My World Social Hour (P) 4:00 Walk for Heart Health (TB)	23 9:00 Morning Fitness (A) 9:30 Morning Meeting & Chronicle (A) 10:00 UNO (A) 11:00 Reading Republican & Menu (L) 1:30 Appreciation Club: Reception (L) 2:00 Ed-U Wellness: Better Sleep Habits w/ Brittany Gaffney ,L.P.N., DOW (P) 3:00 Craft: Irish Coaster Creating (A) 4:00 Walk for Heart Health (TB) 6:00 Bingo	24 9:00 Morning Fitness (A) 9:30 Morning Meeting & Chronicle (A) 10:00 Hand Massages (A) 10:30 Meditation for a Healthy Mind (A) 11:00 Reading Republican & Menu (L) 1:30 Zumba with Michele (P) 2:45 Prayer & Reflect (CH) 3:00 Stations of the Cross (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (FL)	25 9:00 Morning Meeting & Chronicle (A) 9:30 Morning Fitness (A) 10:00 Xbox Bowling (A) 11:00 Reading Republican & Menu (L) 1:00 Easter Egg Hunt(CN) 2:00 Puzzles & Ponderings (CN) 3:00 Cornhole Toss (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)
26 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:30 Creative Expressions (CN) 2:00 Happy Hour (CN) 3:00 Games Galore(CN) 4:00 Walk for Heart Health (TB)	27 9:00 Mind Joggers (P) 9:30 Morning Meeting & Chronicle (P) 10:30 Yoga with Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Picture Detective (P) 2:00 Providence Place Hand Bell Players (P) 3:00 Divine Mercy (CH) 4:00 Walk for Heart Health (TB)	28 9:00 Morning Fitness (A) 9:30 Morning Meeting & Chronicle (A) 10:00 Culinary Creations: Marmalade & Cream Cheese Ball (A) 11:00 Reading Republican & Menu (L) 1:00 Country Ride for Ice Cream**(OOB) 3:00 Corn Hole Toss (CN) 4:00 Walk for Heart Health (TB) 6:00 Bingo (P)	29 9:00 Coffee, Donuts, & Discussion (A) 9:30 Morning Meeting & Chronicle (A) 10:30 Motown Seated Workout (P) 11:00 Reading Republican & Menu (L) 2:00 Musical Entertainment: John Bauer (P) 3:00 Welcome Social (P) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)	30 9:00 Morning Fitness (A) 9:30 Morning Meeting & Chronicle (A) 10:00 UNO (A) 11:00 Reading Republican & Menu (L) 1:30 Wall Scrabble (P) 2:30 Finish My Line(P) 3:00 Creative Corner w/ CL (P) 3:30 Hydration & Humor (P) 5:00 Resident Birthday Party (P)	31 9:00 Morning Fitness (A) 9:30 Morning Meeting & Chronicle (A) 10:00 Easy Listening (A) 10:30 Curls for Curls**(3FSL) 11:00 Reading Republican & Menu (L) 1:30 Zumba with Michele (P) 2:45 Prayer & Reflect (CH) 3:00 Stations of the Cross (CH) 4:00 Walk for Heart Health (TB)	<h1>March</h1> <h1>2023</h1>