

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



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



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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar Key: ** Registration Required \$\$ Cost Involved A Activity Room P Pub CH Chapel DR Dining Room ML Main Lobby OOB Out of Building 3FSL Third Floor South Lounge			1 9:00 Coffee, Donuts, & Current Events (P) 10:30 Lite & Lively (P) 1:00 P ² Foodies: Chocolate Mincemeat Bars (A) 2:00 Acrylic Paint Class with Shannon **(A) 3:00 Pea-Nutty Social Hour (P)	2 9:00 Walking Warriors (ML) 10:30 Errand Run: Banks & Post Office **\$(OOB) 1:00 Shopping Trip: Walmart **\$(OOB) 2:00 Community Life Planning Meeting (P) 3:00 Artist In Depth: Paul Henry (A) 7:00 Gospel Singers (CH)	3 9:00 Green Thumbs: Tending to our Plants (TB) 10:15 Life Happens Support Group (CH) 10:30 Curls for Girls **(3FSL) 1:30 Seated Zumba with Michele (P) 3:00 Stations of the Cross (CH) 3:00 5 O'clock Somewhere Social Hour (P)	4 9:00 Brain Games: Fact or Fiction (ML) 10:00 Bean Bag Toss (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$(P) 3:00 Vagabond Traveler's: Touring the Jameson Whiskey Distillery with an Irish Coffee (P)
5 9:00 Hymn Sing-A-Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>Leap Year</i> (P) 3:00 Rosary (CH) 3:30 Bible Study (A)	6 9:00 Brain Games: Gaelic 101 (ML) 10:30 Yoga with Michele (P) 1:30 Sunshine Committee (P) 2:00 Providence Place Choir (P) 3:00 Divine Mercy (CH) 3:30 Ring Toss (A)	7 9:00 Walking Warriors (ML) 10:30 Balloon Volleyball (P) 11:00 P ² Foodies: Prepping for Luncheon (A) 12:00 Souper Tuesday Luncheon: Irish Colcannon Soup **(A) 2:00 Dining Committee Meeting (DR) 2:00-4:00 Manicures & Mimosas **(A) 6:00 Nickel Bingo \$(P)	8 9:00 Coffee, Donuts, & Current Events (P) 10:00 Protestant Worship Service (CH) 10:30 Strength Training (P) 1:00 Auto Racing (P) 2:00 Ed-U Presentation: PA Wildlife by Porcupine Pat of the PA Conservation District (P) 3:00 Popping Popcorn Social (P)	9 9:00 Brain Games: Alphabet Game (ML) 1:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 2:00 Card Games with Community Life: UNO (P) 3:00 Providence Place Pet Visit (P) 6:00 Prize Bingo (P)	10 9:00 Green Thumbs: Tending to our Plants (TB) 10:15 Life Happens Support Group (CH) 10:30 TED Talk: <i>Let's Change the Way We Think About Old Age</i> , Zaria Gorvett Science Writer (P) 1:30 Seated Zumba with Michele (P) 3:00 Stations of the Cross (CH) 3:00 5 O'clock Somewhere Social Hour (P)	11 9:00 Walking Warriors (ML) 10:00 Board Games with Community Life: Scattergories (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$(P) 3:00 Vagabond Traveler's: Guided Tour of Great Irish Castles with Irish Tea & Scones (P)
12 9:00 Hymn Sing-A-Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>The Wonder</i> (P) 3:00 Rosary (CH) 3:30 Bible Study (A) Daylight Savings	13 9:00 Walking Warriors (ML) 10:30 Yoga with Michele (P) 1:30 Gratitude Committee (P) 2:00 Providence Place Hand Bell Players (P) 3:00 Divine Mercy (CH) 3:30 XBOX Bowling (A)	14 9:00 Brain Games: Word Play (ML) 10:30 Keep Kicking Kickball (P) 1:00 P ² Foodies: Making Irish Soda Bread & Whiskey Cake (A) 2:00-4:00 Manicures & Mimosas **(A) 6:00 Nickel Bingo \$(P)	15 9:00 Coffee, Donuts, & Current Events (P) 10:00 Ed-U Presentation: Irish History with Jay Smar (P) 1:00 Horse Racing (P) 2:00 Fireside Chats with Management (P) 3:00 Barbie & Ken Social Hour (P)	16 9:00 Walking Warriors (ML) 10:30 Balance in Action with Powerback Rehab. (P) 11:00 Diner's Caravan: **\$(OOB) 2:00 Drum Circle with Joe (P) 3:00 Craft Corner: Basket Weaving (A) 6:00 Prize Bingo (P)	17 9:00 Green Thumbs: Tending to our Plants (TB) 10:15 Life Happens Support Group (CH) 10:30 Curls for Girls **(3FSL) 1:30 Seated Zumba with Michele (P) 3:00 St. Patrick's Day Social Hour (P) 3:00 Stations of the Cross (CH) St. Patrick's Day	18 9:00 Brain Games: March Trivia (ML) 10:00 Wall Memory (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$(P) 3:00 Vagabond Traveler's: Touring Dublin with Irish Soda Bread and Tea (P)
19 9:00 Hymn Sing-A-Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>The Irishman</i> (P) 3:00 Rosary (CH) 3:30 Bible Study (A)	20 9:00 Brain Games: Word Within a Word (ML) 10:30 Yoga with Michele (P) 1:30 Men's Club Meeting (P) 2:00 Providence Place Choir (P) 3:00 Divine Mercy (CH) 3:30 Cornhole (A)	21 9:00 Walking Warriors (ML) 10:30 Balloon Tennis (P) 11:00 P ² Foodies: Prepping for Luncheon (A) 12:00 Souper Tuesday Luncheon: Irish Stew **(A) 2:00-4:00 Spring Spa Hand Treatment **(A) 6:00 Nickel Bingo \$(P)	22 9:00 Coffee, Donuts, & Current Events (P) 10:00 Protestant Worship Service (CH) 10:30 Gentle Stretching (P) 1:00 Penny Pitching (P) 2:00 Ed-U Presentation: The Molly Maguires by The Schuylkill County Historical Society (P) 3:00 Color My World Social Hour (P)	23 9:00 Brain Games: Word Within a Word (ML) 11:00 Day Excursion: Hollywood Casino **\$(OOB) 2:00 Ed-U Wellness: Better Sleep Habits with Brittany Gaffney, L.P.N, DOW 3:00 Craft Corner: Irish Coaster Creating (A) 6:00 Prize Bingo (P)	24 9:00 Green Thumbs: Tending to our Plants (TB) 10:15 Life Happens Support Group (CH) 10:30 TED Talk: <i>Surprising Science of Happiness</i> , Dan Gilbert, Author (P) 1:30 Seated Zumba with Michele (P) 3:00 Stations of the Cross (CH) 3:00 5 O'clock Somewhere Social Hour (P)	25 9:00 Walking Warriors (ML) 10:00 XBOX Bowling (A) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$(P) 3:00 Vagabond Traveler's: Tour of the Original Guinness Brewery with a Tasting (P)
26 9:00 Hymn Sing-A-Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>The Siege of Jadotville</i> (P) 3:00 Rosary (CH) 3:30 Bible Study (A)	27 9:00 Walking Warriors (ML) 10:30 Yoga with Michele (P) 1:00 Men's Club Outing **(OOB) 2:00 Providence Place Hand Bell Players (P) 3:00 Divine Mercy (CH) 3:30 Card Games with Community Life: Twenty-five (P)	28 9:00 Brain Games: Name 5 (ML) 10:30 Snowball Toss (P) 1:00 P ² Foodies: Finishing the Whiskey Cake (A) 2:00-4:00 Manicures & Mimosas **(A) 6:00 Nickel Bingo \$(P)	29 9:00 Coffee, Donuts, & Current Events (P) 10:30 Silver Sneakers @ Motown Seated Workout (P) 1:00 Punch for a Prize (P) 2:00 Musical Entertainment: John Bauer (P) 3:00 Welcome Social (P)	30 9:00 Walking Warriors (ML) 10:00 Providence Place Pet Visit (P) 1:00 Wall Scrabble (P) 2:00 Ed-U Excursion: Irish Settlements & Landmarks of Schuylkill County **(OOB) 3:00 Creative Corner with Community Life (P) 5:00 Resident Birthday Dinner (P)	31 9:00 Green Thumbs: Tending to our Plants (TB) 10:15 Life Happens Support Group (CH) 10:30 Curls for Girls **(3FSL) 1:30 Seated Zumba with Michele (P) 3:00 Stations of the Cross (CH) 3:00 5 O'clock Somewhere Social Hour (P)	<h1>March</h1> <h1>2023</h1>