



★ FEBRUARY ★ AMERICAN HEART MONTH



Providence Place SENIOR LIVING News

Q1: February 2025



A Note from the Executive Director

The Oxford dictionary defines resolution as a firm decision to do or not to do something. Choosing to make a New Year's resolution is a personal decision that can be either simple or complex. Have you set any goals for 2025?

Some common resolutions have to do with health or exercise, but others could include starting a gratitude journal, becoming more mindful, eating more vegetables, trying new foods or new activities. Here at Providence Place we want to help you reach your goals!

Be sure to check out the Community Life events offered and get involved. Perhaps your goal is to join the art class, participate in more exercise programs or help welcome new neighbors.

We are blessed with many wonderful resident volunteers who were recognized last month at a social gathering. Thank you to all our wonderful residents, families and coworkers who help to make Chambersburg Providence Place such an amazing community.

Please keep your eyes out for your annual tax letter in the monthly billings - if you have any questions, please connect with our office manager.

Wishing you all a happy and healthy 2025!

Holly Townsend
Executive Director

 Chambersburg | 2085 Wayne Road | Chambersburg, PA 17202 | 717-709-0668

Highlighted Events

- 12 - **Dementia Support Group**
@ 6pm - *Connections*
- 14 - **Valentine's Day Dinner**
Entertainment with Guest Take Two
- 16 - **Luhrs Center Outing:**
Canine Stars @ 12pm
- 23 - **Land of Oz Special Event**
Wicked + Lunch @ 10am
- 26 - **Variety Talent Show**
@ 2pm

Resident Birthdays

February

- 7 - Margaret Lawson
- 8 - Madeline Cornelius
- 10 - Phyllis Goetz
- 13 - E. Mae Dagenhart
- 16 - I. Grace Barnes
- 16 - Faye Nicarry
- 21 - Irene Dunkin
- 28 - Patricia Piper
- 28 - Nila Casbohm
- 29 - Theresa Westergren

March

- 1 - Martha Swink
- 7 - Ruth Springer
- 7 - Donna Gotshall
- 12 - Mary Fisher
- 15 - Virginia Stouffer
- 19 - Faye Cramer
- 25 - Wilma Whetstone
- 31 - Sarah Baker



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
<h1>February</h1> <h1>2025</h1>				<h1>THE</h1> <h1>Club</h1>		1 9:00 Morning Meeting & Sunrise Zen (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 10:00 TV Sitcom Comedy Hour: Resident's Choice (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Card Connect: Uno (3A) 3:00 Hydration and Finishing the Lines (BL) 6:00 Card Club: Rummy (2A)
2	3	4	5	6	7	8
9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Teamwork Toss: Ski Ball (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Planet Earth Trivia (3A) 6:00 Resident Run Pinochle (3A)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Imagery Fitness (3A) 2:00 Prize Bingo (3A) 3:00 Curious Minds: <i>The Great Migration- How 6 Million African Americans Escaped Jim Crow</i> (3A) 6:00 Resident Run Blitz (2A)	9:00 Morning Meeting Flex & Stretch (3A) 10:00 Helping Hands: Folding Towels (3A) 10:30 Funny Little Valentine Cards for Our Friends (3A) 1:45 Craft with Connections: Love Bug Clay Pots (CN) 2:30 Sip and Taste (CN) 3:00 Art Project: Crinkled Heart (3A) 6:00 Resident Run Rummikub (2A) 6:00 Wii Bowling for Beginners (3E)	9:00 Morning Meeting & Fitness Flow (2A) 10:00 Shopping Trip: Walmart \$\$ (OOB) 10:00 Brain Games (3A) 1:15 Day Excursion: McDonalds Sundaes (OOB) 2:00 First to 25 Game with Friends (CN) 3:00 Jeopardy Trivia (3A) 6:00 Wednesday Winddown at the Fireplace (BL)	9:00 Morning Meeting Flex & Stretch (3A) 10:00 Working with Letters (3A) 1:45 Kitchen Creations: Fruity OJ Refresher with Snack (CN) 2:30 Citrus Splash Soirée (CN) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)	9:00 Morning Meeting & Fitness Flow (2A) 10:00 Providence Place Chambersburg Antique Road Show (2A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Reader's Theater: <i>My Valentine</i> (3A) 3:00 Aromatherapy and Nails (3A) 6:00 Movie Night & Popcorn: <i>Apollo 13</i> (3A)	9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Linda's Movie Matinee: <i>Spartacus</i> (3A) 2:00 Dot to Dot (P) 3:00 Card Club: Uno (3A) 6:00 Card Club: Rummy (2A)
9	10	11	12	13	14	15
9:00 Morning Meeting and Inspirations (3A) 10:00 Teamwork Toss: Balloon Ball (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Po-Ke-No (3A) 6:00 Resident Run Pinochle (3A) 6:30 Superbowl LIV (P)	9:00 Morning Meeting & Fitness Flow (2A) 9:30 Daily Chronicle and Discussion (2A) 10:00 Prize Bingo (2A) 1:30 Imagery Fitness (3A) 2:00 Woodcrafts with Amber (CN) 3:00 Curious Minds: <i>Shakespeare - The Greatest Playwright in History Part 1</i> (3A) 6:00 Resident Run Blitz (2A)	9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 10:30 Brain Fitness Worksheets (3A) 11:30 Pizza Party Luncheon (3A) 1:45 Craft with Connections: Bee Mine Valentine (CN) 3:00 Valentine Candygram to Nursing (3A) 6:00 Wii Bowling for Beginners (3E)	9:00 Morning Meeting & Fitness Flow (2A) 10:00 Shopping Trip: Giant \$\$ (OOB) 10:00 Dinning Committee Meeting (2A) 1:15 Day Excursion: Wednesday Windy Knolls OOB) 2:00 Team Spelling Bee with Friends (CN) 3:00 Black History Bingo (3A) 6:00 Dementia Care Partner Support Group (CN) 6:00 Resident Run Sequence (2A)	9:00 Yoga with Beth (3E) 9:00 Morning Meeting Flex & Stretch (3A) 10:00 Working with Words (3A) 1:45 Kitchen Creations: Strawberries and Snickers Sticks (CN) 2:30 Cupid's Berry Bash (CN) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)	Valentine's Day 9:00 Morning Meeting & Fitness Flow (2A) 10:00 Ed-U Wellness with Bayada Home Healthcare (2A) 1:00 Walk and Stroll Mail Check (MR) 2:00 Entertainment Featuring Rock N Roll Tom Shultz (CN) 3:00 Sweet Treats with Sweeter Friends (P) 6:00 Movie Night & Popcorn: <i>Surprised by Love</i> (3A)	9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 10:00 TV Sitcom Comedy Hour: Resident's Choice (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Card Connect: Uno (3A) 3:00 Hydration and Finishing Words (3A) 6:00 Card Club: Rummy (2A)
16	17	18	19	20	21	22
9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Teamwork Toss: Horseshoes (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Karaoke with Chester (3A) 6:00 Resident Run Pinochle (3A)	Presidents' Day 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Presidents' Day Guess a Letter (3A) 1:30 Imagery Fitness (3A) 2:00 Prize Bingo (3A) 3:00 Curious Minds: <i>George Washington America's First President and Birth of A Nation</i> (3A) 6:00 Resident Run Blitz (2A)	9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 10:30 Junk Drawer Detective (3A) 1:15 Day Excursion: Country Bus Ride (OOB) 2:00 Snowbird Winter-scape Painting (CN) 3:00 Book Club: <i>Preloved Perfection</i> (3A) 6:00 Resident Run Rummikub (2A) 6:00 Wii Bowling for Beginners (3E)	9:00 Morning Meeting & Fitness Flow (3A) 10:00 Shopping Trip: Dollar Tree \$\$ (OOB) 10:00 Resident Calendar Meeting (3A) 1:30 Blood Pressure Clinic (2A) 2:00 Community Meeting with Department Managers (2A) 3:00 February Trivia (3A) 6:00 Wednesday Winddown at the Fireplace (BL)	9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Puzzles & Ponderings (3A) 1:45 Kitchen Creation: Banana Yogurt Pops (CN) 2:30 Frosty February Banana Party (CN) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Can You Picture This? (3A) 3:00 Fact or Fiction with Italian Wraps (P) 6:00 Movie Night & Popcorn: <i>Anger Management</i> (3A)	9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Card Connect: Uno (3A) 3:00 Hydration and Finishing Lyrics (3A) 6:00 Card Club: Rummy (2A)
23	24	25	26	27	28	
9:00 Morning Meeting and Inspirations (3A) 10:00 Land of OZ Special Event: Exclusive Wicked Showing **(3A) (Lunch Included) 10:00 Communion with Corpus Christi Church (2A) 2:00 Worship Service (2A) 3:00 Game Club: Matching Dominoes (3A) 6:00 Resident Run Pinochle (3A)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Prize Memory Magic (3A) 1:30 Imagery Fitness (3A) 2:00 Prize Bingo (3A) 3:00 Curious Minds: <i>Cat Tales</i> (3A) 6:00 Resident Run Blitz (2A)	9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 10:30 Concentration Puzzles (3A) 1:45 Fun and Furry Cross Stitch (CN) 2:30 Sip and Taste (CN) 3:00 Men's Club: Chew On This! (3A) 6:00 Resident Run Rummikub (2A) 6:00 Wii Bowling for Beginners (3E)	9:00 Morning Meeting & Fitness Flow (3A) 10:00 Shopping Trip: TJ Max \$\$ (OOB) 10:00 A-Mazing Worksheets (3A) 1:15 Day Excursion: Kennys (OOB) 2:00 Talent Show (CN) 3:00 Opposite Word Stickman (3A) 6:30 Gospel Hymns with Spring Valley Mennonite Church (2A)	9:00 Yoga with Beth (3E) 9:30 Daily Chronicle and Discussion (3A) 10:00 Cranium Crunches (3A) 1:45 Dirt Cup Pudding Cups for Piggy Social (CN) 2:30 Snack and Hydration Hangout (CN) 3:00 Mid Week Worship Service (CN) 6:00 Valentine Show Featuring Shayne Carmack (2A)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic(3A) 1:00 Walk and Stroll Mail Check (MR) 2:00 Tree Family Piggies (CN) 3:00 Piggy Pig Social (CN) 6:00 Movie Night & Popcorn: <i>A Beautiful Mind</i> (3A)	
						Calendar Key: Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY) Connections (CN) Picnic Tables (PT) ** Registration Required \$\$ Cost Involved