

ADDITIONAL ACTIVITIES

Dessert and Design - January 23rd 6:30pm

Create memories and a masterpiece while we eat dessert and fellowship during this guided painting party.

AL-1 \$\$

Escape Room - February

Join us for this fun group event where we will test our problem solving, lateral thinking, and teamwork skills during this escape game.

(Date and Time TBD)

AL-2/3 \$\$

Mission Dinner at Thai House - March

Hear about the recent mission trip to Thailand and our partnership with Love Church Rayong while enjoying some delicious Thai food. (Date and Time TBD)

AL-1 \$\$

SPECIAL EVENTS

Monday Mall Walkers

Every Monday at 9am Walkers will meet at Concord Mills entrance #3 for indoor walking. You choose the pace and the distance, we encourage and support.

AL-2

Single Seniors Lunch - February 13th

All seniors who are single or widowed are encouraged to sign up and attend.

AL-1

Do A Good Turn - March 7th

This multigenerational mission day will pair families with a senior. Families will spend 30 minutes at the home of a senior. Tasks include changing batteries in detectors, smoke alarms, and changing clocks.

AL-1-4

ASSESSMENT AND QUESTIONNAIRE

The goal of the assessment is to gain a comprehensive understanding of how well seniors are prepared for the challenges of aging and identify areas where additional support or planning may be needed. This includes questions about current health status, home accessibility, financial planning, social connections, family support, access to healthcare, and an interest questionnaire. Access the assessment by visiting the Senior Care Village webpage.

Scan the QR code to visit the webpage



NOTE ACTIVITY LEVEL FOR EACH EVENT

- AL-1** Sit, lie down, stand up, read, and move around the home.
- AL-2** Leisurely walk, grocery shop, do dishes and light housework.
- AL-3** Brisk walk, manage steps/stairs & uneven pavement, sweep/mop, and rake leaves.
- AL-4** Moderate to vigorous intensity required, such as pickleball.
- \$\$** Indicates a cost to you for the activity.



704-455-2813

www.pbcharrisburg.org/seniors



What is a Care Village?

A Care Village is a network formed within a geographic area to support older adults independently aging in the community. The Providence Senior Care Village will be for those 60+ in the Harrisburg area.

Why a Care Village?

Aging adults desire to live independently as long as possible. A Care Village fosters independence, Christian spirituality, wellness, engagement, care, and support. Providence Senior Care Village focuses on living safely at home, staying connected through social networks, and having access to community resources while receiving the support of a faith community.

They still bear fruit in old age; they are ever full of sap and green, to declare that the Lord is upright; he is my rock, and there is no unrighteousness in him.

Psalms 92: 14-15

JANUARY

NEW BEGINNINGS AND PERSONAL GROWTH

Worship and Bible Study Tuesdays at 10am
Activities Immediately Following

Spiritual Assessment

6

JAN

Assess your personal spiritual health and identify areas for growth in your relationship with God.

AL-1

Preventing Senior Scams

13

JAN

Ashlie Shanley, Cabarrus County District Attorney, shares common senior scams and how to avoid, prevent, and report those who target senior adults.

AL-1

Take a Walk Outdoors Day

20

JAN

Get a little exercise when we recognize national take a walk outdoors day by walking to Panera for lunch.

AL-1/3 \$\$\$

Health and Wellness

27

JAN

Bring a healthy recipe to share and join us for lunch (salad bar) following a presentation from CenterWell Senior Primary Care.

AL-1

FEBRUARY

HEART HEALTH AND LOVE

Worship and Bible Study Tuesdays at 10am
Activities Immediately Following

Heart Health Fair & Blood Drive

3

FEB

Give the gift of life by donating blood, and receive information about heart health, stroke risks, and diabetes.

AL-1

Movie and Popcorn

10

FEB

Warm a friend's heart and invite them to enjoy a faith based movie and popcorn.

AL-1

Random Acts of Kindness Day

17

FEB

Use your talents, gifts, and kindness as we make soup for seniors, create cards for caregivers, and help other seniors in need.

AL-1-4

Love Thy Neighbor BINGO

24

FEB

Nothing shows love like inviting a neighbor or a friend to join you as we worship Jesus and play BINGO!

AL-1

MARCH

MONEY AND FINANCE

Worship and Bible Study Tuesdays at 10am
Activities Immediately Following

Where Your Treasure Lies

3

MAR

Share your treasure with the next generation as we join with the Children's REACH Jr. participants for song, skit, and conversation.

AL-1

National Pack Your Lunch Day

10

MAR

Save a bunch and pack your lunch. Bring lunch and enjoy a time of socializing.

AL-1

Stretching Your Dollar

17

MAR

Learn about local senior discounts and other financial planning strategies.

AL-1

Penny Pass Game

24

MAR

Take a trip down memory lane and spark conversation as we play this fun reminiscing game.

AL-1

FREE is For Me

31

MAR

Enjoy breakfast on us at Golden Corral, then walk off those calories with a trip to the UNCC Botanical Gardens

AL-1/3