

Focus on Wellness

April is Stress Awareness Month. Learning to cope with our stress and finding healthy ways to deal with situations can go a long way in living a healthy and positive life. After all, stress can impact many aspects of your body – physically, mentally and emotionally.

Some ways we can aim to better cope with everyday stressors include:

- Learn to overcome issues you cannot change
 - Realize when you do or do not have control
- Take care of yourself physically (diet, exercise, sleep, schedule, etc.)
- Recognize when you need more help & talk to a trusted source

Providence Place has resources for team members & residents, talk to your manager for information.



Dimensions
of Wellness

Resident Birthdays

April

Christa Black
Sue Deardorff
Elizabeth Goshorn
Gloria Granda
Beverly Peters
P. Jane Goshorn
Florence Skladanek
Joseph Statler
Gene Kramer

May

Dorothy Miley
Charmaine West
Elvia Kemper
Linda Adcock
Charles Metzgar
Edeltrud Polk
Judith McIntyre
Beverly Brackbill
Mildred Psak
Bennett Bittinger

June

Delores Gilbert
Donna Faherty
Suzanne Rice
Nancy Black
Dorothy Simms
Esta Hammond
Nadine Clemens
Glenn Sanders

Arthur Ott
Carol Wine
Susanne Proulx
Alice Stilts
Richard Rice
Beulah Woods



Providence Place SENIOR LIVING News

Q2: April 2023

A Note from the Executive Director

I hope you have enjoyed seeing the smiling faces on everyone since we updated our masking requirements in March.

The next big shift will occur in our dining rooms. During the pandemic, we made significant changes in our dining rooms to promote social distancing. On April 4th, we will be returning to one single seating for our Assisted Living and Independent Living residents. Significant planning has been taking place behind the scenes to prepare for this. There may be some adjustments to table assignments, but our goal is to keep residents seated with friends and acquaintances while helping them get to know new ones as well. We discussed this during the March Dining Committee and the Fireside Chat and fielded a lot of questions. I realize this is a big adjustment for most residents as well as our team members. There may be some bumps in the road as we learn a new routine, but I trust that we will get through it together and continue to enjoy the great experience & food that our dining department provides.

Please check out the activity calendar to keep up with all our exciting events for the month. We can't wait to enjoy the outdoors and the signs of spring and warmer weather.

Easter Blessings,

Holly Townsend

Executive Director

Highlighted Events

- 1 – **Violin & Viola Performance**
@ 2pm
- 12 – **Dementia Support Group**
@ 3pm or 6pm – Connections
- 21 – **EdU Presentation:** Northern Hemisphere Stars @ 2pm
- 26 – **Lunch Delivery:** Falafel Shack

Welcome New Residents

Joan B.
Guy M.
Stephen M.
Florence S.




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	
<p>30</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Word Search Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Root Beer Float Social (P) 6:30 Song & Scripture's (Channel 609)</p>	<p>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)</p> <p>**Registration Required, \$\$ Cost Involved</p>					<p>April 2023</p>	<p>1</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Local Fares: Windy Knoll **\$(OOB) 10:00 Community Outreach: Coupons for Troops (C) 2:00 Violin & Viola Performance with Jennie & Owen (2A) 3:00 April Fool's Day Social (P) 6:15 Bridge Club (2A)</p>
<p>2</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (I) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Palm Sundaes (P) 6:30 Not Forgotten Ministries (2A)</p>	<p>3</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: (Spring Cleaning) Goodwill Drive 10:00 Recycling Collection (LR's, C, P) 1:30 Media Club (P) 2:00 iN2L Documentary: <i>The Romanov Faberge Eggs</i> (2A) 3:00 Fact Vs. Fiction: Life History (P) 6:15 Card Club: Dealer's Choice (2A)</p>	<p>4</p> <p>9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 Acrylic Canvas Paintings (C) 2:00 Musical Entertainment Featuring Tom Shultz (2A) 3:00 Tales Told by Residents Israel/Holy Lands/Jerusalem (P) 6:15 Blitz with Ruth (2A)</p>	<p>5</p> <p>9:00 Balloon Ball Exercise (3E) 10:00 Prize Bingo (2A) 1:30 Ed U-Wellness: Workout with Vickie From Powerback Rehabilitation (3E) 2:00 Appreciate & Thank Club (C) 2:45 Chef Pairing with Chef Cody Risotto** (C) 4:15 Out on the Town: Mario's **\$(OOB) Passover</p>	<p>6</p> <p>9:30 "Tour of Heaven" with Chaplain Rick (2A) 10:00 Craft Creation: Easter Wreath (C) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service Maundy Thursday (2A) 3:00 Musical Entertainment Featuring Robert Twine (2A)</p>	<p>7</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PDR) 10:00 Cooking Creation: Hot Cross Buns (C) 2:00 Comm. Life Planning Meeting (P) 3:00 Social Hour: Hot Cross Buns (P) 6:30 Movie & Popcorn: <i>Passion of Christ</i> (3A) Good Friday</p>	<p>8</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops (C) 10:00 Nickel Bingo \$(2A) 1:30 Stair Stepper Exercise (3E) 2:00 UNO with Brittany (2A) 3:00 Blind Tasting: Jelly Beans (P) 6:15 Resident Run Sequence (2A)</p>	
<p>9</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Trivia Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR)) 2:00 Easter Sunday Worship Service (2A) 3:00 Reflect & Recall (P) 6:30 Song & Scripture's (Channel 609)</p> <p style="text-align: center;">Easter</p>	<p>10</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Men's Will Bowling League (3E) 10:00 iN2L Documentary: <i>Jerusalem–Travel Guide to the Holy City</i> (2A) 2:00 Kindly Canines (2A) 3:00 National Sibling Day Ice Cream Social with Amber & Alyssa (C) 6:15 Resident Run UNO (2A)</p>	<p>11</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Church Tour: Congregation Sons Of Israel **\$(OOB) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 Acrylic Canvas Paintings (C) 2:00 Griefshare © (PDR) 3:00 Nickel Bingo \$\$ (2A) 6:15 Resident Run Rummy (2A)</p>	<p>12</p> <p>9:00 Balloon Ball Exercise (3E) 10:00 Dining Committee Meeting (2A) 1:30 Musical Entertainment featuring Jessica Snyder (2A) 3:00 Welcome New Resident Social With Amber & Alyssa (P) 6:00 Dementia Care Partner Support Group (CN) 6:30 Musical Entertainment Featuring Calvary Mennonite Church (2A)</p>	<p>13</p> <p>9:00 Yoga with Beth (3E) 9:30 "Tour of Heaven" with Chaplain Rick (2A) 10:15 Providence Place Chambersburg Antique Road Show (2A) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:00 Dart League (P)</p>	<p>14</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Cooking Creation: Hummus (C) 2:00 Design Club: Spring/Summer the Halls (FL) 3:00 Social Hour: Hummus & Pita (P) 6:30 Movie & Popcorn: Resident Pick Night (3A)</p>	<p>15</p> <p>9:30 Light & Lively Exercise (3E) 9:30 Walk & Roll Walking Club (HW) 10:00 iN2L Documentary: <i>Who Owns Jerusalem?</i> (2A) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Mexican Train Dominoes (C) 6:15 Blitz with Ruth (2A)</p>	
<p>16</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordie Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Scrabble (C) 6:30 Song & Scripture's (Channel 609)</p>	<p>17</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Ladies Wii Bowling League (3E) 10:00 iN2L Documentary: <i>The Star of Bethlehem</i> 2:00 Hymn sing with Jodi Corbett with Faith Fellowship Church of God (2A) 3:00 Moral Dilemma & Discussion: <i>The Unfaithful Friend</i> (P) 6:15 Resident Run Horseshoes (3E)</p>	<p>18</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 Acrylic Canvas Paintings (C) 2:00 Griefshare © (PDR) 3:00 Prize Bingo (2A) 6:30 Musical Entertainment Featuring Penn National Singers (2A)</p>	<p>19</p> <p>9:00 Balloon Ball Exercise (3E) 10:00 Ed U Presentation: Israel Holy Lands Part Two with Terry Neumyer (2A) 1:30 Blood Pressure Clinic (2A) 2:00 Fireside Chat (2A) 3:00 Coffee & Questions: Fireside Chat Follow Up (P) 6:15 Blitz with Ruth (2A)</p>	<p>20</p> <p>9:00 Sit & Be Fit Exercise (3E) 9:30 "Belonging" with Chaplain Rick (2A) 10:00 Cooking Creation: Artichoke Dip (C) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:30 Card Club: Dealer's Choice (2A)</p>	<p>21</p> <p>9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Parkinson's Awareness with Jaime from Bayada Home Health Care (2A) 2:00 Ed U- Presentation: Northern Hemisphere Stars with Amberlee Robinson (P) 3:00 Social Hour: Artichoke Dip (P) 6:30 Movie & Popcorn: <i>Star of Bethlehem</i> (3A)</p>	<p>22</p> <p>9:30 Light & Lively Exercise (3E) 9:30 Local Fares: Jim's Farmers Market **\$(OOB) 10:00 Community Outreach: Coupons for Troops (C) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$\$ (2A) 3:00 Earth Day: Apartment Plants (C) 6:15 Resident Run Rummy (2A) Earth Day</p>	
<p>23</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 11:00 Chambersburg Food Truck Festival **\$(OOB) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:30 Song & Scripture's (Channel 609)</p>	<p>24</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Recycling Collection (LR's, C, P) 1:30 iN2L © Seated Chair Exercise (2A) 2:00 iN2L Documentary: <i>Journey Through Israel</i> (2A) 3:00 Holy Lands Facts & Trivia (P) 6:15 Bridge Club (2A)</p>	<p>25</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Goodwill **\$(OOB) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Griefshare © (PDR) 3:00 Popcorn Station (FL) 6:15 Resident Run Bunko (2A)</p>	<p>26</p> <p>9:00 Balloon Ball Exercise (3E) 10:00 Birthday Gang Committee Meeting (C) 11:00 Lunch Brought In: Falafel Shack **\$(C) 2:00 Nickel Bingo \$\$ (2A) 2:45 Chef Demonstration with Chef Cody Homemade Pasta** (C) 6:15 Resident Run UNO (2A)</p>	<p>27</p> <p>9:00 Sit & Be Fit Exercise (3E) 9:30 "Belonging" with Chaplain Rick (2A) 10:00 Men's Club: Hallway Bowling (1st Floor) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:30 Resident Run Horseshoes (3E)</p>	<p>28</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Prize Bingo (2A) 2:00 Catholic Mass with Corpus Christie Catholic Church (2A) 3:00 Meet and Greet Our New DOW Theresa (P) 6:30 Movie & Popcorn: <i>I am Israel</i> (3A)</p>	<p>29</p> <p>9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club Outdoor Walking Path 1:30 Stair Stepper Exercise (3E) 2:00 T.E.D Talk: Israel & Iran: A Love Story by Ronny Edry (2A) 3:00 Game Club: Scrabble (C) 6:15 Blitz with Ruth (2A)</p>	