

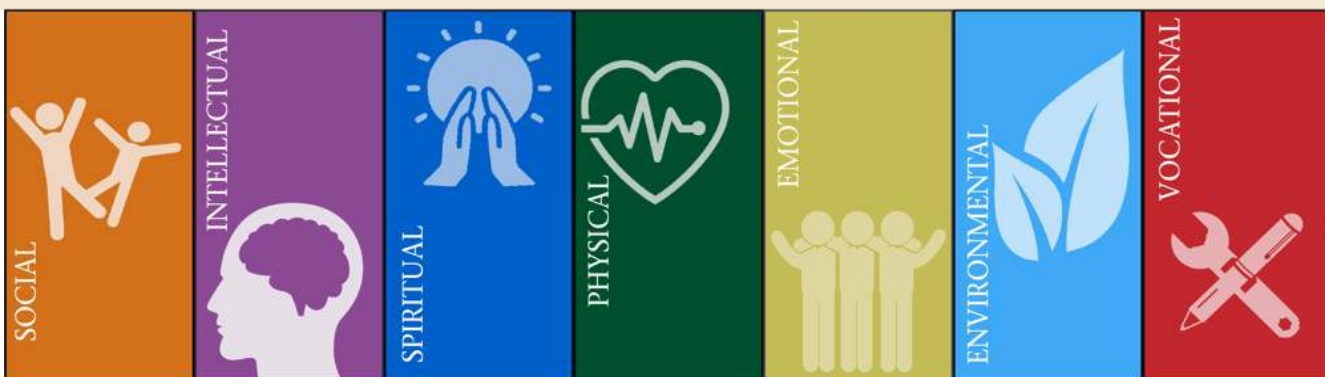
# Focus on Wellness

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

Phyllis Dietz  
Ruthanna Heiner  
Judith Swords  
Gina Nell  
Joyce Zepp  
Donna Robertson

### May

Ginny Robertson  
Cora Ebersole  
Hannelore Royer  
Joanne Bollinger  
Marian Cline  
Connie Johnston  
Delores Brillhart  
John Harman  
Shirley Gross  
Betty Eveler

### June

Glenn Funk  
Matthew Coughlin  
Catherine Miller  
Ron Toomey  
Charles Murphy  
Bill Myers  
Wilma Jean Myers  
Rosemary Polons  
Bernadine Tomlinson  
Dorothy Ruf



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:Info@Prov-Place.com).



[www.Providence-Place.com](http://www.Providence-Place.com)



# Providence Place SENIOR LIVING News

Q2: April 2023

## A Note from the Executive Director

Just a reminder -- we will be holding our Sunday Brunch on Easter Sunday (April 9<sup>th</sup>). Brunch will be in the main dining room with two seating times (10:30am or 12:30pm). Please call the front desk to reserve your table. If your family member was not able to attend due to our limited space, we will have them on our list for first seating for the next Brunch. We will be offering one for Mother's Day (5/14) and Father's Day (6/18).

Be sure to check out the activity calendar to keep up with all our exciting events for the month and to enjoy the spring weather.

I would like to welcome all new residents and co-workers that have joined us here at Providence Place of Dover – we are glad you are a part of our family. If anyone is interested in joining our Ambassador program, please see Paul in the sales department!

Happy Easter!

Best,

*Howard Holben*

*Executive Director*

## Highlighted Events

- 8 – **Community Easter Egg Hunt**  
@ 2pm
- 9 – **Easter Sunday Brunch**  
@ 10:30am or 12:30pm
- 12 – **EdU Presentation** @ 2pm  
Saturn & Cassini
- 21 – **Musical Entertainment** @ 2pm  
Sounds of Spring with Pat Kocen
- 25 – **New Resident Social** @ 3pm
- 25 – **Dementia Support Group**  
@ 3pm

## Welcome New Residents

Jane H.  
Sharon A.  
Loretta H.  
Ira G.  
Norma Jean K.  
Lewis K.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <p>9:30 Morning Fitness (AR) 10:00 Daily Reading &amp; Drinks (CR) 10:30 How Jazz came to be (CR) 11:00 Menu Review (CR) 1:15 Walk and Roll (FL) 3:00 Church Service (CR) 6:00 Poker Club (AR)</p>	<p><b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (DN) Dining Room (FL) Front Lobby (100 P) 100 hall Patio (P) Pub (OOB) out of building</p>	<p>THE</p> <h1>Club</h1>			<h1>April</h1> <h1>2023</h1>	<p>1</p> <p>9:30 Morning Fitness (AR) 10:00 Donut &amp; Coffee Break (AR) 10:45 Daily Reading &amp; Menu Review (CR) 1:30 Walk and Roll (100 P) 2:30 Drinks on the Patio (100 P) 2:45 Touch the Alligator (100 P) 3:00 Brain Booster (100 P) 6:00 Card Club (AR)</p>
<p>2</p> <p>9:30 Morning Fitness (AR) 10:00 Daily Reading &amp; Drinks (CR) 10:30 Find colors of the Rainbow (CR) 11:00 Menu Review (CR) 1:15 Walk and Roll (FL) 3:00 Palm Sunday Service (AR) 6:00 Poker Club (AR)</p>	<p>3</p> <p>9:30 Morning Fitness (AR) 10:00 Dining Room Meeting (CR) 10:15 Memory Magic (CN) 11:00 Menu Review (CR) 1:15 Daily Reading (AR) 1:30 Music with Katie (AR) 2:15 PB &amp; J thumbprints (AR) 3:00 100 Words (100 P) 6:00 Rummikub (FL)</p>	<p>4</p> <p>9:30 Morning Fitness (AR) 10:00 Club Country Ride (FL) 11:00 Menu Review (CR) 1:15 Daily Reading (AR) 1:15 Create with Connections (CN) 2:00 Happy Hour (AR) 3:15 Famous Faces (CR) 6:00 Bingo (AR)</p>	<p>5</p> <p>Passover</p> <p>9:30 Morning Fitness (AR) 10:00 Daily Reading &amp; Drinks (CR) 10:30 Drawing &amp; Discussion (CR) 1:30 Mid-week Worship (CR) 2:15 Gold Star Spouses day (CR) 3:00 Group Games (AR) 6:00 Popcorn and a Movie (AR)</p>	<p>6</p> <p>9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:45 Daily Reading &amp; Menu Review (CR) 1:15 Cranium Crunch &amp; Punch (CN) 3:15 Bingo (AR) 6:00 Pool Games (100 P)</p>	<p>7</p> <p>Good Friday</p> <p>9:30 Morning Fitness (AR) 10:00 Culinary Creations (AR) 10:45 Daily Reading &amp; Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Good Friday Service (CR) 3:00 Friday Fitness (CN) 6:00 Resident Run Bingo (AR)</p>	<p>8</p> <p>9:30 Morning Fitness (AR) 10:00 Donut &amp; Coffee Break (AR) 10:45 Daily Reading &amp; Menu Review (CR) 2:00 Easter Egg Hunt (FL) 3:30 Calm Coloring and Music (CR) 6:00 Card Club (AR)</p>
<p>9</p> <p>Easter</p> <p>6:30 Easter Sunrise Service (CN) 9:30 Morning Fitness (AR) 10:00 Daily Reading &amp; Drinks (CR) 10:30 Easter Brunch (DR) 11:00 Menu Review (CR) 1:15 Walk and Roll (FL) 3:00 Easter Sunday Service (CR) 6:00 Poker Club (AR)</p>	<p>10</p> <p>9:30 Morning Fitness (AR) 10:15 Memory Magic (CN) 11:00 Menu Review (CR) 1:15 Daily Reading (AR) 1:30 Music with Katie (AR) 2:30 Outside Afternoon Fitness (100 P) 3:00 100 Words (100 P) 6:00 Rummikub (FL)</p>	<p>11</p> <p>9:30 Morning Fitness (AR) 10:00 Club Country Ride (FL) 10:00 Ed- Wellness Program (AR) 1:15 Decade Trivia (FL) 2:00 Dance Through the Decades Happy Hour (BW) 6:00 Bingo (AR)</p>	<p>12</p> <p>9:30 Morning Fitness (AR) 10:00 Daily Reading &amp; Drinks (CR) 10:30 Drawing &amp; Discussion (CR) 1:30 Mid-week Worship (CR) 2:00 Space Program (CR) 3:00 Group Games (AR) 6:00 Popcorn and a Movie (AR)</p>	<p>13</p> <p>9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:45 Daily Reading &amp; Menu Review (CR) 11:00 Lunch outing with Connections: Lyndon Diner (OOB) 1:15 Cranium Crunch &amp; Punch (CN) 2:00 Grateful Drumming with Joe (CR) 3:15 Bingo (AR)</p>	<p>14</p> <p>9:30 Morning Fitness (AR) 10:00 Culinary Creations (AR) 10:45 Daily Reading &amp; Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Word Spiel Game (CR) 3:00 Friday Fitness (CN) 6:00 Resident Run Bingo (AR)</p>	<p>15</p> <p>9:30 Morning Fitness (AR) 10:00 Donut &amp; Coffee Break (AR) 10:45 Daily Reading &amp; Menu Review (CR) 1:30 Walk and Roll (100 P) 2:00 Music with Tom and Randi (AR) 3:00 Brain Booster (100 P) 6:00 Card Club (AR)</p>
<p>16</p> <p>9:30 Morning Fitness (AR) 10:00 Daily Reading &amp; Drinks (CR) 10:30 Art Museum Digital Tour (CR) 11:00 Menu Review (CR) 1:15 Walk and Roll (FL) 3:00 Church Service (CR) 6:00 Poker Club (AR)</p>	<p>17</p> <p>9:30 Morning Fitness (AR) 10:15 Memory Magic (CN) 11:00 Menu Review (CR) 1:15 Daily Reading (AR) 1:30 Music with Katie (AR) 2:30 Monday Mocktails &amp; Hand Massage (CR) 3:00 Glazing Sun Pottery (AR) 6:00 Rummikub (FL)</p>	<p>18</p> <p>9:30 Morning Fitness (AR) 10:00 Club Country Ride (FL) 1:15 Create with Connections (CN) 2:00 Happy Hour (AR) 3:15 Famous Places (CR) 6:00 Bingo (AR)</p>	<p>19</p> <p>9:30 Morning Fitness (AR) 10:00 Daily Reading &amp; Drinks (CR) 10:30 Drawing &amp; Discussion (CR) 1:30 Mid-week Worship (CR) 2:15 Club Choice Games (CR) 3:00 Group Games (AR) 6:00 Popcorn and a Movie (AR)</p>	<p>20</p> <p>9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:45 Daily Reading &amp; Menu Review (CR) 1:15 Cranium Crunch &amp; Punch (CN) 3:15 Bingo (AR) 6:00 Pool Games (100 P)</p>	<p>21</p> <p>9:30 Morning Fitness (AR) 10:00 Culinary Creations (AR) 10:45 Daily Reading &amp; Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Music by Pat (AR) 3:00 Friday Fitness (CN) 6:00 Resident Run Bingo (AR)</p>	<p>22</p> <p>Earth Day</p> <p>9:30 Morning Fitness (AR) 10:00 Donut &amp; Coffee Break (AR) 10:45 Daily Reading &amp; Menu Review (CR) 1:30 Walk and Roll (100 P) 2:30 Drinks on the Patio (100 P) 3:00 Brain Booster (100 P) 6:00 Card Club (AR)</p>
<p>23</p> <p>9:30 Morning Fitness (AR) 10:00 Daily Reading &amp; Drinks (CR) 10:30 Picnic Packing Game (CR) 11:00 Menu Review (CR) 1:15 Ladies Tea (AR) 3:00 Church Service (CR) 6:00 Poker Club (AR)</p>	<p>24</p> <p>9:30 Morning Fitness (AR) 10:15 Memory Magic (CN) 11:00 Menu Review (CR) 1:15 Daily Reading (AR) 1:30 Music with Katie (AR) 2:30 Outside Afternoon Fitness (100 P) 3:00 100 Words (100 P) 6:00 Rummikub (FL)</p>	<p>25</p> <p>9:30 Morning Fitness (AR) 10:00 Club Country Ride (FL) 1:15 Create with Connections (CN) 2:00 Happy Hour (AR) 3:15 Trivia on the Deck ( KP) 6:00 Bingo (AR)</p>	<p>26</p> <p>9:30 Morning Fitness (AR) 10:00 Daily Reading &amp; Drinks (CR) 10:30 Drawing &amp; Discussion (CR) 1:30 Mid-week Worship (CR) 2:15 Bite Size Pretzels &amp; Dip (CR) 3:00 Group Games (AR) 6:00 Popcorn and a Movie (AR)</p>	<p>27</p> <p>9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:45 Daily Reading &amp; Menu Review (CR) 1:30 Cranium Crunch &amp; Punch (CN) 3:15 Bingo (AR) 6:00 Pool Games (100 P)</p>	<p>28</p> <p>9:30 Morning Fitness (AR) 10:00 Culinary Creations (AR) 10:45 Daily Reading &amp; Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Name Game (CR) 3:00 Friday Fitness (CN) 6:00 Resident Run Bingo (AR)</p>	<p>29</p> <p>9:30 Morning Fitness (AR) 10:00 Donut &amp; Coffee Break (AR) 10:45 Daily Reading &amp; Menu Review (CR) 1:30 Dance in your Chair (100 P) 2:30 Drinks on the Patio (100 P) 3:00 Brain Booster (100 P) 6:00 Card Club (AR)</p>