

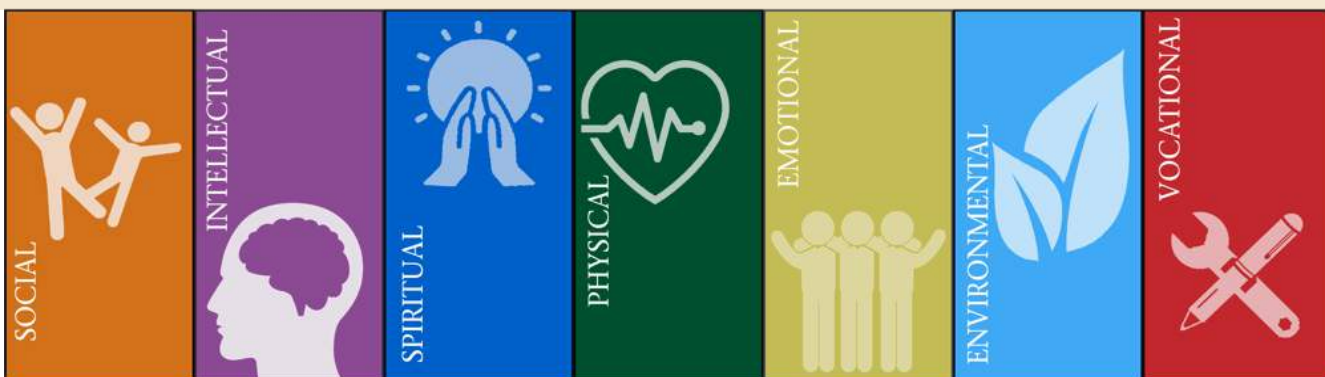
Focus on Wellness

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.



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

Q2: April 2023

A Note from the Executive Director

Just a reminder -- we will be holding our Sunday Brunch on Easter Sunday (April 9th). 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 Exercises (AR) 10:00 Making It Easy Cooking Club (AR) 1:15 Speed Friending (AR) 2:00 Pokeno (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (L)</p>	<p>Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activity Room (P) Pub (DR) Dining Room (FR) Fitness Room (CY) 100 Hall (PT) Pool Table Room (L) Lobby (CR) Community Room (FP) Front Patio (FL) Font Lobby (CN) Connections Neighborhood</p>				<h1>April 2023</h1>	<p>1</p> <p>9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 Chair Yoga (AR) 2:00 Wall Jeopardy (AR) 2:45 Touch the Alligator (100P) 3:00 Crafter Corner (AR) 6:00 Resident Ran Kings in Corner (AR)</p>
<p>Palm Sunday 2</p> <p>9:30 Morning Exercises (AR) 10:00 Making It Easy Cooking Club (AR) 1:15 Speed Friending (AR) 2:00 Pokeno (AR) 3:00 Palm Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (L)</p>	<p>3</p> <p>9:30 Morning Exercise (AR) 10:00 Thankful to You Committee (AR) 10:30 Dining Room Committee (AR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie York Music Therapy (AR) 2:15 Country Side Ride ** (OOB) 6:00 Rummikub (L)</p>	<p>4</p> <p>9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Circle of Friends (P) 2:00 Helping Hands Filling Easter Eggs (AR) 3:00 Faith Studies (P) 6:00 Evening Bingo with Adam (AR)</p>	<p>5</p> <p>Passover</p> <p>9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:30 Shopping Trip: Dollar Tree**\$\$ (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Ed-U Presentation <i>Geology & The Gettysburg Campaign</i> by Jeri Jones, Educational Geologist (AR) 3:00 Bible Study (AR) 6:00 Popcorn & Movie <i>War Wagon</i> (AR)</p>	<p>6</p> <p>9:30 Morning Exercises (AR) 10:00 Hymn Sing (CR) 10:30 Praying The Rosary (P) 1:15 Helping Hands Filling Easter Eggs (AR) 2:00 Scrabble Poker (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Wii Games (PT)</p>	<p>7</p> <p>Good Friday</p> <p>9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Craniums Crunches (CR) 1:00 Good Friday Traditions Around the World (AR) 2:00 Good Friday Worship Service (CR) 3:00 Helping Hands Filling Easter Eggs (AR) 6:00 Resident Run Bingo (AR)</p>	<p>8</p> <p>9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 2:00 Community Event Easter Egg Hunt (FL) 3:00 Easter Fun Coloring (AR) 6:00 Resident Ran Kings in Corner (AR)</p>
<p>Easter 9</p> <p>6:00 Sunrise Service (CN) 9:30 Morning Exercises (AR) 10:30/12:30 Easter Sunday Brunch (DR) 2:00 Jingo (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (L)</p>	<p>10</p> <p>9:30 Morning Exercise (AR) 10:00 Sunshine Group (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie, York Music Therapy (AR) 2:15 Create & Design Decades Décor (AR) 6:00 Rummikub (AR)</p>	<p>11</p> <p>9:30 Morning Exercise (AR) 10:00 Ed-U Wellness Presentation by Laura Lambert, Program Manager from Bayada Home Health Care (AR) 1:30 Circle of Friends (P) 2:00 Dancing Through the Decades (AR) 3:00 Faith Studies (P) 6:00 Evening Bingo with Adam (AR)</p>	<p>12</p> <p>9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:30 Shopping: Hobby Lobby**\$\$ (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Ed-U Presentation <i>Saturn & Cassini</i> By Ron & Crystal Bolton, Nights Of Wonder (AR) 3:00 Bible Study (P) 6:00 Popcorn & Movie <i>Some Like it Hot</i> (AR)</p>	<p>13</p> <p>9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 2:00 Grateful Drumming with Joe Ciarvella (AR) 3:15 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Wii Games (PT)</p>	<p>14</p> <p>9:30 Morning Exercise (AR) 10:00 Culinary Creations with Club Earth Day Dirt Cups (CR) 1:00 Laughter Yoga (AR) 2:00 Community Life Planning With Homemade Treats (AR) 3:00 Trivia Games (AR) 6:00 Resident Run Bingo (AR)</p>	<p>15</p> <p>9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 Chair Pilates (AR) 2:00 Musical Entertainment Memory Music Featuring Tom and Randy (AR) 3:00 Crafter Corner (AR) 6:00 Resident Ran Kings in Corner (AR)</p>
<p>16</p> <p>9:30 Morning Exercises (AR) 10:00 Making It Easy Cooking Club (AR) 1:15 Musical Entertainment with Hershey Mennonite Church (AR) 2:00 Pokeno (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (L)</p>	<p>17</p> <p>9:30 Morning Exercise (AR) 10:00 Providence Place Cookbook This Months Resident Recipe (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie, YMT (AR) 2:30 Art Exploration Pottery Painting with Alana, The Glazing Sun ** (AR) 6:00 Rummikub (L)</p>	<p>18</p> <p>9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Circle of Friends (CR) 2:00 Happy Hour with Hot Apps (AR) 3:00 Faith Studies (P) 3:15 Earth Day Scavenger Hunt (AR) 6:00 Evening Bingo with Adam (AR)</p>	<p>19</p> <p>9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:30 Shopping Trip: Giant **\$\$ (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Fireside Chat with Howard, E.D. (AR) 3:00 Bible Study (P) 6:00 Game Night with Dover Women of Today (AR)</p>	<p>20</p> <p>9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 York Indoor Golf **\$\$ (OOB) 2:00 Flight Club with Chef Joe (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Wii Games (PT)</p>	<p>21</p> <p>9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Craniums Crunches (CR) 1:00 Horticulture Club (AR) 2:00 Musical Entertainment <i>Sound of Spring</i> with Pat Kocen (AR) 3:00 Trivia Games (AR) 6:00 Resident Run Bingo (AR)</p>	<p>Earth Day 22</p> <p>9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 TED Talks <i>How to Save Earth with 5 Minutes a Day</i> By Shaun Frankson (AR) 2:00 Celebrating Earth Day (AR) 3:00 Pretzel Prepping (AR) 6:00 Resident Ran Kings in Corner (AR)</p>
<p>23</p> <p>9:30 Morning Exercises (AR) 10:00 Making It Easy Cooking Club (AR) 1:15 Ladies Hot Tea Circle (AR) 2:00 Jingo (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fireplace Fellowship (L)</p>	<p>24</p> <p>9:30 Morning Exercise (AR) 10:00 Discuss and Recall (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie York Music Therapy (AR) 2:15 Country Side Ride ** (OOB) 6:00 Rummikub (AR)</p>	<p>25</p> <p>9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Circle of Friends (AR) 2:00 Cooking Demo with Chef Joe (AR) 3:00 New Residents Meet & Greet Social (AR) 6:00 Evening Bingo with Adam (AR)</p>	<p>26</p> <p>9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:30 Shopping: Staufer's of Kissel Hill & Lunch at Fuddruckers **\$\$ (OOB) 1:30 Mid-Week Worship (CR) 2:00 Welcome Ambassador Meeting (P) 3:00 Bible Study (P) 6:00 Popcorn & Movie <i>North by North West</i> (AR)</p>	<p>27</p> <p>9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (AR) 2:00 Celebration of Life (CR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (AR) 6:00 Wii Games (PT)</p>	<p>28</p> <p>9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Craniums Crunches (CR) 1:00 Laughter Yoga (AR) 2:00 Branching Out <i>Tree Trivia</i> (AR) 3:00 Trivia Games (AR) 6:00 Resident Run Bingo (AR)</p>	<p>29</p> <p>9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 TED Talk <i>Walk the Earth...My 17 Year Vow of Silence</i> By John Francis (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafter Corner (AR) 6:00 Resident Ran Kings in Corner (AR)</p>