

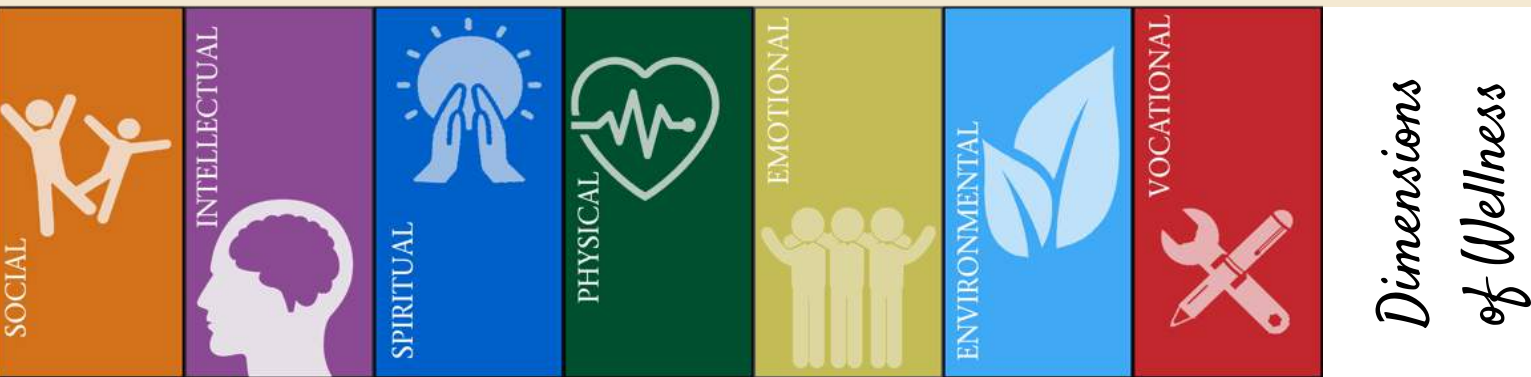
Focus on Wellness

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.



Resident Birthdays

April

Catherine Hildebrand
Betty Porpiglia
Joseph Lipka
RoseAnn Warner
Catherine Thomas
Angela Capece
Emma Stasko
Jane Heisey

Carol Kubitz
Stephanie Liva
Bernadine Marusak
George Gombeda
Agnes Juris
Katalin Czukrasz

Mildred Bogash
Barbara Zahay
Judith Schraeder
Gary Edick
Anthony Tomaselli
Rosemary Acri
Violet Nicholas
Charles Morris Swartley
Jeanette Micene

June

Helen George
Joanne Bard
Alfred Carl
Sandra Seymour
Grace Suda
Elizabeth Duffy
Raymond Niedzwiecki
Jane Zinn
Lois Ecker
Joan Conway
Lillian Curry
Barbara Warakomski



Providence Place SENIOR LIVING News

Q2: April 2023

A Note from the Executive Director

Warmer days have finally arrived here in Drums. Our residents are taking full advantage and sitting on the porch and walking around our beautiful walking path.

We have a lot of exciting events planned over the next few months -- we have started preparations for our big summer party which will be June 24th, make sure to save the date!

Our brunch events have been a huge success and a great opportunity to meet resident's families. A list of our monthly brunches for the rest of the year is available at our reception desk and we are taking reservations.

Thank you to all the staff, residents and families who continue to support us and our entire community. As always, myself and my team are available for comments, ideas and concerns.

Stay Healthy, Think Spring!

Sincerely,

Melissa Jacoby

Executive Director

Highlighted Events

- 2 – **Children's Easter Egg Hunt**
@ 2pm – Families Welcome!
- 5 – **Musical Entertainment:** John Stevens Polka Band @ 2:30pm
- 9 – **Easter Brunch** @ 10:30am – 12:30pm
- 15 – **New Resident "Dips & Daiquiris" Mixer** @ 2:30pm
- 19 – **Resident Volunteer Appreciation Social** @ 2:30pm
- 22 – **EdU Presentation:** Hawks & Falcons @ 1:30pm
- 26 – **Diner's Lunch Caravan:** Cracker Barrel
- 27 – **Dementia Support Group**
@ 6pm – Connections

Welcome New Residents

Mildred B.
Dolores M.
Mary M.




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 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Tai Chi Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Jenga (1st)</p>	<p>Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C)</p>				<h1>April 2023</h1>	<p>1</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 April Fool's Fact or Foolery (2nd) 1:30 TED Talk & Discussion: <i>What Makes You Special?</i> (3rd) 2:00 Helping Hands Club: Fill Eggs For Children's Easter Egg Hunt (3rd) 3:30 Community Life Planning Mtg. (3rd) 6:30 Rummikub (1st)</p>
<p>2</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Palm Sunday Worship Service (Ch) 2:00 Children's Easter Egg Hunt (OOB) 6:30 Jenga (1st)</p>	<p>3</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Famous Birthday Spotlight: Marlon Brando (2nd) 2:45 Bingo (3rd) 4:00 Movie Matinee Committee (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>4</p> <p>9:30 Shopping Trip: Walmart*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:30 Dining Demo with Chef Ashley: Candy Easter Eggs (3rd) 3:30 Spring Cleaning Puzzle Challenge (C) 6:30 Scrabble (1st)</p>	<p>5</p> <p>9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Cooking Club: Easter Pies Prep (C) 1:30 Circle of Friends (SR) 2:30 Musical Entertainment By John Stevens Polka Band (DR) 3:30 The Story of Passover (2nd) 6:30 Dominoes (1st)</p> <p style="text-align: center;">Passover</p>	<p>6</p> <p>9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Cooking Club: Easter Pies (C) 1:30 iN2L Destination Discovery to Israel: Mount of Olives (3rd) 2:30 Dye Easter Eggs (C) 3:30 Men's Club: Military Vehicle 3D Wood Puzzles (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>7</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Craft Club: Spring Showers Door Hanger (2nd) 1:30 Dealing with Loss Support Group (SR) 2:30 Ed-U Presentation: <i>Music & Faith</i> By Glenn Faul (DR) 3:00 Stations of the Cross (Ch) 6:30 Boggle (1st)</p> <p style="text-align: center;">Good Friday</p>	<p>8</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Welcome Ambassador Committee Meeting (3rd) 1:30 X-Box Bowling (2nd) 2:30 Matinee: <i>Dances with Wolves</i> (2nd) 3:30 Easter "Peeps" Super Happy Hour (1st) 6:30 Rummikub (1st)</p>
<p>9</p> <p>9:00 TV Catholic Mass (3rd) 10:00 "Scrambled Eggs" Word Game (1st) 10:30 Chair Tai Chi Exercise (2nd) 10:30-12:30 Easter Brunch (DR) 1:30 Easter Service with Chap. Bev (Ch) 2:30 Musical Entertainment By <i>Windfall</i> (DR) 6:30 Jenga (1st)</p> <p style="text-align: center;">Easter</p>	<p>10</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob (DR) 2:45 Bingo (3rd) 4:00 Sunshine Committee (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>11</p> <p>9:45 Retail Shopping: <i>Bosco's</i>*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Manicures & Mocktails (3rd) 3:00 Food for Thought & Tasting: Hummus (C) 3:30 Soul Club: <i>Chicken Soup for the Soul</i> (3rd) 6:30 Scrabble (1st)</p>	<p>12</p> <p>9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Trivia Challenge (3rd) 1:30 Circle of Friends (SR) 2:30 Dessert & Discussion With Chef Ashley: Carrot Cake (DR) 4:00 March Birthday Celebration (DR) 6:30 Dominoes (1st)</p>	<p>13</p> <p>9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 iN2L Destination Discovery to Israel: The Western Wall (3rd) 1:30 Hymn Sing (Ch) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciavella (2nd) 2:45 Bingo (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>14</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Cooking Club: Falafel (C) 1:30 Dealing with Loss Support Group (SR) 2:30 Ed-U Presentation: <i>Colonial Philadelphia</i> By Joe & Dolores McDevitt (3rd) 3:30 Focus on Health: Blood Pressure Checks (3rd) 6:30 Boggle (1st)</p>	<p>15</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 TED Talk & Discussion: <i>The Magic of Small Ideas</i> (2nd) 1:30 Men's Club: Billiards Challenge (2nd) 2:30 New Resident "Dips & Daiquiris" Mixer (1st) 3:30 Trivia Challenge (1st) 6:30 Rummikub (1st)</p>
<p>16</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Tai Chi Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:15 Trip to Emerson Theater: <i>Keeping Up Appearances</i>*** (OOB) 6:30 Jenga (1st)</p>	<p>17</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 "Campus Store" Cart (2nd) 2:30 Music 101: Sounds of Israel (3rd) 3:30 "Weather" or Not (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>18</p> <p>9:30 Shopping Trip: Dollar Tree/Aldi's*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:45 Bingo (3rd) 6:30 Scrabble (1st)</p>	<p>19</p> <p>9:30 <i>All About April</i> Trivia (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise By Carrie of Powerback Rehab (2nd) 1:30 Circle of Friends (SR) 2:30 Resident Volunteer Appreciation Social (3rd) 4:00 Destination Discovery Dinner: Tastes of Israel (DR) 6:30 Dominoes (1st)</p>	<p>20</p> <p>9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 iN2L Destination Discovery to Israel: The Church of the Holy Sepulcher (3rd) 1:30 Hymn Sing (Ch) 2:00 Resident Birthday Committee (2nd) 2:45 Bingo (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>21</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Forest Funnies (2nd) 1:30 Dealing with Loss Support Group (SR) 2:30 Chef's Pairings with Chef Ashley Jelly Beans & Wine (DR) 3:00 Drama Club: <i>The Case of the Trampled Grass</i> (3rd) 6:30 Boggle (1st)</p>	<p>22</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Plant Dandelion Seeds For Ham & Dandelion Dinner (C) 1:30 Magazine Scavenger Hunt (3rd) 2:30 Spring Buds Country Ride** (OOB) 3:00 Blast from the Past: <i>The Dick Van Dyke Show</i> (3rd) 6:30 Rummikub (1st) Earth Day</p>
<p>23</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Jenga (1st)</p>	<p>24</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob (DR) 2:30 Dining Service Committee Mtg. (3rd) 3:30 Red or Black Card Game (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>25</p> <p>9:30 Daily Prayer & Meditation (Ch) 10:00 Stretch Exercise (2nd) 10:30 Today in History (2nd) 1:00 Prayer Service & Communion (Ch) 2:00 Ed-U Health Presentation <i>Managing Diabetes</i> By DOW, Danielle (3rd) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)</p>	<p>26</p> <p>9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Diner's Lunch Caravan: Cracker Barrel*** (OOB) 1:30 Circle of Friends (SR) 2:30 Ed-U Presentation: <i>Israel — The Holy Land</i> By Terry Neumyer (3rd) 3:30 Book Club (3rd) 6:30 Dominoes (1st)</p>	<p>27</p> <p>9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 iN2L Destination Discovery to Israel: Dead Sea (3rd) 1:30 Hymn Sing (Ch) 2:45 Bingo (3rd) 6:00 Dementia Care Support Group (SR) 6:30 Pinochle Players Club (3rd)</p>	<p>28</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Holistic Wellness Aromatherapy (C) 1:30 Dealing with Loss Support Group (SR) 2:30 Craft with ED, Melissa (3rd) 3:30 Animal World: San Diego Zoo Primate Cam (3rd) 6:30 Boggle (1st)</p>	<p>29</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Famous April Birthdays Word Search Challenge (1st) 1:30 Junk Drawer Detective (2nd) 2:00 Matinee: <i>Singin' in the Rain</i> (2nd) 3:30 "April Showers" Super Happy Hour (1st) 6:30 Rummikub (1st)</p>