

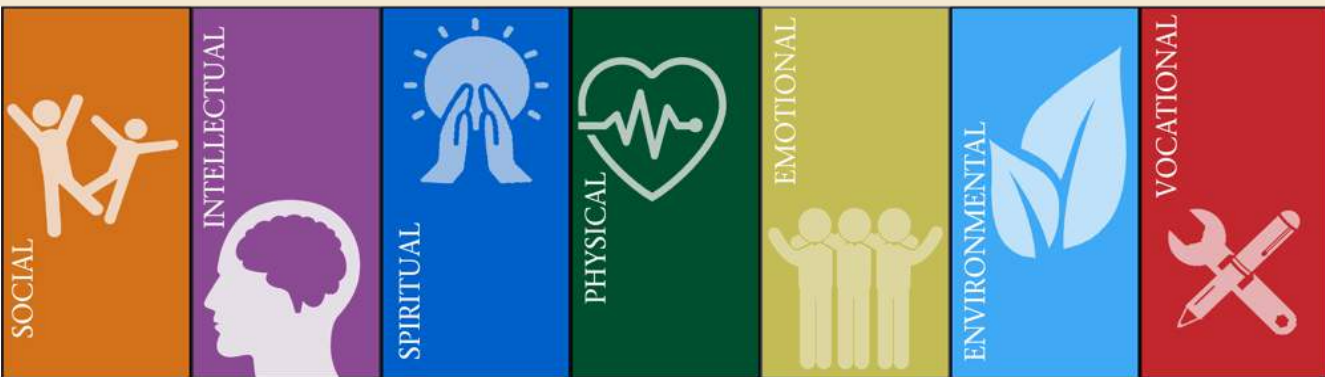
# Focus on Wellness

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

Ella Artz  
June Marsicano  
Mary Bragg  
Rose Ann Sholley  
Dolores Zimmerman

### May

Gail Wright  
Patricia Neumeister  
Harry Fessler  
Mary Brooks  
Reinbold

### June

Fern Krause  
Elaine Long  
James Smith  
Alice Kimmel  
Marilyn Herb  
Catherine Dinko



# Providence Place SENIOR LIVING News

Q2: April 2023

## A Note from the Executive Director

We are preparing for Easter here in the Grove! The Easter Bunny will be arriving April 2<sup>nd</sup> at 2pm to supervise our easter egg hunt with the community and team's children and grandchildren. A cookout with delicious food and great treats will be available as well as pictures with the Bunny.

We will once again be hosting our Sunday Brunch event on April 16<sup>th</sup> starting at 10:30am. Please call and make reservations with Alexis at the front desk. Good times and good food are in abundance at this brunch so please come out and enjoy yourselves with your loved one.

Please also keep an eye out for information on our monthly Dementia Care Partner Support Group in the Connections Neighborhood at our Pottsville community. If you have any questions regarding this Support Group any member of our management team can assist you.

We are proud to be offering exciting Mother's and Father's Day celebrations being planned at the Grove in the coming months.

Sincerely,  
*Julie Wallace*  
Executive Director

## Highlighted Events

- 2 – **CommUNITY Easter Egg Hunt**  
@ 2pm
- 6 – **Craft & Creations:** Making Easter Bonnets @ 2pm
- 13 – **Ohh la la! Paris Café Social**  
@ 1:30pm
- 13 – **EdU Presentation:** April in Paris @ 2pm
- 16 – **Sunday Brunch** @ 10:30am  
*call reception for reservations*
- 20 – **EdU Presentation:** 10 Ways to Live a more Eco Friendly Life @ 2pm
- 27 – **Dementia Support Group**  
@ 6pm (**@ Pottsville Campus**)

## Welcome New Residents

Marlin S.  
Delores S.  
James S.  
Donald S.




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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <p>9:30 Whole Body Stretch (2F) 10:00 Scripture And Prayer (2F) 11:00 Portals Of Prayer (2F) 12:00 Wine &amp; Dine (DR) 2:00 Church Of God Service (2F) 3:00 Fellowship Hour (2F) 6:00 Music &amp; Mindful Colors (2F)</p>	<p><b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (L) Lobby (WP) Walking Path (RP) Rear Patio</p>				<h1>April 2023</h1>	<p>1</p> <p>9:30 Gentle Moves (2F) 10:00 Men's Club: Country Ride (OOB) 10:30 Coffee Cache     And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)</p>
<p>2</p> <p>8:30 Operation Gratitude: Letter Writing Campaign For Military Personnel With Schuylkill United Way (2F) 9:30 Whole Body Stretch (2F) 10:00 Helping Hands: Hiding Eggs (RP) 12:00 Wine &amp; Dine (DR) 2:00 CommUNITY Easter Egg Hunt (RP) 3:00 Easter Social (RP) 6:00 Music &amp; Mindful Colors (2F)</p>	<p>3</p> <p>9:30 Target Legs Exercise (2F) 10:00 iN2L Travel Attractions: France Paris Art (2F) 10:30 Mass With Decan Henninger (1F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 4:00 Confident Cruisers (WP) 6:00 Frenchie Opoly (2F)</p>	<p>4</p> <p>9:30 Balance In Action By Kari, Powerback Rehab (2F) 10:00 Community Life Meeting (2F) 10:15 Circle Of Friends (1F) 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 TLC Time With Bella Our Comfort Dog (2F) 6:00 Game Night: Uno (2F)</p>	<p>5</p> <p>9:30 Move2Music (2F) 10:30 Fireside Chat With Julie And Members Of Management Team (2F) 11:00 Resident Planning Committee (2F) 2:00 100th Birthday Celebration For June (2F) 3:30 Jigsaw Puzzle Team (2F) 4:00 Confident Cruisers HW 6:00 Mixed Drinks And Music Social (2F) Passover</p>	<p>6</p> <p>9:30 Light Hand Weights Exercise (2F) 10:00 World Briefs &amp; Discuss (2F) 10:30 Bunny Funnies (2F) 10:45 Market Run: Boyers **\$\$ (OOB) 1:30 Craft N' Creations: Making Easter Bonnets (2F) 3:30 Hot Chocolate Cart (2F) 6:00 Dominos Team (2F)</p>	<p>7</p> <p>9:30 Core Strength Exercises (2F) 10:00 Easter Around The World Program (2F) 10:30 Reminisce: Easter Meal (2F) 11:00 Good Friday Service EWNT 49 2:00 Film Fest: Easter Parade (2F) 3:00 Popcorn And Soda Cart (2F) 6:00 Card Club: Phase 10 (2F)  Good Friday</p>	<p>8</p> <p>9:30 Gentle Moves (2F) 10:00 April Fact Or Fiction (2F) 10:30 Coffee Cache     And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)</p>
<p>9</p> <p>9:30 Whole Body Stretch (2F) 10:00 Easter Scripture And Prayer (2F) 11:00 Portals Of Prayer (2F) 12:00 Wine &amp; Dine (DR) 2:00 Ed-U Presentation: <i>Easter Songs Of Praise And How To Renew Hope</i> By Providence Mennonite Church (DR) 3:30 Easter Sunday Mining Puzzle (1F) 6:00 Music &amp; Mindful Colors (2F) Easter</p>	<p>10</p> <p>9:30 Target Legs Exercise (2F) 10:00 iN2L Travel Attractions: France Louvre And Versailles (2F) 10:30 Mass With Decan Henninger (1F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 4:00 Confident Cruisers (WP) 6:00 Frenchie Opoly (2F)</p>	<p>11</p> <p>9:30 Target Balance Exercise (2F) 10:00 April IQ (2F) 10:15 Circle Of Friends (1F) 12:00 Shopping Excursion: Walmart **\$\$ (OOB) 3:00 Card Club: Phase 10 (2F) 4:00 TLC Time With Bella Our Comfort Dog (2F) 6:00 Game Night: Uno (2F)</p>	<p>12</p> <p>9:30 Move2Music (2F) 10:30 Ed-U Presentation: Parkinson's Disease By DOW Kortnee Wagner (2F) 11:00 Junkdrawer Detective Puzzle (2F) 12:00 Diner's Caravan &amp; Shopping: Burger King &amp; Dollar Store **\$\$ (OOB) 3:00 Card Club: Rummy (2F) 4:00 Confident Cruisers (WP) 6:00 Mixed Drinks And Music Social (2F)</p>	<p>13</p> <p>9:30 Light Hand Weights Exercise (2F) 10:00 World Briefs &amp; Discuss (2F) 10:30 Operation Gratitude (2F) 10:45 Market Run: Boyers **\$\$ (OOB) 1:30 Ooh La La! Paris Café Social (2F) 2:00 Ed-U Presentation: <i>April In Paris Tribute</i> By Lee Moyer, Musician And Educator (2F) 6:00 Dominos Team (2F)</p>	<p>14</p> <p>9:30 Core Strength Exercises (2F) 10:00 World Briefs And Discuss (2F) 10:30 Fact Or Foolery (2F) 11:00 Mother Teresa Program EWNT 49 2:00 Welcome Ambassador Social (2F) 3:00 Funny Ice Breaker Questions (2F) 4:00 Confident Cruisers (WP) 6:00 Card Club: Phase 10 (2F)</p>	<p>15</p> <p>9:30 Gentle Moves (2F) 10:00 April Fact Or Fiction (2F) 10:30 Coffee Cache     And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)</p>
<p>16</p> <p>9:30 Whole Body Stretch (2F) 10:00 Scripture And Prayer (2F) 10:30 CommUNITY Sunday Brunch (DR) 11:00 Portals Of Prayer (2F) 12:00 Wine &amp; Dine (DR) 2:00 Church Of God Service (2F) 3:00 Fellowship Hour (2F) 4:00 Confident Cruisers (WP) 6:00 Music &amp; Mindful Colors (2F)</p>	<p>17</p> <p>9:30 Target Legs Exercise (2F) 10:00 iN2L Travel Attractions: France Musee d'Orsay (2F) 10:30 Mass With Decan Henninger (1F) 1:30 Manicures (2F) 3:00 Ed-U Presentation: <i>Modern Crafting Technologies</i> By Bev Spittler (2F) 4:00 Confident Cruisers (WP) 6:00 Frenchie Opoly (2F)</p>	<p>18</p> <p>9:30 Target Balance Exercise (2F) 10:00 Community Life Meeting (2F) 10:15 Circle Of Friends (1F) 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 TLC Time With Bella Our Comfort Dog (2F) 6:00 Game Night: Uno (2F)</p>	<p>19</p> <p>9:30 Move2Music (2F) 10:00 Ted Talk: <i>Why Is Biodiversity So Important?</i> By Kim Preshoff, Science Educator (2F) 12:00 Diner's Caravan: Friedensburg Country Kitchen **\$\$ (OOB) 3:30 Giant Crossword Puzzle (2F) 4:00 Confident Cruisers (WP) 6:00 Mixed Drinks And Music Social (2F)</p>	<p>20</p> <p>9:30 Light Hand Weights Exercise (2F) 10:00 World Briefs &amp; Discuss (2F) 10:30 Operation Gratitude (2F) 10:45 Market Run: Boyers **\$\$ (OOB) 1:30 Ed-U Presentation: <i>10 Ways To Live A More Eco Friendly Life</i> By Leah Zerbe, Environmental Educator 4:00 Earth Day, Every Day Puzzle (2F) 6:00 Dominos Team (2F)</p>	<p>21</p> <p>9:30 Core Strength Exercises (2F) 10:00 Never Alone Support Group (2F) 11:00 Mother Teresa Program EWNT 49 2:00 Film Fest: <i>The Ten Commandments</i> (2F) 3:00 Popcorn And Soda Cart (2F) 4:00 Confident Cruisers (WP) 6:00 Card Club: Phase 10 (2F)</p>	<p>22</p> <p>9:30 Gentle Moves (2F) 10:00 April Fact Or Fiction (2F) 10:30 Coffee Cache     And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 7:00 Wheel Of Fortune (1F)  Earth Day</p>
<p>23</p> <p>9:30 Whole Body Stretch (2F) 10:00 Scripture And Prayer (2F) 11:00 Portals Of Prayer (2F) 12:00 Wine &amp; Dine (DR) 1:30 Scenic Country Ride (OOB) 3:00 iN2L: Catholic Service (2F) 4:00 iN2L: Methodist Service (2F) 6:00 Music &amp; Mindful Colors (2F)</p>	<p>24</p> <p>9:30 Target Legs Exercise (2F) 10:00 iN2L Travel Attractions: France Paris Art Slide Show (2F) 10:30 Mass With Decan Henninger (1F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 4:00 Confident Cruisers (WP) 6:00 Frenchie Opoly (2F)</p>	<p>25</p> <p>9:30 Target Balance Exercise (2F) 10:00 Guess A Letter-All About Trees (2F) 10:15 Circle Of Friends (1F) 2:00 Grateful Drumming With Joe (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 TLC Time With Bella Our Comfort Dog (2F) 6:00 Game Night: Uno (2F)</p>	<p>26</p> <p>9:30 Move2Music (2F) 10:30 iN2L Sports &amp; Leisure: Gardening (2F) 12:00 Ed-U Tour: Kredder's Greenhouse **\$\$ (OOB) 3:30 Giant Crossword Puzzle (2F) 4:00 Confident Cruisers (WP) 6:00 Mixed Drinks And Music Social (2F)</p>	<p>27</p> <p>9:30 Light Hand Weights Exercise (2F) 10:00 World Briefs &amp; Discuss (2F) 10:30 Operation Gratitude (2F) 10:45 Market Run: Boyers **\$\$ (OOB) 2:00 Memory Magic (2F) 4:00 Confident Cruisers (WP) 6:00 Dominos Team (2F)</p>	<p>28</p> <p>9:30 Core Strength Exercises (2F) 10:00 iN2L: Happy Neuron (2F) 11:00 Mother Teresa Program EWNT 49 2:00 Ed-U Presentation: <i>Joyful Movements</i> By Celeste Bailey, Health And Fitness Educator (2F) 3:00 Hydration Station: Vitamin Water (2F) 4:00 April Zodiac Word Search (1F) 6:00 Card Club: Phase 10 (2F)</p>	<p>29</p> <p>9:30 Gentle Moves (2F) 10:00 April Fact Or Fiction (2F) 10:30 Coffee Cache     And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)</p>