

# Focus on Wellness

We are finally seeing the beautiful signs of Spring and that means getting outside and enjoying the warming weather. Spending time in natural environments can improve your physical and mental health. Some ways we can enjoy these benefits:

- Walking in nature could improve your short-term memory
- Being outdoors has a destressing effect
- Spending time outdoors reduces inflammation & helps eliminate fatigue
- Outdoor experiences may help fight depression and anxiety
- Spending time outside lowers blood pressure

Please enjoy all of our outdoor walking paths and activities. Check your calendar for spring outings!



Dimensions  
of Wellness

## Resident Birthdays

### May

Dorothy Miley  
Charmaine West  
Elvia Kemper  
Martha Fleming  
Linda Adcock  
Charles Metzgar  
Edeltrud Polk

### June

Judith McIntyre  
Beverly Brackbill  
Mildred Psak  
Bennett Bittinger

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

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



# Providence Place SENIOR LIVING News

Q2: May 2023

## A Note from the Executive Director

We continue to work on improvements throughout our community for our residents & team -- and our latest project is happening on the third floor. The Third Floor Exercise room (3E) is undergoing updates and should re-open in early May. The project includes a new floor, brighter lighting, and additional storage for the games. The other portion of this project includes improving our Veteran's wall. We are requesting photos from current residents who have served in the armed forces. If you have served our country, please provide a photo to either Community Life or myself. We can assist with getting a photo enlarged if needed. An 8x10 portrait style, framed photo will be placed on floating shelves that will adorn the wall in the newly renovated room to honor those who have served.

We will be hosting our Mother's Day tea on May 10<sup>th</sup> as well, we hope you can join to honor the mothers in our community.

Enjoy the beautiful spring weather and stay safe!

Blessings,

*Holly Townsend*

*Executive Director*

## Highlighted Events

- 10 – **Mother's Day Tea**  
@ 11am or 3pm – *Families Welcome!*
- 10 – **Dementia Support Group**  
@ 3pm or 6pm – *Connections*
- 20 – **Musical Entertainment**  
The Starlights @ 2pm
- 31 – **Lunch Outing: Fiesta Maya**  
@ 11am

## Welcome New Residents

Theresa W.  
Beulah W.  
Lillian "Deloyce" W.



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
<h1>May 2023</h1>	1 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cinco De Mayo Brain Games (3A) 1:30 Imagery Fitness (3A) 2:00 Jeopardy! (2A) 3:00 iN2L Documentary: History of Cinco de Mayo (2A) 6:15 Card Club (3A)	2 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Crafting Club: DIY Pinata (P) 1:15 Whack the Piñata (CN) 2:30 Cinco De Mayo Social (CN) 3:00 Taste & Trivia: Cinco De Mayo (P) 6:15 Game Shows ( Ch.78 )	3 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Dollar Tree \$\$ (OOB) 1:15 Crafty Creation: Kentucky Derby Hats (CN) 2:00 Musical Entertainment by Tom Shultz (CN) 2:30 Sip and Dance (CN) 3:00 Prize Bingo (3A) 6:15 Horseshoes (3E)	4 9:00 Morning Meeting and Inspirations (P) 9:30 "Belonging " with Chaplain Rick (2A) 10:00 Mid Week Worship Service (CN) 10:00 Cooking Creation: Horchata (C) 1:15 Day Excursion: Mikey's Ice Cream (CN)(OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)	5 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cooking Creation: Horchata #2 (C) 1:30 Walk and Stroll Club (HW) 2:30 Ed-U: Lester Hirsh (3A) 3:00 Social Hour: Cinco De Mayo (P) 6:30 Movie & Popcorn: <i>Seabiscuit</i> (3A)	6 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:15 Watch the Kentucky Derby (CN) 2:00 Kentucky Derby Social (CN) 3:00 Providence Derby Race (CN) 6:15 Puzzle Club (3A)
7 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Brain Games: Scrambled Eggs (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)	8 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 Kindly Canines (2A) 3:00 iN2L Documentary: <i>Women Who Changed History- The People Profiles</i> (2A) 6:15 Card Club (3A)	9 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mother's Day Wrist Corsages (3A) 1:15 Crafty Creation: Paper Cactus Plant (CN) 2:30 Sip and Show (CN) 3:00 Taste & Trivia: Mexico (P) 6:15 Game Shows ( Ch.78 )	10 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mother 's Day Tea #1**(P)(3A) 2:00 Mother's Day Brain Games (3A) 3:00 Mother 's Day Tea #2**(P)(3A) 6:15 Horseshoes (3E)	11 9:00 Morning Meeting and Inspirations (P) 9:30 "Belonging " with Chaplain Rick (2A) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Nelly Fox Bowling (CN) (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)	12 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Providence Place Chambersburg Antique Road Show (2A) 1:15 Garden Club (CN) 2:30 Sip and Be Social (CN) 3:00 Social Hour: Pink Drink (P) 6:30 Movie & Popcorn: <i>Forever My Girl</i> (3A)	13 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Junk Drawer Detective (3A) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)
14 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 History of Mother's Day (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Uno (3A) 6:15 Songs and Scripture (Ch. 809)  Mother's Day	15 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 Hymn Sing with Jodi Corbett (2A) 3:00 iN2L Documentary: <i>Travel Mexico</i> (2A) 6:15 Card Club (3A)	16 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mother's Day Bingo (3A) 1:15 Crafty Creation: DIY Scented Soap (CN) 2:30 Sip and Show (CN) 3:00 Taste & Trivia: Mother's Day (P) 6:15 Game Shows ( Ch.78 )	17 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Walmart \$\$ (OOB) 1:30 Blood Pressure Clinic (2A) 2:00 Fireside Chat (2A) 3:00 Coffee & Questions: Fireside Chat Follow Up (P) 6:15 Horseshoes (3E)	18 9:00 Morning Meeting and Inspirations (P) 9:30 "Belonging " with Chaplain Rick (2A) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Celebration of Life (2A) 3:00 Ladder Ball (3A) 4:00 Table Topics (BL) 6:15 Chit Chat in the Lobby (FL)	19 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Benefits of Exercise with Jamie from Bayada Home Healthcare (2A) 1:30 Walk and Stroll Club (HW) 2:00 TED Talk: What Makes A Good Life Lessons From the Longest Study of Happiness by Robert Waldinger. (2A) 3:00 Social Hour: Salsa Vs. Guacamole (P) 6:30 Movie & Popcorn: <i>Frida</i> (3A)	20 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Musical Entertainment Featuring The Starlites (2A) 3:00 Hydration and Humor (P) 4:00 Fact vs Fiction: Life History (BL) 6:15 Puzzle Club (3A)  Armed Forces Day
21 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Crafting Club: Star Wreath (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)	22 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 Book Club (3A) 3:00 iN2L Documentary: <i>60 Minutes Presents Honoring Our Soldiers</i> (2A) 6:15 Card Club (3A)	23 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Crafting Club: Resin Jewelry (3A) 1:15 Crafty Creation: Mother's Day Card Basket (CN) 2:30 Sip and Show (CN) 3:00 Taste & Trivia: Memorial Day BBQ's (P) 6:15 Game Shows ( Ch.78 )	24 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Big Lots \$\$ (OOB) 1:15 Kitchen Creation: Apple Nachos (CN) 2:30 Sip and Taste (CN) 3:00 Memories in the Making (3A) 6:45 Gospel Hymns with Antrim Mennonite Church (2A)	25 9:00 Morning Meeting and Inspirations (P) 9:30 "Belonging " with Chaplain Rick (2A) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Sonic Milkshakes (CN) (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 4:00 Tales Told by Residents: Mexico (P) 6:15 Chit Chat in the Lobby (FL) Shavuot	26 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cooking Creation: Patriotic Brownies ( C ) 1:30 Walk and Stroll Club (HW) 2:00 Catholic Mass with Corpus Christie Catholic Church (2A) 3:00 Social Hour: Dress to Impress Red, White,& Blue (P) 6:30 Movie & Popcorn: <i>Grand Prix</i> (3A)	27 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Magic at the Midway with Phil Crosson (2A) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)
28 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 History of Memorial Day (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service with Special Guest The Kopps (2A) 3:00 Game Club: Uno (3A) 6:15 Songs and Scripture (Ch. 809)  Pentecost	29 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 11:30-1:30 Memorial Day BBQ (DR) 2:00 Musical Entertainment Featuring Joe Crispell (3A) (P) 3:00 Cornhole Tournament (BL) 6:15 Card Club (3A)  Memorial Day	30 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Memorial Day Brain Games (3A) 1:15 Crafty Creation: Summer Wreath (CN) 2:30 Sip and Show (CN) 3:00 Welcome New Resident Social (C) 6:15 Game Shows ( Ch.78 )	31 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Kohls \$\$ (OOB) 1:30 Shuffle Board (3A) 2:00 Canvas Art (3A) 3:00 Friends Hosting Friends: Ice Cream Sundae Bar (CN) 6:15 Horseshoes (3E)	<h1>THE Club</h1>		<b>Calendar Key:</b> 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) Connections (CN) Picnic Tables (PT) ** Registration Required \$\$ Cost