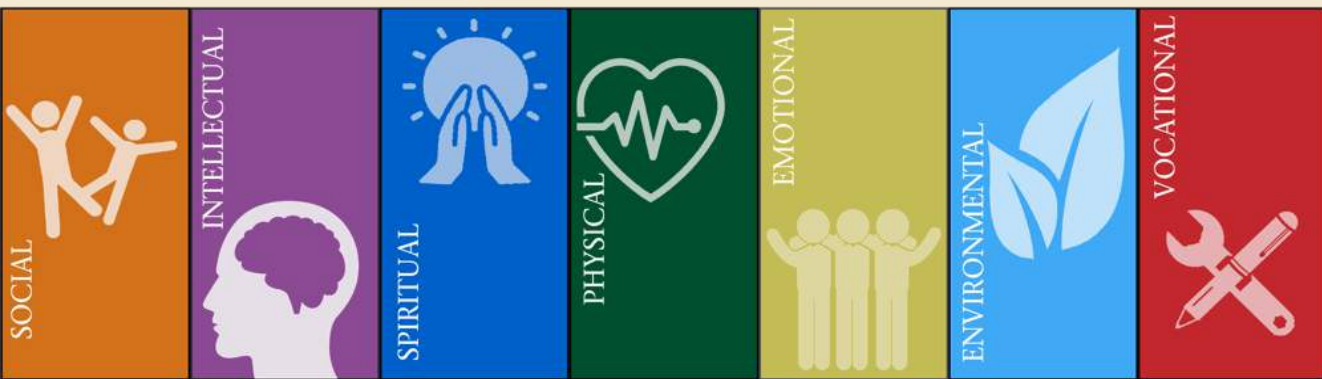


Focus on Wellness

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

Betty Shannon
Thomas White
Stanley Plicinski
Robert Fox
Joan Bacchi
Ruth Ledger
Sandra Flaharty
Irene Tarloski
Roberta Machese
Dolores Conrod

June

Richard Ameigh
Marion Bush
Hilda D'Andrea
Joan Werc
Antoinette Cardosi
Linda Conaway
Gary Breckley
Bob Berlin



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: May 2023

A Note from the Executive Director

Beautiful sunshine and flowers have arrived! Our entire community is looking forward to sitting out on our porches and deck, walking our beautiful walking path, and breathing some fresh crisp air. We encourage you to spend these upcoming beautiful days enjoying our outdoor areas. We look forward to enjoying gardening and much awaited outdoor activities and outings.

I would like to welcome Dr. Daniel Andrews, our Chaplain. Dan was our very popular chaplain at Collegeville previously. He returned from Arizona recently to rejoin us as Spiritual Life Coordinator for the Providence Place organization. Dan will be spending most of his time in Collegeville but will have responsibilities guiding the chaplain programs at our other campuses. We are so excited that he has returned to our Providence Place Family!

Please stay tuned for upcoming announcements for our monthly brunch, entertainment, dementia support group, and family night. Our Community Life team has excellent outings and events open to families on the calendar – please join us!

Thank you to all the staff, residents, and families who have supported us to build a strong compassionate team. As always, I am available for comments, ideas, and concerns.

Warmly,

Terri Sanelli

Executive Director

Highlighted Events

- 4 – **Diner's Caravan:** Plaza Azteca @ 10:30am
- 5 – **Cinco de Mayo Luncheon** @ 11:30am
- 9 – **Outing to Elmwood Zoo** @ 10am
- 18 – **Entertainment:** Steve Ritrovato @ 3:30pm
- 19 – **Live Animal Presentation** @ 2pm
- 25 – **Valley Forge Casino Outing** @ 10:30am
- 26 – **Entertainment:** Don Bonanno @ 3:30pm

Welcome New Residents

Joseph P.
Marianne L.
Mary B.
Joan W.
Arlene H.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>May</h1> <h1>2023</h1>	1 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Weekly Weather & News (AR) 11:00 Creative Crafting (CR) 1:00 Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Bible Study (T)	2 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:30 May Poetry (CN) 1:00 Golden Sneakers w/ Theresa (CR) 2:00 Circle Of Friends (T) 2:15 Book Mobile (OS) 3:00 Ed-U: Cinco De Mayo and Mexican Traditions (T) 4:00 Refresh w/ Lemonade (OS)	3 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Chocolate Custard Treat (AR) 1:30 Look Who's Dancing (P) 2:30 Mid-Week Service with Chaplain Daniel (T) 3:30 Talk Darby To Me (P)	4 9:15 Morning Meeting (P) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Lunch Out: Plaza Azteca**\$\$ (OOB) 11:00 Bird Watching w/ Conversation (OS) 1:30 Activities Committee Meeting (AR) 2:30 Refresh w/ Homemade Lemonade (AR) 3:30 Karaoke Happy Hour (P)	5 9:15 Morning Meeting (P) 10:00 Sit & Be Fit (P) 10:30 Hand Chimes Music Program (P) 11:00 Kentucky Derby Hat (CN) 1:00 Bingo (AR) 2:00 Weekly Grateful & Chat (CN) 3:00 Mexican Dancer and Guitarist (P)	6 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 11:00 Make Caramel Flan (AR) 1:00 BINGO (AR) 2:00 Barrack Hebrew Academy Pen Pals Create Video (P) 3:30 Trivia Happy Hour (P) 6:15 Res. Run Dominoes (AR)
7 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (T) 2:00 Garden Club (CR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>Spectre</i> (T)	8 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Weekly Weather & News (AR) 11:00 Creative Crafting (CR) 1:00 Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Hymn Sing (T) 3:15 Creative Craft (CR)	9 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Outing: Elmwood Zoo **\$\$ (OOB) 11:00 Word Search & Relaxation (P) 1:00 Bingo (AR) 2:00 Circle Of Friends (T) 3:00 Aerobic Drumming (P) 4:00 Refresh w/ Homemade Slushies (AR)	10 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Butterfly Garden (CR) 1:30 Mothers Day Tea Party (CN) 2:00 Mid-Week Service with Chaplain Daniel (T) 3:30 Puzzles (CR)	11 9:15 Morning Meeting (P) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Walking On The Path! (OOB) 1:00 Balance In Action Class by Powerback Rehab (P) 3:30 Entertainer: Courtney Colletti (P)	12 9:15 Morning Meeting (P) 10:00 Sit & Be Fit (P) 10:30 Hand Chimes Music Program (P) 11:00 Wind Chimes (CN) 1:00 Bingo (AR) 2:00 Weekly Grateful & Chat (P) 3:00 Play Reading (P)	13 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Bake Mexican Wedding Cakes (AR) 1:00 BINGO (AR) 2:00 Perkiomen Trail Walk**\$\$ (OOB) 3:30 Finish That Lyric Happy Hour (P) 6:15 Res. Run Dominoes (P)
14 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (T) 2:00 Garden Club (CR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>Divine Secrets of the Ya-Ya Sisterhood</i> (T) Mother's Day	15 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Weekly Weather & News (AR) 11:00 Creative Crafting (CR) 1:00 Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Bible Study (T)	16 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Baking Club (CN) 11:00 Table Tennis (CN) 1:00 Golden Sneakers w/ Theresa (CR) 2:00 Circle Of Friends (T) 3:00 Aerobic Drumming (P) 4:00 Refresh w/ Homemade Sweet Tea (OS)	17 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Uno (P) 11:30-1 Mexican Luncheon with Mexican Beer (DR) 1:30 Look Who's Dancing (P) 2:30 Mid-Week Service with Chaplain Daniel (T) 3:30 Racko (CR)	18 9:15 Morning Meeting (P) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:15 CMS: Bach's Lunch Chris Macy Piano & Vocal **(OOB) 1:00 Dining Room Committee Meeting (AR) 2:30 Toss & Talk (CN) 3:30 Hydration w/ Meditation (CN)	19 9:15 Morning Meeting (P) 10:00 Sit & Be Fit (P) 10:30 Hand Chimes Music Program (P) 11:30-12:30 Pizza Party (CR) 1:00 Bingo (AR) 2:00 Weekly Grateful & Chat (P) 3:30 Wacky Wordies (P)	20 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Bake Concha's (AR) 11:00 Community Crossword (P) 1:00 BINGO (AR) Armed Forces Day 2:00 Book Club & Hot Chocolate (T) 3:30 Mexican Cerveza Happy Hour (P) 6:15 Res. Run Dominoes (AR)
21 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (T) 2:00 Garden Club (CR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>The Magnificent Seven</i> (T)	22 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Weekly Weather & News (AR) 11:00 Creative Crafting (CR) 1:00 Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Hymn Sing (T)	23 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Cooking Club (CN) 11:00 Noodle Hockey (CN) 1:00 Bingo (AR) 2:00 Circle Of Friends (T) 3:00 Aerobic Drumming (P) 4:00 Refresh w/ Homemade Fruit Smoothie (AR)	24 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Sweet Taffy Treat (CR) 1:30 Cooking Demo by Chef Ed (AR) 2:30 Mid-Week Service with Chaplain Daniel (T) 3:30 Bird Feeders (CN)	25 9:30 Morning Meeting (P) 10:00 Sit and Be Fit (P) 10:30 Bubble Art (AR) 11:00 Brown Bag Mystery (CR) 1:00 Outing: Upper Schuylkill Valley Park Fishing Trip** (OOB) 3:00 Catholic Mass w/ St. Eleanor (T) Shavuot	26 9:15 Morning Meeting (P) 10:00 Sit & Be Fit (P) 10:30 Hand Chimes Music Program (P) 11:00 Memory Magic (CR) 1:00 Bingo (AR) 2:00 Weekly Grateful & Chat (P) 3:30 Play Reading (P)	27 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Bake Mexican Tea Cookies (AR) 11:00 Community Crossword (P) 1:00 BINGO (AR) 2:00 Perkiomen Trail Walk** (OOB) 3:30 Mexican Music Happy Hour (P) 6:15 Res. Run Dominoes (AR)
28 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship by Ch. Daniel (T) 2:00 Garden Club (CR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>Three Amigos</i> (T) Pentecost	29 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Weekly Weather & News (AR) 11:00 Creative Crafting (CR) 1:00 Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Bible Study (T) Memorial Day	30 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Baking Club (CN) 11:00 Reading Between The Lines (CN) 1:00 Golden Sneakers w/ Theresa (CR) 2:00 Circle Of Friends (T) 3:00 Aerobic Drumming (P) 4:00 Refresh w/ A Root Beer Float (OS)	31 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Trivia (CR) 1:00 Bingo (AR) 2:00 Mid-Week Service with Chaplain Daniel (T) 3:30 Breath Of Fresh Air (OS)	<h1>THE</h1> <h1>Club</h1>		Calendar Key: ** Registration Required \$\$ Cost Involved (CR) Community Room (AR) Activity Room (P) Pub, (CN) Connections Neighborhood (DR) Dining Room, (OL) Old Lobby, (LIB) Library, (ML) Main Lobby,