

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

Gloria Johnson
Bernard Oracewski
Linda DePatto

June

Terrence Leonard
Phyllis Gilbert
Mercedes Sadler
Kathleen Kline
Sallylee Sangrey
Anna Myers
Elizabeth Crawford



Providence Place SENIOR LIVING News

Q2: May 2023

A Note from the Executive Director

May is a time for spring flowers to really blossom. We are hoping to do the same here at Providence Place of Lancaster. As the new Executive Director at Providence, I hope to provide you and your loved ones our standards of care and open communication with families. I look forward to meeting all of you and working closely to get to know each other and your needs. I strive for excellence and hope to provide you with not only that but a peace of mind and sense of security.

To get to know me a little better, I am local to the area born and raised in East Petersburg. I attended college at UNC Greensboro majoring in Kinesiology. I moved back after college and found a passion and love for seniors and worked my way up to become an Executive Director. In my free time I enjoy sports, kayaking, fishing and most recently disc golf.

I have an open-door policy, you may stop in and see me at anytime when I am available in the community. You may also contact me at chshuey@prov-place.com or by calling the office 717-392-4100 or cell phone 717-224-8402. I look forward to working with each of you.

Best,

Chelsea Shuey

Executive Director

Highlighted Events

- 3 – Providence Place Players performance @ 2:30pm
- 4 – Game Night with Homeschool Group @ 6pm
- 13 – Happy Hour & Open Mic @ 2:30pm
- 18 – Men's Club @ 2pm
"Museums we Enjoy"
- 19 – EdU Presentation: Nesting Birds @ 2pm
- 29 – Memorial Day Festivities
Luncheon, Flag Raising & Entertainment starting at 11:30am

Welcome New Residents

Gladys M.
Doris S.
Rita C.
Carole O.
Miriam C.




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
<h1>May 2023</h1>	1 10:00 Stretch & Flex (CH) 10:30 Discover Louisiana on IN2L (CH) 1:30 May Day Fun (AR) 2:00 Artist in Us All: May Day Bouquets (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)	2 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shopping: Boscov's **\$\$OOB 1:30 Sunshine Committee (AR) 2:00 Community Life Planning Committee Meeting (AR) 3:00 Bingo Helpers in Connections 6:00 Scrabble Night (AR)	3 10:00 Movement & Music (CH) 10:30 Midweek Worship Service (CH) 1:30 Jeopardy Challenge (CH) 2:30 Providence Place Players Preform Short Skits and Refreshments (DR) 3:15 Bingo Fun (CH) 6:00 Destination Movie Night: <i>12 Years A Slave</i> (CH)	4 10:00 Balance and Flexibility (CH) 10:30 Greif Share (CH) 1:30 National Day of Prayer Gather to Pray Together (CH) 2:00 Ed-U Presents: Birds in the Backyard by Retired Educator Terry Neumeier (CH) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Games w/ PV Home Schoolers (AR)	5 Dime Store open 8a-12p 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 1:30 Cinco De Mayo Social (CH) 2:00 Musical Presentation By Pat Kocen (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night: Hush, Hush Sweet Charlotte (CH) Cinco de Mayo	6 10:00 What's the Word: (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Crafts with Diana—Derby Hats (CH) 2:30 Happy Hour: Apps and Drinks Kentucky Derby Party (GL) 3:15 Talk "Derby" to Me (GL) 6:00 Table Top Shuffle Board (BR)
7 10:00 Coffee & "Donut Miss This" Social (AR) 10:30 Team Cuisine Cooking Group: Blueberry Lattice Bars (AR) 2:00 Destination Discovery Social: Maine - Discussion & Snacks (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (FL)	8 10:00 Stretch & Flex (CH) 10:30 Discover Maine on IN2L (CH) 1:30 Who—What am I? Pet Visit with Farley & Emily (AR) 2:30 Artist in Us All: <i>Pottery Works</i> (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)	9 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch: Longhorn Steaks **\$\$OOB 1:30 Thankful to You Committee (AR) 2:00 Destination Discovery: Maine Painting Lobsters & Light Houses (AR) 3:00 Bingo Helpers in Connections 6:00 Scrabble Night (AR)	10 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:00 Wellness Presentation: Benefits of Fitness; Bayada Home Health Care (CH) 2:00 Jeopardy Challenge (CH) 3:15 Bingo Fun (CH) 6:00 Destination Movie Night: <i>The Congressman</i> (CH)	11 10:00 Balance and Flexibility (CH) 10:30 Greif Share (CH) 1:30 Cooking with Our Chef (AR) 2:00 Ed-U Presents: Trivia Talk- Maine w/ Bob Reigh (CH) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)	12 Dime Store open 8a-12p 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 10:30 Grocery Run: Giant **\$\$ (OOB) 1:30 Writing Club: Poetry (AR) 2:00 Musical Presentation By Lee Moyer (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night: It Happened to Jane! <i>Starring Doris Day</i> (CH)	13 10:00 What's the Word: (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Games with Pat (CH) 2:30 Happy Hour: Apps and Drinks Open Mic—Comedy Club (GL) 3:15 National Apple Pie Day (GL) 6:00 Table Top Shuffle Board (BR)
14 10:00 Coffee Social & Brain Games (AR) 10:30 Team Cuisine Cooking Group: Maryland Crab & Other Quiches (AR) 2:00 Memories of Mom Social: Enjoy Tea, Quiche & Sweet Treats (** GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (FL) Mother's Day	15 10:00 Stretch & Flex (CH) 10:30 Discover Maryland on IN2L (CH) 1:30 Who—What am I? Pet Visit with Hope & Lorna (AR) 2:00 Musical Entertainment by Nick Viscuso (CH) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night PV Home Schoolers Visit (AR)	16 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shop & Dine: Walmart & Gus's in Ephrata **\$\$OOB 1:30 Destination Discovery Social: Maryland - Discussion & Trivia (GL) 2:00 Drum Circle: Grateful Drumming (CH) 3:00 Welcome Ambassador Meeting (AR) 6:00 Scrabble Night (AR)	17 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Ed-U Presents: Visual Literacy Video By Professor M Rogers Horton (CH) 2:30 Jeopardy Challenge (CH) 3:15 Bingo Fun (CH) 6:00 Destination Movie Night: <i>Annapolis</i> (CH)	18 9:30 Balance in Action w/ Powerback Therapist, Amy (CH) 10:30 Greif Share (CH) 1:30 Dining Committee Meeting (AR) 2:00 Men's Club: Museums We Enjoy Refreshments and Discussion (CH) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)	19 Dime Store open 8a-12p 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 1:30 Writing Club: Community Story (AR) 2:00 Ed-U Presents "Nesting Birds" By Lisa Sanchez, Naturalist at Lancaster County Parks and Rec (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night: Sergeant York <i>Starring Gary Cooper</i> (CH)	20 10:00 What's the Word: (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Crafts with Diana (CH) 2:30 Happy Hour: Apps and Drinks Celebrating our Armed Forces (GL) 3:15 Military Themed Charades (GL) 6:00 Table Top Shuffle Board (BR) Armed Forces Day
21 10:00 Coffee Social & Brain Games (AR) 10:30 Team Cuisine Cooking Group: Boston Crème Pie (AR) 2:00 Destination Discovery Social: Massachusetts-Discussion & Snacks (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (FL)	22 10:00 Stretch & Flex (CH) 10:30 Discover Massachusetts IN2L (CH) 1:30 Musical Presentation: Featuring Rich Arment (CH) 2:30 Who—What am I? Pet Visit with Farley & Emily (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)	23 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Trip: Fudruckers!! **\$\$OOB 1:30 Destination Discovery: Universities of Massachusetts (CH) 2:15 Community Life Planning Committee Meeting (AR) 3:00 Bingo Helpers in Connections 6:00 Scrabble Night (AR)	24 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 What is Shavuot (CH) 2:30 Jeopardy Challenge (CH) 3:15 Bingo Fun (CH) 6:00 Destination Movie Night: <i>Jesse Stone: Stone Cold</i> (CH)	25 10:00 Balance and Flexibility (CH) 10:30 Greif Share (CH) 1:30 Chef's Pairing w/ Our Chef Justin (AR) 2:30 Fireside Chat: Meet with Chelsey (CH) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR) Shavuot	26 Dime Store open 8a-12p 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 10:30 Grocery Run: Giant **\$\$ (OOB) 1:30 Writing Club: Short Stories (AR) 2:30 Arlington National Cemetery (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night: <i>The Mating Game 1959</i> (CH)	27 10:00 What's the Word: (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Games with Pat (CH) 2:30 Happy Hour: Apps and Drinks Joe Cool Party—Wear your "Shades" Color Theme Black & White (GL) 3:15 Snoopy & Peanuts Trivia (GL) 6:00 Table Top Shuffle Board (BR)
28 10:00 Coffee Social & Brain Games (AR) 10:30 Team Cuisine Cooking Group: Cherry Pudding Cake (AR) 2:00 Destination Discovery Social: Michigan - Discussion & Snacks (GL) 2:00 Flag Raising Ceremony (FL) Followed by Worship Service (CH) 6:00 Evening Gather & Chat (FL) Pentecost	29 10:00 Stretch & Flex (CH) 10:30 Discover Michigan on IN2L (CH) 11:30 Memorial Day BBQ Luncheon (DR) 2:00 Memorial Day: Musical Entertainment By Brian Huber (DR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR) Memorial Day	30 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shopping: Community Aide **\$\$OOB 1:30 Destination Discovery: <i>Unicorn Hunting</i> in Michigan (AR) 2:00 Random Trivia Party (AR) 3:00 Bingo Helpers in Connections 6:00 Scrabble Night (AR)	31 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Ed-U Presents: Visual Literacy Video By Professor M Rogers Horton (CH) 2:30 Jeopardy Challenge (CH) 3:15 Bingo Fun (CH) 6:00 Destination Movie Night: <i>Jerry & Marge Go Large</i> (CH)			Calendar Key: (BR) Billiards Room (CH) Chapel (AR) Activity Room (S) Salon (GL) Governor's Lounge (LB) Library (DR) Dining Room (FL) Lobby (FP) Front Porch (OOB) Out of Building ** Registration Required \$\$ Cost Involved