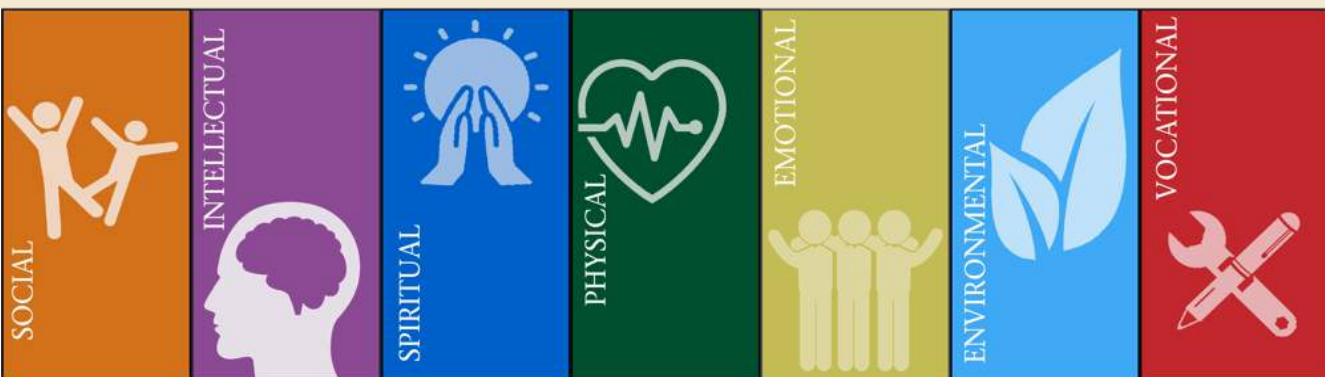


# Focus on Wellness

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

Gail Wright  
Patricia Neumeister  
Harry Fessler  
Mary Brooks

### June

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



# Providence Place SENIOR LIVING News

Q2: May 2023

## A Note from the Executive Director

We are preparing for Mother's Day here in the Grove. Please join us for our Tea Party on May 10<sup>th</sup> with your loved one if you are able.

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 Father's Day celebrations being planned at the for June as well.

Sincerely,  
*Julie Wallace*  
Executive Director

## Highlighted Events

- 10 – **Mother's Day Tea Party & Shopping Game @ 2pm**
- 11 – **EdU Presentation: Know Your Resident Rights @ 2pm**
- 17 – **Diner's Caravan: Nino's NY Pizza @ 11am**
- 24 – **Lake Tobias Outing @ 10am**
- 25 – **Dementia Support Group @ 6pm (@ Pottsville Campus)**

## Welcome New Residents

Miriam M.  
Margaret M.  
Faye M.




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</h1> <h1>2023</h1>	1	2	3	4	5	6
	9:30 Target Legs Exercise (2F) 10:00 Adventure Club: Kentucky (2F) 10:30 Mass With Decan Henninger (2F) 11:00 Confident Cruisers (WP) 2:00 Ticket Bingo (2F) 3:30 Soft Serve Ice Cream Social (2F) 4:00 A Horse's Neigh Puzzle (2F) 6:00 America O-poly (1F)	9:30 Balance In Action By Kari, Powerback Rehab (2F) 10:00 Community Life Meeting (2F) 10:15 Circle Of Friends (1F) 12:00 Shopping Excursion: Walmart **\$\$ (OOB) 3:00 Card Game: Phase 10 (2F) 4:00 Front Porch Trivia (FP) 5:30 American Heritage Girls Concert (L)	9:30 Move2Music (2F) 10:30 Fireside Chat With ED Julie And Members Of Management Team (2F) 11:00 Resident Planning Committee (2F) 1:30 Helping Hands: Picture Taking (R) 2:00 Constructing Veterans Wall (2F) 3:30 Flavored Tea Cart (2F) 4:00 VALOR Categories Puzzle (2F) 6:00 Mixed Cocktails & Music Social (2F)	9:30 Light Hand Weights Exercise (2F) 10:00 Talk Derby To Me Humor (2F) 10:30 Dining Committee Meeting (2F) 11:00 Market Run: Boyer's **\$\$ (OOB) 2:00 Phase 10 Competition (FP) 3:30 Fruit Punch Cart (FP) 4:00 Confident Cruisers (WP) 6:00 Yahtzee Team (2F)	9:30 Core Strength Exercise (2F) 10:00 Daily Briefs & Discuss (2F) 10:30 Kentucky Derby Facts (2F) 11:00 Mother Teresa Program EWTN 49 2:00 Movie Fest: '7 Days Out' (2F) Popcorn And Soda Cart (2F) 6:00 Card Club: Rummy (F)	9:30 Gentle Moves (2F) 10:00 Men's Club: Country Ride (OOB) 10:30 Simple Grace Devotions (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 5:00 148th Kentucky Derby NBC 7:00 Wheel Of Fortune (1F)
7	8	9	10	11	12	13
9:30 Whole Body Stretches (2F) 10:00 Amen Corner (2F) 10:00 Portal Of Prayers (2F) 12:00 Wine And Dine (DR) 2:00 Ed-U Presentation: <i>Scripture Songs And Wisdom</i> By The Providence Mennonite Players (DR) 3:30 Bible Word Search (RP) 6:00 Music And Mindful Colors (1F)	9:30 Target Legs Exercise (2F) 10:00 Adventure Club: Kentucky State Fair (2F) 10:30 Mass With Decan Henninger (2F) 11:00 Confident Cruisers (WP) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 America O-poly (1F)	9:30 Target Balance Exercise (2F) 10:00 May IQ (2F) 10:15 Circle Of Friends (1F) 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 TLC With Bella Our Comfort Dog (FP) 6:00 Game Of Life (1F)	9:30 Move2Music (2F) 10:30 Ed-U Wellness Presentation: <i>Benefits Of Exercise</i> By DOW, Kortnee Wagner (2F) 2:00 Mother's Day Tea Party Shopping Game (2F) 4:00 Confident Cruisers (WP) 6:00 Mixed Cocktails & Music Social (2F)	9:30 Light Hand Weights Exercise (2F) 10:00 World Briefs And Discuss (2F) 10:30 Balloon Volley Ball (2F) 11:00 Front Porch Trivia (FP) 2:00 Ed-U Presentation: <i>Know Your Residents Rights</i> By Eileen Barlow, Ombudsman (2F) 3:30 Confident Cruisers (WP) 6:00 Yahtzee Team (2F)	9:30 Core Strength Exercise (2F) 10:00 Reminisce: Songs About Mothers And Motherhood (2F) 11:30 Ed-U Tour: The Big Catch Antiques And Collectables **\$\$ (OOB) 3:30 Giant Crossword Puzzle (2F) 4:00 Confident Cruisers (WP) 6:00 Card Club: Rummy (F)	9:30 Gentle Moves (2F) 10:00 May 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)
14	15	16	17	18	19	20
9:30 Whole Body Stretches (2F) 10:00 Amen Corner (2F) 10:00 Portal Of Prayers (2F) 12:00 Wine And Dine (DR) 2:00 Church Of God Service: Red Rose Service Honoring Our Mothers (2F) 3:00 Fellowship Hour (2F) 6:00 Music And Mindful Colors (1F)  Mother's Day	9:30 Target Legs Exercise (2F) 10:00 Adventure Club: Kentucky Fort Knox (2F) 10:30 Mass With Decan Henninger (2F) 11:00 Confident Cruisers (WP) 1:30 Manicures (2F) 3:00 Ed-U Presentation: <i>Modern Crafting Technologies</i> By Bev Spittler (2F) 6:00 America O-poly (1F)	9:30 Target Balance Exercise (2F) 10:00 May IQ (2F) 10:15 Circle Of Friends (1F) 1:30 Kitchen Krew: Funnel Cakes (2F) 3:00 Caring Is Sharing Team: Room Visit With Funnel Cakes (R) 4:00 Holy Rosary EWTN 49 6:00 Game Of Life (1F)	9:30 Move2Music (2F) 10:00 Ted Talk: <i>Where Joy Hides</i> By Ingrid Fetell Lee, School Of Visual Arts (2F) 11:00 Diner's Caravan: Nino's New York Style Pizza **\$\$ (OOB) 3:30 Jigsaw Puzzle Team (2F) 4:00 Moses Quote Alphabet Code (2F) 6:00 Mixed Cocktails And Music Social (2F)	9:30 Light Hand Weights Exercise (2F) 10:00 Balloon Volley Ball (2F) 10:30 iN2L: Pub Trivia (2F) 11:00 Market Run: Boyer's **\$\$ (OOB) 2:00 Welcome Ambassador Social (2F) 3:00 Meet & Mingle Ice Breakers (2F) 4:00 Front Porch Trivia (FP) 6:00 Yahtzee Team (2F)	9:30 Core Strength Exercise (2F) 10:00 Daily Briefs & Discuss (2F) 10:30 iN2L Happy Neuron: Memory (2F) 11:00 Mother Teresa Program EWTN 49 2:00 Movie Fest: <i>12 Strong</i> (2F) 3:00 Popcorn And Soda Cart (2F) 4:00 Confident Cruisers (WP) 6:00 Card Club: Rummy (F)	9:30 Gentle Moves (2F) 10:00 May Fact Or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 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)  Armed Forces Day
21	22	23	24	25	26	27
9:30 Whole Body Stretches (2F) 10:00 Amen Corner (2F) 10:00 Portal Of Prayers (2F) 12:00 Wine And Dine (DR) 1:30 Scenic Country Ride (OOB) 3:00 iN2L: Catholic Service (2F) 4:00 iN2L: Methodist Service (2F) 6:00 Music And Mindful Colors (1F)	9:30 Target Legs Exercise (2F) 10:00 Adventure Club: Kentucky Country Music Highway (2F) 10:30 Mass With Decan Henninger (2F) 11:00 Confident Cruisers (WP) 2:00 Ticket Bingo (2F) 3:30 Soft Serve Ice Cream Social (2F) 4:00 Front Porch Trivia (FP) 6:00 America O-poly (1F)	9:30 Target Balance Exercise (2F) 10:00 May IQ (2F) 10:15 Circle Of Friends (1F) 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 6:00 Ed-U Presentation: <i>Discover Japanese Symbols And Traditions Associated with Cherry Blossom Trees</i> By Alyssa Palin, Art Educator (2F)	9:30 Move2Music (2F) 10:00 Ed-U Trip: Lake Tobias Learn about Eco Systems And How We Can Protect Them **\$\$ (OOB) 11:00 Mother Teresa Program EWTN 49 2:00 Jigsaw Puzzle Team (2F) 3:00 Puzzle Packs (2F) 6:00 Mixed Cocktails & Music Social (2F)	9:30 Light Hand Weights Exercise (2F) 10:00 Ted Talk: <i>And From These Words</i> By Billy Planer, Founder Of Jewish Youth Program (2F) 11:00 Secret Shavuot Wish Puzzle (2F) 2:00 Kitchen Krew: Red, White & Blue Cupcake Decorating (2F) 4:00 Confident Cruisers (WP) 6:00 Yahtzee Team (2F) Shavuot	9:30 Core Strength Exercise (2F) 10:00 Daily Briefs & Discuss (2F) 10:30 iN2L Word Games: List It (2F) 11:00 Mother Teresa Program EWTN 49 2:00 Ed-U Presentation: <i>Joyful Moments</i> By Celeste Baily, Fitness Educator (2F) 4:00 Confident Cruisers (WP) 6:00 Card Club: Rummy (F)	9:30 Gentle Moves (2F) 10:00 May 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)
28	29	30	31			
9:30 Whole Body Stretches (2F) 10:00 Amen Corner (2F) 10:00 Portal Of Prayers (2F) 12:00 Wine And Dine (DR) 2:00 Church Of God Service (2F) 3:00 Fellowship Hour (2F) 6:00 Music And Mindful Colors (1F)  Pentecost	9:30 Target Legs Exercise (2F) 10:00 Adventure Club: Kentucky Red River Gorge (2F) 10:30 Mass With Decan Henninger (2F) 12:00 Picnic Lunch (DR) 2:00 Patio Games (2F) 3:30 Soft Serve Ice Cream Social (2F) 4:00 Memorial Day End-2-End Game (1F) 6:00 America O-poly (1F)  Memorial Day	9:30 Target Balance Exercise (2F) 10:00 May IQ (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 With Bella Our Comfort Dog (FP) 6:00 Game Of Life (1F)	9:30 Move2Music (2F) 10:00 Daily Briefs And Discuss (2F) 10:30 Which War Was It ? Trivia (2F) 2:00 Card Game: Phase 10 (2F) 3:00 Hot Chocolate Cart (2F) 4:00 Confident Cruisers (WP) 6:00 Mixed Cocktails & Music Social (2F)			
<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 (RP) Rear Patio (FP) Front Patio (WP) Walking Path						