

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

Elsie Fragale
Velma Breidigan
Ann O'Connell
Robert Antanavage
Joan Grapsy
Francis Purcell
Pauline Dunkelberger

June

John Luchanin
Ruth Terwilliger
Lynn Korn
John Sinisi
Judith Thomas
Mary D'Allessandro
Mary Flanagan
Phyllis Shoener
Margarat Antanavage



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

We are looking forward to sunny days here in our Pottsville community. Our residents are looking forward to sitting out on the porches and decks and breathing some fresh spring air.

Our team is getting ready for our Triple Crown Events planned at our community – join in on the fun! We continue to host our monthly dementia support group (May 25th is our next meeting) and we are proud to be hosting our annual Mother's Day Tea Social. Please RSVP to reserve a spot with your loved one for 2pm or 3pm.

Our highly anticipated Summer Concert Series will be starting in June as well – these outdoor events are fantastic for the entire family and greater community members. *Save the dates.*

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.

All the best,
Melissa Melnick


Executive Director

Highlighted Events

- 14 – **Mother's Day Tea Social**
@ 2pm-4pm – *Families Welcome*
Please RSVP to reception!
- 24 – **EdU Presentation:** The Unsung Women of History @ 2pm
- 25 – **Hollywood Casino Outing**
@ 11am
- 25 – **Dementia Support Group**
@ 6pm

Welcome New Residents

Ann O.
John B.
Marcie G.
John L.
Phillip P.
Elwood M.
Fay D.
Herman B.
Helen S.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>May</h1> <h1>2023</h1>	1	2	3	4	5	6
	9:00 Walking Warriors (ML) 10:30 Seated Yoga with Michele (P) 10:30-11:30 Traveling Store (ML) 1:30 Sunshine Committee Meeting 2:00 Ed-U Presentation: Spanish Guitar With Lester Hirsh (P) 3:00 Communion Service (CH) 3:30 XBOX Bowling (P)	9:00 Brain Games: Spanish 101 (ML) 10:30 Balloon Volleyball (P) 11:00 Helping Hands: Setting Up Luncheon (P) 12:00 Souper Tuesday Luncheon: Gazpacho **(P) 2:00 Dining Committee Meeting (DR) 2:00-4:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$\$ (P)	9:00 Coffee, Donuts, & Discussion (P) 10:00 Lite & Lively (P) 1:00 Helping Hands: Setting Up Social (P) 2:00 Acrylic Paint Class with Shannon **(P) 3:00 Kentucky Derby Social for Staff & Residents (P)	9:00 Walking Warriors (ML) 10:30 Errand Run: Banks & Post Office **\$\$ (OOB) 1:00 Shopping Trip: Walmart **\$\$ (OOB) 2:00 Card Games with Community Life: UNO (P) 3:00 Community Life Planning Meeting (P) 7:00 Gospel Singers (CH)	9:00 Green Thumbs: Tending to our Plants (P) 10:30 TED Talk: <i>Why Drinking Water Is So Important</i> by The Institute of Human Anatomy (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service 3:00 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)	9:00 Walking Warriors (ML) 10:00 Auto Racing (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Running of the Bulls in Pamplona (P)
7	8	9	10	11	12	13
9:00 Hymn Sing (P) 9:30 Live Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>Stepmom</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	9:00 Brain Games: Fact or Fiction (ML) 10:30 Seated Yoga with Michele (P) 10:30-11:30 Traveling Store (ML) 1:30 Gratitude Committee (P) 3:00 Communion Service (CH) 3:30 Bean Bag Toss (P)	9:00 Walking Warriors (ML) 10:30 Keep Kicking Kickball (P) 1:00 Penny Pitching (P) 2:00-4:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$\$ (P)	9:00 Coffee, Muffins, & Current Events (P) 10:00 Protestant Worship Service (CH) 10:30 Strength Training (P) 2:00 Brain Games: May Trivia (P) 3:00 Hamburger Social (P)	9:00 Brain Games: Finish the Lyric (ML) 10:30 Wheel of Fortune (P) 1:00 Shopping Trip: Fairlane Village Mall **\$\$ (OOB) 2:00 P ² Foodies: Making Albondigas (P) 3:00 Craft Corner: Spanish Tile Coaster (P) 6:00 Ice Cream Run: Caboose \$\$ (OOB)	9:00 Green Thumbs: Tending to our Plants (P) 10:30 Curls for Girls **(P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service 3:00 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)	9:00 Creative Corner with Community Life (P) 10:00 Pet Visit (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Andalucía Southern Spain (P)
14	15	16	17	18	19	20
9:00 Hymn Sing (P) 10:00 Live Stream Worship: St. John's UCC (P) 1:00 Helping Hands: Setting Up Tea (P) 2:00-4:00 Mother's Day Tea Social (P) Mother's Day	9:00 Walking Warriors (ML) 10:30 Seated Yoga with Michele (P) 10:30-11:30 Traveling Store (ML) 1:30 Welcome Committee Meeting (P) 3:00 Communion Service (CH) 3:30 Cornhole (P)	9:00 Brain Games: Word Play (ML) 10:30 Handbell Players (P) 12:00 Souper Tuesday Luncheon: Albondigas **(P) 2:00-4:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$\$ (P)	9:00 Coffee, Donuts, & Discussion (P) 9:00 Shopping Trip: Walmart **\$\$ (OOB) 10:30 Chair Cardio Kickboxing Workout (P) 1:00 Helping Hands: Setting Up Social (P) 2:00 Fireside Chats with Management (P) 3:00 Preakness Social Hour for Staff & Residents (P)	9:00 Walking Warriors (ML) 10:30 Balance in Action with Powerback Rehab (P) 1:00 Diner's Caravan: 2:00 Drum Circle with Joe (P) 3:00 Spring Jeopardy (P) 6:00 Parachute: Popping Blossoms (P)	9:00 Green Thumbs: Tending to our Plants (P) 10:30 TED Talk: <i>Why Do We Have to Wear Sunscreen?</i> by Dr. Kevin Boyd (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service 3:00 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)	9:00 Signing Cards for the Troops (P) 10:00 Patriotic Sing-a-Long (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Catalonia Bull Fight (P) Armed Forces Day
21	22	23	24	25	26	27
9:00 Hymn Sing (P) 9:30 Live Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 2:00 Musical Entertainment: John Cosentini (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	9:00 Brain Games: Name That Tune (ML) 10:30 Seated Yoga with Michele (P) 10:30-11:30 Traveling Store (ML) 1:30 Men's Club (P) 3:00 Communion Service (CH) 3:30 Pet Visit (P)	9:00 Walking Warriors (ML) 10:30 Providence Place Choir Practice (P) 1:00 Afternoon in Saville with Flamenco (P) 2:00-4:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$\$ (P)	9:00 Coffee, Churros, & Current Events (P) 10:00 Protestant Worship Service (CH) 10:30 Drum Stick Exercise (P) 2:00 Ed-U Presentation: <i>Unsung Women Of History</i> by Joe & Dolores McDevitt (P) 3:00 Strawberry Social Hour (P)	9:00 Brain Games: Word Within a Word (ML) 11:00 Trip: Hollywood Casino **\$\$ (OOB) 2:00 Ed-Wellness Presentation: <i>Benefits of Exercise</i> by Brittany Gaffney, DOW, LPN 3:00 Craft Corner: Flamenco Sculpture (P) 5:00 Resident Birthday Dinner (P) 6:00 Dementia Support Group (CN) Shavuot	9:00 Green Thumbs: Tending to our Plants (P) 10:30 Curls for Girls **(P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service 3:00 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)	9:00 Walking Warriors (ML) 10:00 Punch Your Luck (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Spanish Food Safari (P)
28	29	30	31			Calendar Key: ** Registration Required \$\$ Cost Involved P Pub CH Chapel OOB Out of Building ML Main Lobby DR Dining Rooms
9:00 Hymn Sing (P) 9:30 Live Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>12 Strong</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P) Pentecost	9:00 Walking Warriors (ML) 10:00 Helping Hands: Setting Up Picnic (1FP& DR) 12:00 Memorial Day Picnic (1FP & DR) 3:00 Communion Service (CH) 3:30 Patriotic Sing-A-Long & Changing of The Guard at Arlington National Cemetery (P) Memorial Day	9:00 Brain Games: Finish My Line (ML) 10:30 Catching Questions (P) 1:00 Afternoon Tour of Barcelona (P) 2:00-4:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$\$ (P)	9:00 Coffee, Donuts, & Discussion (P) 10:30 Seated Dance Workout (P) 2:00 Ed-U Presentation: <i>The Importance of Bees</i> by Molly Goslin of Cedar Hill Homestead (P) 3:00 Wildflower Social Hour (P)			