

# 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

### June

Delores Gilbert	Arthur Ott
Darlene Zimmerman	Carol Wine
Suzanne Rice	Susanne Proulx
Nancy Black	Alice Stilts
Dorothy Simms	Richard Rice
Esta Hammond	Beulah Woods
Nadine Clemens	
Don Funk	
Glenn Sanders	



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)



# Providence Place SENIOR LIVING News

Q2: June 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. 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 Father's Day Brunch on June 15<sup>th</sup> as well, we hope you can join to honor the dads in our community.

Enjoy the beautiful weather and stay safe!

Blessings,

*Holly Townsend*

*Executive Director*

## Highlighted Events

- 10 – **Totem Pole Playhouse Outing**  
Honkey Tonk Angels @ 1pm
- 13 – **Men's Club Hosting Fishing**  
Mercersburg Sportsmans Club  
@ 9:15am
- 14 – **Dementia Support Group**  
@ 3pm – *Connections*
- 15 – **Father's Day Brunch** @ 10am  
*Please call reception for reservations*

## Welcome New Residents

Marion K.  
Don F.  
Claude Z.  
Darlene Z.  
Martha F.  
Carol M.  
Alma L.  
Harold L.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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 Involved	<p>THE</p> <h1>Club</h1>			<p>1</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 "Belonging " with Chaplain Rick (2A) 10:00 Cooking Creation: Torrijos (C) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Windy Knoll (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 4:00 Never Have I Ever (BL) 6:15 Chit Chat in the Lobby (FL)</p>	<p>2</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Ladder Ball (3E) 1:30 Walk and Stroll Club (HW) 2:30 Musical Entertainment With Jay Smar (2A) 3:00 Social Hour: Torrijas &amp; Horchata (P) 6:15 Movie Night &amp; Popcorn: The Good, The Bad, The Ugly (3A)</p>	<p>3</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café &amp; Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Crafting Club: DIY Door Hanger (3A) 3:00 Hydration and Humor ( P) 6:15 Puzzle Club (3A)</p>
<p>4</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Reminisce and Recall: Life History (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service with Special Guest Jane Carlson (2A) 3:00 Musical Entertainment Featuring Pianist Bryan Herber (2A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>5</p> <p>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 Hallway Bowling (3A) 3:00 iN2L Documentary: Barcelona &amp; Catalunya with Rick Steves (2A) 6:15 Card Club (3A)</p>	<p>6</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Taste of Spain (3A) 1:30 Walk and Stroll Club (HW) 2:00 Musical Entertainment Featuring Tom Shultz (2A) 3:00 Taste &amp; Trivia: Spanish Candy (C) 6:15 Game Shows ( Ch.78 )</p>	<p>7</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Dollar Tree \$\$ (OOB) 1:30 Sensory Exploration: Oobleck (CN) 2:30 Sip and Share (CN) 3:00 Memories in the Making (3A) 6:15 Horseshoes (3E)</p>	<p>8</p> <p>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) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 4:00 Moral Dilemma &amp; Discussion: The " Old Fashioned" Gentleman (P) 6:15 Chit Chat in the Lobby (FL)</p>	<p>9</p> <p>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 Popcorn Station (CN) 3:00 Social Hour: Churros (P) 6:15 Movie Night &amp; Popcorn: Resident Pick Night (3A)</p>	<p>10</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café &amp; Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Guess A Letter (3A) 3:00 Hydration and Humor ( P) 4:00 Fact Vs. Fiction: Life History (BL) 6:15 Puzzle Club (3A)</p>
<p>11</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Pictionary (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Uno (2A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>12</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (2A) 2:00 Kindly Canines (2A) 3:00 iN2L Documentary: How the Founding Fathers' Would See America Today (2A) 6:15 Card Club (3A)</p>	<p>13</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Weis \$\$ (OOB) 1:30 Cooking Creation: Frozen Yogurt Bites (CN) 2:30 Sensory Exploration: Exploring the American Flag (CN) 3:00 Taste &amp; Trivia: Red, White, and Blue Dessert with a Side of Flag Day Trivia (C) 6:15 Game Shows ( Ch.78 )</p>	<p>14</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dining Committee Meeting (2A ) 1:30 Flag Day Ceremony (CN) 2:30 Sip and Reminisce: The American Flag (CN) 3:00 Flag Day Brain Games (3A) 6:30 Musical Entertainment Featuring Calvary Mennonite Church (2A) Flag Day</p>	<p>15</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 "Belonging " with Chaplain Rick (2A) 10:00 Father's Day Brunch ** (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Shatzer Fruits (CN) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 4:00 Table Topics (BL) 6:15 Chit Chat in the Lobby (FL)</p>	<p>16</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 With Jamie From Bayada (2A) 1:30 Walk and Stroll Club (HW) 2:00 TED Talk: The Power of Thought- One of the Greatest Riddles of Science (2A) 3:00 Social Hour: Josie's Flan (P) 6:15 Movie Night &amp; Popcorn: Flags of Our Fathers (2A)</p>	<p>17</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café &amp; Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Musical Entertainment Featuring Leo DiSanto (2A) 3:00 Soft Pretzel Station (P) 6:15 Puzzle Club (3A)</p>
<p>18</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Crafting Club: Shirt Pillows (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Father's Day Brain Games (3A) 6:15 Songs and Scripture (Ch. 809)</p> <p style="text-align: center;">Father's Day</p>	<p>19</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (2A) 2:00 Hymn Sing with Jodi Corbett (2A) 3:00 iN2L Documentary: Juneteenth 1865-2022 The Pursuit of Economic Equality (2A) 6:15 Card Club (3A)</p>	<p>20</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Diners Caravan \$\$ (OOB) 1:30 Cooking Creation: Grape Ribbon Jell-o (CN) 2:30 Sip and Taste (CN) 3:00 Taste &amp; Trivia: A Toast To TV Dads With Trivia, Milk &amp; Mini Donuts (C) 6:15 Game Shows ( Ch.78 )</p>	<p>21</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Ollies \$\$ (OOB) 1:30 Blood Pressure Clinic (2A) 2:00 Fireside Chat (2A) 3:00 Friends Hosting Friends: Longest Day (CN) 6:15 Horseshoes (3E)</p>	<p>22</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Nature Ride (CN) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 4:00 Tales Told by Residents: Travels to Spain 6:15 Chit Chat in the Lobby (FL)</p>	<p>23</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cooking Creation: Homemade Salsa (C) 1:15 Garden Club (CN) 2:00 Sip and Be Social (CN) 3:00 Social Hour: Salsa, Chips and Corona (P) 6:15 Movie Night &amp; Popcorn: Father of the Bride (3A)</p>	<p>24</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café &amp; 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)</p>
<p>25</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Spain Brain Games (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Uno (2A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>26</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (2A) 2:00 Punch 4 Prize Trivia: Spain Edition (2A) 3:00 iN2L Documentary: The Spanish Empire (2A) 6:15 Card Club (3A)</p>	<p>27</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Explore the iN2L (2A) 1:30 Nature Walk (CN) 2:00 Sensory Exploration: Dried Flower Ornaments (CN) 3:00 Taste &amp; Trivia: Spanish Vs. Mexican (P) 6:15 Game Shows ( Ch.78 )</p>	<p>28</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Traveling Washington State Eruption Of Mount St. Helen with Terry Neumyer (2A) 1:30 Kitchen Creation: Frozen Peach Sherbet (CN) 2:30 Sip and Taste (CN) 3:00 Crafting Club: DIY Stained Glass (3A) 6:15 Horseshoes (3E)</p>	<p>29</p> <p>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: Mikey's Ice Cream (CN) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 4:00 Name the Price 1950 (BL) 6:15 Chit Chat in the Lobby (FL)</p>	<p>30</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cooking Creation: Spanish Magdalenas (C) 1:30 Walk and Stroll Club (HW) 2:00 Jeopardy (3A) 3:00 Social Hour: Mexican Sweet Cookies (P) 6:15 Movie Night &amp; Popcorn: Indiana Jones and the Last Crusade (3A)</p>	<p style="text-align: center;">June</p> <p style="text-align: center;">2023</p>