

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.



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: 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 15th 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
Calendar Key: Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Back Lobby (BL), 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) **Registration Required, \$\$ Cost Involved				1 9:00 Sit & Be Fit Exercise (3E) 9:30 "Belonging" with Chaplain Rick (2A) 10:00 Cooking Creation: Torrijas (Spanish Bread Dessert) (C) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 4:00 Never Have I Ever (BL) 6:00 Resident Run Game Club: Sequence (2A)	2 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PDR) 2:00 Ladder Ball (3E) 2:30 Coal, Folk n Guitar Music Featuring Jay Smar (2A) 3:00 Social Hour: Torrijas & Horchata (P) 6:00 Movie & Popcorn: <i>The Good, The Bad, The Ugly</i> (3A)	3 9:00 Walk & Roll Walking Club Outside Walking Path 10:00 Local Fares: Jim's Farmers Market **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Game Club: Scrabble (C) 4:00 Best Story Wins! (BL) 6:00 Blitz with Ruth (2A)
4 9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service with Special Guest Jane Carlson (2A) 3:00 Musical Entertainment Featuring Pianist Bryan Herber (2A) 6:30 Not Forgotten Ministries (2A)	5 9:00 Light & Lively Exercise (3E) 9:30 Men's Will Bowling League (3E) 10:00 Appreciate & Thank Club (C) 11:00 Recycling Collection (LR's, C, P) 2:00 Nickel Bingo \$(2A) 3:00 iN2L Documentary: <i>Barcelona & Catalunya</i> with Rick Steves (2A) 6:00 Resident Run Card Club: Pinocle (2A)	6 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Circle of Friends w/ Chaplain Rick (PDR) 1:30 Acrylic Canvas Paintings (C) 2:00 Musical Entertainment Featuring Tom Shultz (2A) 3:00 Taste & Trivia: Spanish Candy Blind Tasting & Trivia (C) 6:00 Resident Run Card Club: Rummy (2A)	7 9:00 Balloon Ball Exercise (3E) 10:00 Craft Creation: Patriotic Apartment Door Decorations (C) 1:30 Workout with Vickie From Powerback Rehabilitation (3E) 2:00 Coworker Vs Resident Jeopardy! (2A) 3:00 Jeopardy Winner Celebration (C) 4:00 Out on the Town: Montezuma's **\$(OOB) 6:00 Front Porch Fellowship (Front Porch)	8 9:00 Yoga with Beth (3E) 9:30 "Belonging" with Chaplain Rick (2A) 10:00 Community Life Planning Meeting (P) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 4:00 Moral Dilemma & Discussion: The "Old Fashioned" Gentleman (P) 6:00 Dart League (P)	9 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Providence Place Chambersburg Antique Road Show (2A) 2:00 Design Club: Red, White, and Blue In the Dining Rooms (DR) 3:00 Horseshoes (3E) 3:00 Social Hour: Churros (P) 6:00 Movie & Popcorn: Resident Pick Night (3A)	10 9:00 Walk & Roll Walking Club Outside Walking Path 10:00 Prize Bingo (2A) 1:00 Totem Pole Presents: Honkey Tonk Angels **\$(OOB) 2:00 Exploring iN2L © with Leah (2A) 3:00 Game Club: Scrabble (C) 4:00 Fact Vs. Fiction: Life History (BL) 6:00 Shuffleboard (3E)
11 9:00 Light & Lively Exercise (3E) 9:30 Trivia Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Chocolate Chip Cookies And Mexican Train Dominoes (C) 6:00 Song & Scripture's (Channel 609)	12 9:00 Light & Lively Exercise (3E) 9:30 Woman's Bowling League (3E) 10:00 Birthday Gang Committee Meeting (L) 11:00 Recycling Collection (LR's, C, P) 2:00 Kindly Canines (2A) 2:00 Prize Bingo (2A) 3:00 iN2L Documentary: <i>How the Founding Father's Would See America Today</i> (2A) 6:00 Resident Run Card Club: UNO (2A)	13 9:00 Light & Lively Exercise (3E) 9:15 Men's Club Invites You to Mercersburg Sportsman Club Outing **\$(OOB) 10:00 Circle of Friends w/Chaplain Rick (PDR) 1:30 Acrylic Canvas Paintings (C) 2:00 Life Chats with Chaplain Rick (PDR) 3:00 Taste & Trivia: Red, White, and Blue Dessert with a Side of Flag Day Trivia (C) 6:00 Blitz with Ruth (2A)	14 9:00 Balloon Ball Exercise (3E) 10:00 Dining Committee Meeting (2A) 11:00 Community Outreach: Coupons for Troops (C) 2:30 Chef Demo with Josie: Flan (C) 3:30 Nickel Bingo \$(2A) 6:00 Dementia Care Partner Support Group (CN) Flag Day	15 9:00 Sit & Be Fit Exercise (3E) 9:30 "Belonging" with Chaplain Rick (2A) 10:00 Fathers Day Brunch** (P) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 4:00 Table Topics (BL) 6:00 Resident Run Card Club: Pinocle (2A)	16 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Stroke Awareness and Prevention with Jaime from Bayada Home Healthcare (2A) 10:00 Bible Study with Sharon (PDR) 2:00 TED Talk: <i>The Power of Thought-One of the Greatest Riddles of Science</i> (2A) 3:00 Social Hour: Josie's Flan (P) 6:00 Movie & Popcorn: <i>Flags of Fathers</i> (3A)	17 9:00 Walk & Roll Walking Club Outside Walking Path 10:00 Local Fares: Butcher Shopp **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Musical Entertainment Featuring Leo DiSanto (2A) 3:00 Soft Pretzel Station (P) 6:00 Horseshoes (3E)
18 9:00 Light & Lively Exercise (3E) 9:30 Juneteenth Trivia Edu-Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Father's Day Root Beer Floats And Mexican Train Dominoes (C) 6:00 Song & Scripture's (Channel 609) Father's Day	19 9:00 Light & Lively Exercise (3E) 9:30 Men's Will Bowling League (3E) 10:00 Ed-Presentation: Juneteenth with Chaplain Rick (2A) 11:00 Recycling Collection (LR's, C, P) 2:00 Hymn Sing with Jodi Corbett (2A) 3:00 iN2L Documentary: <i>Juneteenth 1865-2022 The Pursuit of Economic Equality</i> (2A) 6:00 Shuffleboard (3E)	20 9:00 Light & Lively Exercise (3E) 9:45 Shopping Trip: Target/5 Below **\$(OOB) 10:00 Circle of Friends w/Chaplain Rick (PDR) 11:00 Billiards (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Life Chats with Chaplain Rick (PDR) 3:00 Taste & Trivia: A Toast to TV Dads with Trivia, Milk & Mini Donuts (C) 6:00 Resident Run Card Club: UNO (2A)	21 9:00 Balloon Ball Exercise (3E) 10:00 Prize Bingo (2A) 11:00 Community Outreach: Coupons for Troops (C) 1:30 Blood Pressure Clinic (2A) 2:00 Fireside Chat (2A) 3:00 Friends Hosting Friends: The Longest Day (CN) 6:00 Resident Run Game Club: Sequence (2A)	22 9:00 Sit & Be Fit Exercise (3E) 10:00 Horseshoes (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 4:00 Tales Told by Residents: Travels to Spain (P) 6:00 Front Porch Fellowship (Front Porch)	23 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Cooking Creation: Homemade Salsa (C) 2:00 Catholic Mass with Corpus Christie Catholic Church (2A) 3:00 Social Hour: Salsa, Chips and Corona (P) 6:00 Movie & Popcorn: <i>Father of the Bride</i> (3A)	24 9:00 Walk & Roll Walking Club Outside Walking Path 10:00 Local Fares: Windy Knoll **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Scrabble Club (C) 6:00 Blitz with Ruth (2A)
25 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Cherry Pie Bites And Mexican Train Dominoes (C) 6:00 Song & Scripture's (Channel 609)	26 9:00 Light & Lively Exercise (3E) 9:30 Woman's Bowling League (3E) 10:00 Federal, County, State Employee & Veterans Only Club (P) 11:00 Recycling Collection (LR's, C, P) 2:00 Punch 4 Prize Trivia: Spain Edition (2A) 3:00 iN2L Documentary: <i>The Spanish Empire</i> (2A) 6:00 Resident Run Card Club: Dealer's Choice (2A)	27 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Community Outreach: Coupons for Troops (C) 11:00 Horseshoes (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Prize Bingo (2A) 3:00 Taste & Trivia: Spanish Vs. Mexican (P) 6:00 Blitz with Ruth (2A)	28 9:00 Balloon Ball Exercise (3E) 10:00 Traveling Washington State-- Eruption of Mount St. Helen with Terry Neumyer (2A) 11:00 Out to Lunch: Las Palmerras **\$(OOB) 2:00 Name the Price 1950 (P) 4:30 Dinner on the Deck** (PD) 6:00 Resident Run Card Club: Pinocle (2A)	29 9:00 Sit & Be Fit Exercise (3E) 9:30 "Belonging" with Chaplain Rick (2A) 10:00 Resident Ambassador Meeting (C) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:00 Resident Run Card Club: Rummy (2A)	30 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Nickel Bingo \$(2A) 2:00 Men's Club: Smores at the Picnic Tables (Outback) 3:00 Social Hour: Spanish Muffins (P) 6:00 Movie & Popcorn: <i>Indiana Jones and the Last Crusade</i> (3A)	<div style="text-align: center;"> <h1>June</h1> <h1>2023</h1> </div>