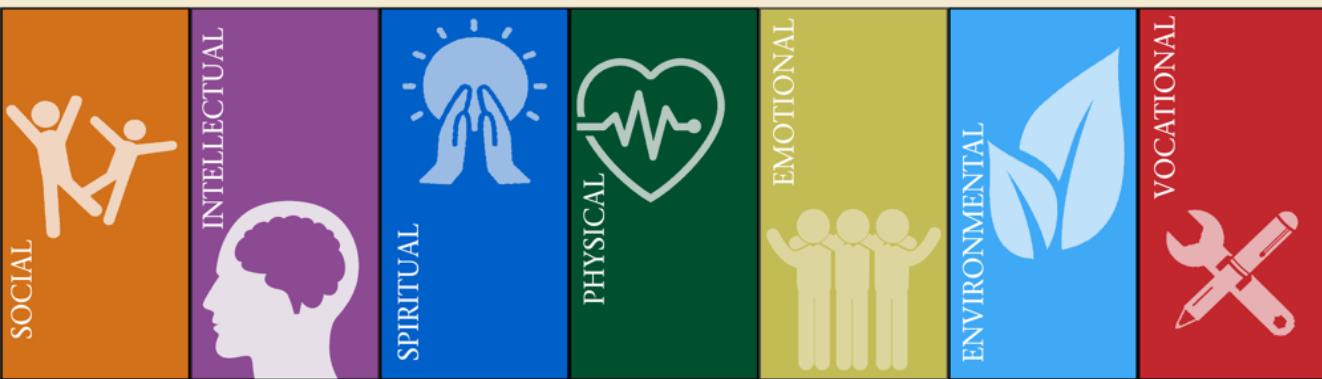


Focus on Wellness

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

Richard Ameigh
Marion Bush
Hilda D'Andrea
Joan Werc
Antoinette Cardosi
Linda Conaway
Gary Breckley
Bob Berlin



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

Beautiful sunshine and flowers have arrived! Our entire community is looking forward to sitting out on our porches and deck, walking our beautiful walking path, and breathing some fresh crisp air. We encourage you to spend these upcoming beautiful days enjoying our outdoor areas. We look forward to enjoying gardening and much awaited outdoor activities and outings.

I would like to welcome Dr. Daniel Andrews, our Chaplain. Dan was our very popular chaplain at Collegeville previously. He returned from Arizona recently to rejoin us as Spiritual Life Coordinator for the Providence Place organization. Dan will be spending most of his time in Collegeville but will have responsibilities guiding the chaplain programs at our other campuses. We are so excited that he has returned to our Providence Place Family!

Please stay tuned for upcoming announcements for our monthly brunch, entertainment, dementia support group, and family night. Our Community Life team has excellent outings and events open to families on the calendar – please join us!

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.

Warmly,

Terri Sanelli

Executive Director

Highlighted Events

- 2 – **Diner's Caravan:** Moccia's Train Stop @ 10:30am
- 14 – **Entertainment for Flag Day**
Bruce Kopp @ 3:30pm
- 15 – **Hawaiian Luau** @ 11:30am
- 18 – **Father's Day Brunch**
Please call reception for reservations
- 23 – **Hula Dancer Performance**
@ 3pm
- 30 – **Entertainment:** Elvis @ 3pm

Welcome New Residents

Robert R.
Robert D.
Anne A.
Janet C.
Marie G.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C)	THE <h1>Club</h1>			1 9:15 Morning Meeting (P) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Lunch Out *\$\$ Moccias Pizza 1:30 Activities Committee Meeting (AR) 2:30 Play Reading: Night Must Fall 3:30 Karaoke Happy Hour (P) 6:00 Nighttime Nickel BINGO (AR)	2 9:15 Morning Meeting (P) 10:00 Sit & Be Fit (P) 10:30 Cross Words & Word Searches (P) 11:00 Patio Conversations 1:00 Bingo (AR) 2:00 Sip and Share (P) 3:00 ED U: Hawaiian Culture 3:30 Week in Review News Stories 6:00 Res. Run Billiards (OL)	3 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 11:00 Make Hawaiian Bread (AR) 1:00 BINGO (AR) 2:00 Book Club & Shakes (OS/P) 3:30 Trivia Happy Hour (P) 6:15 Res. Run Dominoes (AR)
4 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (T) 2:00 Garden Club (CR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>Pearl Harbor</i> (T)	5 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Weekly Weather & News (AR) 11:00 Creative Crafting (CR) 1:00 Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Bible Study (TBD:2sndFI,CR,or OP) 4:00 Travel to Louisiana (CN)	6 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Shopping Trip: Boscov's*\$\$ (OOB) 11:00 Word Search & Relaxation (P) 1:00 Golden Sneakers (P) 2:00 Circle Of Friends (T) 3:00 ED-U: Hawaiian Holidays (T) 4:00 Happy Hour (P)	7 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Butterfly Garden (CR) 1:30 Look Who's Dancing Exercise (CN) 2:00 Mid-Week Service with Chaplain Daniel (T) 6:00 Res. Run Billiards (OL)	8 9:15 Morning Meeting (P) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 11:00 Word Searches (P) 12:00 Lunch Bought in: Pizza \$\$ 1:30 Fire Side Chat With Terri, ED (AR) 2:30 Bocci (OS) 3:30 Mexican Sangria Happy Hour (P) 6:00 Nighttime Nickel Bingo (AR)	9 9:15 Morning Meeting (P) 10:00 Sit & Be Fit (P) 10:30 Hand Chime Music Program (P) 1:00 CENTER POINT POND \$(OOB) 3:00 Bingo (AR) 6:00 Res. Run: Billiards (OL)	10 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 11:00 Bake Chocolate Haupia Pie (AR) 1:00 BINGO (AR) 2:00 Hawaiian Pictionary (P) 3:30 Hawaiian Music happy Hour (P) 6:15 Res. Run Dominoes (AR)
11 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (T) 2:00 Garden Club (CR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>The Great Escape</i> (T)	12 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Weekly Weather & News (AR) 11:00 Creative Crafting (CR) 1:00 Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Hymn Sing (T) 4:00 IN2L Family Feud (P) 6:00 Res. Run Shuffle Board (AR)	13 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Shopping Trip: Michael's*\$\$ (OOB) 11:00 Word Search & Relaxation (P) 1:00 Bingo (AR) 2:00 Circle Of Friends (T) 3:15 Hymn Sing (P) 4:00 Happy Hour (P) 6:00 Community Board Games (P)	14 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Word Searches (CR) 1:00 Flag Day : Guess the Flag (T) 2:00 Mid-Week Service with Chaplain Daniel (T) 3:30 Entertainer: Bruce Copp (P) Flag Day	15 9:15 Morning Meeting (P) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Community Word Searches (P) 11:30-1pm Hawaiian Luau Lunch (DR) 1:00 Boat Racing (OS) 2:00 Bocci (OS) 3:00 Balloon Volleyball (CR) 6:00 Nighttime Nickel BINGO (AR)	16 9:15 Morning Meeting (P) 10:00 Sit & Be Fit (P) 10:30 Word Searches in the PUB (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Weekly Grateful & Chat (CN) 3:30 Week in Review News Stories 6:00 Res. Run: Billiards (OL)	17 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Bake Haupia Cake (AR) 11:00 Community Crossword (P) 1:00 BINGO (AR) 2:00 Book Club & Shakes (T) 3:30 Hula Happy Hour (P) 6:15 Res. Run Dominoes (AR)
18 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (T) 2:00 Garden Club (CR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>Blue Hawaii & Elvis</i> (T) Father's Day	19 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Creative Crafting (CR) 11:00 News in Review 1:00 Bingo (AR) 2:15 Nadine's Music & Meditation (P) 4:00 IN2L Family Feud (P) 6:00 Res. Run Shuffle Board (AR)	20 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Outing: Doller Store*\$\$ (OOB) 11:00 Word Search & Relaxation (P) 1:00 Golden Sneakers with Teresa 2:00 Circle Of Friends (T) 2:15 Book Mobile (OS) 3:00 Ed U: <i>Stroke Awareness</i> with Jodi 4:00 Happy Hour (P)	21 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Time Slips CR) 1:30 Look Who's Dancing Dancercise (P) 2:00 Mid-Week Service with Chaplain Daniel (T) 3:30 Drinks on the Deck (CN) 6:00 Res. Run Card Games (P)	22 9:15 Morning Meeting (P) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Wii Bowling (CR) 11:00 Bird Watching w/ Conversation (OS) 1:00 Corn Hole (OP) 1:30 Thankful To You Committee (AR) 3:00 IN2L Family Feud 6:00 Nighttime Nickel BINGO (AR)	23 9:15 Morning Meeting (P) 10:00 Sit & Be Fit (P) 10:30 Hand Chimes Music Program (P) 1:00 Bingo (AR) 2:00 Balloon Volleyball (P) 3:00 Entertainment : HULA Dancers (P) 6:00 Res. Run : Billiards (OL)	24 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 11:00 Bake Hawaiian Cheesecake (AR) 1:00 BINGO (AR) 2:00 Book Club & Shakes (T) 3:30 Trivia Happy Hour (P) 6:15 Res. Run Dominoes (AR)
25 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (T) 2:00 Garden Club (CR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>Die Another Day</i> (T)	26 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Weekly Weather & News (AR) 11:00 Creative Crafting (CR) 1:00 Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Hymn Sing (T) 4:00 IN2L Family Feud (P)	27 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Outing: Giant *\$\$ (OOB) 11:00 Word Search & Relaxation (P) 1:00 Balloon Volley Ball (AR) 2:00 Circle Of Friends (T) 3:00 Aerobic Drumming (P) 4:00 Happy Hour 6:15 Community Board Games (P)	28 9:15 Morning Meeting (P) 9:30 Sit & Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Butterfly Garden (CR) 1:30 Mothers Day Tea Party (CN) 2:00 Mid-Week Service with Chaplain Daniel (T) 3:30 Puzzles (CR)	29 9:15 Morning Meeting (P) 9:30 Trip: Berman Museum Ursinus (OOB) 10:00 Sit and Be Fit (P) 10:30 Artful Coloring (CN) 11:00 Bird Watching w/ Conversation (OS) 2:00 IN2L Family Feud / Games (P) 3:00 Catholic Mass St. Eleanor (T) 6:00 Nighttime Nickel BINGO (AR)	30 9:15 Morning Meeting (P) 10:00 Sit & Be Fit (P) 10:30 Hand Chimes Music Program (P) 11:00 Walking Club (CN) 1:00 Bingo (AR) 2:00 Balloon Volleyball (CR) 3:00 Live Performance with Elvis 6:00 Res. Run: Games (OL)	<h1>June</h1> <h1>2023</h1>