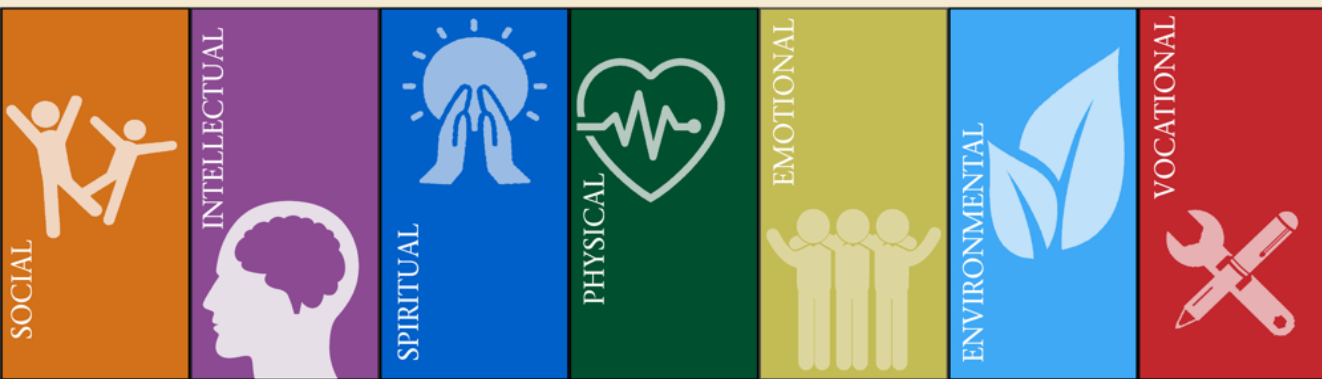


# Focus on Wellness

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](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

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
<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (CR) Community Room (AR) Activity Room (P) Pub, (C) Connections Neighborhood (DR) Dining Room, (OL) Old Lobby, (LIB) Library, (ML) Main Lobby, (OS) Outside, (T) Theater, (OP) Outside Porch,				1 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Diners Caravan Lunch Out: Moccias for Hawaiian Pizza**\$\$ (OOB) 1:30 Activities Committee Meeting (AR) 2:30 Play Reading: <i>Night Must Fall</i> (P) 3:30 Karaoke Happy Hour (P) 6:00 Nighttime Nickel BINGO (AR)	2 10:00 Sit and Be Fit (P) 10:30 10:30 Crosswords and Word Searches in the Pub (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Sip and Share (OS) 3:00 Ed U: Hawaiian Culture (T) 3:30 Week in Review News Stories (P) 6:00 Res. Run: Billiards (OL)	3 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 11:00 Bake Hawaiian Banana Bread with Coconut & Pineapple (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 (CR) 2:00 Garden Club (CR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: Pearl Harbor (T)	5 9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Creative Crafting (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Bible Study (TBD: 2nd Fl, CR, or OP) 4:00 iN2L Family Feud (P) 6:00 Res. Run Shuffle Board (AR)	6 9:30 Sit and Be Fit (P) 10:00 Shopping Trip: Boscov's**\$\$ (OOB) 11:00 Games in the Pub (P) 1:00 Golden Sneakers with Teresa (P) 2:00 Circle of Friends (CR) 2:15 Book Mobile (OS) 3:00 Ed-U: Hawaiian Holidays and Traditions (T) 3:30 Happy Hour (P) 6:00 Community Board Games (P)	7 9:30 Making Wreaths with Brenda (AR) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 iN2L Tour of Hawaii: Maui, Kauai, Na Pali Coast & Oahu (P) 1:30 <i>Look Who's Dancing</i> Dancercise (C) 2:30 Midweek Services with Chaplain Daniel (CR) 6:00 Res. Run Billiards (OL)	8 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 11:00 Community Crossword (P) 12:00 Lunch Brought In: Pizza**\$\$ (P) 1:00 Balance In Action Class by Powerback Rehab (P) 1:30 Fireside Chat With Terri, ED (AR) 2:30 Bocci (OS) 3:30 Mexican Sangria Happy Hour (P) 6:00 Nighttime Nickel BINGO (AR)	9 10:00 Sit and 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) 10:30 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 (P)
11 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (CR) 2:00 Garden Club (CR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: The Great Escape (T)	12 9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Creative Crafting (CR) 1:00 Nickel 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 9:30 Sit and Be Fit (P) 10:00 Shopping Trip: Michael's**\$\$ (OOB) 11:00 Games in the Pub (P) 1:00 BINGO (AR) 2:00 Circle of Friends (CR) 3:15 Hymn Sing (CR) 4:00 Happy Hour (P) 6:15 Community Board Games (P)	Flag Day 14 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Crossword & Word Searches ((P) 1:00 Flag Day & Etiquette and Guess the Flag (T) 2:30 Midweek Services with Chaplain Daniel (CR) 3:30 Entertainer: Bruce Copp (P) 6:00 Res. Run Billiards (OL)	15 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Community Crossword & Word Searches (CR) 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 10:00 Sit and Be Fit (P) 10:30 Crosswords and Word Searches in the Pub (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (CR) 3:30 Week in Review News Stories (P/OS) 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)
Father's Day 18 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (CR) 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</i> with Elvis Presley (T)	19 9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Creative Crafting (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Bible Study (T) 4:00 iN2L Family Feud (P) 6:00 Res. Run Shuffle Board (AR)	20 9:30 Sit and Be Fit (P) 10:00 Shopping: Dollar Store**\$\$ (OOB) 11:00 Games in the Pub (P) 1:00 Golden Sneakers with Teresa (P) 2:00 Circle of Friends (T) 2:15 Book Mobile (OS) 3:00 Catholic Mass St. Eleanor (T) 4:00 Happy Hour (P) 6:15 Community Board Games (P)	21 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Crossword & Word Searches ((P) 1:30 <i>Look Who's Dancing</i> Dancercise (P) 2:30 Midweek Services with Chaplain Daniel (CR) 3:00 Corn Hole (OP) 6:00 Res. Run Card Games (P)	22 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Wii Bowling (CR) 1:00 Corn Hole (OP) 2:00 Thankful To You Committee (AR) 3:00 iN2L Family Feud / Word Games (P) 6:00 Nighttime Nickel BINGO (AR)	23 10:00 Sit and Be Fit (P) 10:30 Hand Chime Music Program (P) 1:00 Bingo Bucks 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) 10:30 Bake Hawaiian Cheesecake Bars (AR) 11:00 Community Crossword (P) 1:00 BINGO (AR) 2:00 Book Club & Shakes (T) 3:30 Mimosa Hawaiian 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 (CR) 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> ( <i>James Bond</i> ) (T)	26 9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Creative Crafting (CR) 1:00 Nickel 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)	27 9:30 Sit and Be Fit (P) 10:00 Shopping Trip: Giant**\$\$ (OOB) 11:00 Games in the Pub (P) 1:00 Balloon Volleyball (CR) 2:00 Circle of Friends (CR) 3:15 Hymn Sing (CR) 4:00 Happy Hour (P) 6:15 Community Board Games (P)	28 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Artful Coloring to Music (P) 1:00 Dining Room Committee Meeting (AR) 1:30 Food Demonstration with Chef Ed(AR) 2:30 Midweek Services with Chaplain Daniel (CR) 6:00 Res. Run Card Games (P)	29 9:30 Trip: Tour with Betsy Witt of the Berman Museum at Ursinus **(OOB) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Wii Bowling (CR) 1:00 Corn Hole (OP) 2:00 iN2L Family Feud / Word Games (P) 3:00 Ed U: Stroke Awareness & Prevention by Jodi Stump Director of Health & Wellness (T) 6:00 Nighttime Nickel BINGO (AR)	30 10:00 Sit and Be Fit (P) 10:30 Crosswords and Word Searches in the Pub (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (CR) 3:00 Live Performance with Elvis; Bob Hamel (P) 6:00 Res. Run: Billiards (OL)	<div style="text-align: center;"> <h1>June</h1> <h1>2023</h1> </div>