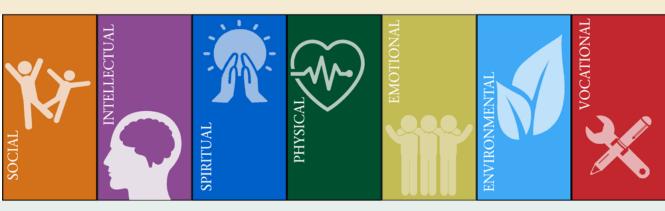
Focus on Wellness

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!



of Wellness ()imensions

Resident Birthdays June

Glenn Funk Matthew Coughlin Catherine Miller Ron Toomey Charles Murphy Bill Myers Wilma Jean Myers Rosemary Polons Bernadine Tomlinson Dorothy Ruf



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



Q2: June 2023

A Note from the Executive Director

June will feature our Father's Day Brunch event and festivities on Sunday the 18th. Please call the front desk to reserve a spot with your loved one.

Be sure to check out the activity calendar to keep up with all our exciting events for the month and to enjoy the spring & summer weather on the patio.

I would like to welcome all new residents and coworkers that have joined us here at Providence Place of Dover – we are glad you are a part of our family. If anyone is interested in joining our Ambassador program, please see Paul in the sales department!

Enjoy the beautiful weather!

Best,

Howard Holben

Executive Director

Highlighted Events

- 4 York Revolution Baseball Game Outing @ 1pm
- 8 **Grateful Drumming** @ 2pm
- 15 Fireside Chat with Howard @ 2pm
- 18 Father's Day Brunch Please call reception for reservations
- 27 Dementia Support Group @ 3pm - Connections
- 28 **EdU Presentation:** Scams and What to Avoid @ 2pm

Welcome New Residents

Charles Z.

Shirley S.

Carol B.

Grace K.

Charles B.



SUNDAY	Monday	TUESDAY	WEDNESDAY	Thursday	FRIDAY	SATURDAY
Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (DRD) Dining Room Deck (FL) Front Lobby (FP) Front Porch (P) Pub (100 P) 100 Hall Patio	THE	Club		10:00 Hymn Sing (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 Brain Aerobics (CN) 3:00 Bingo (AR) 6:00 Pool Games (100 P)	9:30 Morning Fitness (AR) 10:00 Culinary Creations: Biscuit Donuts (AR) 10:45 Daily Reading & Menu Review (AR) 1:15 Freebie Friday (FL) 1:45 Donut Bingo (AR) 3:00 Lets get Physical (CN) 6:00 Resident Run Bingo (AR)	9:30 Fitness (AR) 10:00 Donut and Coffee Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Outside Stroll (FL) 2:00 Eggsrad-ordinary Egg Facts (100 P) 6:00 Card Club (AR)
10:00 Daily Reading & Drinks (CR) 10:30 Spring Cleaning (CR) 11:00 Menu Review (CR) 1:15 Ladies Tea (AR) 3:00 Church Service (CR)	9:30 Morning Fitness (AR) 10:15 Dining Room Committee (CR) 10:15 Memory Magic & More (CN) 1:30 Music with Katie (AR) 2:00 Finish the Phrase (CR) 3:30 Movement is Medicine (CR) 6:00 Rummikub (FL)	9:30 Morning Fitness (AR) 9:45 Club Countryside Ride (00B) 10:00 Name that tune (AR) 1:15 Create with Connections (CN) 1:30 Circle of Friends (CR) 2:00 Happy Hour (AR) 3:00 Faith Studies (P)	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Life Chats with the Chaplain (P) 10:30 Make & Take: Ice Cream Sandwiches (AR) 1:30 Mid-week Worship (CR) 3:00 Music with Ed (AR) 6:15 Popcorn & Movie (AR)	10:00 Hymn Sing (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 Brain Aerobics (CN) 2:00 Grateful Drumming with Joe (CR) 3:00 Bingo (AR) 6:00 Pool Games (100 P)	9:30 Morning Fitness (AR) 10:00 Culinary Creations: Miniature Strawberry Pies (AR) 10:45 Daily Reading & Menu Review (AR) 1:15 Freebie Friday (FL) 2:00 Music with Pat K. (AR) 3:00 Lets get Physical (CN) 6:00 Resident Run Bingo (AR)	9:30 Fitness (AR) 10:00 Stroll in the Pak (00B) 10:00 Donuts and Coffee A la carte (FL) 10:45 Daily Reading & Menu Review (CR) 1:15 Iced Tea & Trivia (100 P) 2:00 Listen to the Greats (100 P) 6:00 Card Club (AR)
10:00 Daily Reading & Drinks (CR) 10:30 Spring Cleaning (CR) 11:00 Menu Review (CR) 1:15 Coloring Bingo Bucks (CR) 3:00 Church Service (CR)	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CN) 10:15 Memory Magic & More (CN) 1:30 Music with Katie (AR) 2:00 Purposeful Painting (CR) 3:30 Mocktail Monday (CR) 6:00 Rummikub (FL)	9:30 Morning Fitness (AR) 9:45 Club Countryside Ride (00B) 10:00 Name that tune (AR) 1:15 Create with Connections (CN) 1:30 Circle of Friends (CR) 2:00 Happy Hour (AR) 3:00 Faith Studies (P)	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Life Chats with the Chaplain (P) 10:30 Make & Take: Strawberry Cupcakes (AR) 1:30 Mid-week Worship (CR) 2:45 Meaning behind the Flag (CR) 6:00 Popcorn & Movie (AR) Flag Day	9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 Brain Aerobics (CN) 2:00 Elk Club Flag Ceremony 3:00 Bingo (AR) 6:00 Pool Games (100 P)	9:30 Morning Fitness (AR) 10:00 Culinary Creations: Fresh Veggie Cups (AR) 10:45 Daily Reading & Menu Review (AR) 11:30 Mens Club Luncheon (CN) 1:15 Freebie Friday (FL) 2:00 Think about this (100 P) 3:00 Lets get Physical (CN) 6:00 Resident Run Bingo (AR)	9:30 Fitness (AR) 10:00 Donut and Coffee Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Outside Stroll (FL) 2:00 Music with Tom and Randi (AR) 6:00 Card Club (AR)
10:00 Daily Reading & Drinks (CR) 10:30 Spring Cleaning (CR) 11:00 Menu Review (CR) 1:15 Music with Hershey Mennonites (FL) 3:00 Church Service (CR)	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CN) 10:15 Memory Magic & More (CN) 1:30 Music with Katie (AR) 2:00 Pottery with Alaina (AR) 3:30 Movement is Medicine (CR) 6:00 Rummikub (FL)	9:30 Morning Fitness (AR) 9:45 Club Countryside Ride (00B) 10:00 Name that tune (AR) 1:15 Create with Connections (CN) 1:30 Circle of Friends (CR) 2:00 Flight Club with chef Joe (P)	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Life Chats with the Chaplain (P) 10:30 Draw & Discuss Motorcycles (AR) 1:30 Mid-week Worship (CR) 2:30 Table Top Game Time (CR) 6:00 Popcorn & Movie (AR)	9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 Brain Aerobics (CN) 2:00 Famous Faces (CR) 3:00 Bingo (AR) 6:00 Pool Games (100 P)	9:30 Morning Fitness (AR) 10:00 Culinary Creations: Personal Pizzas 10:45 Daily Reading & Menu Review (AR) 1:15 Bingo Bag Making (CR) 3:00 Lets travel to the Beach (DRD) 6:00 Resident Run Bingo (AR)	9:30 Fitness (AR) 10:00 Stroll in the Park (00B) 10:00 Donut and Coffee A la carte (FL) 10:45 Daily Reading & Menu Review (CR) 1:15 Down on the Farm (100 P) 2:00 Floats & Country Music (100 P) 6:00 Card Club (AR)
10:00 Daily Reading & Drinks (CR) 10:30 Spring Cleaning (CR) 11:00 Menu Review (CR) 1:15 Coloring Bingo Bucks (CR)	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CN) 10:15 Memory Magic & More (CN) 1:30 Music with Katie (AR) 2:00 Famous Faces (CR)	9:30 Morning Fitness (AR) 9:45 Club Countryside Ride (00B) 10:00 Name that tune (AR) 1:15 National Bingo Day (CN) 1:30 Circle of Friends (CR)	10:00 Daily Reading & Drinks (CR) 10:15 Life Chats with the Chaplain (P) 10:30 Punk 101 (AR) 1:30 Mid-week Worship (CR)	9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 Brain Aerobics (CN) 2:00 Celebration of Life service (CR)	9:30 Morning Fitness (AR) 10:00 Culinary Creations: Rice Krispie Asteroids (AR) 10:45 Daily Reading & Menu Review (AR) 1:15 Freebie Friday (FL)	June
	6:00 Rummikub (FL)	2:00 Happy Hour (AR)			2:00 Think about this (100 P) 3:00 Lets get Physical (CN) 6:00 Resident Run Bingo (AR)	2023