

# 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*

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](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

June will feature our Father's Day Brunch event and festivities on Sunday the 18<sup>th</sup>. 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 co-workers 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 |   |
|--|--|---------|-----------|----------|--------|----------|---|
| <b>Calendar Key:</b><br>** Registration Required<br>\$\$ Cost Involved<br>(OOB) Out of Building<br>(AR) Activity Room (P) Pub<br>(CR) Community Room (L) Lobby<br>(DR) Dining Room (FL) Front Room<br>(100P) 100 Hall Patio (FR) Fitness Room<br>(PT) Pool Table Room<br>(FP) Front Patio<br>(CN) Connections Neighborhood |  |         |           | 1        | 2      | 3        |   |
| 9:30 Morning Exercise (AR)<br>10:00 Making it Easy Cooking Club (AR)<br>1:00 Day Excursion: York Revolutions<br>Baseball Game**\$\$ (OOB)<br>1:15 Sunday Matinee<br><i>Father of The Bride</i> (AR)<br>3:00 Sunday Worship Service (CR)<br>6:00 Poker Club (AR)<br>6:30 Front Porch Fellowship                             | 4  | 5       | 6         | 7        | 8      | 9        | 10  |
| 9:30 Morning Exercise (AR)<br>10:00 Making it Easy Cooking Club (AR)<br>1:15 Ladies Hot Tea Circle (AR)<br>2:00 Pokeno (AR)<br>3:00 Sunday Worship Service (CR)<br>6:00 Poker Club (AR)<br>6:30 Front Porch Fellowship   | 11   | 12      | 13        | 14       | 15     | 16       | 17  |
| 9:30 Morning Exercise (AR)<br>10:30 & 12:30 Fathers Day Brunch ** (DR)<br>1:15 Fathers Day Games<br>Tie Tying Competition (AR)<br>2:00 Famers Bingo (AR)<br>3:00 Sunday Worship Service (CR)<br>6:00 Poker Club (AR)<br><br>Father's Day   | 18   | 19      | 20        | 21       | 22     | 23       | 24  |
| 9:30 Morning Exercise (AR)<br>10:00 Making it Easy Cooking Club (AR)<br>1:15 Great American Campfire Tales (AR)<br>2:00 Pokeno (AR)<br>3:00 Sunday Worship Service (CR)<br>6:00 Poker Club (AR)<br>6:30 Front Porch Fellowship   | 25   | 26      | 27        | 28       | 29     | 30       | <h1 style="text-align: center;">June</h1> <h1 style="text-align: center;">2023</h1> |