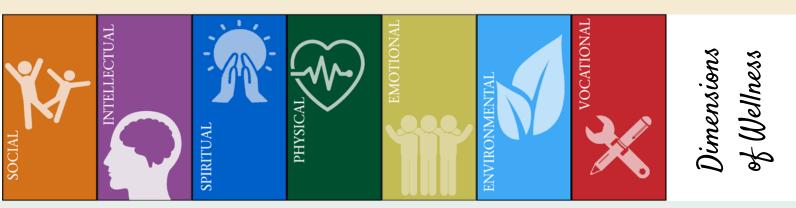
# Focus on (1)ellness

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!





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



## 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 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



Q2: June 2023

### 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 (OOB) Out of Building (AR) Activity Room (P) Pub (CR) Community Room (L) Lobby (DR) Dining Room (FL) Front Room (100P) 100 Hall Patio (FR) Fitness Room (PT) Pool Table Room (FP) Front Patio (CN) Connections Neighborhood	Co	mmunity		1 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Bible Study (P) 2:00 Thankful To You Committee (AR) 3:00 Bingo (AR) 4:30/5 Wine and Dine (DR) 6:00 Pool Games (PT)	2 9:30 Morning Exercise (AR) 10:00 Manicure and Music (CR) 10:30 Cranium Crunches (CR) 1:30 Sunshine Committee (AR) 2:00 Scenic Drive for Sweet Treats Bill Macks Ice Cream **\$\$ (OOB) 3:00 Gaming with Friends (AR) 6:00 Resident Ran Bingo (AR)	3 9:30 Morning Exercise (AR) 10:00 Doughnut Mind if I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 Ted Talks & Discussion: Getting Stuck in the Negatives (and how to get unstuck) By Alison Ledgerwood (AR) 2:15 Wall Jeopardy (AR) 3:00 Crafters Corner (AR) 6:00 Card Club (AR)
4 9:30 Morning Exercise (AR) 10:00 Making it Easy Cooking Club (AR) 1:00 Day Excursion: York Revolutions Baseball Game**\$\$ (OOB) 1:15 Sunday Matinee <i>Father of The Bride</i> (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship	5 9:30 Morning Exercise (AR) 10:15 Dining Services Committee Meeting with Chef Joe (CR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:00 Afternoon Walker Club (FL) 1:30 Melodies Katie (AR) 2:30 Country Side Ride **(OOB) 6:00 Rummikub (AR)	9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Circle of Friends (CR) 2:00 Happy Hour (AR) 3:00 Bible Studies (P) 3:15 Silver Sneakers (AR) 6:00 Evening Bingo with Adam (AR)	7 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Target**\$\$ (OOB) 10:15 Life Chats with Chaplain Shawn (P) 1:30 Mid-Week Worship Service (CR) 2:00 Community Life Planning Cmte (AR) 3:00 Musical Entertainment Featuring Ed Alwine (AR) 6:00 Popcorn & Movie: <i>Mrs. Doubtfire</i> (CR)	8 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Bible Study (P) 2:00 Grateful Drumming Session by Joe Ciavlla (CR) 3:00 Bingo (AR) 4:30/5 Wine and Dine (DR) 6:00 Pool Games (PT)	9 9:30 Morning Exercise (AR) 10:00 Manicure and Music (CR) 10:30 Cranium Crunches (CR) 1:00 Horticulture Club (AR) 2:00 Musical Entertainment Featuring Pat Kocen (AR) 3:15 Balloon Volleyball (CR) 6:00 Resident Ran Bingo (AR)	10 9:30 Morning Exercise (AR) 10:00 Coffee and Sunshine (FR) 10:15 Saturday Stroll in The Park ** (OOB) 1:15 Ted Talks & Discussion: <i>How to Stay Calm When You Know</i> <i>You'll be Stressed</i> by Daniel Levitin (AR) 2:15 Wall Jeopardy (AR) 3:00 Crafters Corner (AR) 6:00 Card Clubs (AR)
11 9:30 Morning Exercise (AR) 10:00 Making it Easy Cooking Club (AR) 1:15 Ladies Hot Tea Circle (AR) 2:00 Pokeno (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship	12 9:30 Morning Exercise (AR) 10:00 It's a Grand Old Flag (AR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie (AR) 2:30 Flag Day Ceremony presented by Elks Veteran Service Committee (AR) 6:00 Rummikub (FL)	<ul> <li>9:30 Morning Exercise (AR)</li> <li>10:00 Ed-U Wellness Presentation Stroke Awareness &amp; Prevention By Laura Lambert (AR)</li> <li>1:30 Circle of Friends (CR)</li> <li>2:30 Bible Studies (P)</li> <li>3:00 Bingo with Adam (AR)</li> <li>4:15 Dinner Out</li> </ul>	14 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Giant**\$\$ (OOB) 10:15 Life Chats with Chaplain Shawn (P) 1:30 Mid-Week Worship Service (CR) 2:00 Ed-U History Presentation <i>Benjamin Franklin</i> featuring Joe and Delores McDevitt (AR) 3:15 History Buffs Flag Day (AR) 6:00 Popcorn & Movie: <i>Gifted</i> (CR) Flag Day	9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Bible Study (P) 2:00 Fireside Chat with Howard, E.D. (AR) 3:00 Bingo (AR) 4:30/5 Wine and Dine (DR) 6:00 Pool Games (PT)	16 9:30 Morning Exercise (AR) 10:00 Manicure and Music (CR) 10:30 Cranium Crunches (CR) 11:30 Men's Club Men's Luncheon Celebrating Father's Day **(CN) 2:00 Creative Design <i>Designer Bookmarks</i> (AR) 3:00 Balloon Volleyball ( <i>AR</i> ) 6:00 Resident Ran Bingo (AR)	17 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussion (AR) 1:15 TED Talk & Discussion: <i>How to Be</i> <i>Happy Everyday: It will Change the World</i> by Jacqueline Way (AR) 2:00 Musical Entertainment <i>Memory Music</i> Featuring Tom and Randy (AR) 3:15 I Got It (AR) 6:00 Cards Club (AR)
18 9:30 Morning Exercise (AR) 10:30 & 12:30 Fathers Day Brunch ** (DR) 1:15 Fathers Day Games Tie Tying Competition (AR) 2:00 Famers Bingo (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) Father's Day	19 9:30 Morning Exercise (AR) 10:00 Brain Games with Sondra Powerback Rehab (AR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie (AR) 2:30 Country Side Ride ** (OOB) 6:00 Rummikub (FL)	<ul> <li>9:30 Morning Exercise (AR)</li> <li>10:00 Name that Tune (AR)</li> <li>1:30 Circle of Friends (CR)</li> <li>2:00 Happy Hour (AR)</li> <li>3:00 Bible Studies (P)</li> <li>3:15 Silver Sneakers (AR)</li> <li>6:00 Evening Bingo with Adam (AR)</li> </ul>	21 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Kohl's**\$\$ (OOB) 10:15 Life Chats with Chaplain Shawn (P) 1:30 Mid-Week Worship Service (CR) 2:00 Ed-Presentation <i>Where We Live</i> by Ron & Crystal Bolton, Night Wonders of Astronomy (AR) 3:15 Flight Club with Chef Joe (AR) 6:00 Game Night with Dover Women of Today (AR)	22 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Bible Study (P) 2:00 Welcome Ambassador Cmte (AR) 3:00 Bingo (AR) 4:30/5 Wine and Dine (DR) 6:00 Pool Games (PT)	23 9:30 Morning Exercise (AR) 10:00 Manicure and Music (CR) 10:30 Cranium Crunches (CR) 1:30 Think Pink Game (AR) 2:00 iN2L Armchair Travelers <i>AhhSandy Beaches</i> (AR) 3:00 Happy Hour Beach Party (AR) 6:00 Resident Ran Bingo (AR)	24 9:30 Morning Exercise (AR) 10:00 Coffee and Sunshine (FR) 10:15 Saturday Stroll in the Park **(OOB) 1:30 Backyard Campout S'mores (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafters Corner Beach-in-a Jar Centerpieces (AR) 6:00 Cards Club (AR)
25 9:30 Morning Exercise (AR) 10:00 Making it Easy Cooking Club (AR) 1:15 Great American Campfire Tales (AR) 2:00 Pokeno (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR)	26 9:30 Morning Exercise (AR) 10:00 Coffee & Puzzles (AR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie (AR) 2:30 Country Side Ride **(OOB)	9:30 Morning Exercise (AR) 10:00 Name that Tune (AR) 1:30 Circle of Friends (CR) 2:00 Happy Hour on the Boat (AR)	28 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Dollar Tree**\$\$(OOB) 10:15 Life Chats with Chaplain Shawn (P) 1:30 Mid-Week Worship Service (CR) 2:00 Ed-U Presentation Scams & What to Avoid	9:30 Morning Exercise (AR)	30 9:30 Morning Exercise (AR) 10:00 Manicure and Music (CR) 10:30 Cranium Crunches (CR) 1:15 Men's Club Poker (AR) 2:00 Volunteer Recognition Ceremony & Celebration (AR)	June
6:30 Front Porch Fellowship	6:00 Rummikub (FL)	6:00 Evening Bingo with Ádam (AR)	by M&T Bank (AR) 3:15 Summer Camp Memories (AR) 6:00 Popcorn & Movie: <i>The Game Plan</i> (CR)	Winning Musician, Jay Smar (AR)	3:30 Balloon Volleyball (AR) 6:00 Resident Ran Bingo (AR)	2023