

# 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!*



## Resident Birthdays

### June

Helen George  
Joanne Bard  
Alfred Carl  
Sandra Seymour  
Grace Suda  
Elizabeth Duffy  
Raymond Niedzwiecki  
Jane Zinn

Lois Ecker  
Joan Conway  
Lillian Curry  
Barbara Warakomski



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

Summer is just around the corner and we cannot wait for more sunny days ahead. Our residents have already taken full advantage of our patio and have been out on the walking path. Thank you to everyone that came to our Mother's Day Brunch, it was a beautiful event.

On June 24<sup>th</sup>, from 2pm to 5pm, we are hosting a "CARNIVAL" themed party for all residents, co-workers and families. We will have a variety of food, live entertainment, a bounce house, games and much more! Please call the receptionist at 570-788-7555 by June 10<sup>th</sup> to RSVP. We hope to see everyone there!

Thank you to all residents, families, and staff for your continued support. Each of you is a valued part of our community. As always, I am available for any ideas or concerns.

*Sincerely,*

*Melissa Jacoby*

*Executive Director*

## Highlighted Events

- 3 – **Chef Pairings with Chef Ashley**  
@ 2:30pm
- 7 – **Musical Entertainment:** John Stevens Polka Band @ 2:30pm
- 14 – **Resident Meeting with David Leader** @ 3pm
- 18 – **Father's Day Celebration**  
@ 11am
- 22 – **Dementia Support Group**  
@ 6pm – *Connections*
- 24 – **Summer Carnival & Picnic**  
@ 2pm-5pm – *Families Welcome!*

## Welcome New Residents

John K.  
Mary K.  
Linda F.  
Rosemary S.  
Regina S.  
Marie W.  
Helen G.  
John K.  
Dorothe S.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Calendar Key:</b> ** 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)	<h1>THE Club</h1>			1	2	3
9:00 Daily Chronicle/Daily Devotions (2nd) 9:00 TV Catholic Mass (3rd) 10:00 Finishing Lines (2nd) 10:30 Hand Weights Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Ch. Bev. (Ch) 2:45 Bingo (3rd) 6:30 Yahtzee (1st)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 Bible Study with Deacon Bob (DR) 2:30 iN2L: World Bicycle Day Tour (CN) 3:30 TED Talk & Discussion: <i>Life's Third Act</i> by Jane Fonda (2nd) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Daily Devotions (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:00 Dining Demo with Chef Ashley (DR) 3:00 iN2L: Destination Discovery: Greece: Acropolis, Athens (3rd) 6:30 Scrabble (1st)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap Bev (Ch) 1:30 iN2L: June Trivia Challenge (CN) 2:30 Musical Entertainment By John Stevens Polk Band (DR) 3:30 Junk Drawer Detective (1st) 6:30 Dominoes (1st)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:15 Men's Club Trip: "Clips & Pitz" (OOB) 1:30 Hymn Sing (Ch) 2:45 Bingo (3rd) 3:30 Providence Place Walking Club: Walking Path Challenge (ML) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Cooking Club: Spanakopita (C) 2:00 <i>Drum To Your Own Beat</i> Drumming with Joe Ciarvella (2nd) 2:30 Brain Busters (2nd) 6:30 Boggle (1st)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable Garden (ML) 1:30 X-Box Bowling: Residents vs. Staff (2nd) 3:30 "Toga Time" Super Happy Hour (1st) 6:30 Rummikub (1st)
9:00 Daily Chronicle/Daily Devotions (2nd) 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit (1st) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Ch. Bev. (Ch) 2:45 Bingo (3rd) 6:30 Yahtzee (1st)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 "Campus Store" Cart (2nd) 2:30 Cooking Club: Banana Split Boats (CN) 3:30 Movie Matinee Committee (2nd) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Daily Devotions (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class (2nd) 2:30 Ed-U Live Demo/Presentation: Eagles B (1st) 6:30 Scrabble (1st)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap Bev (Ch) 10:30 Flag Day: Folding Ceremony (3rd) 1:30 iN2L: Patriotic Singing with Susie Q 3:00 Resident Meeting with David Leader, Providence Place President & CEO (3rd) 4:00 June Birthday Celebration Dinner (DR) 6:30 Dominoes (1st) Flag Day	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Trip Out: Cinema Drafthouse: Lunch & Movie: <i>80 for Brady</i> **\$\$ (OOB) 2:30 Musical Entertainment With Pianist, Paul Oschal (3rd) 3:30 Mini Golf Challenge (FP) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Hymn Sing (Ch) 1:00 Ed-U Awareness: <i>Elder Abuse</i> by Brian McArra 2:45 Bingo (3rd) 6:30 Boggle (1st)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 1:00: iN2L: Train Your Brain (CN) 2:30 Red or Black Card Game (2nd) 3:30 "Cheers with Zeus" Super Happy Hour (1st) 6:30 Rummikub (1st)
9:00 Daily Chronicle/Daily Devotions (2nd) 9:00 TV Catholic Mass (3rd) 10:00 Fatherly "Wit & Wisdom" (2nd) 10:30 Hand Weights Exercise (2nd) 11:00-1:00 Father's Day Celebration (DR) 1:30 Worship Service with Ch. Bev. (Ch) 2:30 Father's Day Craft Beer Social (1st) 6:30 Yahtzee (1st)  Father's Day	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 10:30 Juneteenth: A Celebration of Freedom (3rd) 1:30 Bible Study with Deacon Bob (DR) 2:45 Matinee: <i>Miss Juneteenth</i> (2nd) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Shopping Trip: Dollar Tree/Aldi's**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:30 National Ice Cream Soda Day: Root Beer Floats (CN) 6:30 Scrabble (1st)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Trip Out: Pumpkin Hill Farms: Pick Your Own Strawberries**\$\$ (OOB) 10:00 Prayer Service with Chap Bev (Ch) 10:30 Balance in Action Exercise (2nd) 2:45 Manicures & Mocktails (3rd) 4:00 Destination Discovery Dinner: Tastes of Greece (DR) 6:30 Dominoes (1st)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 iN2L: Destination Discovery: Greece: Meteora Monasteries (2nd) 1:30 Hymn Sing (Ch) 3:30 <i>All About June</i> Trivia (2nd) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Craft Club: Fresh Flower Arrangements (3rd) 2:30 Cooking Club: Pecan Sandies (CN) 3:30 Junk Drawer Detective (1st) 6:30 Boggle (1st)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable Garden (ML) 1:30 Helping Hands Club: Picnic Prep (ML) 2:00-5:00 Community Event: Carnival Theme Outdoor Picnic (OOB) 6:30 Rummikub (1st)
9:00 Daily Chronicle/Daily Devotions (2nd) 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit (1st) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Ch. Bev. (Ch) 2:45 Bingo (3rd) 6:30 Yahtzee (1st)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Ed-U Health Presentation: <i>Stroke Awareness</i> by Danielle (3rd) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Trip Out: Ochs Farm Market** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Craft Club: Watercolor Flowers (CN) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)	9:00 Daily Chronicle/Daily Devotions (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap Bev (Ch) 10:30 Diner's Lunch Caravan: Theo's Metro Greek Dining**\$\$ (OOB) 12:30 Bus Trip: Country Ride (CN) 2:45 Bingo (3rd) 6:30 Dominoes (1st)	9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Food for Thought & Tasting: Feta Cheese (C) 1:30 Hymn Sing (Ch) 2:00 Musical Entertainment By Joe Stanky (CN) 6:00 Dementia Care Partner Support Group (3rd) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle/Daily Devotions(2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 1:00 Dessert Caravan: Milkhouse Creamery Old Fashioned Ice Cream**\$\$ (OOB) 2:30 Matinee: <i>Willy Wonka &amp; the Chocolate Factory</i> (C) 6:30 Boggle (1st)	<h1>June 2023</h1>