

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	Lois Ecker
Joanne Bard	Joan Conway
Alfred Carl	Lillian Curry
Sandra Seymour	Barbara Warakomski
Grace Suda	
Elizabeth Duffy	
Raymond Niedzwiecki	
Jane Zinn	

 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

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 24th, 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 10th 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
Calendar Key: ** 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)				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	<h1>June</h1> <h1>2023</h1>