

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

Terrence Leonard
Phyllis Gilbert
Mercedes Sadler
Kathleen Kline
Sallylee Sangrey
Anna Myers
Gerald Curylo
Elizabeth Crawford



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



Providence Place SENIOR LIVING News

Q2: June 2023

A Note from the Executive Director

As the new Executive Director at Providence, I hope to provide you and your loved ones our standards of care and open communication with families. I look forward to meeting all of you and working closely to get to know each other and your needs. I strive for excellence and hope to provide you with not only that but a peace of mind and sense of security.

To get to know me a little better, I am local to the area born and raised in East Petersburg. I attended college at UNC Greensboro majoring in Kinesiology. I moved back after college and found a passion and love for seniors and worked my way up to become an Executive Director. In my free time I enjoy sports, kayaking, fishing and most recently disc golf.

I have an open-door policy, you may stop in and see me at anytime when I am available in the community. You may also contact me at cs Huey@prov-place.com or by calling the office 717-392-4100 or cell phone 717-224-8402. I look forward to working with each of you.

Best,

Chelsea Shuey


Executive Director

Highlighted Events

- 7 – Providence Place Players
performance @ 2pm
- 9 – EdU Presentation: Hummingbirds
@ 2pm
- 12 – Staff/Resident Karaoke @ 2pm
- 15 – Bonworth Trunk Show
@ 11am-3pm
- 18 – Dad Jokes & Donuts Social @ 2pm
- 21 – Summer Bash! @3:15pm
- 24 – Phillies Baseball Bash @ 4:15pm
- 28 – Wedding Memories Display

Welcome New Residents

Linda G.
Terry G.
Gerald C.
Pete Y.
Joyce M.
Marjorie L.
Monica W.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar Key: (BR) Billiards Room (CH) Chapel (AR) Activity Room (S) Salon (GL) Governor's Lounge (LB) Library (DR) Dining Room (FL) Lobby (FP) Front Porch (OOB) Out of Building ** Registration Required \$\$ Cost Involved				<div>1</div> 10:00 Balance and Flexibility (CH) 10:30 Grief Share (CH) 10:30 Grocery Run: Giant **\$\$ (OOB) 1:30 Nail Painting ** (S) 2:15 Horticulture Club (CH) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)	<div>2</div> Dime Store open 8a-12p 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 1:30 Writing Club: Poetry (AR) 2:00 Musical Presentation By Pat Kocen on his Guitar (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night: <i>Secretariat</i> (Replay Request) (CH)	<div>3</div> 10:00 What's the Word: (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Crafts with Diana (CH) 2:30 Happy Hour: Apps and Drinks Greatest Show on Earth Day (GL) 3:15 Circus Games & Fun (GL) 6:00 Table Top Shuffle Board (BR)
<div>4</div> 10:00 Coffee & "Donut Miss This" Social (AR) 10:30 Team Cuisine Cooking Group: <i>Minnesota Apple Crisp</i> (AR) 2:00 Destination Discovery Social: Minnesota - Discussion & Snacks (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (FL)	<div>5</div> 10:00 Stretch & Flex (CH) 10:30 Discover Minnesota on iN2L (CH) 1:30 Who—What am I? Pet Visit with Farley & Emily (CH) 2:00 Artist in Us All: <i>Pottery Works</i> (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)	<div>6</div> 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shopping: Boscov's **\$\$OOB 1:30 Sunshine Committee (AR) 2:00 Jeopardy Challenge (AR) 3:00 Bingo Helpers in Connections 6:00 Scrabble Night (AR)	<div>7</div> 10:00 Movement & Music (CH) 10:30 Midweek Worship Service (CH) 2:00 Providence Place Players Present An Afternoon of Romance & Suspense 3:15 Bingo Fun (CH) 6:00 Destination Discovery Movie Night:: <i>Sweet Land</i> (CH)	<div>8</div> 10:00 Balance and Flexibility (CH) 10:30 Grief Share (CH) 1:30 Nail Painting ** (S) 2:00 Dining Committee Meeting (CH) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)	<div>9</div> Dime Store open 8a-12p 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 1:30 Writing Club: Community Story (AR) 2:00 Ed-U Presents "Humming Birds" By Lisa Sanchez, Naturalist at Lancaster county Parks and Recreation (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night: <i>Judy</i> the Story of Judy Garland (CH)	<div>10</div> 10:00 What's the Word: (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Games with Pat (CH) 2:30 Happy Hour: Apps and Drinks Featured Drink "Long Island Teas (GL) 3:15 <i>Mold</i> the Word Game (GL) 6:00 Table Top Shuffle Board (BR)
<div>11</div> 10:00 Coffee Social (AR) 10:30 Team Cuisine Cooking Group: <i>Mississippi Cheddar Ham Cups</i> (AR) 2:00 Destination Discovery Social: Mississippi- Discussion & Snacks (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (FL)	<div>12</div> 10:00 Stretch & Flex (CH) 10:30 Discover Mississippi on iN2L (CH) 1:30 Who—What am I? Pet Visit with Hope & Lorna (CH) 2:00 Coworker & Resident Karaoke (DR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night PV Home Schoolers Visit (AR)	<div>13</div> 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shopping & Lunch Outing: Main Street Closet, in Willow Street Lunch at Georges Family Restaurant **\$\$OOB 2:00 Community Life Planning Committee Meeting (AR) 3:00 Bingo Helpers in Connections 6:00 Scrabble Night (AR)	<div>14</div> 10:00 Movement & Patriotic Music (CH) 10:30 Midweek Worship Service (CH) 1:00 Wellness Presentation: <i>What is a Stroke</i> ; Bayada Home Health Care (CH) 2:00 Jeopardy Challenge (CH) 3:15 Flag Day—Bingo Fun (CH) 6:00 Holiday Movie: <i>Flags of Our Fathers</i> (CH) <div>Flag Day</div>	<div>15</div> 9:30 Balance in Action w/ Powerback Therapist, Amy (CH) 10:30 Grief Share (CH) 10:30 Grocery Run: Giant **\$\$ (OOB) 11 - 3 Bonworth Trunk Show (FL) 3:15 Men's Club: Fishermen's Fun: Fish or Fantasy Game (AR) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)	<div>16</div> Dime Store open 8a-12p 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 1:30 Writing Club: Story & Discussion (AR) 2:00 Musical Entertainment: Featuring Nick Viscuso on Keyboard (CH) 3:15 Word in Word with Floats (CH) 6:00 Destination Discovery Movie Night:: <i>Oh Brother, Where Art Thou</i> (CH)	<div>17</div> 10:00 What's the Word: (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Crafts with Diana Make a Flip Flop Door Hanger (CH) 2:30 Happy Hour: Apps and Drinks National Flip Flop Day Theme (GL) 3:15 Musical Entertainment: Organ Played by Gary Collier (GL) 6:00 Table Top Shuffle Board (BR)
<div>18</div> 10:00 Coffee Social (AR) 10:30 Team Cuisine Cooking Group: <i>Long John Cake</i> (AR) 2:00 Celebrating Fatherhood Social: Enjoy Donuts & Dad Jokes (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (FL) <div>Father's Day</div>	<div>19</div> 10:00 Stretch & Flex (CH) 10:30 Discover Missouri on iN2L (CH) 1:30 Who—What am I? Pet Visit with Farley & Emily (CH) 2:00 Summer Camp Memories S'mores, Songs & Stories (CH) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)	<div>20</div> 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shop & Dine: Walmart & Udder Choice in Ephrata **\$\$OOB 2:00 Thankful to You Committee (AR) 3:00 Bingo Helpers in Connections 6:00 Scrabble Night (AR)	<div>21</div> 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:00 Jeopardy Challenge (CH) 2:00 Summertime Bingo Fun (CH) 3:15 Summer Bash Featuring Musical Presentation: By Keil Holland (CH) 6:00 Destination Discovery Movie Night: <i>Adam at 6:00 AM</i> (CH)	<div>22</div> 10:00 Balance and Flexibility (CH) 10:30 Grief Share (CH) 1:30 Nail Painting ** (S) 2:00 Fireside Chat: Meet with Chelsea & Department Leads (CH) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)	<div>23</div> Dime Store open 8a-12p 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 1:30 ED-U Presents: TED TALK What Makes a Good Life? 75yr Study Robert Waldinger (CH) 2:00 June Coworker/Resident Birthday Celebration (DR) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night: <i>Meet Me in St. Lois</i> (CH)	<div>24</div> 10:00 What's the Word: (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Games with Pat (CH) 2:30 Happy Hour: Apps and Drinks "Summers-giving" Social (GL) 4:05 Phillies Game on TV Hot Dogs & Hoagie Dinner ** (CH) 6:00 Table Top Shuffle Board (BR)
<div>25</div> 10:00 Coffee Social (AR) 10:30 Team Cuisine Cooking Group: <i>Orange Cranberry Tarts</i> (AR) 2:00 Destination Discovery Social: Montana- Discussion & Snacks (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (FL)	<div>26</div> 10:00 Stretch & Flex (CH) 10:30 Discover Montana on iN2L (CH) 1:30 Who—What am I? Pet Visit with Hope & Lorna (CH) 2:00 Art 4 Friends: Donut Disk Games (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)	<div>27</div> 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shop & Dine: Oregon Dairy Grocery & Lunch **\$\$OOB 2:00 Wedding Memories Display Help (AR) 3:00 Bingo Helpers in Connections 6:00 Scrabble Night (AR)	<div>28</div> 10:00 Movement & Music (CH) 10:30 New Cloister Restaurant & Historic Ephrata Cloister Tour **\$\$OOB 1:30 Wedding Memories Discussion (FL) 2:00 Jeopardy Challenge (CH) 3:15 New Bingo-cize (CH) 6:00 Destination Discovery Movie Night: <i>The Power of the Dog</i> (CH)	<div>29</div> 10:00 Balance and Flexibility (CH) 10:30 Grief Share (CH) 11:00 Picnic in the Park ** OOB 1:30 Nail Painting ** (S) 2:00 Musical Presentation: Featuring Music by Lee Moyer (CH) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)	<div>30</div> Dime Store open 8a-12p 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 1:30 Matinee Movie (CH) 2:00 Scenic Ride **OOB 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night: <i>Little Big Man</i> (CH)	<div>June</div> <div>2023</div>