

# 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

Fern Krause  
Elaine Long  
James Smith  
Alice Kimmel  
Marilyn Herb  
Catherine Dinko



# Providence Place SENIOR LIVING News

Q2: June 2023

## A Note from the Executive Director

We are preparing for Father's Day here in the Grove. There will be activities throughout the month of June, please join your loved one whenever you are able.

Please also keep an eye out for information on our monthly Dementia Care Partner Support Group in the Connections Neighborhood at our Pottsville community. If you have any questions regarding this Support Group any member of our management team can assist you.

Our annual resident meeting with Mr. Leader will be on June 28<sup>th</sup> – please join in on the conversation!

Sincerely,  
*Julie Wallace*  
Executive Director

## Highlighted Events

- 7 – **Father's Day Entertainment**  
Piano Man Brian @ 2pm
- 14 – **EdU Presentation:** Flag  
Folding @ 2pm
- 21 – **Road Trip & Picnic Lunch**  
Mt. Gretna @ 10:30am
- 22 – **EdU Presentation**  
Art History @ 2pm
- 28 – **Resident Meeting with**  
David Leader @ 3pm

## Welcome New Residents

Shirlee N.  
Shirley L.  
MaryAnne L.




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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (L) Lobby (RP) Rear Patio (FP) Front Patio (WP) Walking Path				1 9:30 Light Hand Weights Exercise (2F) 10:00 World Briefs And Discuss (2F) 10:30 iN2L Strategy: Sliding Tiles (2F) 11:00 Market Run: Boyers **\$\$ (OOB) 2:00 Phase 10 Club (2F) 3:30 Amazing 50 Star Flag Puzzle (2F) 4:00 Confident Cruisers (WP) 6:00 Game Of Life (1F)	2 9:30 Core Strength Exercise (2F) 10:00 Fathers Day Around The World Program (2F) 10:30 Fatherly Wit & Wisdom (2F) 11:00 Mother Teresa Program EWTN 49 2:00 Ted Talk: <i>When Did Slavery Actually End In The US?</i> By Karos Hill, Educator (2F) 6:00 Card Club: Rummy (1F)	3 9:30 Gentle Moves (2F) 10:00 Men's Club: Country Ride (OOB) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)
4 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Memorial Service (2F) 3:00 Fellowship Hour (2F) 6:00 Music And Mindful Colors (1F)	5 9:30 Target Legs Exercise (2F) 10:00 Poetry Corner: <i>Million Man March</i> By Mayo Angelou (2F) 10:30 Mass With Deacon Henninger (1F) 11:00 Front Porch Trivia (FP) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 6:00 Cornhole (FP)	6 9:30 Balance In Action By Keri, Powerback Rehab (2F) 10:00 Community Life Meeting (2F) 10:15 Circle Of Friends (1F) 2:00 Chair Yoga (2F) 3:00 Cool Down With Cool Drinks (2F) 3:30 TLC Time With Bella Our Comfort Dog (FP) 6:00 Game Night: Sorry (1F)	7 9:30 Move2Music (2F) 10:30 Fireside Chat With ED Julie And Management Team (2F) 11:00 Resident Planning Committee (2F) 2:00 Father's Day Entertainment By "Piano Man" Brian (2F) 3:30 Card Game: Rummy (2F) 4:00 Confident Cruisers (WP) 6:00 Music and Mixed Cocktails (2F)	8 9:30 Light Hand Weights Exercise (2F) 10:00 World Briefs And Discuss (2F) 10:30 iN2L Strategy: 4 The Win (2F) 11:30 Diner's Caravan: Red Lion And Dollar Store **\$\$ (OOB) 3:30 Phase 10 Tournament (2F) 6:00 Game Of Life (1F)	9 9:30 Core Strength Exercise (2F) 10:00 Reminisce: Americas Famous Dads (2F) 10:30 Linking Words Quiz (2F) 11:00 Mother Teresa Program EWTN 49 2:00 Movie Fest: <i>On Golden Pond</i> (2F) 3:00 Popcorn And Soda Cart (2F) 4:00 Confident Cruisers (WP) 6:00 Card Club: Rummy (1F)	10 9:30 Gentle Moves (2F) 10:00 June Fact Or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)
11 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 2:00 Ed-U Presentation: <i>Scripture Songs And Wisdom</i> By The Providence Place Players (DR) 3:00 iN2L: Methodist Service (2F) 6:00 Music And Mindful Colors (1F)	12 9:30 Target Legs Exercise (2F) 10:00 Ted Talk: <i>A New Vision For Leadership In The Military</i> By Brenda Cartier, Air Force Special Operations Command (2F) 10:30 Mass With Deacon Henninger (1F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 6:00 Cornhole (FP)	13 9:30 Target Balance Exercise (2F) 10:00 Daily Briefs Discuss (2F) 10:15 Circle Of Friends (1F) 2:00 Outdoor Games (FP) 3:00 Cool Down With Cool Drinks (2F) 3:30 TLC Time With Bella Our Comfort Dog (FP) 4:00 Patio Trivia (FP) 6:00 Game Night: Sorry (1F)	14 9:30 Move2Music (2F) 10:30 It's A Grand Old Flag Program (2F) 11:30 Flag Day Code Puzzle (2F) 12:00 Ed-U Presentation: <i>Flag Folding</i> By Vice-Commander SSG John Russell (FP) 3:30 Card Game: Rummy (2F) 4:00 Confident Cruisers (WP) 6:00 Music and Mixed Cocktails (2F) Flag Day	15 9:30 Light Hand Weights Exercise (2F) 10:00 World Briefs And Discuss (2F) 10:30 iN2L Word Games: List It (2F) 2:00 Craft n' Creations: Fathers Day Gifts (2F) 3:30 Confident Cruisers (WP) 4:00 Front Porch Trivia (FP) 6:00 Game Of Life (1F)	16 9:30 Core Strength Exercise (2F) 10:00 Reminisce: Occupational Choices (2F) 10:30 Occupational Charades (2F) 11:00 Mother Teresa Program EWTN 49 2:00 Welcome Ambassador Social (2F) 3:30 Funny Ice Breaker Questions (2F) 4:00 Confident Cruisers (WP) 6:00 Card Club: Rummy (1F)	17 9:30 Gentle Moves (2F) 10:00 Men's Club: Country Ride (OOB) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)
18 9:30 Whole Body Stretch (2F) 10:00 Father's Day Wisdom (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Service (2F) 3:00 Fellowship Hour (2F) 6:00 Music And Mindful Colors (1F)  Father's Day	19 9:30 Target Legs Exercise (2F) 10:00 iN2L: <i>Juneteenth A History Of Freedom</i> (2F) 10:30 Mass With Deacon Henninger (1F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 6:00 Cornhole (FP)	20 9:30 Target Balance Exercise (2F) 10:00 Daily Briefs And Discuss (2F) 10:15 Circle Of Friends (1F) 2:00 Chair Yoga (2F) 3:00 Cool Down With Cool Drinks (2F) 3:30 TLC Time With Bella Our Comfort Dog (FP) 6:00 Game Night: Sorry (1F)	21 9:30 Move2Music (2F) 10:00 World Briefs & Discuss (2F) 10:30 Road Trip And Picnic Lunch: Mt. Gretna Beach **\$\$ (OOB) 3:30 Card Game: Rummy (2F) 4:00 Confident Cruisers (WP) 6:00 Music and Mixed Cocktails (2F)	22 9:30 Light Hand Weights Exercise (2F) 10:00 World Briefs And Discuss (2F) 10:30 iN2L Word Games: Word Grid (2F) 2:00 Ed-U Presentation: <i>Impulse Behind The Image</i> By Martin Bradfield, Art History Educator (2F) 4:00 Mother Teresa Program EWTN 49 6:00 Game Of Life (1F)	23 9:30 Core Strength Exercise (2F) 10:00 Reminisce: 1920's (2F) 11:00 Mother Teresa Program EWTN 49 2:00 Film Fest: <i>Grumpy Old Men</i> (2F) 3:00 Popcorn And Soda Cart (2F) 4:00 Confident Cruisers (WP) 6:00 Card Club: Rummy (1F)	24 9:30 Gentle Moves (2F) 10:00 Men's Club: Country Ride (OOB) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)
25 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 2:00 iN2L: Catholic Service (2F) 3:00 iN2L: Methodist Service (2F) 6:00 Music And Mindful Colors (1F)	26 9:30 Target Legs Exercise (2F) 10:00 Poetry Corner: <i>Phenomenal Women</i> By Mayo Angelou (2F) 10:30 Mass With Deacon Henninger (1F) 11:00 Front Porch Trivia (FP) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 6:00 Cornhole (FP)	27 9:30 Target Balance Exercise (2F) 10:00 Daily Briefs And Discuss (2F) 10:15 Circle Of Friends (1F) 2:00 Grateful Drumming With Joe (2F) 3:00 Cool Down With Cool Drinks (2F) 3:30 TLC Time With Bella Our Comfort Dog (FP) 6:00 Game Night: Sorry (1F)	28 9:30 Move2Music (2F) 10:30 World Briefs & Discuss (2F) 11:00 Giant Crossword Puzzle (2F) 11:30 Front Porch Trivia (FP) 2:00 iN2L: Word Grid (2F) 3:00 Resident Meeting With David Leader (2F) 4:00 Confident Cruisers (WP) 6:00 Music and Mixed Cocktails (2F)	29 9:30 Light Hand Weights Exercise (2F) 10:00 World Briefs And Discuss (2F) 10:30 iN2L Word Games: Out Spell (2F) 1:30 Phase 10 Tournament (2F) 3:30 Holy Rosary EWTN 49 4:00 Confident Cruisers (2F) 6:00 Game Of Life (1F)	30 9:30 Core Strength Exercise (2F) 10:00 Reminisce: A Walk In The Park (2F) 10:30 National Parks Trivia (2F) 11:00 Mother Teresa Program EWTN 49 2:00 Ed-U Presentation: <i>Joyful Moments</i> By Celeste Bailey, Fitness Educator (2F) 4:00 Confident Cruisers (WP) 6:00 Card Club: Rummy (1F)	<h1>June</h1> <h1>2023</h1>