

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

John Luchanin
Ruth Terwilliger
Lynn Korn
John Sinisi
Judith Thomas
Mary Flanagan
Phyllis Shoener
Margarat Antanavage



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

Our residents had a fantastic time at Derby activities in Pottsville last month. We are finally seeing consistent signs of spring as we approach our summer season.

Our campus-wide cookout and carnival will be coming up in July – stay tuned for all of the details. We would love for everyone to attend.

Our highly anticipated Summer Concert Series will be starting this month – these outdoor events are fantastic for the entire family and greater community members. Our first concert will be held on 6/20 at 7pm. Bring your own lawn chair!

Thank you to all the staff, residents, and families who have supported us to build a strong compassionate team. As always, I am available for comments, ideas, and concerns.

Best,

Melissa Melnick

Executive Director

Highlighted Events

7 – **Final Triple Crown Race**

Belmont Stakes @ 3pm

20 – **Summer Concert Series**

Third Brigade Band @ 7pm

22 – **Lake Tobias Outing**

@ 11:30am

29 – **Dementia Support Group**

@ 6pm - *Connections*

Welcome New Residents

Paul M.

Dorothy G.

Gloria S.

Thomas O.

Terry N.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar Key: ** Registration Required \$\$ Cost Involved First Floor Patio (1FP) Front Porch (FP) Chapel (CH) Parking Lot (PL) Activity Room (A) Pub (P) Connections (CN) Throughout Building (TB) Lobby (L) Out of Building (OOB) Third Floor South Lounge (3FSL)	<h1>THE Club</h1>			1	2	3
4	5	6	7	8	9	10
9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:00 Popcorn & Movie: Faraway (P) 2:30 Afternoon Tea at Hydrangea Tea Cottage **\$\$ (OOB) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB)	9:00 Walking Warriors (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Butterfly Scratch Art (P) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Porch Fellowship (FP)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Memory Magic (A) 11:00 Reading Republican & Menu (L) 12:00 Souper Tuesday Luncheon: Greek Lemon Chicken Soup** (P) 1:00 Junk Drawer Detective (1FP) 2:00 Yard Games & Frozen Yogurt (1FP) 3:00 Walk for Heart Health (PL) 6:00 Nickel Bingo \$\$ (P)	9:00 Coffee, Donuts, & Discussion (P) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Protestant Worship Service (CH) 10:30 Lite & Lively (A) 11:00 Reading Republican & Menu (L) 1:00 Country Ride & Local Farmer's Market (OOB) 2:30 Acrylic Art w/ Shannon Haley ** (P) 3:00 Social Hour (P) 4:00 Walk for Heart Health (TB)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Stamping Keychains (A) 11:00 Reading Republican & Menu (L) 1:30 Seated Exercise w/ Michele (CN) 2:30 Sunset Stables Petting Farm (CN) 3:30 Hydration & Humor (CN) 4:00 Walk for Heart Health (TB) 6:00 Ice Cream Run: Rita's **\$\$ (OOB)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Curls for Girls **(P) 11:00 Reading Republican & Menu (L) 1:30 Zumba w/ Michele (P) 3:00 Mass & Confessions w/ Father (CH) 3:00 5 o'clock Somewhere Social Hour (P) 4:00 Walk for Heart Health (TB) 6:30 Life Happens Support Group (CH)	9:00 Morning Meeting & Daily Chronicle (P) 9:30 Morning Fitness (P) 10:00 Pictionary (P) 11:00 Reading Republican & Menu (L) 1:30 Memory Magic (CN) 2:30 Strawberry Delight Social (CN) 3:30 Balloon Volley (CN) 4:00 Walk for Heart Health (TB)
11	12	13	14	15	16	17
9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:30 Rock Painting: Ladybugs (CN) 2:30 Popsicles & Puzzles (CN) 3:00 Communion Service (CN) 4:00 Walk for Heart Health (TB)	9:00 Fact or Fiction (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Mod Podge Keychains (1FP) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Porch Fellowship (FP)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Farm to Table: Cucumber Salad (A) 11:00 Reading Republican & Menu (L) 1:30 Appreciation Club: Keychains for Nurse Assistants (TB) 2:00 Ice Cream Sandwich Social (1FP) 3:00 Ring Toss (1FP) 6:00 Nickel Bingo \$\$ (P)	Flag Day	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Balance in Action (P) 11:00 Reading Republican & Menu (L) 1:30 Summer Jeopardy (P) 2:00 Drum Circle w/ Joe (P) 3:00 Brain Games (P) 4:00 Ed-U Excursion: Main Street Moonshine **\$\$ (OOB)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 iN2L: Trivia 11:00 Reading Republican & Menu (L) 1:30 Zumba w/ Michele (P) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)	9:00 Morning Meeting & Daily Chronicle (A) 9:30 Morning Fitness (A) 10:00 Wall Scrabble (P) 11:00 Reading Republican & Menu (L) 1:00 Helping Hands; Bingo Set Up (P) 2:00 Candy Bar Bingo w/ the Frontier Girls (P) 3:00 Vagabond Travelers: Touring (P) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)
18	19	20	21	22	23	24
9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 2:00 Father's Day BBQ (P) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) Father's Day	9:00 Brain Games (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga with Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Faux Stained Glass Butterflies (A) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 3:30 Basketball Free Throw Tournament (P) 4:00 Walk for Heart Health (TB)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Memory Magic (A) 11:00 Reading Republican & Menu (L) 12:00 Souper Tuesday Luncheon: Greek Salad Bowl** (P) 2:00 Ice Cream Floats (1FP) 3:00 Finish the Lyrics (1FP) 7:00 Summer Concert: Third Brigade Band & Strawberry Sundaes	9:00 Coffee, Donuts, & Discussion (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Protestant Worship Service (CH) 11:00 -1 Longest Day Bake Sale (ML) 1:00 Country Ride (OOB) 2:00 Fireside Chats w/ Management (P) 3:00 Farm to Table Social Hour (P) 4:00 Walk for Heart Health (TB) 6:00 Porch Fellowship (FP)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Bingo (A) 11:30 Day Excursion: Lake Tobias **\$\$ (OOB) 1:30 Seated Exercise w/ Michele (CN) 2:30 Mint Tea & Trivia (CN) 3:00 Junk Drawer Detective (CN) 3:30 Hydration & Humor (CN) 4:00 Walk for Heart Health (TB)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Curls for Girls **(P) 11:00 Reading Republican & Menu (L) 1:30 Zumba with Michele (P) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)	9:00 Morning Meeting & Daily Chronicle (A) 9:30 Morning Fitness (A) 10:00 Providence Place Pet Visit (P) 11:00 Reading Republican & Menu (L) 1:30 Art: Watercolors (CN) 2:30 Italian Ice Social (CN) 3:00 Trivia Time (CN) 4:00 Walk for Heart Health (TB)
25	26	27	28	29	30	June 2023
9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:30 Bingo (CN) 2:00 Mocktails & Munchies (CN) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB)	9:00 Brain Games (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Seated Yoga w/ Michele 11:00 Reading Republican & Menu (L) 1:30 Name 5 Game (CH) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 3:30 Fast Pitch Tournament (P) 4:00 Walk for Heart Health (TB)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Balloon Volley (P) 11:00 Reading Republican & Menu (L) 1:30 Golden Oldies (1FP) 2:00 Strawberry Shortcake Social (1FP) 3:00 Summertime Songs & Trivia (1FP) 4:00 Walk for Heart Health (TB) 6:00 Nickel Bingo \$\$ (P)	9:00 Coffee, Donuts, & Discussion (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Seated Dance Exercise (P) 11:00 Reading Republican & Menu (L) 1:00 Country Ride (OOB) 1:30 Art in Depth: Greek Mythology (P) 2:00 Ed-U Presentation: Ancient Greece w/ Dr. Harold Aurand, History Professor @ PSU Schuylkill (P) 4:00 Walk for Heart Health (TB)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 UNO (A) 11:00 Reading Republican & Menu (L) 1:30 Seated Exercise w/ Michele (CN) 3:00 Family Feud (P) 3:30 Hydration & Humor (P) 5:00 Resident Birthday Party (P)	9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:15 Easy Listening (A) 10:30 Manicures & Warm Towel Hand Massages (A) 11:00 Reading Republican & Menu (L) 1:30 Zumba w/ Michele (P) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)	