

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 ML Main Lobby P Pub OOB Out of Building 1FP 1st Floor Patio				1 9:00 Walking Warriors (ML) 10:30 Errand Run: Banks & Post Office **\$(OOB) 1:00 Shopping Trip: Walmart **\$(OOB) 2:00 Board Games with Community Life: Connect 4 (P) 3:00 Community Life Planning Meeting (P) 7:00 Gospel Singers (CH)	2 9:00 Green Thumbs: Tending to our Plants (TB & 1FP) 10:30 TED Talk: <i>What Really Matters at The End of Life</i> by BJ Miller, Palliative Physician (P) 1:30 Seated Zumba with Michele (P) 1:30-2:30 Traveling Store (ML) 3:00 Communion Service (CH) 3:15 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)	3 9:00 Brain Games: Greek Trivia (P) 10:00 Auto Racing (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$(P) 3:00 Vagabond Travelers: Touring Greek Islands: Mykonos, Santorini, & Rhodes (P)
4 9:00 Hymn Sing-a-Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 1:00 Popcorn & a Movie: <i>Faraway</i> (P) 2:30 Afternoon Tea at Hydrangea Tea Cottage **\$(OOB) 3:00 Communion Service (CH)	5 9:00 Brain Games: Greek 101 (ML) 10:30 Seated Yoga with Michele (P) 10:30-11:30 Traveling Store (ML) 1:30 Sunshine Committee (P) 3:00 Communion Service (P) 3:30 XBOX Bowling (P)	6 9:00 Walking Warriors (ML) 10:30 Balloon Volleyball (P) 11:00 Helping Hands: Setting Up Lunch (P) 12:00 Souper Tuesday: Greek Lemon Chicken Soup **(P) 2:00 Dining Committee Meeting (DR) 2:00-4:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$(P)	7 9:00 Coffee, Donuts, & Discussion (P) 10:00 Protestant Worship (CH) 10:30 Lite & Lively (P) 1:00 Helping Hands: Setting Up Social (P) 2:00 Acrylic Paint Class with Shannon **(P) 3:00 Belmont Stakes Social Hour for Residents & Staff (P)	8 9:00 Brain Games: Word Association (P) 10:30 Wall Memory (P) 1:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 2:00 Card Games: UNO (P) 3:00 Craft Corner: Making a Greek Urn (P) 6:00 Ice Cream Run: Rita's **\$(OOB)	9 9:00 Green Thumbs: Tending to our Plants (TB & FP) 10:30 Curls for Girls (P) 1:30 Seated Zumba with Michele (P) 1:30-2:30 Traveling Store (ML) 3:00 Mass & Confession with Father (CH) 3:15 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (P)	10 9:00 Creative Corner with Community Life (P) 10:00 Pictionary (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$(P) 3:00 Vagabond Travelers: Touring Athens (P)
11 9:00 Hymn Sing-A-Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 1:00 Popcorn & a Movie: <i>Black Hawk Down</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	12 9:00 Walking Warriors (ML) 10:30 Seated Yoga with Michele (P) 10:30-11:30 Traveling Store (ML) 2:00 Gratitude Committee (P) 3:00 Communion Service (CH) 3:30 Bean Bag Toss (P)	13 9:00 Brain Games: Finish My Line (ML) 10:30 Keep Kicking Kickball (P) 2:00 Penny Pitching (P) 3:00 Summer Glow Hand Treatment **(P) 6:00 Nickel Bingo \$(P)	14 9:00 Coffee, Muffins, & Current Events (P) 10:30 Ed-U Presentation: The Importance of Flag Etiquette (P) 1:30 Drum Stick Exercise (P) 2:30 Helping Hands: Setting Up Social (P) 3:00 Stars and Stripes Social Hour (P) Flag Day	15 9:00 Walking Warriors (ML) 10:30 Balance in Action (P) 1:30 Summer Jeopardy (P) 2:00 Drum Circle with Joe (P) 3:00 Brain Games: Summer Trivia (P) 4:00 Ed-U Excursion: Main Street Moonshine **\$(OOB)	16 9:00 Green Thumbs: Tending to our Plants (TB & FP) 10:30 iN2L: Trivia 1:30 Zumba with Michele (P) 1:30-2:30 Traveling Store (ML) 3:00 Communion Service (CH) 3:15 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (P)	17 9:00 Brain Games: Fact or Fiction (P) 10:00 Wall Scrabble (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Candy Bar Bingo with the Frontier Girls (P) 3:00 Vagabond Travelers: Touring Peloponnese (P)
18 9:00 Hymn Sing-A-Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 2:00 Father's Day BBQ (1FP) 3:00 Communion Service (CH) 3:30 Bible Study (P) Father's Day	19 9:00 Brain Games: Word Play (ML) 10:30 Seated Yoga with Michele (P) 10:30-11:30 Traveling Store (ML) 2:00 Welcome Committee Meeting (P) 3:00 Communion Service (CH) 3:30 Basketball Free Throw Tournament (P)	20 11:00 Helping Hands: Setting Up Luncheon (P) 12:00 Souper Luncheon: Greek Salad Bowl **(P) 2:00-4:00 Manicures & Mimosas **(P) 7:00 Summer Concert Series: Third Brigade Band and Strawberry Sundaes (PL)	21 9:00 Coffee, Donuts, & Discussion (P) 9:00 Shopping Trip: Walmart **\$(OOB) 10:00 Protestant Worship Service (CH) 10:30 Gentle Stretching & Meditation (P) 11-1 Longest Day Bake Sale (ML) 2:00 Fireside Chats with Management (P) 3:00 Farm to Table Social Hour (1FP)	22 9:00 Brain Games: Greek 101 (ML) 10:30 Punch for a Prize (P) 11:30 Day Excursion: Lake Tobias **\$(OOB) 2:00 Ed-U Wellness: The Importance of Hydration with Brittany Gaffney, LPN, DOW(P) 3:30 Craft Corner: Summer Door Décor (P) 6:00 Dementia Support Group (CH)	23 9:00 Green Thumbs: Tending to our Plants (TB & FP) 10:30 Curls for Girls (P) 1:30 Zumba with Michele (P) 1:30-2:30 Traveling Store (ML) 3:00 Communion Service (CH) 3:15 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (P)	24 9:00 Board Games with Community Life: Clue (P) 10:00 Providence Place Pet Visit (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$(P) 3:00 Vagabond Travelers: Festival of Greece (P)
25 9:00 Hymn Sing-A-Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 1:00 Popcorn & a Movie: <i>My Big Fat Greek Wedding</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	26 9:00 Walking Warriors (ML) 10:30 Seated Yoga with Michele (P) 10:30-11:30 Traveling Store (ML) 2:00 Men's Club Meeting with Eddie (P) 3:00 Communion Service (CH) 3:30 Fast Pitch Tournament (P)	27 9:00 Brain Games: Word Within a Word (ML) 10:30 Balloon Volleyball (P) 2:00-4:00 Manicures & Mimosas (P) 6:00 Nickel Bingo (P)	28 9:00 Coffee, International Pastries, & Worldwide Events (P) 10:30 Seated Low Impact Dance Exercise (P) 1:30 Art in Depth: Greek Mythology (P) 2:00 Ed-U Presentation: <i>Ancient Greece</i> with Dr. Harold Aurand, History Professor at PSU Schuylkill (P) 3:00 Under the Sea Social Hour (P)	29 9:00 Walking Warriors (ML) 10:30 Brain Games: Greek Trivia (P) 11:00 Picnic at Heisler's **\$(OOB) 2:00 Virtual Tour of Athens in Ancient Greece (P) 3:00 Providence Place Pet Visit (P) 5:00 Resident Birthday Dinner (P)	30 9:00 Green Thumbs: Tending to our Plants (TB & FP) 10:30 iN2L: Games (P) 1:30 Zumba with Michele (P) 1:30-2:30 Traveling Store (ML) 3:00 Communion Service (CH) 3:15 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (P)	<h1>June</h1> <h1>2023</h1>