

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

May

Charmaine West
Elvia Kemper
Martha Fleming
Linda Adcock
Lois Woods
Edeltrud Polk
Julie Jones
Judith McIntyre

Beverly Brackbill
Mildred Psak
Bennett Bittinger
Ronald Fraker

June

Delores Gilbert
Suzanne Rice
Darlene Zimmerman
Doris Royer
Esta Hammond
Nadine Clemens
Glenn Sanders
William Sheridan Jr.

Arthur Ott
Virginia Adams
Carol Wine
Susanne Proulx
Alice Stilts
Richard Rice
Beulah Woods

A Note from the Executive Director

Thank you to everyone who joined us for our Easter festivities - our egg hunt and Sunday Brunch was wonderful and we love seeing all of the families and friends in our community.

As we step into spring, be sure to start enjoying our outdoor walking path, patios and scenic areas around the campus. The sunshine feels fantastic after a cold winter.

Keep join us for our upcoming Mother's Day Brunch on 5/12 - reservations are available at 10am or 12pm, please call reception to reserve a spot with your loved one.

We will also be hosting our **Spring Family Meeting on Tuesday, May 14th**. We plan to provide details on our clinical care program and will be available to answer all questions about care, therapy, pharmacy offerings and more. Please join us in the dining room at 7pm.

Happy Spring,

Holly Townsend

Executive Director

Highlighted Events

11 - Musical Entertainment:

Robert Twine @ 1:30pm

12 - Mother's Day Brunch @ 10am

or 12pm - Families Welcome!

Please call reception for reservations

14 - Spring Family Meeting

@ 7pm - Families Welcome!

27 - Freedom & Friends Buffet

Lunch: Fried Chicken & Beer

@ 11:30am

Welcome New Residents

Donald D.

Ruby P.

Ruth S.

Ann D.



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar Key: Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY) Connections (CN) Picnic Tables (PT) ** Registration Required \$\$ Cost Involved	<h1>THE Club</h1>		1 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Shopping Trip: Dollar Tree\$\$ (OOB) 10:00 Terry Neumyer Presents <i>Wildlife & GA Sties</i> (2A) 1:30 Minute to Win It May Day Fun (CN) 2:30 Spring Punch (CN) 3:00 Fiesta Shopping Game (3A) 6:00 Resident Run Sequence (2A)	2 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Mid Week Worship Service (CN) 10:00 Dance with Leah (BL) 1:15 Day Excursion: Art of Pie (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Design and Fill Our Pinata (3A) 6:00 Wii Bowling League (3E)	3 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Place Your Bet: Horse Racing Game (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Balloon Ball (3A) 3:00 Never Have I Ever with Chips and Salsa (P) 6:00 Movie & Popcorn: <i>Planes, Trains, And Automobiles</i> (3A)	4 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball: Pastime Pleasures (3A) 2:00 May Brain Games (3A) 3:00 Cooking Creations: Churro Cake for Cinco de Mayo (C) 6:00 Resident Run Blitz (2A)
5 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Break the Pinata (PD) 11:30 Wine and Dine (DR) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Cinco de Mayo Fiesta With Margaritas and Churro Cake (P) 6:00 Songs and Scripture (Ch. 609)	6 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 Game Club: Dominos (3A) 3:00 Documentary: <i>The U.S Enters WWII America, The Story of Us</i> (2A) 6:00 Resident Run Poker (2A)	7 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Mother's Day Tea Game (3A) 1:30 Crafty Creations: DIY Bath Bombs (CN) 2:30 Sip and Relax with Mocktails: Bubbling Cranberry Juice and Lime (CN) 3:00 Trivia: Famous Mexicans, Who am I ? (P) 6:00 Unwind & Relax: Fireplace Sitting (BL)	8 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 9:45 Shopping Trip: Lurgan Green House (OOB) 10:00 Dinning Committee Meeting (2A) 1:30 Helping Hands: Mother's Day Tea Setup (CN) 2:30 Tea and Cookies (CN) 3:00 Dementia Care Partner Support Group (CN) 3:00 Garden Club: Deck Planting (PD) 6:00 Resident Run Sequence (2A)	9 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Caledonia State Park (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Wacky Wordies (3A) 6:00 Wii Bowling League (3E)	10 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Providence Place Chambersburg Antique Road Show (2A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Catholic Mass with Corpus Christi Catholic Church (2A) 3:00 Mother's Day Brain Games (3A) 6:00 Movie Night & Popcorn: <i>Instant Family</i> (3A)	11 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Musical Entertainment Featuring Robert Twine (2A) 3:00 Hydration and Humor: (P) 6:00 Resident Run Blitz (2A)
12 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Mother's Day Brunch ** (DR) 12:00 Mother's Day Brunch ** (DR) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: UNO 6:00 Songs and Scripture (Ch. 609) Mother's Day	13 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 Kindly Canines (Building Wide) 2:00 Musical Entertainment with Jim, Chris, And Friends (2A) 3:00 Word Association: Can You "C" it? (3A) 6:00 Resident Run Pinochle (2A)	14 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Table Top Volley Ball (3A) 1:30 Gardening with Connections Friends (CN) 2:30 Soaking Up the Sun and Sipping Lemonade (CN) 3:00 Mother's Day Trivia (P) 6:00 Unwind & Relax: Fireplace Sitting (BL)	15 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Children of Providence Christian Academy (CN) 1:30 Blood Pressure Clinic (2A) 2:00 Community Meeting With Department Managers (2A) 3:00 Coffee & Conversation (P) 6:00 Horseshoes (3E)	16 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Backyard Horseshoes (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Name That Tune (3A) 6:00 Wii Bowling League (3E)	17 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Group Discussion: Celebrating Armed Forces Day (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Pondering Prompts (3A) 3:00 Double Exposure: Spot the Difference (3A) 6:00 Movie Night & Popcorn: <i>The Fighting Temptations</i> (3A)	18 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Crafting Creations: Red, White, Blue for Your Door (C) 1:30 Talk n' Toss Ball (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Hydration and Humor (P) 6:00 Resident Run Blitz (2A) Armed Forces Day
19 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Book Club: <i>Holly Hock Doll</i> (3A) 11:30 Wine and Dine (DR) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Pictionary (3A) 6:00 Songs and Scripture (Ch. 609) Pentecost	20 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 <i>Great Women in History</i> with Joe & Delores McDevitt (2A) 3:00 Documentary: <i>World's Most Extreme Military Aircrafts</i> (2A) 6:00 Resident Run Poker (2A)	21 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Movie Matinee: <i>The Shaggy Dog</i> (3A) 1:30 Crafty Creation: Ribbon American Flag (CN) 2:30 Poppin' Pop Rocks Spritzers (CN) 3:00 Military Slang Trivia (P) 6:00 Unwind & Relax: Fireplace Sitting (BL)	22 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Shopping Trip: Walmart \$\$ (OOB) 10:00 PO-KE-NO (3A) 1:30 Appreciation Club: Cards for Veterans (CN) 2:30 Cooking Creations: Frozen Strawberry Yogurt (CN) 3:00 Ski Ball (3A) 6:45 Gospel Hymns with Antrim Mennonite Church (2A)	23 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Celebration of Life (2A) 3:00 Canvas Art: Flower Garden (3A) 6:00 Wii Bowling League (3E)	24 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Memories in the Making (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Memorial Day Brain Games (3A) 3:00 Table Topics and Chocolate Coke (P) 6:00 Movie Night & Popcorn: <i>The Bridge at Remagen</i> (3A)	25 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball: Reminiscing (3A) 2:00 Bomb Pop Social (P) 3:00 Hydration and Humor (P) 6:00 Resident Run Blitz (2A)
26 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 The Origins of Memorial Day (3A) 11:30 Wine and Dine (DR) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Planet Earth (3A) 6:00 Songs and Scripture (Ch. 609)	27 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Prize Bingo (3A) 11:30 Freedom and Friends Fried Chicken And Beer Buffet Lunch (P) 1:30 Imagery Fitness (3A) 2:00 Afternoon Movie: <i>Memorial Day</i> (3A) 3:00 Ice Cream Sundae Bar (P) 6:00 Horseshoes (3E) Memorial Day	28 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Patriotic Cheesecake Salad (C) 1:30 Shaving Cream Fireworks (CN) 2:30 Frozen Red, White, and Blue Punch (CN) 3:00 Memorial Day: Which War Was It Trivia (P) 6:00 Unwind & Relax: Fireplace Sitting (BL)	29 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Shopping Trip: TJ Maxx \$\$ (OOB) 10:00 Creative Journaling (3A) 1:30 Outdoor Conversation Ball With Our Connections Friends (CN) 2:30 Chillin with Friends and Snow Cones (CN) 3:00 Using Our Senses Game (3A) 6:00 Resident Run Sequence (2A)	30 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Shuffle Board (3A) 6:00 Wii Bowling League (3E)	31 9:30 Morning Meeting and Inspirations (3A) 9:45 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Horseshoes (3A) 3:00 Headbandz Guessing Game and Lemon Bars (2A) 6:00 Movie Night & Popcorn: <i>Gremlins</i> (3A)	<h1>May</h1> <h1>2024</h1>