

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), Back Lobby (BL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections (CN), Pub Deck (PD) Back Yard (BY), Building Wide (BW), Around Path (AP) **Registration Required, \$\$ Cost Involved			1 9:00 Seated Weights with Leah (3E) 10:00 Terry Neumyer Presents <i>Wildlife & GA Sties</i> (2A) 1:30 Balance & Action (3E) 2:00 Jeopardy! (2A) 3:00 Design Club: Cinco de Mayo (P) 6:00 Wednesday Winddown at the Fireplace (BL)	2 9:00 Balloon Ball Exercise (3E) 10:00 Dance with Leah (BL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:00 Wii Bowling League (3E)	3 9:00 Walk and Roll Walking Club (AP) 10:00 Bible Study with Sharon (PDR) 10:00 Appreciate & Thank Club: Pressed Floral Bookmarks (C) 2:00 Garden Club: Prepping the Flower Garden (FL) 3:00 Never Have I Ever with Chips and Salsa (P) 6:00 Movie & Popcorn: <i>Planes, Trains, And Automobiles</i> (3A)	4 9:00 Light & Lively Exercise (3E) 9:30 Kentucky Derby Coverage (P) 10:00 Local Fares: Butcher Shoppe***\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Cooking Creations: Churro Cake for Cinco de Mayo (C) 6:00 Card Club: Rummy (2A)
5 9:00 Light & Lively Exercise (3E) 9:30 Cinco de Mayo Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Cinco de Mayo Fiesta With Margaritas and Churro Cake (P) 6:00 Song & Scripture's (Channel 609)	6 9:00 Light & Lively Exercise (3E) 9:30 Hearing Aid Checks with Chambersburg Hearing** (PDR) 10:00 Community Life Planning Mtg. (P) 1:30 Balance & Action (3E) 2:00 Prize Bingo (2A) 3:00 Documentary: <i>The U.S Enters WWII America, The Story of Us</i> (2A) 6:00 Resident Run Blitz (2A)	7 9:00 Walk and Roll Walking Club (AP) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Circle of Friends w/Chap Rick (PDR) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Life Chats with Chaplain Rick (2A) 3:00 Trivia: Famous Mexicans, Who Am I? (P) 6:00 Game Club: Rumikub (2A)	8 9:00 Seated Weights with Leah (3E) 10:00 Dining Committee Meeting (2A) 10:00 Cooking Creation: Muffins (C) 1:30 Balance & Action (3E) 2:00 Questions People Ask About God and His Word w/Chaplain Rick (2A) 3:00 Dementia Care Partner Support Group (CN) 6:00 Resident Run Sequence (2A)	9 8:00 Muffins & Mimosas for Moms ** (P) 9:00 Yoga with Beth (3E) 10:00 Garden Club: Prepping the Flower Garden (FL) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:00 Wii Bowling League (3E)	10 9:00 Walk and Roll Walking Club (AP) 10:00 Providence Place Chambersburg Antique Road Show (2A) 1:30 Balance & Action (3E) 2:00 Catholic Mass with Corpus Christi Catholic Church (2A) 3:00 Appreciate and Thank Club: Veterans Thank You Letters (P) 6:00 Movie & Popcorn: <i>Instant Family</i> (3A)	11 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops (C) 10:00 Nickel Bingo \$(2A) 1:30 Stair Stepper Exercise (3E) 1:30 Musical Entertainment Featuring Robert Twine (2A) 3:00 Game Club: Scrabble (C) 6:00 Card Club: Rummy (2A)
12 9:00 Light & Lively Exercise (3E) 9:30 Rose of Sharon Short Story Handout (L) 10:00 Mother's Day Brunch ** (DR) 12:00 Mother's Day Brunch ** (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:00 Song & Scripture's (Channel 609) Mother's Day	13 9:00 Light & Lively Exercise (3E) 9:30 Woman's Wii Bowling League (3E) 10:00 <i>Staying Hydrated</i> with Storm from Bayada Home Healthcare (2A) 2:00 Kindly Canines (Building Wide) And Friends (2A) 3:00 Prize Bingo (2A) 6:00 Resident Run Blitz (2A)	14 9:00 Walk and Roll Walking Club (AP) 10:30 Shopping Trip: Hobby Lobby***\$(OOB) 11:00 Franklin Co. Library Bookmobile (LD) 11:30 Supreme Chinese Buffet **\$(OOB) 1:30 Acrylic Canvas Paintings (C) 3:00 Mother's Day Trivia (P) 6:00 Card Club: Dealer's Choice (2A)	15 9:00 Seated Weights with Leah (3E) 10:00 Children of Providence Christian Academy (CN) 1:30 Blood Pressure Clinic (2A) 2:00 Community Meeting w/ Department Managers (2A) 3:00 Coffee & Conversation (P) 6:00 Wednesday Winddown at the Fireplace (BL)	16 9:00 Balloon Ball Exercise (3E) 10:00 Birthday Gang Committee Mtg. (L) 1:00 Garden Club: Picking the Flowers (C) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Services with Mr. and Mrs. Allen Brown (2A) 3:00 Bible Study (PDR) 6:00 Wii Bowling League (3E)	17 9:00 Walk and Roll Walking Club (AP) 10:00 Design Club: Memorial Day (P) 1:00 Workout with Julie From Powerback Rehabilitation (3E) 2:00 Polish and Paint Nail Service (2A) 3:00 Appreciate and Thank Club: Passing Veterans Cards(P) 6:00 Movie & Popcorn: <i>The Fighting Temptations</i> (2A)	18 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops(C) 10:00 Crafting Creations: Red, White or Blue for Your Door (C) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Game Club: Scrabble (C) 6:00 Card Club: Rummy (2A) Armed Forces Day
19 9:00 Light & Lively Exercise (3E) 9:30 Armed Forces Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:00 Song & Scripture's (Channel 609) Pentecost	20 9:00 Light & Lively Exercise (3E) 9:30 Who, What, Where? Who Am I? (L) 10:00 Resident Safety Cmt. Mtg. (2A) 1:30 Balance & Action (3E) 2:00 <i>Great Women in History</i> with Joe & Dolores McDevitt (2A) 3:00 Documentary: <i>World's Most Extreme Military Aircrafts</i> (2A) 6:00 Resident Run Blitz (2A)	21 9:00 Walk and Roll Walking Club (AP) 9:45 Nelly Fox Bowling**\$(OOB) 10:00 Circle of Friends w/Chap Rick (2A) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Life Chats with Chaplain Rick (2A) 3:00 Military Slang Trivia (P) 6:00 Game Club: Rumikub (2A)	22 9:00 Seated Weights with Leah (3E) 10:00 Appreciate & Thank Club (C) 2:00 Rosary with Corpus Christi Catholic Church (2A) 2:00 Men's Club: Meadows Frozen Custard ** (OOB) 3:00 Our Journey Together with Chaplain Rick (2A) 6:45 Gospel Hymns with Antrim Mennonite Church (2A)	23 9:00 Balloon Ball Exercise (3E) 10:00 Garden Club: Purchasing Our Flowers ** (OOB) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Celebration of Life (2A) 3:00 Bible Study (PDR) 6:00 Wii Bowling League (3E)	24 9:00 Walk and Roll Walking Club (AP) 10:00 Bible Study with Sharon (PDR) 10:00 Media Class with Leah (P) 1:00 Workout with Julie From Powerback Rehabilitation (3E) 2:00 Appreciate & Thank Club (C) 3:00 Table Topics and Chocolate Coke (2A) 6:30 Movie & Popcorn: <i>The Bridge at Remagen</i> (3A)	25 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops(C) 10:00 Nickel Bingo \$(2A) 11:15 Local Fares: Primanti Brothers***\$(OOB) 2:00 Chocolate Bar Bingo with Jen (2A) 3:00 Game Club: Scrabble (C) 6:00 Card Club: Rummy (2A)
26 9:00 Light & Lively Exercise (3E) 9:30 Origins of Memorial Day Handout (L) 10:00 Indianapolis 500 Coverage (P) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:00 Song & Scripture's (Channel 609)	27 9:00 Light & Lively Exercise (3E) 10:00 Cornhole (3E) 11:30 Freedom and Friends Fried Chicken And Beer Buffet Lunch** (P) 2:00 Afternoon Movie: <i>Memorial Day</i> (3A) 3:15 Ice Cream Sundae Bar (P) 6:00 Supporting Healthy Food Choices with Gayle B.(C) Memorial Day	28 9:00 Walk and Roll Walking Club (AP) 9:30 Shopping Trip: Dollar Tree\$(OOB) 10:00 Circle of Friends w/ Chap Rick (2A) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Life Chats with Chaplain Rick (2A) 3:00 Memorial Day: Which War Was It Trivia (P) 6:00 Card Club: Dealer's Choice (2A)	29 9:00 Seated Weights with Leah (3E) 10:00 Prize Bingo (2A) 2:00 Musical Entertainment Featuring Tom Shultz (2A) 3:00 Our Journey Together with Chaplain Rick (2A) 4:30 Dinner on the Deck ** (PD) 6:00 Resident Run Sequence (2A)	30 9:00 Balloon Ball Exercise (3E) 10:00 Garden Club: Planting our Flowers (FL) 11:00 Local Fares: Bonanza **\$(OOB) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:00 Wii Bowling League (3E)	31 9:00 Walk and Roll Walking Club (AP) 10:00 Garden Club: Planting our Flowers (FL) 1:30 Balance & Action (3E) 2:00 Polish and Paint Nail Service (2A) 3:00 Headbandz Guessing Game and Lemon Bars (2A) 6:00 Movie & Popcorn: <i>Gremlins</i> (3A)	<h1>May</h1> <h1>2024</h1>