

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

Wanda Brunetti
Roy Armstrong
Betty Shannon
Thomas White
Stanley Plicinski
Robert Fox
Joan Bacchi

Ruth Ledger
Doris Mccullough
Sandra Flaharty
Mary Acken
Kristin St. Aubyn
Irene Tarloski
Roberta Machese
Dolores Conrod

June

Richard Ameigh
Helen Hanto
Antoinette Cardosi
Linda Conaway
Bob Berlin



Providence Place SENIOR LIVING News

Q2: May 2024

A Note from the Executive Director

We are finally seeing signs of spring along the Perkiomen and can't wait to start host events on our patio space again starting this month. Join us on a sunny day for a drink on the deck or a stroll along the walking path.

Please join us for May's Sunday Brunch on May 19th - as always, please call reception to reserve a table with your loved ones and families at 10:30am or 12:00pm.

If you have any questions or concerns in the meantime, please do not hesitate to reach out to me anytime.

With Gratitude,

Holly Williamson
Executive Director

Highlighted Events

5 - **Cinco de Mayo fiesta** @ 3:30pm

13- **Floral Arranging** @ 11am

19 - **Sunday Brunch** - families

Welcome @ 10:30a or 12p

27 - **Memorial Day Celebration**

@ 3:30pm

30 - **Lunch Outing:** Bahama Breeze

@ 11am

Welcome New Residents

John P.
John H.
Marion R.
Veronica R.
Barbara S.
Grace L.
Helen H.
Evelyn P.
Eileen W.
Doris M.



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: ** Registration Required \$\$ Cost Involved (CR) Community Room (DR) Dining Room (T) Theater (AR) Activity Room (ML) Main Lobby (C) Connections Neighborhood (P) Pub (OOB) Out of Building (OL) Old Lobby (OS) Outside (OP) Outside Porch Life	<h1>THE Club</h1>		1 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Rosary with St. Eleanor's (T) 11:00 Checkers (CR) 1:30 Look Who's Dancing (C) 2:30 Mid-Week Services (CR) 3:30 Name That Tune (P) 4:30 Wine & Dine (DR) 6:00 Nickel Bingo \$\$ (AR)	2 9:15 Morning Meeting (CR) 9:45 Catholic Communion with St. Eleanor's (T) 10:00 Sit and Be Fit (CR) 10:30 Kitchen Helpers: Pretzel Snaps (AR) 1:30 Paint & Create: Tribute to our Fallen Heroes (CR) 2:30 Baseball Word Search (CR) 3:30 Think & Drink Trivia (P) 6:00 Resident Run Wii Sports (CR)	3 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Butterfly Craft (CR) 11:00 Resident Spotlight Dennis D. (CR) 1:30 Bingo Bucks (AR) 2:30 Garden Checks (CR) 3:30 Happy Hour and Entertainment with KayBe (P) 6:00 Friday Night Shabbat (T)	4 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 May the Fourth Be with You Talk (CR) 11:00 Coffee & Conversation (P) 1:30 Horseshoes (P) 2:30 Kentucky Derby Celebration (P) 3:30 Happy Hour (P) 6:00 Movie: <i>Seabiscuit</i> (T)
5 9:15 Morning Meeting (CR) 10:00 Sit and Be Fit (CR) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 11:00 Golden Gentlemen's Club (AR) 1:30 Ecumenical Service (CR) 2:30 Crafting Club: Spring Wreath (AR) 3:30 Cinco de Mayo Happy Hour (P) 6:00 Movie: <i>Fried Green Tomatoes</i> (T)	6 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Exploring Our Live Caterpillars (C) 10:30 Ed-U: <i>Secret Life of a Butterfly</i> (CR) 11:00 Bible Study (T) 1:30 Candy Bar Bingo (AR) 2:30 Nadine/s Music & Meditation (P) 3:30 Happy Hour (P) 6:00 Calming Coloring (P)	7 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 May Trivia on iN2L © (C) 11:00 Word Games (CR) 1:30 Helping Hands Club: Creating Appreciation Bags (CR) 2:30 Circle of Friends (T) 3:30 Butterfly Word Search (CR) 6:00 Prize Bingo with Madison (AR)	8 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Rosary with St. Eleanor's (T) 11:00 Destination Discovery: Kentucky Facts (T) 1:30 Thank Your Receptionist (ML) 2:30 Mid-Week Service (CR) 3:30 Name That Tune (P) 4:30 Wine & Dine (DR) 6:00 Nickel Bingo \$\$ (AR)	9 9:15 Morning Meeting (CR) 9:45 Catholic Communion with St. Eleanor's (T) 10:00 Sit and Be Fit (CR) 11:30 Celebrating Mom's Luncheon (C) 1:30 Flower Craft (CR) 2:30 Walking Club (OS) 3:30 Think & Drink Trivia (P) 6:00 Resident Run Wii Sports (CR)	10 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Family Feud (C) 11:00 Garden Checks (CR) 1:30 Bingo Bucks (AR) 2:30 Drumming Circle (CR) 3:30 Happy Hour and Entertainment with Bobby T. Traveling Piano (P) 6:00 Friday Night Shabbat (T)	11 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Technology Workshop (AR) 11:00 Coffee & Conversations (P) 1:30 Rummy 500 (P) 2:30 DIY Geology (AR) 3:30 Happy Hour (P) 6:00 Movie: <i>The Family Plan</i> (T)
12 9:15 Morning Meeting (CR) 10:00 Sit and Be Fit (CR) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 1:30 Ecumenical Service (CR) 2:30 Crafting Club: Holographic Vase (AR) 3:30 Happy Hour (P) 6:00 Movie: <i>Because I Said So</i> (T) Mother's Day	13 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Checking-In on Chrysalids (C) 10:30 Scenic Drive to Greenlane (OOB) 1:30 Candy Bar Bingo (AR) 2:30 Nadine's Music & Meditation (P) 3:30 Birthday Celebration (P) 6:00 Movie: <i>My Fair Lady</i> (T)	14 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Flowers Word Search (CR) 11:00 ED-U Presentation: Benefits of Exercise with Bayada (CR) 1:30 Sing-Along (C) 2:30 Circle of Friends (T) 3:30 St. Eleanor's Live Catholic Mass (CR) 6:00 Prize Bingo with Madison (AR)	15 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Rosary with St. Eleanor's (T) 11:00 Jenga (C) 1:30 Look Who's Dancing (P) 2:30 Mid-Week Services (CR) 3:30 Name That Tune (P) 4:30 Wine & Dine (DR) 6:00 Nickel Bingo \$\$ (AR)	16 9:15 Morning Meeting (CR) 9:45 Catholic Communion with St. Eleanor's (T) 10:00 Sit and Be Fit (CR) 10:30 20 Questions (CR) 11:00 Armed Forces Word Search (CR) 1:30 Back Porch Chat (OP) 2:30 Cornhole (CR) 3:30 Think & Drink (P) 6:00 Resident Run Wii Sports (CR)	17 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Yahtzee (CR) 1:30 Bingo Bucks (AR) 2:30 Drumming Circle (CR) 3:30 Happy Hour and Entertainment with Max Rodgers (P) 6:00 Friday Night Shabbat (T)	18 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Armed Forces Discussion (CR) 11:00 Coffee and Conversation (P) 1:30 Crosswords (P) 2:30 Armed Forces Celebration (P) 3:30 Happy Hour (P) 6:00 Movie: <i>Dirty Dozen</i> (T) Armed Forces Day
19 9:15 Morning Meeting (CR) 10:00 Sit and Be Fit (CR) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 1:30 Ecumenical Service (CR) 2:30 Crafting Club: Mod Podge Craft (CR) 3:30 Happy Hour (P) 6:00 Movie: <i>God's Not Dead</i> (T) Pentecost	20 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Outdoor Picnic to Schuylkill Valley Nature Center (OOB) 1:30 Candy Bar Bingo (AR) 2:30 Nadine's Music & Meditation (P) 3:30 Memorial Day Celebration (P) 6:00 Movie: <i>Mama Mia</i> (T)	21 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Noodle Volley (C) 11:00 Walking Club (OS) 1:30 Color & Word Search (CR) 2:30 Circle of Friends (T) 3:30 Travelogue: Discovering Kentucky (T) 6:00 Prize Bingo with Madison (AR)	22 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Rosary with St. Eleanor's (T) 11:00 Checkers (CR) 1:30 Bingo (C) 2:30 Celebration of Life (CR) 3:30 Name that Tune (P) 4:30 Wine and Dine (DR) 6:00 Nickel Bingo \$\$ (AR)	23 9:15 Morning Meeting (CR) 9:45 Catholic Communion with St. Eleanor's (T) 10:00 Sit and Be Fit (CR) 1:30 Butterfly Release (C) 2:30 Cornhole (OP) 3:30 Think & Drink (P) 6:00 Resident Run Wii Sports (P)	24 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Sing-Along to Bob Dylan Songs (CR) 1:30 Bingo Bucks (AR) 2:30 Drumming Circle (CR) 3:30 Happy Hour and Entertainment with Barry Lee (P) 6:00 Friday Night Shabbat (T)	25 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Scavenger Hunt (OL) 1:30 Crosswords (P) 2:30 Bird Watching and Identification (OP) 3:30 Happy Hour (P) 6:00 Movie: <i>The Nice Guys</i> (T)
26 9:15 Morning Meeting (CR) 10:00 Sit and Be Fit (CR) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 1:30 Ecumenical Service (CR) 2:30 Pressed Flower Lanterns (AR) 3:30 Happy Hour (P) 6:00 Movie: <i>The Best Years of Our Lives</i> (T)	27 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Bible Study (T) 10:30 Patriotic Sing-Along (CR) 1:30 Cady Bar Bingo (AR) 2:30 Nadine's Music & Meditation (P) 3:30 Memorial Day Celebration (P) 6:00 Movie: <i>Flags of Our Fathers</i> (T) Memorial Day	28 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Pink Lemonade Social (C) 11:00 Walking Club (OS) 1:30 Grab Bag Baseball (P) 2:30 Circle of Friends (T) 3:30 UNO (CR) 6:00 Prize Bingo with Madison (AR)	29 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Rosary with St. Eleanor's (T) 11:00 Checkers Tournament (CR) 1:30 Ladderball (C) 2:30 Mid-Week Service (CR) 3:30 Name That Tune (P) 4:30 Wine and Dine (DR) 6:00 Nickel Bingo \$\$ (AR)	30 9:15 Morning Meeting (CR) 9:45 Catholic Communion with St. Eleanor's (T) 10:00 Sit and Be Fit (CR) 11:00 State Trivia (CR) 1:30 Chef Cooking Demo (AR) 2:30 Cornhole (C) 3:30 Trivia & Drink Trivia (P) 6:00 Resident Run Wii Sports (CR)	31 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Clint Eastwood Word Search (CR) 1:30 Bingo Bucks (AR) 2:30 Helping Hands Club: Making Homemade Ice Cream (CR) 3:30 Happy Hour and Entertainment with Hughie Mac (P) 6:00 Friday Night Shabbat (T)	<h1>May</h1> <h1>2024</h1>