

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

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 (LIB) Library (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			1 9:30 Sit & Be Fit (CR) 10:00 Rosary with St. Eleanor's Catholic Church (T) 11:00 Destination Discovery: Welcome to Kentucky (T) 1:30 Crafting Creations Club (AR) 2:30 Mid-Week Service (CR) 3:30 Name That Tune (P) 4:30 Wine & Dine (DR) 6:00 Nickel Bingo \$\$ (AR)	2 10:00 Catholic Communion with St. Eleanor's (T) 10:30 Sit & Be Fit Exercise (P) 11:00 Dine-Out: The Trappe Tavern **\$\$ (OOB) 1:30 Activities Planning Meeting (AR) 2:30 Book Club (OL) 3:30 Think & Drink Trivia (P) 6:00 Resident Run Wii Sports (AR)	3 9:30 Light & Lively Exercise (P) 10:00 Finish the Phrase (P) 11:00 Resident Spotlight: Dennis D. (CR) 1:30 Bingo Bucks (AR) 2:30 Gardening Club (AR) 3:30 Happy Hour and Entertainment with KayBe (P) 6:00 Friday Night Shabbat (T)	4 9:30 Sit & Be Fit (P) 10:00 Technology Workshop (AR) 11:00 Coffee & Conversations (P) 1:30 Horseshoes (P) 2:30 Kentucky Derby Celebration (P) 3:30 Happy Hour (P) 6:00 Movie: <i>Seabiscuit</i> (T)
5 9:30 Sunrise Stretching (P) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 11:00 Golden Gentlemen's Club (AR) 1:30 Ecumenical Communion Service (CR) 2:30 Crafting Club: Mini Pinatas (AR) 3:30 Cinco de Mayo Fiesta (P) 6:00 Movie: <i>Fried Green Tomatoes</i> (T)	6 9:30 May Muscle Madness (P) 10:00 Bible Study (T) 11:00 Fresh Floral Arranging (AR) 1:30 Candy Bar Bingo (AR) 2:30 Music & Meditation (P) 3:30 Welcome Committee Meeting (AR) 6:00 Movie: <i>Bye Bye Birdie</i> (T)	7 9:30 Sit & Be Fit (CR) 10:00 Shopping Trip: Dollar Store**\$\$ (OOB) 11:00 Ed-U Watch & Learn: <i>History Celebrates Memorial Day</i> (T) 1:30 Knitting Club - Baby Blankets (AR) 2:30 Circle of Friends (T) 3:30 St. Eleanor's Live Catholic Mass (CR) 6:00 Prize Bingo with Madison (AR)	8 9:30 Sit & Be Fit (CR) 10:00 Rosary with St. Eleanor's Catholic Church (T) 11:00 Destination Discovery: Kentucky Facts (T) 1:30 Crafting Creations Club (AR) 2:30 Mid-Week Service (CR) 3:30 Name That Tune (P) 4:30 Wine & Dine (DR) 6:00 Nickel Bingo \$\$ (AR)	9 10:00 Catholic Communion with St. Eleanor's (T) 10:30 Sit & Be Fit Exercise (P) 11:00 Dine-Out: Limerick Diner **\$\$ (OOB) 1:30 Community Meeting with Holly (AR) 2:30 Book Club (OL) 3:30 Think & Drink Trivia (P) 6:00 Resident Run Wii Sports (AR)	10 9:30 Light & Lively Exercise (P) 10:00 Baking Club: Banana Pudding Cupcakes (AR) 11:00 Resident Spotlight: Dennis D. (CR) 1:15 Young at Heart Movies **\$\$ (OOB) 1:30 Bingo Bucks (AR) 2:30 Gardening Club (AR) 3:30 Happy Hour and Entertainment with Bobby T. Traveling Piano (P) 6:00 Friday Night Shabbat (T)	11 9:30 Sit & Be Fit (P) 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 10:30 Livestream Catholic Mass with St. Eleanor's (T) 11:00 Entertainment with Barbara Browne (P) 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 9:30 May Muscle Madness (P) 10:00 Bible Study (T) 11:00 Fresh Floral Arranging (AR) 1:30 Candy Bar Bingo (AR) 2:30 Music & Meditation (P) 3:30 Birthday Celebrations (P) 6:00 Movie: <i>My Fair Lady</i> (T)	14 9:30 Sit & Be Fit (CR) 10:00 Shopping Trip: Landi's **\$\$ (OOB) 11:00 Ed-U Presentation: <i>Benefits of Exercise with Bayada</i> (CR) 1:30 Knitting Club - Baby Blankets (AR) 2:30 Circle of Friends (T) 3:30 St. Eleanor's Live Catholic Mass (CR) 6:00 Prize Bingo with Madison (AR)	15 9:30 Sit & Be Fit (CR) 10:00 Rosary with St. Eleanor's Catholic Church (T) 11:00 Destination Discovery: Made in Kentucky (T) 1:30 Crafting Creations Club (AR) 2:30 Mid-Week Service (CR) 3:30 Name That Tune (P) 4:30 Wine & Dine (DR) 6:00 Nickel Bingo \$\$ (AR)	16 10:00 Catholic Communion with St. Eleanor's (T) 10:30 Sit & Be Fit Exercise (P) 11:00 Dine-Out: Sunshine Café **\$\$ (OOB) 1:30 Health Talk with Paris (AR) 2:30 Book Club (OL) 3:30 Think & Drink Trivia (P) 6:00 Resident Run Wii Sports (AR)	17 9:30 Light & Lively Exercise (P) 10:00 Words within a Phrases (P) 11:00 Resident Spotlight: Dennis D.(CR) 1:30 Bingo Bucks (AR) 2:30 Gardening Club (AR) 3:30 Happy Hour and Entertainment with Max Rogers Music (P) 6:00 Friday Night Shabbat (T)	18 9:30 Sit & Be Fit (P) 10:00 Technology Workshop (AR) 11:00 Coffee & Conversations (P) 1:30 Rummikub (P) 2:30 Armed Forces Celebration (P) 3:30 Happy Hour (P) 6:00 Movie: <i>Dirty Dozen</i> (T) Armed Forces Day
19 9:30 Sunrise Stretching (P) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 11:00 Golden Gentlemen's Club (AR) 10:30 Sunday Brunch (DR) 1:30 Ecumenical Service (CR) 2:30 Crafting Club (AR) 3:30 Happy Hour (P) 6:00 Movie: <i>God's Not Dead</i> (T) Pentecost	20 9:30 May Muscle Madness (P) 10:00 Bible Study (T) 11:00 Fresh Floral Arranging (AR) 1:30 Candy Bar Bingo (AR) 2:30 Music & Meditation (P) 3:30 Housewarming Happy Hour (P) 6:00 Movie: <i>Mamma Mia</i> (T)	21 9:30 Sit & Be Fit (CR) 10:00 Shopping Trip: Target **\$\$ (OOB) 11:00 Ed-U Watch & Learn: <i>Remembering America's Heroes</i> (T) 1:30 Knitting Club - Baby Blankets (AR) 2:30 Circle of Friends (T) 3:30 St. Eleanor's Live Catholic Mass (CR) 6:00 Prize Bingo with Madison (AR)	22 9:30 Sit & Be Fit (CR) 10:00 Rosary with St. Eleanor's Catholic Church (T) 11:00 Destination Discovery: Jim Bean Distillery Tour (T) 1:30 Crafting Creations Club (AR) 2:30 Celebration of Life (CR) 3:30 Name That Tune (P) 4:30 Wine & Dine (DR) 6:00 Nickel Bingo \$\$ (AR)	23 10:00 Catholic Communion with St. Eleanor's (T) 10:30 Sit & Be Fit Exercise (P) 11:00 Dine-Out: Shake Shack **\$\$ (OOB) 1:30 Dining Committee with Chad (AR) 2:30 Book Club (OL) 3:30 Think & Drink Trivia (P) 6:00 Resident Run Wii Sports (AR)	24 9:30 Light & Lively Exercise (P) 10:00 Baking Club: Pecan Pie Bars (AR) 11:00 Resident Spotlight: Dennis D.(CR) 1:30 Bingo Bucks (AR) 2:30 Gardening Club (AR) 3:30 Happy Hour and Entertainment with Barry Lee (P) 6:00 Friday Night Shabbat (T)	25 9:30 Sit & Be Fit (P) 10:00 Technology Workshop (AR) 11:00 Coffee & Conversations (P) 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 9:30 Sunrise Stretching (P) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 11:00 Hymn Sing (CR) 1:30 Ecumenical Service (CR) 2:30 Crafting Club: Pressed Flower Lanterns (AR) 3:30 Happy Hour (P) 6:00 Movie: <i>The Best Years of Our Lives</i> (T)	27 9:30 Collegeville-Trappe Memorial Day Parade **(OOB) 10:00 Bible Study (T) 11:00 Fresh Floral Arranging (AR) 1:30 Candy Bar Bingo (AR) 2:30 Music & Meditation (P) 3:30 Memorial Day Celebration (P) 6:00 Movie: <i>Flags of Our Fathers</i> (T) Memorial Day	28 9:30 Sit & Be Fit (CR) 10:00 Shopping Trip: Goodwill Store **\$\$ (OOB) 11:00 Ed-U Presentation: Bayada Health Talk (T) 1:30 Knitting Club - Baby Blankets (AR) 2:30 Circle of Friends (T) 3:30 St. Eleanor's Live Catholic Mass (CR) 6:00 Prize Bingo with Madison (AR)	29 9:30 Sit & Be Fit (CR) 10:00 Rosary with St. Eleanor's Catholic Church (T) 11:00 Destination Discovery: Kentucky Flavors (T) 1:30 Crafting Creations Club (AR) 2:30 Mid-Week Service (CR) 3:30 Name That Tune (P) 4:30 Wine & Dine (DR) 6:00 Nickel Bingo \$\$ (AR)	30 10:00 Catholic Communion with St. Eleanor's (T) 10:30 Sit & Be Fit Exercise (P) 11:00 Dine-Out: Bahama Breeze**\$\$ (OOB) 1:30 Chef Cooking Demo (AR) 2:30 Book Club (OL) 3:30 Think & Drink Trivia (P) 6:00 Resident Run Wii Sports (AR)	31 9:30 Light & Lively Exercise (P) 10:00 Word Scramble (P) 11:00 Resident Spotlight: Dennis D.(CR) 1:30 Bingo Bucks (AR) 2:30 Gardening Club (AR) 3:30 Happy Hour and Entertainment with Hughie Mac (P) 6:00 Friday Night Shabbat (T)	<h1>May</h1> <h1>2024</h1>