

# 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

Ginny Robertson  
Cora Ebersole  
Romaine Walton  
Michael Stewart  
Joann Bollinger  
Sherry Barnhart  
Nancy Kopp

Connie Johnston  
Delores Brillhart  
John Harman  
Shirley Gross  
Betty Eveler

### June

June Brandt  
Glenn Funk  
Matthew Coughlin  
Catherine Miller  
Ron Toomey  
Bill Myers  
Florence Miller  
Bernadine Tomlinson  
Bill Baker  
Dorothy Ruf



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:Info@Prov-Place.com).



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# Providence Place SENIOR LIVING News

Q2: May 2024

## A Note from the Executive Director

We made it to Spring! Thank you to everyone who joined us for our Easter festivities - it was a wonderful time!

There are some great events for residents, families & friends coming up - including our Spring Family Meeting to discuss our clinical care program - including nursing care, therapy options and pharmacy offerings. Please join us on Wednesday, May 1<sup>st</sup> at 7pm.

We are also hosting our Mother's Day tea & entertainment on May 12<sup>th</sup> - please RSVP to reserve a spot with your loved one. You are also welcome at our Memorial Day Picnic on Monday, May 27<sup>th</sup> at 11:30am.

With the lovely weather finally shining through, please take advantage of our awesome walking path, front patio and 100 patio. Enjoy the sun.

Best,

*Howard Holben*

*Executive Director*

## Highlighted Events

1 - **Spring Family Meeting** @ 7pm

12 - **Mother's Day Tea &**

**Entertainment** @ 10:30am

or 12:30pm

24 - **Men's Club** @ 3pm

27 - **Memorial Day Cookout &**

**Festivities:** starting at 11:30am

## Welcome New Residents

Doris M.

Eileen F.

William B.

Pamela B.

Sandra R.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (FL) Front Lobby (P) Pub (100 P) 100 Hall Patio (DRP) Dining Room Patio	<h1>THE Club</h1>		1 9:00 Plan of the Day Reading (CR) 9:30 Morning Exercise (CR) 10:00 Senior Self Care: Manicures and Hand Massages (AR) 1:00 Helping Hands: Towel Folding (AR) 1:30 Mid Week Worship Service (CR) 2:00 Musical Entertainment with One Man Band Lee Moyer (AR) 3:00 Time Slip Stories (P) 6:00 Popcorn & Movie (AR)	2 9:30 Morning Exercise (CR) 10:00 Hymn Sing with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 10:45 Plan of the Day Reading & Menu Review (AR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Bake Away Café with Friends (CN) 2:00 Hymns & Devotions with Chaplain Shawn (CN) 3:00 Prize Bingo (AR)	3 9:00 Plan of the Day Reading & Menu Review (CR) 9:30 Morning Exercise (CR) 10:00 iN2L © Programming: Types of Transportation (AR) 10:00 Manicures and Music (CR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Games with Friends (CN) 2:00 Happy Hour & History of the Day (CN) 6:00 Resident Run Bingo (AR)	4 9:00 Plan of the Day Reading & Menu Review (CR) 9:30 Morning Exercise (CR) 10:00 Donuts and Coffee Break (AR) 10:30 Around the World Today (AR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Cinco de Mayo Celebration (AR) 3:00 Sun Tea and Conversation (AR) 6:00 Resident Card Club (AR)
5 9:00 Plan of the Day Reading & Menu Review (CR) 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 12:45 Sunday Funnies (CR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Crafters Corner: Mothers Day Craft (AR) 3:00 Sunday Worship Service (CR) 6:00 Front Porch Fellowship (FL)	6 9:00 Plan of the Day Reading (CR) 9:30 Morning Exercise (CR) 10:15 Memory Magic with Friends (CN) 10:30 Dining Service Meeting (P) 1:00 Catholic Communion (CR) 1:30 Musical Therapy with Melody (AR) 2:00 Name the State (P) 3:30 Monday Mocktail: Tropical Sunshine (P) 6:00 Rummikub (FL) or (AR)	7 9:00 Plan of the Day Reading (CR) 9:30 Morning Exercise (CR) 10:00 Name that Tune (AR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Crafty Corner with Friends: Polymer Clay Trinket Dishes (CN) 2:30 Connections Club & Connections Country Ride (OOB) 3:00 Faith Studies (CR) 3:30 Themed Trivia (DRP)	8 9:00 Plan of the Day Reading (CR) 9:30 Morning Exercise (CR) 10:00 Senior Self Care: Manicures and Hand Massages (AR) 1:00 Helping Hands: Towel Folding (AR) 1:30 Mid Week Worship Service (CR) 3:00 Junk Drawer Detective (P) 6:00 Youth Night with S.A.G.E. (AR)	9 9:30 Morning Exercise (CR) 10:00 Hymn Sing with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 10:45 Plan of the Day Reading & Menu Review (AR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Bake Away Café with Friends (CN) 2:00 Hymns & Devotions with Chaplain Shawn (CN) 3:00 Prize Bingo (AR)	10 9:00 Plan of the Day Reading & Menu Review (CR) 9:30 Morning Exercise (CR) 10:00 iN2L © Programming: Wedding Traditions (AR) 10:00 Manicures and Music (CR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Games with Friends (CN) 2:00 Happy Hour & History of the Day (CN) 6:00 Resident Run Bingo (AR)	11 9:00 Plan of the Day Reading & Menu Review (CR) 9:30 Morning Exercise (CR) 10:00 Donuts and Coffee Break (AR) 10:30 Around the World Today (AR) 1:00 Helping Hands: Towel Folding (AR) 1:30 Club Jingo (CR) 3:00 Sun Tea and Conversation (AR) 6:00 Resident Card Club (AR)
<b>Mother's Day</b> 12 9:00 Plan of the Day Reading & Menu Review (CR) 9:30 Morning Exercise (AR) 10:30 Mothers Day Brunch (DR) 12:45 Sunday Funnies (CR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Outside Walk and Roll (FL) 3:00 Sunday Worship Service (CR) 6:00 Front Porch Fellowship (FL)	13 9:00 Plan of the Day Reading (CR) 9:30 Morning Exercise (CR) 10:15 Memory Magic with Friends (CN) 10:15 Cooking Club: Classic Deviled Eggs (A) 1:00 Catholic Communion (CR) 1:30 Musical Therapy with Melody (AR) 2:00 Dice Game (P) 3:30 Monday Mocktails: Cotton Candy Margarita (P) 6:00 Rummikub (FL) or (AR)	14 9:00 Plan of the Day Reading (CR) 9:30 Morning Exercise (CR) 10:00 Name that Tune (AR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Crafty Corner with Friends: Chick Magnets (CN) 2:30 Connections Club & Connections Country Ride (OOB) 3:00 Faith Studies (CR) 3:30 Themed Trivia (DRP)	15 9:00 Plan of the Day Reading (CR) 9:30 Morning Exercise (CR) 10:00 Senior Self Care: Manicures and Hand Massages (AR) 1:00 Helping Hands: Towel Folding (AR) 1:30 Mid Week Worship Service (CR) 3:00 Group Read Around (P) 6:00 Game Night with Dover Women of Today (AR)	16 9:30 Morning Exercise (CR) 10:00 Hymn Sing with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 10:45 Plan of the Day Reading & Menu Review (AR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Bake Away Café with Friends (CN) 2:00 Musical Entertainment with Jay Smar (AR) 3:00 Prize Bingo (AR)	17 9:00 Plan of the Day Reading & Menu Review (CR) 9:30 Morning Exercise (CR) 10:00 Manicures and Music (CR) 10:30 Helping Hands: Brunch Prep (CN) 12:00 Brunch Luncheon (CN) 1:00 Helping Hands: Towel Folding (AR) 1:15 Games with Friends (CN) 2:00 Happy Hour & History of the Day (CN) 6:00 Resident Run Bingo (AR)	<b>Armed Forces Day</b> 18 9:00 Plan of the Day Reading & Menu Review (CR) 9:30 Morning Exercise (CR) 10:00 Donuts and Coffee Break (AR) 10:30 Around the World Today (AR) 1:00 Helping Hands: Towel Folding (AR) 1:30 Club Jingo (AR) 3:00 Sun Tea and Conversation (AR) 6:00 Resident Card Club (AR)
<b>Pentecost</b> 19 9:00 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 12:45 Sunday Funnies (CR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Musical Entertainment with Hershey Mennonite Church (FL) 3:00 Sunday Worship Service (CR) 6:00 Front Porch Fellowship (FL)	20 9:00 Plan of the Day Reading (CR) 9:30 Morning Exercise (CR) 10:15 Memory Magic with Friends (CN) 10:15 Cooking Club: Air Fryer Nachos (AR) 1:00 Catholic Communion (CR) 1:30 Musical Therapy with Melody (AR) 2:00 Minute To Win It Games (P) 3:30 Monday Mocktails: Mermaid Water Mocktail (P) 6:00 Rummikub (FL) or (AR)	21 9:00 Plan of the Day Reading (CR) 9:30 Morning Exercise (CR) 10:00 Name that Tune (AR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Crafty Corner with Friends: Chocolate Covered Strawberries (CN) 2:00 Musical Entertainment with Ed Alwine (AR) 2:30 Connections Club & Connections Country Ride (OOB)	22 9:00 Plan of the Day Reading (CR) 9:30 Morning Exercise (CR) 10:00 Senior Self Care: Manicures and Hand Massages (AR) 1:00 Helping Hands: Towel Folding (AR) 1:30 Mid Week Worship Service (CR) 3:00 Aqua Painting (P) 4:00 Menu Review (P) 6:00 Popcorn & Movie: Dreamer (AR)	23 9:30 Morning Exercise (CR) 10:00 Hymn Sing with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 10:45 Plan of the Day Reading & Menu Review (AR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Bake Away Café with Friends (CN) 2:00 Hymns & Devotions with Chaplain Shawn (CN) 3:00 Prize Bingo (AR)	24 9:00 Plan of the Day Reading & Menu Review (CR) 9:30 Morning Exercise (CR) 10:00 iN2L © Programming: Focus on Fashion (AR) 10:00 Manicures and Music (CR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Games with Friends (CN) 2:00 Happy Hour & History of the Day (CN) 6:00 Resident Run Bingo (AR)	25 9:00 Plan of the Day Reading & Menu Review (CR) 9:30 Morning Exercise (CR) 10:00 Donuts and Coffee Break (AR) 10:30 Around the World Today (AR) 1:00 Helping Hands: Towel Folding (AR) 1:30 Club Jingo (AR) 3:00 Sun Tea and Conversation (AR) 6:00 Resident Card Club (AR)
26 9:00 Plan of the Day Reading & Menu Review (CR) 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 12:45 Sunday Funnies (CR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Crafters Corner: Button Flags (AR) 3:00 Sunday Worship Service (CR) 6:00 Front Porch Fellowship (FL)	<b>Memorial Day</b> 27 9:00 Plan of the Day Reading (CR) 9:30 Morning Exercise (CR) 10:15 Memory Magic with Friends (CN) 10:15 Cooking Club: Butter Finger Truffles (AR) 1:00 Catholic Communion (CR) 1:30 Musical Therapy with Melody (AR) 2:00 Sing Along with Patsy Cline (P) 3:30 Monday Mocktails: Cele Bubbly (P) 6:00 Rummikub (FL) or (AR)	28 9:00 Plan of the Day Reading (CR) 9:30 Morning Exercise (CR) 10:00 Name that Tune (AR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Crafty Corner with Friends: Design a Logo (CN) 2:30 Connections Club & Connections Country Ride (OOB) 3:00 Faith Studies (CR) 3:30 Themed Trivia (DRP)	29 9:00 Plan of the Day Reading (CR) 9:30 Morning Exercise (CR) 10:00 Senior Self Care: Manicures and Hand Massages (AR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Monthly Birthday Party (CN) 1:30 Mid Week Worship Service (CR) 2:30 Outside Walk and Roll (FL) 4:30 Chef On Deck (P)	30 9:30 Morning Exercise (CR) 10:00 Hymn Sing with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 10:45 Plan of the Day Reading (AR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Bake Away Café with Friends (CN) 2:00 Hymns & Devotions with Chaplain Shawn (CN) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	31 9:00 Plan of the Day Reading (CR) 9:30 Morning Exercise (CR) 10:00 iN2L © Programming: Animals of the Safari (AR) 10:00 Manicures and Music (CR) 11:00 Menu Review (AR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Games with Friends (CN) 2:00 Happy Hour & History of the Day (CN) 6:00 Resident Run Bingo (AR)	<h1>May</h1> <h1>2024</h1>