

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.



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



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 1st at 7pm.

We are also hosting our Mother's Day tea & entertainment on May 12th - please RSVP to reserve a spot with your loved one. You are also welcome at our Memorial Day Picnic on Monday, May 27th 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
Calendar Key: **Registration Required \$\$ Cost Involved (OOB) Out o Building (AR) Activity Room (CR) Community Room (P) Pub (FL) Front Lobby (DR) Dining Room (BW) Building Wide			1 9:30 Morning Exercise (AR) 10:00 Bible Trivia w/ Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Musical Entertainment with One Man Band Lee Moyer (AR) 3:00 Faith Studies (CR) 3:00 Countryside Ride **(OOB) 6:00 Popcorn & Movie: <i>Yours, Mine and Ours</i> (AR)	2 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:30 Bible Study (CR) 2:00 Be Fit Walkers Club (FL) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	3 9:30 Morning Exercise (AR) 10:00 Manicure & Music (CR) 10:30 Cranium Crunches (CR) 1:30 Trivial Pursuit (AR) 2:00 Kentucky Derby Happy Hour (AR) 3:00 Show and Tell Favorite Photo (AR) 6:00 Resident Run Bingo (AR)	4 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Around the World Today (AR) 1:15 Early Cinco de Mayo AR) 2:00 Wall Jeopardy (AR) 3:00 Sun Tea and Conversation (AR) 6:00 Resident Card Club (AR)
5 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 11:30/12 Wine and Dine (DR) 1:15 Crafters Corner Mother's Day Fun (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL)	6 9:30 Morning Exercise (AR) 10:15 Dining Service Meeting (P) 10:30 Grief Care & Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Musical Entertainment with Melody York Musical Therapy (AR) 3:00 Indoor Mini Golf (AR) 6:00 Rummikub (AR)	7 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 11:00 Lunch Outing Cracker Barrel **\$(OOB) 1:30 Circle of Friends (CR) 2:00 Providence Place Bowling League (AR) 3:00 TED Talk and Discussions <i>Let Your Garden Grow Wild</i> (AR) 6:00 Evening Bingo with Adam (AR)	8 9:30 Morning Exercise (AR) 10:00 Shopping Trip Giant **\$(OOB) 10:00 Bible Trivia w/Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Country Ride Kick Off & Ice Cream Bill Macks Ice Cream **\$(OOB) 3:00 Faith Studies (CR) 6:00 Youth Night SAGE with Stillmeadow Church of Nazarene (AR)	9 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:30 Bible Study (CR) 2:00 Be Fit Walkers Club (FL) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	10 9:30 Morning Exercise (AR) 10:00 Manicure & Music (CR) 10:30 Cranium Crunches (CR) 1:30 Trivial Pursuit (AR) 2:00 Friday Happy Hour (P) 3:00 Men's Club The Great Outdoorsmen (AR) 6:00 Resident Run Bingo (AR)	11 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Around the World Today (AR) 1:15 Humor Alley (AR) 2:00 Wall Jeopardy (AR) 3:00 Sun Tea and Conversation (AR) 6:00 Resident Card Club (AR)
12 9:30 Morning Exercise (AR) 10:30/12:30 Mom, Me and Tea Featuring Musical Entertainment with Justin Adams (DR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL) Mother's Day	13 9:30 Morning Exercise (AR) 10:00 Cooking Club Classic Deviled Eggs (AR) 10:30 Grief Care & Support Group (P) 1:00 Catholic Communion (CR) 1:30 Musical Entertainment with Melody York Musical Therapy (AR) 3:00 Etiquette Week: Miss Manners (AR) 6:00 Rummikub (AR)	14 9:30 Morning Exercise (AR) 10:00 Name that Tune w/Bev & Sue (AR) 1:30 Circle of Friends (CR) 2:00 Ed-U Wellness: <i>The Benefits of Exercise</i> By Laura Lambert with Bayada Home Health Care (AR) 3:00 TED Talk and Discussion: <i>A Plea for Bees</i> (AR) 6:00 Evening Bingo with Adam (AR)	15 9:30 Morning Exercise (AR) 10:00 Shopping Trip Super Shoes **\$(OOB) 10:00 Bible Trivia w/ Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Cooking Demo with Chef Joe: <i>May Sweet Treats</i> (AR) 3:00 Faith Studies (CR) 3:00 Countryside Ride **(OOB) 6:00 Game Night with Dover Women of Today (AR)	16 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:30 Bible Study (CR) 2:00 Musical Entertainment with Award Winning Musician Jay Smar- <i>Ole Time Mountain Folk 'n Coal Mine Music</i> (AR) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	17 9:30 Morning Exercise (AR) 10:00 Manicure & Music (CR) 10:30 Cranium Crunches (CR) 1:30 Trivial Pursuit (AR) 2:00 Friday Happy Hour (P) 3:00 Sunshine Committee (AR) 6:00 Resident Run Bingo (AR)	18 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Around the World Today (AR) 1:15 Humor Alley (AR) 2:00 Musical Entertainment Memory Music with Tom and Randy (AR) 3:00 Sun Tea and Conversation (AR) 6:00 Resident Card Club (AR)
19 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 11:30/12 Wine and Dine (DR) 1:15 Musical Entertainment with Hershey Mennonite Church (FL) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL) Pentecost	20 9:30 Morning Exercise (AR) 10:00 Cooking Club Air Fryer Nachos (AR) 10:30 Grief Care & Support Group (P) 1:00 Catholic Communion (CR) 1:30 Musical Entertainment with Melody York Musical Therapy (AR) 3:00 Victoria Day Queen Victoria Trivia and Quotes (AR) 6:00 Rummikub (AR)	21 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Circle of Friends (CR) 2:00 Providence Place Bowling League (AR) 3:00 Musical Entertainment with Ed Alwine (AR) 6:00 Evening Bingo with Adam (AR)	22 9:30 Morning Exercise (AR) 10:00 Shopping Trip Walmart **\$(OOB) 10:00 Bible Trivia w/ Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Kings in the Corner (AR) 3:00 Faith Studies (CR) 3:00 Countryside Ride **(OOB) 6:00 Popcorn & Movie: <i>Dreamer</i> (AR)	23 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:30 Bible Study (CR) 2:00 Be Fit Walkers Club (FL) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	24 9:30 Morning Exercise (AR) 10:00 Manicure & Music (CR) 10:30 Cranium Crunches (CR) 1:30 Trivial Pursuit (AR) 2:00 Friday Happy Hour (P) 3:00 Men's Club Lunch Outing Marcelo's **\$(AR) 6:00 Resident Run Bingo (AR)	25 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Around the World Today (AR) 1:15 Humor Alley (AR) 2:00 Wall Jeopardy (AR) 3:00 Sun Tea and Conversation (AR) 6:00 Resident Card Club (AR)
26 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 11:30/12 Wine and Dine (DR) 1:15 Crafters Corner: Button Flag (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL)	Memorial Day 27 9:30 Morning Exercise (AR) 10:00 Cooking Club Butterfinger Truffles (AR) 10:30 Grief Care & Support Group (P) 11:30/12 Memorial Day Cookout (DR) 1:00 Catholic Communion (CR) 1:30 Musical Entertainment with Melody York Musical Therapy (AR) 3:00 Indoor Mini Golf (AR) 6:00 Rummikub (AR)	28 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Circle of Friends (CR) 2:00 Providence Place Bowling League (AR) 3:00 Star of the Month- Katharine Hepburn (AR) 6:00 Evening Bingo with Adam (AR)	29 9:30 Morning Exercise (AR) 10:00 Shopping Trip Dollar Tree **\$(OOB) 10:00 Bible Trivia w/ Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Flight Club with Chef Joe (P) 3:00 Faith Studies (CR) 4:30 Chef on Deck Chef Spotlight with Brady **(P)	30 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:30 Bible Study (CR) 2:00 Celebration of Life (CR) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	31 9:30 Morning Exercise (AR) 10:00 Manicure & Music (CR) 10:30 Cranium Crunches (CR) 1:30 Trivial Pursuit (AR) 2:00 Friday Happy Hour (P) 3:00 Word in a Word (AR) 6:00 Resident Run Bingo (AR)	<h1>May</h1> <h1>2024</h1>