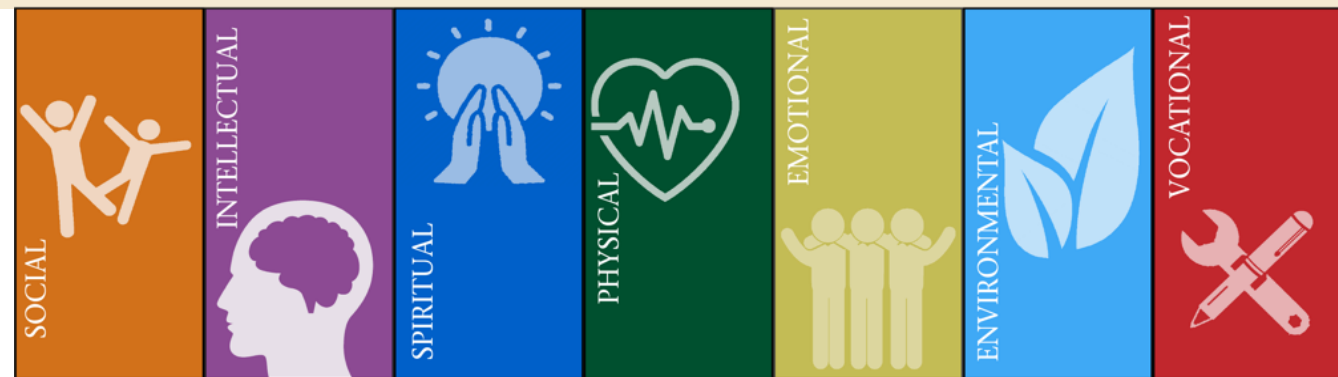


# Focus on Wellness

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!



Dimensions  
of Wellness

## Resident Birthdays

### May

Selma Thrash  
Gary Edick  
Joseph Berger  
Anthony Tomaselli  
Nancy Wood  
Rosemary Acri  
Emily Berger  
Wilson Shearer

### June

Helen George	Joan Conway
Martha Aregood	Lawrence Generose
Alfred Carl	Barbara Warakomski
Sandra Seymour	John Duesler
Grace Suda	
Elizabeth Duffy	
Jane Zinn	
Lois Ecker	
Irene Andrucik	
Andrew Pavlick	



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).



[www.Providence-Place.com](http://www.Providence-Place.com)



# Providence Place SENIOR LIVING News

Q2: May 2024

## A Note from the Executive Director

**“When the weather is hot, keep a cool mind. When the weather is cold, keep a warm heart”**

Warmer days are finally here! Our porch has been filled with residents sitting and enjoying the sunshine. Our walking club is happy to be back outside taking a stroll on the beautiful walking path and getting some fresh air.

Big things are happening here in Drums. Congratulations to Hayley Cinti, our new Director of Nursing, and Barbara Stauffer, our new Connections Director. They both are already doing wonderful things in their new roles.

We are excited to announce that our annual summer picnic will be held **June 15<sup>th</sup> from 2pm-5pm**. We are keeping the theme a surprise but we will give you a little hint : Bring your “Daubers” and Dancing shoes.

We will be having our **Mother’s Day brunch on May 12<sup>th</sup>** from 10:30a-12:30p. Please be sure to call the reception desk and RSVP no later than May 6<sup>th</sup> as spots are limited.

As always, I am here for any questions or concerns you may have.

Thank you,

*Melissa Jacoby*  
Executive Director

## Highlighted Events

- 3 - **Resident Antique Roadshow**  
@ 3pm
- 4 - **Kentucky Derby Festivities**
- 9 - **Men’s Outing:** Full Klips & Fratellis @ 10:15am
- 12 - **Mother’s Day Brunch**  
*Call reception for reservations!*
- 19 - **PP Team Baseball Game:**  
Whispering Willow Park @ 1:30pm
- 27 - **Memorial Day Cookout**  
@ 11am

## Welcome New Residents

- Theresa T.
- Andrew P.
- John D.
- Irene A.
- Merritt S.
- Larry G.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C), (CN) Connections Neighborhood	<h1>THE Club</h1>		1 9:00 Morning Meeting (2nd) 9:30 <i>Barbecue &amp; Backyard Games</i> Trivia Challenge (1st) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 12:30 Sing-a-Long with Kathy (CN) 1:30 Circle of Friends (SR) 2:30 Celebrating May Day: Spring Flower Scavenger Hunt (3rd) 3:30 Junk Drawer Detective (1st) 6:30 Dominoes (1st)	2 9:00 Morning Meeting (2nd) 9:30 Sit & Be Fit (2nd) 10:00 Mass with Father Binesh (DR) 10:30 Color Me Calm (1st) 1:30 Craft Club: Garden Signs For Community Garden (3rd) 2:30 Bowling Practice (3rd) 3:00 Bowling: Teams TBD (3rd) 6:30 Pinochle Players Club (3rd)	3 9:00 Morning Meeting (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 1:00 Baking Club: Crinkle Cookies (CN) 1:30 Our Journey Together With Chaplain Bev (SR) 2:30 PP Resident Antique Roadshow (3rd) 3:30 Destination Discovery: Mexico: Pyramids of Chichen Itza (CN) 6:30 Boggle (1st)	4 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Chair Yoga Exercise (2nd) 10:30 Acronym Game (2nd) 1:00 DIY Derby Hats (CN) 2:00 Kentucky Derby Trivia (CN) 2:30 Matinee: <i>Seabiscuit</i> (2nd) 6:30 Rummikub (1st) 6:30 Watch 2024 Kentucky Derby (3rd)
5 9:00 TV Catholic Mass (3rd) 9:30 Morning Meeting (2nd) 10:00 Beats of the Body: Musical Exercise (3rd) 11:00-1:00 Wine & Dine (DR) 1:15 Worship Service with Chap. Bev (Ch) 2:15 Cinco de Mayo Bingo (DR) 6:30 Yahtzee (1st)	6 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 1:00 Mothers in Evolution (3rd) 1:30 Bible Study with Deacon Bob (DR) 2:30 Ed-U Art History Presentation: <i>Impressionist &amp; Post Impressionist Art</i> By Martin Bradfield (3rd) 3:30 Connections Club Planning Mtg. (3rd) 6:30 Pinochle Players Club (3rd)	7 9:00 Morning Meeting (2nd) 9:30 Shopping Trip: Walmart***\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Cooking Club: Mexican Chocolate Brownies (C) 1:00 Color Me Calm (1st) 1:45 Bingo (DR) 3:30 Destination Discovery: Mexico's Copper Canyon (CN) 6:30 Scrabble (1st)	8 9:00 Morning Meeting (2nd) 9:30 Guided Meditation (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 12:30 Sing-a-Long with Kathy (CN) 1:00 Manicures & Mimosas (3rd) 1:30 Circle of Friends (SR) 2:00 <i>Drum to Your Own Beat</i> Drumming Class with Joe Ciarvella (2nd) 4:00 May Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	9 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:15 Men's Club Trip: <i>Clips &amp; Pitz:</i> Full Klips Barber/Fratelli's ***\$ (OOB) 1:00 Universal Yum Yum Box (CN) 1:30 Chef's Pairings with Chef Sean (DR) 2:30 Bowling Practice (3rd) 3:00 Bowling: Teams TBD (3rd) 6:30 Pinochle Players Club (3rd)	10 9:00 Morning Meeting (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 1:00 Arm Chair Safari (3rd) 1:30 Our Journey Together With Chaplain Bev (SR) 2:30 Musical Entertainment By Glenn Faul (DR) 3:30 Walking Club (ML) 6:30 Boggle (1st)	11 9:00 Morning Meeting (2nd) 9:30 Chair Yoga Exercise (2nd) 10:30 Food for Thought & Tasting: Queso Fresco (C) 1:30 Floats and Tunes Family Social** (CN) 2:30 Mother's Day Craft: Pressed Flower Lanterns (CN) 3:30 Margarita Super Happy Hour (1st) 6:30 Rummikub (1st)
Mother's Day 12 9:00 TV Catholic Mass (3rd) 9:30 Morning Meeting (2nd) 10:00 Thankful for You Club: Sharing Flowers for Mothers Day (ML) 10:30 Chair Zumba with Alyson Cara (2nd) 10:30-12:30 Mother's Day Brunch (DR) 1:15 Worship Service with Chap. Bev (Ch) 2:15 Sweet Treats Bingo (DR) 6:30 Yahtzee (1st)	13 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:30 Craft Club: Tissue Box Holders (2nd) 3:30 Destination Discovery: Mexico: El Arco (CN) 6:30 Pinochle Players Club (3rd)	14 9:00 Morning Meeting (2nd) 9:30 Shopping Trip: Aldi's/ Dollar Tree***\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Cooking Club: Apple Dip (C) 1:00 Prayer Service & Communion (Ch) 1:45 Bingo (DR) 4:00 K-9 Companion with Harvey (1st) 6:30 Scrabble (1st)	15 9:00 Morning Meeting (2nd) 9:30 Color Me Calm (1st) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise With Heather of Powerback Rehab (2nd) 12:30 Sing-a-Long with Kathy (CN) 1:30 Circle of Friends (SR) 2:00 Community Outing: Francis E Walter Dam **(OOB) 6:30 Dominoes (1st)	16 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Sit & Be Fit Exercise (2nd) 1:00 Gentleman's Corner: Coffee & Doughnuts (1st) 1:30 Dessert & Discussion With Chef Sean (DR) 2:30 Bowling Practice (3rd) 3:00 Bowling: Teams TBD (3rd) 6:30 Pinochle Players Club (3rd)	17 9:00 Morning Meeting (2nd) 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 1:00 The Story of America's Ballparks (3rd) 1:30 Our Journey Together (SR) 2:30 New Resident Chips & Salsa Mixer (1st) 3:30 Men's Club Billiards Tournament (C) 6:30 Boggle (1st)	18 9:00 Morning Meeting (2nd) 9:30 Chair Yoga Exercise (2nd) 10:00 <i>Song &amp; Prayer</i> with Faith Church (C) 1:45 Community Outreach: Spring Recital: <i>Tip Tap Toe</i> Dance Studio (CN) 2:45 Musical Tribute to Retired PP Vets By Student Choir of Hazleton Area Arts & Humanities School (DR) 6:30 Rummikub (1st)
Pentecost 19 9:00 TV Catholic Mass (3rd) 10:00 Strength Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:15 Pentecost Service With Chaplain Bev (Ch) 1:30 Trip Out: Whispering Willow Park: PP Team Baseball Game** (OOB) 2:15 Bingo (DR) 6:30 Yahtzee (1st)	20 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness (Ch) 10:00 Bridge Club (3rd) 1:00 Color Me Calm (1st) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:30 Ed-U Presentation: <i>Senior Scams</i> By Connor Ferrara of PA AG Office (C)	21 9:00 Morning Meeting (2nd) 9:30 Retail Shopping: Boscov's ***\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Sunshine Committee (2nd) 1:00 Prayer Service & Communion (Ch) 1:45 Bingo (DR) 3:30 Destination Discovery: Mexico's Cathedral Metropolitan (CN) 6:00 Dementia Support Group (SR) 6:30 Scrabble (1st)	22 9:00 Morning Meeting (2nd) 9:45 Baseball Game Trip: PNC Field ***\$ (OOB) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 12:30 Sing-a-Long with Kathy (CN) 1:30 Country Ride **(OOB) 2:30 Dining Service Committee Mtg. (3rd) 3:30 Red or Black Card Game (2nd) 6:30 Dominoes (1st)	23 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 TED Talk & Discussion: <i>The Power of Hope</i> (2nd) 1:30 Ed-U DON Health Presentation: <i>Exercise &amp; Fitness Awareness</i> (2nd) 2:30 Bowling Practice (3rd) 3:00 Bowling: Championship Game 6:30 Pinochle Players Club (3rd)	24 9:00 Morning Meeting (2nd) 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 1:00 DIY Pin Wheels (CN) 1:30 Our Journey Together With Chaplain Bev (SR) 2:30 Garden Club: Plant Vegetables (ML) 3:30 Walking Club (ML) 6:30 Boggle (1st)	Armed Forces Day 25 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Chair Yoga Exercise (2nd) 10:30 Craft Club: Bookmarks for Book Club (3rd) 1:30 Campus Store (2nd) 2:00 Matinee: <i>Seven Brides for Seven Brothers</i> (2nd) 3:30 Corona Super Happy Hour (1st) 6:30 Rummikub (1st)
26 9:00 TV Catholic Mass (3rd) 9:30 Morning Meeting (2nd) 10:00 Remember When (2nd) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:15 Worship Service with Chap. Bev (Ch) 2:15 Bingo (DR) 3:30 Sunshine & Chat (FP) 6:30 Yahtzee (1st)	Memorial Day 27 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness (Ch) 11:00-1:00 Memorial Day Cook-Out (FP) 1:00 Craft Club: Patriotic Cupcake Liner Flowers (2nd) 2:30 Cornhole Tournament (FP) 5:00 Pizza Party for PP Baseball Team (C) 6:30 Pinochle Players Club (3rd)	28 9:00 Morning Meeting (2nd) 9:30 Trip Out: Farmers Market ***\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Cooking Club: Guacamole (C) 1:00 Prayer Service & Communion (Ch) 1:45 Bingo (DR) 2:00 Musical Entertainment: John Stevens Polka Band (CN) 3:00 Community Meeting (DR) 6:30 Scrabble (1st)	29 9:00 Morning Meeting (2nd) 9:30 What's New in the World (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 12:30 Sing-a-Long with Kathy (CN) 1:30 Guided Meditation (SR) 2:00 Dining Demo with Chef Sean (DR) 3:00 Bowling Banquet & Awards (3rd) 6:30 Dominoes (1st)	30 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Diner's Lunch Caravan: Red Lobster***\$ (OOB) 1:00 Arm Chair Travels: Pacific Northwest Trail (3rd) 2:00 Musical Entertainment By George Rittenhouse (DR) 6:30 Pinochle Players Club (3rd)	31 9:00 Morning Meeting (2nd) 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 1:30 Our Journey Together With Chaplain Bev (SR) 2:00 Sip & Chat: Blueberry Lemonade (CN) 3:00 Celebration of Life Service (Ch) 6:30 Boggle (1st)	<h1>May</h1>