

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.



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

“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 15th 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 12th** from 10:30a-12:30p. Please be sure to call the reception desk and RSVP no later than May 6th 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			
Calendar Key: ** 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)			1 9:30 <i>Barbecue & Backyard Games</i> Trivia Challenge (1st) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 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 9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Binesh (DR) 10:30 Cranium Crunches (2nd) 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 9:30 Hands 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 Walking Club (ML) 2:30 PP Resident Antique Roadshow (3rd) 3:30 Destination Discovery: Mexico: Pyramids of Chichen Itza (CN) 6:30 Boggle (1st)	4 9:30 Rosary (Ch) 10:00 Chair Yoga Exercise (2nd) 10:30 Animal World: Thoroughbred Horses (CN) 1:30 Kentucky Derby Hat Contest (2nd) 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) 10:00 Finishing Lines (2nd) 10:30 Strength Exercise (2nd) 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 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob (DR) 2:30 Ed-U Art History Presentation: <i>Impressionist & Post Impressionist Art</i> By Martin Bradfield (3rd) 3:30 Community Life Planning Mtg. (3rd) 6:30 Pinochle Players Club (3rd)	7 9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Cooking Club: Mexican Chocolate Brownies (C) 1:00 Prayer Service & Communion (Ch) 1:45 Bingo (DR) 3:30 Destination Discovery: Mexico: Copper Canyon (CN) 6:30 Scrabble (1st)	8 9:45 Baseball Game Trip: PNC Field: Railriders vs. Rochester**\$\$ (OOB) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 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 9:30 Rosary (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:15 Men's Club Trip: <i>Clips & Pitz</i> : Full Klips Barber/Fratelli's**\$\$ (OOB) 1:00 Manicures & Mocktails (3rd) 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 9:30 Hands 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) 2:30 Musical Entertainment By Glenn Faul (DR) 3:30 Walking Club (ML) 6:30 Boggle (1st)	11 9:30 Rosary (Ch) 10:00 Chair Yoga Exercise (2nd) 10:30 Food for Thought & Tasting: Queso Fresco (C) 1:30 Today in History (2nd) 2:00 Matinee: <i>Noah</i> Sight & Sound Theater Musical (2nd) 3:30 Margarita Super Happy Hour (1st) 6:30 Rummikub (1st)
			12 9:00 TV Catholic Mass (3rd) 10:00 <i>TV Moms</i> Puzzle Challenge (2nd) 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) Mother's Day	13 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:30 Springtime Country Ride** (OOB) 3:30 Destination Discovery: Mexico: El Arco (CN) 6:30 Pinochle Players Club (3rd)	14 9:30 Shopping Trip: Aldi's/Dollar Tree**\$\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Welcome Ambassador Committee Meeting (2nd) 1:00 Prayer Service & Communion (Ch) 1:45 Bingo (DR) 4:00 K-9 Companion with Harvey (1st) 6:30 Scrabble (1st)	15 9:30 <i>All About May</i> Trivia (1st) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise With Heather of Powerback Rehab (2nd) 1:30 Circle of Friends (SR) 2:30 Ed-U Demo/Presentation: Stemless Wine Glass Arrangements With Hazleton Garden Club** (3rd) 4:00 Tastes of Mexico Dinner (DR) 6:30 Dominoes (1st)	16 9:30 Rosary (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Famous Birthday Spotlight: Henry Fonda (2nd) 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 9:30 Hands 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) 2:30 New Resident Chips & Salsa Mixer (1st) 3:30 Men's Club Billiards Tournament (C) 6:30 Boggle (1st)	18 9:30 Chair Yoga Exercise (2nd) 10:00 <i>Song & 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) 3:30 Walking Club (ML) 6:30 Rummikub (1st) Armed Forces Day
			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) Pentecost	20 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 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) 3:30 Celebrating Victoria Day: The Secret Language of Fans (3rd) 6:30 Pinochle Players Club (3rd)	21 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: Catedral Metropolitana (CN) 6:00 Dementia Support Group (SR) 6:30 Scrabble (1st)	22 9:30 Dot Doodles (1st) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:30 Dining Services Committee Mtg. (3rd) 3:30 Red or Black Card Game (2nd) 6:30 Dominoes (1st)	23 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 & Fitness Awareness</i> (2nd) 2:30 Bowling Practice (3rd) 3:00 Bowling: Championship Game: Teams TBD (3rd) 6:30 Pinochle Players Club (3rd)	24 9:30 Hands 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) 2:30 Garden Club: Plant Vegetables For Community Garden (ML) 3:30 Walking Club (ML) 6:30 Boggle (1st)	25 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) 10:00 Finishing Lines (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) 6:30 Yahtzee (1st)	27 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 11:00-1:00 Memorial Day Cook-Out (FP) 1:30 Thanks You Notes For <i>Operation Gratitude</i> (2nd) 2:30 Cornhole Tournament (FP) 5:00 Pizza Party for PP Baseball Team (C) 6:30 Pinochle Players Club (3rd) Memorial Day	28 9:30 Trip Out: Och's Farm Market**\$\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Cooking Club: Guacamole (C) 1:00 Prayer Service & Communion (Ch) 1:45 Bingo (DR) 3:00 Community Meeting (DR) 4:00 K-9 Companion with Harvey (1st) 6:30 Scrabble (1st)	29 9:30 <i>Time To Get Outdoors</i> Crossword Challenge (1st) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:00 Dining Demo with Chef Sean (DR) 3:00 Bowling Banquet & Awards (3rd) 6:30 Dominoes (1st)	30 9:30 Rosary (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Diner's Lunch Caravan: Red Lobster**\$\$ (OOB) 1:30 Walking Club (ML) 2:00 Musical Entertainment By George Rittenhouse (DR) 3:30 Destination Discovery: Mexico: Monarch Butterfly Reserve (CN) 6:30 Pinochle Players Club (3rd)	31 9:30 Hands 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 Book Club (3rd) 3:00 Celebration of Life Service (Ch) 6:30 Boggle (1st)	<div style="text-align: center; font-size: 48px; font-weight: bold;"> May 2024 </div>