

# 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

Gloria Johnson  
Dale Kauffman  
Linda DePatto  
Timothy Saylor  
John Moeller  
Daniel Stine

### June

Bonita Dissinger  
Terrence Leonard  
Phyllis Gilbert  
Edward Hutchins  
Kathleen Kline  
Sallylee Sangrey

Ramona Goodman  
Gerald Curylo  
Violet Sears  
Elizabeth Crawford



# Providence Place SENIOR LIVING News

Q2: April 2024

## A Note from the Executive Director

We are so excited to finally welcome in Spring!

Please join me in welcoming our new Dining Director, Andy Reidenbach. Andy comes to us with culinary training and years of experience from long-term care facilities. We look forward to everyone getting to know him along with his family.

Please join us for our **Mother's Day Brunch event on Sunday, May 12<sup>th</sup>**. All residents & family members are welcome to join - please RSVP to Patricia ([PWatkins@prov-place.com](mailto:PWatkins@prov-place.com)) to reserve a spot with your loved ones.

I am looking forward to some time at home with our new addition (news pending) - but please know things are in good hands as we have lots of leadership stepping in to help while I have my hands full elsewhere. Please reach out anytime to our campus team or our COO, Kim, with questions or concerns.

Kim Perchak: [KPerchak@Prov-Place.com](mailto:KPerchak@Prov-Place.com).

Enjoy the lovely weather and our outdoor patios!

Best,

*Chelsea Shuey*

*Executive Director*

## Highlighted Events

### 3 - Penn's Woods Puppet Show:

Darkley Manor @ 2pm

### 7 - Musical Entertainment: Nick

Viscuso @ 2pm

### 12 - Mother's Day Brunch

@ 10:30am or 12:30pm - please  
RSVP for reservations!

### 24 - Country Ride @ 12:30pm

### 29 - CECA Award Ceremony @ 2pm

## Welcome New Residents

Margaret P.

Malinda D.

Phoebe K.

Timothy S.

Joanna B.

Doris W.

Daniel S.

Robert D.




For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](https://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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar Key: (BR) Billiards Room, (CH) Chapel, (AR) Activity Room (S) Salon, (GL) Governors Lounge (LB) Library, (DR) Dining Room (FL) Front Lobby, (FP) Front Porch (OOB) Out of Building  ** Registration Required \$\$ Cost Involved			1 10:00 Chair Yoga with Alyssa (CH) 10:30 Mid Week Worship Service (CH) 1:00 America Say's !! (CH) 2:00 Jeopardy Challenge (CH) 3:15 Bingo Bonanza (CH) 6:00 Mid Week Movie: <i>Smokey &amp; The Bandit (1980)</i>	2 10:00 Balance & Flex (CH) 10:30 Holy Memories with Chaplain Jeff (CH) 1:00 Sequence with Alyssa (AR) 2:00 Chef's Pairing with Jaja (AR) 3:00 LCR with Chaplain Jeff (AR) 6:00 Evening Gather & Chat (FL)	3 10:00 Fun Fitness Games (CH) 10:30 Journey Through The Bible (CH) 10:30 Grocery Run John Herr's **\$\$ (OOB) 2:00 Theater in Miniature By Penn's Woods Presents <i>Darkley Manor</i> (CH) 6:00 Classic Movie: <i>True Grit (1969)</i>	4 10:00 What's The Word? Chilling at the Arctic Circle (CH) 10:30 Saturday Morning Bingo (CH) 1:00 Saturday Ticket Exchange (CH) 2:30 Saturday Social (GL) 3:00 Trivia Time (GL) 6:00 Resident Run Table Top Shuffle Board (BR)
5 10:00 Team Cuisine Cooking Club: Cherries in the Snow (AR) 2:00 Sunday Social Hour (GL) 3:00 Sunday Worship Service with Communion (CH) 6:00 Sunday Evening Winddown (FL)	6 9:00 Lancaster Senior Games ** (OOB) 10:00 Stretch & Flex (CH) 10:30 Pacific Northwest Trail (CH) 1:00 Who, What, Where, Am I ? (CH) 2:00 Artist In us All: Pottery Works with Marcie and Bobbie (AR) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)	7 10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Outing: Diener's **\$\$ (OOB) 2:00 Entertainment Featuring Keyboards by Nick Viscuso (CH) 3:00 Bingo Helpers in Connections (Meet at 3rd Floor Elevator) 6:00 Resident Run Game Night (AR)	8 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:00 Entertainment Featuring Folk Guitar with Pat Kocen (CH) 2:00 Jeopardy Challenge (CH) 3:15 Bingo Bonanza (CH) 6:00 Mid Week Movie: <i>Patch Adams (1998)</i>	9 10:00 Balance & Flex (CH) 10:30 Holy Memories with Chaplain Jeff (CH) 1:00 Ed-U Wellness Presents Powerback Rehab Speech Therapy (CH) 2:00 Ed-U Presents Bob Reigh The Trivia Guy (AR) 3:00 LCR with Chaplain Jeff (AR) 6:00 Evening Gather & Chat (FL)	10 10:00 Fun Fitness Games (CH) 10:30 Journey Through The Bible (CH) 12:30 Country Ride Leola / New Holland ** (OOB) 2:00 Entertainment Featuring Guitarist Keil Holland (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie: <i>High Society (1956)</i>	11 10:00 What's The Word? Into the Pacific (CH) 10:30 Saturday Morning Bingo (CH) 1:00 Saturday Ticket Exchange (CH) 2:30 Saturday Social (GL) 3:00 Entertainment Featuring Organist Gary Collier (CH) 6:00 Resident Run Table Top Shuffle Board (BR)
12 10:30 Mothers Day Brunch (DR) 12:30 Mothers Day Brunch (DR) 3:00 Sunday Worship Service (CH) 6:00 Sunday Evening Winddown (FL)  Mother's Day	13 10:00 Stretch & Flex (CH) 10:30 African Hotel Safari (CH) 1:00 Who, What, Where, Am I ? (CH) 2:00 Artist in Us All : Bead Craft Artistry (AR) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)	14 10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shopping Trip: Main Street Closet **\$\$ (OOB) 2:00 Thankful To You Committee (AR) 3:00 Bingo Helpers in Connections (Meet at 3rd Floor Elevator) 6:00 Resident Run Game Night (AR)	15 10:00 Chair Yoga W Alyssa (CH) 10:30 Mid Week Worship Service (CH) 1:00 Password Challenge (CH) 2:00 Jeopardy Challenge (CH) 3:15 Bingo Bonanza (CH) 6:00 Mid Week Movie: <i>Bohemian Rhapsody (2018)</i>	16 10:00 Balance & Flex (CH) 10:30 Holy Memories with Chaplain Jeff (CH) 1:00 Community Meeting with Chelsea and Department Heads (CH) 2:00 TED Talk: <i>How to Spot a Liar</i> with Pamela Meyer (CH) 3:00 LCR with Chaplain Jeff (AR) 6:00 Evening Gather & Chat (FL)	17 10:00 Fun Fitness Games (CH) 10:30 Journey Through The Bible (CH) 10:30 Shop & Dine: Oregon Dairy **\$\$ (OOB) 2:00 Ed-U Presents <i>Birds, Nests &amp; Babies</i> with Naturalist Lisa Sanchez (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie: <i>All About Eve (1950)</i>	18 10:00 What's The Word? On Safari (CH) 10:30 Saturday Morning Bingo (CH) 1:00 Saturday Ticket Exchange (CH) 2:30 Saturday Social (GL) 3:00 Trivia Time (GL) 6:00 Resident Run Table Top Shuffle Board (BR) Armed Forces Day
19 10:00 Team Cuisine Cooking Club: Potato Chip Cookies (AR) 2:00 Sunday Social Hour (GL) 3:00 Sunday Worship Service (CH) 6:00 Sunday Evening Winddown (FL)  Pentecost	20 10:00 Stretch & Flex (CH) 10:30 YouTube Travel: <i>25 Best Countries to Visit</i> (CH) 1:00 Who, What, Where, Am I ? (CH) 2:00 Artist in Us All : Wandering Woodcraft with Amber (AR) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)	21 10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Outing: Outback Steakhouse **\$\$ (OOB) 2:00 Entertain Committee With Chaplain Jeff (AR) 3:00 Bingo Helpers in Connections (Meet at 3rd Floor Elevator) 6:00 Dementia Support Group (1st Floor)	22 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:00 Community Life Planning Mtg. (AR) 2:00 Jeopardy Challenge (CH) 3:15 Bingo Bonanza (CH) 6:00 Mid Week Movie: <i>Elvis (2022)</i>	23 10:00 Balance in Action With Amy with Powerback Rehab (CH) 10:30 Holy Memories with Chaplain Jeff (CH) 1:00 Sequence Game (AR) 2:00 Entertainment Featuring Vocalist Micheal Moniodis (CH) 3:00 LCR with Chaplain Jeff (AR) 6:00 Evening Gather & Chat (FL)	24 10:00 Fun Fitness Games (CH) 10:30 Journey Through The Bible (CH) 12:30 Country Ride: Marietta / Columbia** (OOB) 2:00 Aerobic Drumming with Pat (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie: <i>The Good Bad and The Ugly (1966)</i>	25 10:00 What's The Word? Around the Globe (CH) 10:30 Saturday Morning Bingo (CH) 1:00 Saturday Ticket Exchange (CH) 2:30 Saturday Social (GL) 3:00 Trivia Time (GL) 6:00 Resident Run Table Top Shuffle Board (BR)
26 10:00 Team Cuisine Cooking Club: Chocolate Carmel Surprise Cookies (AR) 2:00 Sunday Social Hour (GL) 3:00 Sunday Worship Service (CH) 6:00 Sunday Evening Winddown (FL)	27 10:00 Stretch & Flex (CH) 10:30 YouTube Travel: <i>20 Most Beautiful Places on Earth</i> (CH) 1:00 Who, What, Where, Am I ? (CH) 2:00 Artist In Us All: Patriotic Key Fobs (AR) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)  Memorial Day	28 10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shopping Trip: Community Aide **\$\$ (OOB) 2:00 Entertainment Featuring Guitarist Quentin Jones (CH) 3:00 Bingo Helpers in Connections (Meet at 3rd Floor Elevator) 6:00 Resident Run Game Night (AR)	29 10:00 Chair Yoga with Alyssa (CH) 10:30 Mid Week Worship Service (CH) 1:00 Pictionary Fun (CH) 2:00 CECA Award Ceremony (DR) 3:15 Bingo Bonanza (CH) 6:00 Mid Week Movie: <i>Barbie Movie (2023)</i>	30 10:00 Balance & Flex (CH) 10:30 Holy Memories with Chaplain Jeff (CH) 1:00 Sequence Game (AR) 2:00 AARP Spring Concert (DR) 3:00 LCR with Chaplain Jeff (AR) 6:00 Evening Gather & Chat (FL)	31 10:00 Fun Fitness Games (CH) 10:30 Journey Through The Bible (CH) 12:30 Country Ride Adamstown/ Boehringer's ** (OOB) 2:00 Aerobic Drumming With Pat (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie <i>Love Me Tender (1956)</i>	<h1>May</h1> <h1>2024</h1>