

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

Regina Brennan
Elsie Fragale
Esther Teter
Paul Deebel
Alice Mills
Joan Grapsy
Elaine Benko
Pauline Dunkelberger

June

Elizabeth Antol
Ruth Terwilliger
Lynn Korn
Virginia Herb
Judith Thomas
Mary Flanagan
Margaret Antanavage



Providence Place SENIOR LIVING News

Q2: May 2024

A Note from the Executive Director

Thank you all for the warm welcome back into our Pottsville community. I am excited to be working with so many great colleagues here and to get to know all of our residents & family members.

As you may know, I called our Pine Grove campus home for the past few years and look forward to working diligently in Pottsville now to help lead our team.

We invite you to our **Spring Family Meeting on Thursday, May 9th** with our leadership team to discuss clinical care, pharmacy options and therapy options - as well as a Q&A portion. Please join us from 7-8:30pm.

We are extremely excited for our highly anticipated summer concert series which will start in June - check out details on the calendar for the first event on 6/4 with the Third Brigade Band.

Be sure to enjoy the lovely spring weather and our walking paths!

Happy Spring,

Julie Wallace

Executive Director

Highlighted Events

- 1 - **Kentucky Derby Social** @ 3pm
- 7 - **Souper Tuesday Luncheon:**
with Nursing @ 12pm
- 12 - **Mother's Day Tea** @ 2pm
- 16 - **Drum Circle with Joe** @ 2pm
- 27 - **Memorial Day Picnic**

Welcome New Residents

Carol D.
Edith N.
Sally H.
Barbara M.
Michael B.
Bernice P.
Valeria D.
Loreen M.
Ellen N.



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar Key: ** Registration Required \$\$ Cost Involved 1FP 1st Floor Patio 3F 3rd Floor P Pub CH Chapel OOB Out of Building DR Dining Room ML Main Level TB Through Out Building	<h1>THE Club</h1>		1 9:00 Daily Meeting & Chronicle (P) 10:30 Horse Racing (P) 1:30 Your Life Stories (P) 2:00 Acrylic Paint Class with Shannon ** (P) 2:00 Worship Service with Chaplin Brittany (CH) 3:00 Our Journey Together (CH) 3:00 Kentucky Derby Social Hour (P) 6:00 Resident Card Game (P)	2 9:00 Brain Games: May Trivia (ML) 9:30 Daily Meeting & Chronicle (P) 10:00 Arm & Leg Strengthening (P) 11:00 Menu Reading & Selections (P) 1:00 Daily Prayer & Reflection (P) 1:30 Zumba with Michele (CN/S) 2:30 Relax & Refresh Social (CN/S) 2:30 Spa Day: Revitalizing Hand & Arm Massages (CN/S) 7:00 Gospel Singers (CH)	3 9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicles (P) 10:30 TED Talk: <i>Older People's Mental Health</i> by Zoe Faister, Principle Psychologist U. of Sydney (P) 1:00 Brain Games: Shopping List (ML) 2:30 Daily Prayer & Reflection (CH) 3:00 Communion Service with Chaplin Henninger (CH) 6:00 Resident Pinochle Game (P)	4 9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicles (P) 10:00 Corn Hole Toss (P) 10:30 Inside Hatchet Throwing (P) 11:00 Menu Reading & Selections (DR) 1:00 Trivia: Horse Sense (CN/S) 2:00 Happy Hour: Mint Juleps (CN/S) 3:00 Can You Picture This? (CN/S) 6:00 Color Me Creative (P)
5 9:00 Daily Meeting & Chronicle (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance & Action (P) 11:00 Menu Reading & Selections (DR) 1:00 Sunday Matinee: <i>Never Too Late</i> (P) 2:30 Afternoon Fitness Walkers (TB) 3:00 Communion Service with Chaplin Henninger (CH) 6:00 Resident Board Games (P)	6 9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicle (P) 10:30 Seated Yoga with Michele (P) 11:00 Menu Reading & Selections (DR) 1:30 Daily Prayer & Reflections (P) 2:00 Worship Service with Chaplin Brittany (CH) 3:00 Circle of Friends (CH) 3:30 Hand & Wrist Flexion (P) 6:00 Puzzles (3FL)	7 9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicle (P) 10:00 Brain Games: Pass It On (P) 11:00 Menu Reading & Selections (DR) 1:00 Balloon Volleyball (P) 2:00 Craft Corner: Wooden Flowers (CN/S) 3:00 Finish The Phrase (P) 3:30 Picture This (P) 6:00 Nickel Bingo \$\$ (P)	8 9:00 Good Morning Café (P) 9:30 Daily Meeting & Chronicle (P) 10:00 Juke Drawer Detective (P) 11:00 Menu Reading & Selections (ML) 1:30 Bingo (CN/S) 2:30 Hydration Station (CN/S) 3:00 Our Journey Together (CH) 3:30 Afternoon Fitness Walkers (TB) 6:00 Resident Card Game (P)	9 9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicle (P) 10:00 Brain Games: Can You See It? (P) 11:00 Menu Reading & Selections (ML) 1:00 Daily Prayer & Reflection (P) 1:30 Zumba with Michelle (CN/S) 2:30 Spa Time Manicures (CN/S) 3:30 Afternoon Fitness Walkers (TB) 6:00 Fireside Chat with Friends (ML)	10 9:00 Daily Meeting & Chronicles (P) 9:30 Hand & Wrist Flexion (P) 10:00 Health-Doc U Series: <i>Mental Health & the Elderly: 12 Key Points</i> by Dr. Snipes (P) 1:30 Creative Crafting: Making Carnations (P) 2:00 Afternoon Fitness Walkers (TB) 3:00 Mass & Confession with Father Karpyn (CH)	11 9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicles (P) 10:00 Cheerful Club: Making Treat Bags For Pottsville Soup Kitchen (P) 11:00 Menu Reading & Selections (DR) 1:00 Ball Toss Challenge (P) 2:00 Connect 4 Game (P) 3:00 Vagabond Travelers: The Making of Milton Hershey with Chocolates (P) 6:00 Color Me Creative (P)
Mother's Day 12 9:00 Hymn Sing (P) 9:30 Daily Meeting & Chronicle (P) 10:00 Live Stream Worship: St. John's UCC (P) 10:30 Balance in Action (P) 11:00 Menu Reading & Selections (DR) 1:00 Helping Hands: Setting up Tea (P) 2:00 Mother's Day Tea (P) 3:00 Communion Service with Chaplin Henninger (CH) 6:00 Resident Board Games (P)	13 9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicles (P) 10:30 Seated Yoga with Michele (P) 11:00 Menu Reading & Selections (DR) 1:30 Prayer & Reflection (CH) 2:00 Worship Service with Chaplin Brittany (CH) 3:00 Circle of Friends (CH) 3:30 Brain Games: Shopping List (ML) 6:00 Puzzles (3FL)	14 9:00 Daily Meeting & Chronicle (P) 9:30 Brain Games: Memorial Day 10:30 Balloon Volleyball (P) 11:00 Menu Reading & Selections (DR) 1:30 Bingo (CN/S) 1:30 Daily Prayer & Reflection (CH) 2:00 Bible Study (CH) 3:00 Afternoon Fitness Walkers (OOB) 3:30 Rehydrate with Apple Spritzers (OOB) 6:00 Nickel Bingo \$\$ (P)	15 9:00 Good Morning Café (P) 9:30 Daily Meeting & Chronicle (P) 10:00 Balance in Action with Powerback Rehab (P) 11:00 Menu Reading & Selection (DR) 1:00 Excursion: Ice Cream Trip (OOB) 1:30 Daily Prayer & Reflection (CH) 2:00 Worship Service with Chaplin Brittany (CH) 3:00 Our Journey Together (CH) 6:00 Resident Card Game (P)	16 9:00 Brain Games: Military Trivia (ML) 9:30 Daily Meeting & Chronicles (P) 10:00 Balloon Volleyball (P) 11:00 Menu Reading & Selections (DR) 1:30 Zumba with Michele (CN/S) 2:30 Music Engagement with Cynthia (CN/S) 3:00 Spa Day: Springtime Exfoliating Hand Treatments (CN/S) 6:00 Fireside Chats (ML)	17 9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicles (P) 10:30 TED Talk: <i>Growing Old is a Blessing</i> By Maria Alejandro, Senior Advocate (P) 11:00 Menu Reading & Selections (DR) 1:30 Brains Games: Word Play (ML) 2:30 Daily Prayer & Reflection (CH) 3:00 Communion Service with Chaplin Henninger (CH) 6:00 Residents Pinochle Game (P)	Armed Forces Day 18 9:00 Vagabond Travelers: Touring Gettysburg Battlefield (P) 10:00 Daily Meeting & Chronicle (P) 10:30 Morning Trailblazers (TB) 11:00 Menu Reading & Selections (DR) 1:00 Brain Games: Word Within A Word (ML) 2:00 Green Gardeners: Planting (1FP) 3:00 Green Gardeners: Clean up (1FP) 3:30 Afternoon Fitness Walkers (TB)
Pentecost 19 9:00 Daily Meeting & Hymn Chronicle (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 11:00 Menu Reading & Selections (DR) 1:00 Sunday Matinee: <i>The Light Keeper</i> (P) 3:00 Communion Service with Chaplin Henninger (CH)	20 9:00 Brain Games: Strange Laws 9:30 Daily Meeting & Chronicle 10:30 Seated Yoga with Michele (P) 11:00 Menu Reading & Selections (DR) 1:00 Creative Crafting: Daisy Painting (P) 2:00 Worship With Chaplin Brittany (P) 3:00 Circle Of Friends (CH) 3:30 Brain Games: What is the Same? (P) 6:00 Puzzles (3FL)	21 9:00 Morning Trailblazers (OOB) 9:30 Daily Meeting & Chronicles (P) 10:00 Bean Bag Toss (1FP) 11:00 Menu Reading & Selections (DR) 1:00 Sing a Long with Mary Sue (CN/S) 2:00 Bingo (CN/S) 2:00 Bible Study (CH) 3:00 Name 5 Game (3FL/S) 6:00 Nickel Bingo \$\$ (P)	22 9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicles 10:00 Light in Lively Exercise (P) 1:30 Gardening Club-Planting Our Garden (CN/S) 2:00 Worship Service with Chaplin Brittany (CH) 3:00 Our Journey Together (CH) 3:00 Hydration Station (CN/S) 6:00 Resident Board Games (P)	23 9:00 Morning Trail Blazers (TB) 9:30 Daily Meeting & Chronicles (P) 10:00 Creative Crafting: Making Calm Down Jars (P) 11:00 Menu Reading & Selections (DR) 1:30 Zumba with Michele (CN/S) 2:30 Relax & Refresh Social (CN/S) 2:30 Spa Day-Revitalizing Hand & Arm Massages (CN/S) 3:00 "Pass IT ON" Game (P)	24 9:00 Daily Meeting & Chronicles (P) 9:30 Playing Basketball (P) 10:30 Health Doc-U Series: <i>The Effects of Chronic Stress in the Elderly</i> by Dr. Laura Hanson (P) 11:00 Menu Reading & Selections (DR) 1:00 Table Hockey (P) 2:00 Chitchat Club: Favorite Memory (ML) 3:00 Communion Service with Chaplin Henninger (CH)	25 9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicles (P) 10:00 Ball Toss Challenge (P) 11-1 May Brunch (DR & P) 2:00 Kerplunk (1FP) 3:00 Rehydrate & Trivia (1FP) 3:30 Vagabond Travelers: Touring Harrisburg with Lebanon Bologna and Cream Cheese (P) 6:00 Color Me Creative (P)
26 9:00 Daily Meeting & Chronicle (P) 9:30 Hymn Sing (P) 10:00 Live Stream Worship: St. John's UCC (P) 10:30 Balance in Action (P) 11:00 Menu Reading & Selections (DR) 1:00 Sunday Matinee: <i>American Snipper</i> 3:00 Communion Service with Chaplin Henninger (CH) 6:00 Resident Board Games (P)	Memorial Day 27 9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicle (P) 10:30 Helping Hands Setting Up Picnic (P) 11 & 12 Memorial Day Picnic (DR & 1FP) 1:30 Patriotic Sing A Long (P) 2:00 Worship Service & Communion with Chaplin Brittany (CH) 3:00 Circle of Friends (CH) 6:00 Puzzles (3FL)	28 9:00 Daily Meeting & Chronicles (P) 9:30 Daily Prayer & Reflection (P) 10:00 Chair Soccer (1FP) 11:00 Menu Reading & Selection (DR) 1:00 Guess the Food Game (P) 2:00 Bible Study (CH) 3:00 Green Gardeners: Watering Plants (1FP) 6:00 Nickel Bingo \$\$ (P)	29 9:00 Good Morning Café (P) 9:30 Daily Meeting & Chronicles (P) 10:00 Drum Stick Exercise (P) 11:00 Menu Reading & Reflection (P) 1:00 Brain Games: Finish the Line (ML) 1:30 Bingo (CN/S) 2:30 Outdoor Games & Trivia (CN/S) 3:30 Afternoon Fitness Walkers (TB) 6:00 Resident Board Games (P)	30 9:00 Brain Games: Finish My Line (ML) 9:30 Daily Meeting & Chronicle (P) 10:00 Scent Guessing (P) 11:00 Menu Reading & Selection (DR) 1:00 Daily Prayer & Reflection (P) 1:30 Zumba with Michelle (CN/S) 2:30 Pie Social on Patio (CN/S) 3:30 Spa Time (CN/S) 6:00 Dementia Support Group (CH)	31 9:00 Daily Meeting & Chronicles (P) 9:30 Sand Painting (P) 10:30 Drum Stick Exercise (P) 11:00 Menu Reading & Selection (DR) 1:00 Puzzles & Ponderings (1FP) 1:30 Rehydrate with Spritzers (1FP) 2:00 Card Games (1FP) 3:00 Communion Service with Chaplin Henninger (CH) 3:30 Afternoon Fitness Walkers (TB)	<h1>May</h1> <h1>2024</h1>