

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 Deebe
 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 P Pub CH Chapel OOB Out of Building DR Dining Room ML Main Lobby			1 9:00 Good Morning Café (P) 10:30 Horse Race (P) 1:30 Silver Bell Ringers Practice (P) 2:00 Acrylic Paint Class with Shannon **(P) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Our Journey Together (CH) 3:00 Kentucky Derby Social Hour (P) 6:00 Resident Board Games (P)	2 9:00 Brain Games: May Trivia (ML) 10:30 Errand Day: Banks & Post Office **\$(OOB) 1:00 Shopping Trip: Walmart **\$(OOB) 2:00 Craft Corner: To Go Tissue Holders (P) 3:30 Community Life Planning Meeting (P) 7:00 Gospel Singers (CH)	3 9:00 Green Thumbs: Tending to Our Plants (1FP & TB) 10:30 TED Talk: <i>Older People's Mental Health</i> by Zoe Falster, Principle Psychologist U. of Sydney (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service with Chaplain Henninger (CH) 3:30 Cuisine Club: Making Shoefly Pie (P) 6:00 Resident Pinochle Game (P)	4 9:00 Morning Steppers (ML) 10:30 Wall Memory (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$(P) 3:00 Vagabond Travelers: Exploring PA Amish Country with Shoefly Pie (P) 6:00 Color Me Creative (P)
5 9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 11 & 12 Wine & Dine (DR) 1:00 Sunday Matinee: <i>Never Too Late</i> (P) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Resident Board Games (P)	6 9:00 Brain Games: Nursing Trivia (ML) 10:30 Seated Yoga with Michele (P) 1:30 Gratitude Club: Making Nurses Week Gifts (P) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Circle of Friends (CH) 3:30 Cuisine Club: Making Monkey Bread (P) 6:00 Puzzles (3F)	7 9:00 Morning Steppers (ML) 10:30 Dining Committee Meeting with Chef Jake Sedorchuk (DR) 12:00 Souper Tuesday Luncheon with our Nurses **(P) 2:00 Ed-U Presentation: <i>Unsung Women of History</i> by Guardians of History (P) 2:00 Bible Study (CH) 6:00 Nickel Bingo \$(P)	8 9:00 Good Morning Café (P) 10:30 Jeopardy Residents vs. Nursing Staff (P) 1:30 Presenting our Nurses with Gifts (P) 2:00 Worship Service with Chaplain Brittany (CH) 2:30 Keep Kicking Kickball (P) 3:00 Our Journey Together (CH) 6:00 Resident Board Games (P)	9 9:00 Brain Games: PA Trivia (ML) 10:30 Balloon Volleyball with the Chaplains (P) 1:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 1:30 Silver Bell Ringers Practice (P) 2:00 Craft Corner: Wreath Making (P) 3:00 Musical Entertainment: Bryan Herber & Wildflower Lemonade (P) 6:00 Who, What, Where Game (P)	10 9:00 Green Thumbs: Tending to Our Plants (1FP & TB) 10:00 Health Doc-U Series: <i>Mental Health & the Elderly: 12 Key Points</i> by Dr. Snipes (P) 1:30 Seated Zumba with Michele (P) 3:00 Mass & Confession with Father Karpyn (CH) 3:30 Cuisine Club: Cookie Baking (P) 6:00 Resident Pinochle Game (P)	11 9:00 Morning Steppers (ML) 10:30 Punch for a Prize (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$(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) 10:00 Live Stream Worship: St. John's UCC (P) 10:30 Balance in Action (CH) 1:00 Helping Hands: Setting Up Tea (P) 2:00 Mother's Day Tea (P) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Resident Board Games (P)	13 9:00 Brain Games: Frog Trivia (ML) 10:30 Seated Yoga with Michele (P) 2:00 Worship Service with Chaplain Brittany (CH) 2:00 Jumping Frog Game (P) 3:00 Circle of Friends (CH) 3:30 Cuisine Club: Mini Scones (P) 6:00 Puzzles (3F)	14 9:00 Morning Steppers (ML) 10:00-2:00 Hospitality Event: Cookie Bake Off (ML) 2:00 Bible Study (CH) 3:00 Announcing The Cookie Bake Off Winner (ML) 3:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$(P)	15 9:00 Good Morning Café (P) 10:00 Balance in Action with Powerback Rehab (P) 1:30 Golden Voices Choir Practice (P) 2:00 Community Meeting (P) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Our Journey Together (CH) 3:00 Bean Bag Toss Game (P) 6:00 Resident Board Games (P)	16 9:00 Brain Games: Military Trivia (ML) 10:00 Balloon Volleyball (P) 11:00 P2 Foodies Dine Out: Uma **\$(OOB) 2:00 Drum Circle with Joe (P) 3:00 Silver Bell Ringers Practice (P) 6:00 Green Thumbs: Learning about the Purple Heart (P)	17 9:00 Green Thumbs: Tending to Our Plants (1FP & TB) 10:30 TED Talk: <i>Growing Old is a Blessing</i> by Maria Alejandro, Senior Advocate (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service with Chaplain Henninger (CH) 3:30 Kerplunk (P) 6:00 Resident Pinochle Game (P)	Armed Forces Day 18 9:00 Morning Steppers (ML) 9:00 Vagabond Travelers: Touring Gettysburg Battlefield (P) 1:00 Keep Kicking Kickball (P) 2:00 Ed-U Presentation: <i>Dancing Through the Decades</i> by Vivian Hartman (P) 3:00 Brain Games: Dancing Trivia (P) 6:00 Color Me Creative (P)
Pentecost 19 9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 11 & 12 Wine & Dine (DR) 1:00 Sunday Matinee: <i>The Light Keepers</i> (P) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Resident Board Games (P)	20 9:00 Brain Games: Strange Laws (ML) 10:30 Seated Yoga with Michele (P) 1:30 Golden Voices Choir Practice (P) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Circle of Friends (CH) 3:00 Cuisine Club: Making Cookies for the Police Department (P) 6:00 Puzzles (3F)	21 9:00 Morning Steppers (ML) 10:30 Balloon Volleyball (P) 1:30 Helping Hands: Dropping off Cookies to the Pottsville Police **(OOB) 2:00 Bible Study (CH) 2:00 Ed-U Presentation: <i>History of Love Songs</i> by Lester Hirsh (P) 3:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$(P)	22 9:00 Good Morning Café (P) 10:00 Light & Lively (P) 1:30 Safety Club Meeting (P) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Our Journey Together (CH) 3:30 Cuisine Club: Lebanon Bologna Roll Ups (P) 6:00 Resident Board Games (P)	23 9:00 Brain Games: Pictionary (ML) 10:00 Keep Kicking Kickball (P) 11:00 Day Excursion: Touring Hershey's Chocolate World **\$(OOB) 2:00 Silver Bell Ringers Practice (P) 3:00 Beer & Burger Social Hour (P) 6:00 Can You "C" It Game (P)	24 9:00 Green Thumbs: Tending to Our Plants (1FP & TB) 10:30 Health Doc-U Series: <i>The Effects of Chronic Stress in the Elderly</i> by Dr. Laura Hanson (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service with Chaplain Henninger (CH) 3:30 Cornhole (P) 6:00 Resident Pinochle Game (P)	25 9:00 Morning Steppers (ML) 11-1 May Brunch (DR & P) 2:30 Red, White, & Blue Prize Bingo (P) 3:30 Vagabond Travelers: Touring Harrisburg with Lebanon Bologna and Cream Cheese (P) 6:00 Color Me Creative (P)
26 9:00 Hymn Sing (P) 10:00 Live Stream Worship: St. John's UCC (P) 10:30 Balance in Action (CH) 11 & 12 Wine & Dine (DR) 1:00 Sunday Matinee: <i>American Sniper</i> (P) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Resident Board Games (P)	Memorial Day 27 9:00 Brain Games: Word Within a Word (ML) 10:30 Helping Hands: Setting Up Picnic (1FP) 11 & 12 Memorial Day Picnic (DR & 1FP) 1:30 Patriotic Sing A Long (P) 2:00 Worship Service & Communion with Chaplain Brittany (CH) 3:00 Circle of Friends (CH) 6:00 Puzzles (3F)	28 9:00 Morning Steppers (ML) 10:30 Balloon Volleyball 1:30 Golden Voices Choir Practice (P) 2:00 Bible Study (CH) 2:00 Silver Fox Club: The Great Outdoors (P) 3:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$(P)	29 9:00 Good Morning Café (P) 10:00 Drum Stick Exercise (P) 1:30 Silver Bell Ringers Practice (P) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Our Journey Together (CH) 6:00 Resident Board Games (P)	30 9:00 Brain Games: Finish My Line (ML) 10:00 Keep Kicking Kickball (P) 12:00 P2 Foodies Dine In: Roma Pizza **(P) 2:00 Silver Fox Trip: Walking Path **(OOB) 3:00 Salsa & Margarita Social Hour (P) 5:00 Resident Birthday Dinners (P) 6:00 Dementia Support Group (CH)	31 9:00 Green Thumbs: Tending to Our Plants (1FP & TB) 10:30 TED Talk: <i>Stress Management in the Elderly</i> by Healthy Aging (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service with Chaplain Henninger (CH) 3:30 Bean Bag Toss (P) 6:00 Resident Pinochle Game (P)	<h1>May</h1> <h1>2024</h1>