

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 June

Delores Gilbert
Suzanne Rice
Darlene Zimmerman
Doris Royer
Esta Hammond
Nadine Clemens
Glenn Sanders
William Sheridan Jr.

Arthur Ott
Virginia Adams
Carol Wine
Susanne Proulx
Alice Stilts
Richard Rice
Beulah Woods



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: June 2024

A Note from the Executive Director

Thank you to everyone who joined us for our Mother's Day festivities and our Spring Family Meeting - we love seeing all of the families and friends in our community.

As we step into spring, be sure to start enjoying our outdoor walking path, patios and scenic areas around the campus. The sunshine feels fantastic after a cold winter.

Please join us for our upcoming Father's Day festivities, including **Donuts for Dads on June 13th @ 8am** or **Sunday Brunch on June 16th at 10am or 12pm** - please call reception to reserve a spot with your loved ones.

Our Resident meeting with David Leader will be hosted on Wednesday, June 12th @ 3pm - please join us to chat about making Providence Place a true community as well as time for Q&A.

Happy Spring,

Holly Townsend

Executive Director

Highlighted Events

12 - **Resident Meeting with David Leader @ 3pm**

12 - **Dementia Care Partner Support Group @ 3pm - Connections**

13 - **Donuts for Dads @ 7pm**

16 - **Father's Day Brunch @ 10am or 12pm - Families Welcome!**
Please call reception for reservations

18 - **Men's Club: Mercersburg**

Sportsman's Club Fishing @ 9am

20 - **The Longest Day @ 3pm**

Welcome New Residents

Obie J.

Alice D.

Benjamin D.

Mabel D.

Lois W.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Sunday Sitcoms: <i>I Love Lucy</i> (3A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Puzzle Club (3A) 6:00 Front Porch Sitting (FP)</p>	<p>Calendar Key: Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY) Connections (CN) Picnic Tables (PT) Front Porch (FP) ** Registration Required \$\$ Cost Involved</p>	<p>THE</p> <h1>Club</h1>			<h1>June</h1> <h1>2024</h1>	<p>1</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Design Club: Painting Wood Crafts (C) 1:30 Talk n' Toss Ball (3A) 2:00 Wacky Wordies (3A) 3:00 Hydration and Humor (P) 6:00 Resident Run Blitz (2A)</p>
<p>2</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Sunday Sitcoms: <i>Andy Griffith Show</i> (3A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Puzzle Club (3A) 6:00 Yahtzee (2A)</p>	<p>3</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 1:30 Balance and Action (3E) 2:00 Book Club: <i>Tall Tales Book Emporium</i> (3A) 3:00 Documentary: <i>The 10 Most Famous Works of Art by Michelangelo</i> (2A) 6:00 Resident Run Poker (2A)</p>	<p>4</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Prize Bingo (3A) 1:30 Flower Canvas Art (CN) 2:30 Sipping Soda and Showing Off Our Artwork (CN) 3:00 All Art Forms Trivia (P) 6:00 Unwind & Relax: Fireplace Sitting (BL)</p>	<p>5</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Cooking Creation: Paint Pallet Sugar Cookies (C) 1:30 DIY Sun Visors (CN) 2:30 Sitting in the Sun and Showing Off Our Visors (CN) 3:00 Garden Club: Plant Upkeep (PD) 6:00 Resident Run Sequence (2A)</p>	<p>6</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Directional Dance Class (BL) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Windy Knolls (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Game Club: Uno (3A) 6:00 Wii Bowling League (3E)</p>	<p>7</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Community Service: Flag Day (FL) 1:30 Walk and Stroll Mail Check (MR) 2:00 Musical Entertainment Featuring Jazz Musician Robert Banks (2A) 3:00 Never Have I Ever with Frozen Novelty Dessert (P) 6:00 Movie Night & Popcorn: <i>The Great Outdoors</i> (3A)</p>	<p>8</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Cooking Creation: Salt Dough (C) 1:30 Talk n' Toss Ball (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Hydration and Humor (P) 6:00 Resident Run Blitz (2A)</p>
<p>9</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Fish or Fantasy Game (3A) 11:30 Wine and Dine (DR) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Father's Around the World (3A) 6:00 Front Porch Sitting (FP)</p>	<p>10</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Shuffle Board (3E) 1:30 Balance and Action (3E) 2:00 Kindly Canines (Building Wide) 2:00 Game Club: Connect Four (3A) 3:00 Documentary: <i>How Leonardo da Vinci Changed the World</i> (2A) 6:00 Resident Run Pinochle (2A)</p>	<p>11</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Prize Bingo (3A) 1:30 Crafty Creations: Walker Accessory (CN) 2:30 Bomb Pop Mocktails (CN) 3:00 Leonardo da Vinci Famous Facts (2A) 6:00 Unwind & Relax: Fireplace Sitting (BL)</p>	<p>12</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 9:30 Garden Club: Plant Upkeep (PD) 10:00 Dinning Committee Meeting (2A) 1:30 Make Your Own Sundae Day (CN) 3:00 Resident Meetings with David Leader (2A) 3:00 Dementia Care Partner Support Group (CN) 6:00 Resident Run Sequence (2A)</p>	<p>13</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Sunshine and Slushy Run (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Game Club: Dominoes (3A) 6:00 Wii Bowling League (3E)</p>	<p>14</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Ed-U Presentation: <i>Hydration</i> with Bayada Home Healthcare (2A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Catholic Mass with Corpus Christi Catholic Church (2A) 3:00 Red, White & Blue Social (P) 6:00 Movie Night & Popcorn: <i>Father of the Bride</i> (3A) Flag Day</p>	<p>15</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Walk & Stroll Club (FL) 1:30 Talk n' Toss Ball (3A) 2:00 Slat Dough Crafting Creation Finale - Paint (C) 3:00 Hydration and Humor (P) 6:00 Resident Run Blitz (2A)</p>
<p>16</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Father's Day Brunch **\$(P) 12:00 Father's Day Brunch **\$(P) 2:00 Worship Service (2A) 3:00 Puzzle Club (3A) 6:00 Yahtzee (2A)</p> <p style="text-align: center;">Father's Day</p>	<p>17</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Father's Day Jeopardy (3A) 1:30 Balance and Action (3E) 2:00 <i>Great Events of the American Revolution</i> Featuring Joe & Delores McDevitt (2A) 3:00 Documentary: <i>Benjamin Franklin, Founding Father of a Nation</i> (2A) 6:00 Resident Run Poker (2A)</p>	<p>18</p> <p>9:00 Men's Club Invites You to: Fishing and Lunch at Mercersburg Sportsmans Club **(OOB) 9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Prize Bingo (3A) 1:30 Crafty Creation: Popsicle Stick Wall Hanger (CN) 2:30 Root Beer Floats (CN) 3:00 Father's Day Trivia (P) 6:00 Unwind & Relax: Fireplace Sitting (BL)</p>	<p>19</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Garden Club: Plant Upkeep (PD) 1:30 Blood Pressure Clinic (2A) 2:00 Community Meeting With Department Managers (2A) 3:00 Juneteenth True or False (P) 6:00 Horseshoes (3E)</p> <p style="text-align: center;">Juneteenth</p>	<p>20</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Mid Week Worship Service (CN) 10:00 Directional Dance Class (BL) 1:15 Day Excursion: Summertime Ride (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Game Club: Dealer's Choice (3A) 6:00 Wii Bowling League (3E)</p>	<p>21</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Horseshoes (3E) 1:30 Walk and Stroll Mail Check (MR) 2:00 TED Talk: <i>5 Lessons of Happiness From Pop Fame to Poisonous Snakes</i> With Mike Posner (2A) 3:00 Table Topics with Little Debbie Snack Cakes 6:00 Movie Night & Popcorn: <i>The Kid</i> (3A)</p>	<p>22</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 PO-KE-NO (3A) 3:00 Hydration and Humor (P) 6:00 Resident Run Blitz (2A)</p>
<p>23</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Sunday Sitcom: <i>Leave it to Beaver</i> (3A) 11:30 Wine and Dine (DR) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Measuring Up Game (3A) 6:00 Front Porch Sitting (FL)</p>	<p>24</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Horseshoes (3E) 1:30 Balance and Action (3E) 2:00 A "Tall" Order of Trivia (3A) 3:00 Documentary: <i>The Art of Design Bjarke Ingels: Architecture</i> (2A) 6:00 Resident Run Poker (2A)</p>	<p>25</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Prize Bingo (3A) 1:30 Air Dry Clay Mosaics (CN) 2:30 Ginger Ale and Pretzels (CN) 3:00 Art Works, Movements, Museums, & Birthplace Trivia (P) 6:00 Unwind & Relax: Fireplace Sitting (BL)</p>	<p>26</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Creative Journaling (3A) 1:30 Edible Beach Cups (CN) 2:00 Rosary with Corpus Christi Catholic Church (2A) 2:30 Relaxing on the Patio (CN) 3:00 Garden Club: Plant Upkeep (PD) 6:30 Gospel Hymns with Spring Valley Mennonite Church (2A)</p>	<p>27</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Rita's Italian Ice (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Game Club: Kerplunk (3A) 6:00 Wii Bowling League (3E)</p>	<p>28</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Cornhole Tournament (BL) 1:30 Walk and Stroll Mail Check (MR) 2:00 Headbandz Guessing Game (2A) 3:00 Smores Outdoors (BY) 6:00 Movie Night & Popcorn: <i>The Hindenburg</i> (3A)</p>	<p>29</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Walk and Stroll Club (HW) 1:30 Talk n' Toss Ball (3A) 2:00 June Brain Games (3A) 3:00 Hydration and Humor (P) 6:00 Resident Run Blitz (2A)</p>