

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	
30 9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:00 Front Porch Sitting (FL)	Calendar Key: Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Back Lobby (BL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections (CN), Pub Deck (PD) Back Yard (BY) **Registration Required, \$\$ Cost Involved	<h1>Community Life</h1>			<h1>June 2024</h1>		1 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops (C) 10:00 Design Club: Painting Wood Crafts(C) 11:00 Local Fares: Windy Knoll **\$\$ (OOB) 2:00 Nickel Bingo \$\$ (2A) 3:00 Game Club: Scrabble (C) 6:00 Card Club: Rummy (2A)
2 9:00 Light & Lively Exercise (3E) 9:30 June IQ Trivia Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:00 Yahtzee! (2A) 6:00 Resident Run Pinochle (3A)	3 9:00 Light & Lively Exercise (3E) 9:30 Who, What, Where? Who Am I? (L) 10:00 Community Life Planning Mtg. (P) 1:30 Balance & Action (3E) 2:00 Prize Bingo (2A) 3:00 Documentary: <i>The 10 Most Famous Works of Art by Michelangelo</i> (2A) 6:00 Resident Run Blitz (2A)	4 9:00 Sit & Be Fit Exercise (3E) 9:30 Shopping Trip: Walmart **\$\$ (OOB) 10:00 Circle of Friends w/ Chap Rick (PDR) 1:30 Acrylic Canvas Paintings (C) 2:00 Contagious Living Life Chats with Chaplain Rick (2A) 3:00 New Resident Wine & Cheese Social with Katie S. (P) 6:00 Card Club: Dealer's Choice (2A)	5 9:00 Seated Weights with Leah (3E) 10:00 Cooking Creation: Paint Pallet Sugar Cookies (C) 1:30 Balance & Action (3E) 2:00 Jeopardy! (2A) 3:00 Helping Hands: Setting the Tables (PD) 4:30 Dinner on the Deck (PD) 6:00 Wednesday Winddown at the Fireplace (BL)	6 9:00 Balloon Ball Exercise (3E) 10:00 Directional Dance Class (BL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Bob Ross Tutorial Painting(C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:00 Wii Bowling League (3E)	7 9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Community Service: Flag Day (FL) 1:30 Balance & Action (3E) 2:00 Musical Entertainment Featuring Jazz Musician Robert Banks (2A) 3:00 Never Have I Ever with Frozen Novelty Dessert (P) 6:00 Movie & Popcorn: <i>The Great Outdoors</i> (3A)	8 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops (C) 10:00 Cooking Creation: Salt Dough (C) 11:00 Local Fares: Jim's Farmers Market **\$\$ (OOB) 2:00 Nickel Bingo \$\$ (2A) 3:00 Game Club: Scrabble (C) 6:00 Card Club: Rummy (2A)	
9 9:00 Light & Lively Exercise (3E) 9:30 Flag Day Trivia Handout (L) 10:00 Polish and Paint Nail Service (BL) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:00 Front Porch Sitting (FL) 6:00 Resident Run Pinochle (3A)	10 9:00 Light & Lively Exercise (3E) 10:00 Birthday Gang Committee Mtg. (L) 1:30 Balance & Action (3E) 2:00 Kindly Canines (Building Wide) 2:00 Prize Bingo (2A) 3:00 Documentary: <i>How Leonardo da Vinci Changed the World</i> (2A) 6:00 Resident Run Blitz (2A)	11 9:00 Sit & Be Fit Exercise (3E) 10:00 Shopping Trip: Hagerstown Valley Mall **\$\$ (OOB) 10:00 Circle of Friends w/ Chap Rick (PDR) 11:00 Franklin Co. Bookmobile (LD) 1:30 Acrylic Canvas Paintings (C) 2:00 Contagious Living Life Chats with Chaplain Rick (2A) 3:00 Leonardo da Vinci Famous Facts (2A) 6:00 Card Club: Dealer's Choice (2A)	12 9:00 Seated Weights with Leah (3E) 10:00 Dining Committee Meeting (2A) 1:30 Creating Art with Salt Dough (C) 2:00 Musical Entertainment Featuring Tom Shultz (2A) 3:00 Resident Meetings with David Leader (2A) 3:00 Dementia Care Partner Support Group (CN) 6:00 Resident Run Sequence (2A)	13 8:00 Donuts for Dads ** (C) 9:00 Yoga with Beth (3E) 10:00 Garden Club (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:00 Wii Bowling League (3E)	14 Flag Day 9:00 Light & Lively Exercise (3E) 10:00 Ed-U Presentation: <i>Hydration</i> with Bayada Home Healthcare (2A) 1:30 Musical Entertainment Featuring Jay Smar (3A) 2:00 Catholic Mass with Corpus Christi Catholic Church (2A) 3:00 Red, White & Blue Social (P) 6:00 Movie & Popcorn: <i>Father of the Bride</i> (3A)	15 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops (C) 10:00 Walk & Roll Club (FL) 1:30 Stair Stepper Exercise (3E) 2:00 Salt Dough Crafting Creation Finale- Paint (C) 3:00 Game Club: Scrabble (C) 6:00 Card Club: Rummy (2A)	
16 9:00 Light & Lively Exercise (3E) 9:30 Father's Around the World Handout (L) 10:00 Father's Day Brunch **\$\$ (P) 12:00 Father's Day Brunch **\$\$ (P) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:00 Yahtzee! (2A) 6:00 Resident Run Pinochle (2A) Father's Day	17 9:00 Light & Lively Exercise (3E) 9:30 Who, What, Where? Who Am I? (L) 10:00 Resident Safety Cmt. Mtg. (2A) 1:30 Balance & Action (3E) 2:00 <i>Great Events of the American Revolution</i> Featuring Joe and Dolores McDevitt (2A) 3:00 Documentary: <i>Benjamin Franklin- Founding Father of a Nation</i> (2A) 6:00 Resident Run Blitz (2A)	18 9:00 Sit & Be Fit Exercise (3E) 9:00 Men's Club Invites You to: Fishing and Lunch @ Mercersburg Sportmans Club ** (OOB) 1:30 Acrylic Canvas Paintings (C) 2:00 Contagious Living Life Chats with Chaplain Rick (2A) 3:00 Father's Day Trivia (P) 6:00 Card Club: Dealer's Choice (2A)	19 9:00 Seated Weights with Leah (3E) 10:00 Destination Discovery: Waynesboro-Renfrew **\$\$ (OOB) 2:00 Community Meeting with Department Managers (2A) 3:00 Juneteenth Truth or False (P) 4:30 Dinner on the Deck (PD) 6:00 Wednesday Winddown at the Fireplace (BL) Juneteenth	20 9:00 Balloon Ball Exercise (3E) 10:00 Directional Dance Class (BL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 3:00 The Longest Day (CN) 6:00 Wii Bowling League (3E)	21 9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 1:00 Workout with Julie From Powerback Rehabilitation (3E) 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 (2A) 6:30 Movie & Popcorn: <i>The Kid</i> (3A)	22 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops(C) 10:00 Blood Pressure Clinic (P) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$\$ (2A) 3:00 Game Club: Scrabble (C) 6:00 Card Club: Rummy (2A)	
23 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (BL) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:00 Front Porch Sitting (FL) 6:00 Resident Run Pinochle (2A)	24 9:00 Light & Lively Exercise (3E) 10:00 New Resident Welcome Orientation (C) 1:30 Balance & Action (3E) 2:00 Prize Bingo (2A) 3:00 Documentary: <i>The Art of Design- Bjarke Ingels: Architecture</i> (2A) 6:00 Supporting Healthy Food Choices with Gayle B.(C)	25 9:00 Sit & Be Fit Exercise (3E) 9:30 Shopping Trip: Dollar Tree \$\$ (OOB) 10:00 Circle of Friends w/ Chap Rick (PDR) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Contagious Living Life Chats with Chaplain Rick (2A) 3:00 Art Works, Movements, Museums, & Birthplace Trivia (P) 6:00 Card Club: Dealer's Choice (2A)	26 9:00 Seated Weights with Leah (3E) 10:00 Hallway Bowling (LD) 2:00 Rosary with Corpus Christi Catholic Church (2A) 2:00 Men's Club: Rita's Frozen Ice \$\$ (OOB) 3:00 Helping Hands: Setting the Tables (PD) 4:30 Dinner on the Deck (PD) 6:30 Gospel Hymns with Spring Valley Mennonite Church (2A)	27 9:00 Balloon Ball Exercise (3E) 10:00 Garden Club (FL) 11:00 Local Fares: Trojan Diner **\$\$ (OOB) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:00 Wii Bowling League (3E)	28 9:00 Light & Lively Exercise (3E) 10:00 Cornhole Tournament (BL) 1:30 Balance & Action (3E) 2:00 Headbandz Guessing Game (2A) 3:00 Smores Outdoors (FL) 6:00 Movie & Popcorn: <i>The Hindenburg</i> (3A)	29 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops (C) 10:00 Media Class with Leah (P) 11:00 Local Fares: Butcher Shoppe **\$\$ (OOB) 2:00 Nickel Bingo \$\$ (2A) 3:00 Game Club: Scrabble (C) 6:00 Card Club: Rummy (2A)	