

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

Richard Ameigh
Helen Hanto
Antoinette Cardosi
Linda Conaway
Bob Berlin



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

We are excited to kick off the shore season along the Perkiomen and hosting events on our patio space to enjoy the sun & warmth. Join us on a sunny day for a drink on the deck or a stroll along the walking path.

Please check out the entire calendar of events and join in with your loved ones on activities you enjoy. Including our Father's Day Fishing outing and lunch outings throughout the month.

If you have any questions or concerns in the meantime, please do not hesitate to reach out to me anytime.

With Gratitude,

Holly Williamson

Executive Director

Highlighted Events

6 - **Dining Out:** Jasmine Asian House

@ 11am

16 - **Father's Day Fishing** @ 11am

17 - **Housewarming Welcome Tea**

@ 3:30pm

20 - **EdU Presentation:** Health talk

with Powerback @ 1:30pm

26 - **Wine & Dine** @ 4:30pm

Welcome New Residents

Julie T.

Paul K.

Betty R.

Arlene U.

Josette S.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>30</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Coffee and Conversation (CR) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 11:00 Community Board Games (P) 1:30 Ecumenical Service with Chaplain Leighton (CR) 2:30 Crafting Club: Sun Catchers (AR) 6:00 Movie: <i>Damn Yankees</i> (T)</p>	<p>Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activity Room (C) Connections Neighborhood (CR) Community Room (DR) Dining Room (ML) Main Lobby (OL) Old Lobby (OP) Outside Porch (OS) Outside (OOB) Out of Building (P) Pub</p>	<p>THE Club</p>					<p>1</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Search for June Word Game (CR) 11:00 Coffee & Conversations (P) 1:30 Bingo (AR) 2:30 Walking Club (OOB) 3:30 Happy Hour (P) 6:00 Movie: <i>The Peanut Butter Falcon</i> (T)</p>
<p>2</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 11:00 Finish the Phrase (P) 1:30 Ecumenical Service with Chaplain Leighton (CR) 2:30 Crafting Club: Mosaic Stone (AR) 3:30 Stroll & Roll (OP) 6:00 Movie: <i>The Music Man</i> (T)</p>	<p>3</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Crafty Crew: Making Cork Sailboats (C) 11:00 Lunch Bunch: Pizza Stop **\$\$\$ (OOB) 1:30 Candy Bar Bingo (AR) 2:30 Nadine's Music & Meditation (P) 3:30 Paint and Create: Fireflies (CR) 6:00 Movie: <i>Second Hand Lions</i> (T)</p>	<p>4</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Cork Sailboat Racing (C) 11:00 Ed-U Watch & Learn <i>Climate Change</i> (T) 1:30 Bowling (AR) 2:30 Circle of Friends (T) 3:30 St. Eleanor's Live Catholic Mass (CR) 6:00 Prize Bingo with Madison (AR)</p>	<p>5</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Rosary with St. Eleanor's (T) 11:00 Virtual Boat Ride (CR) 1:30 Look Who's Dancing Dancercise (C) 2:30 Mid-Week Worship Service (CR) 3:30 Ladder Ball (OP) 4:30 Wine & Dine (DR) 6:00 Nickel Bingo \$\$ (AR)</p>	<p>6</p> <p>9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit (CR) 10:30 Camping Word Search (CR) 1:30 Aerobic Drumming (CR) 2:30 Kitchen Helpers: Strawberry Jam (AR) 3:30 Think & Drink Trivia (P) 6:00 Resident Run Wii Sports (CR)</p>	<p>7</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Donut Day Celebration (CR) 11:00 Resident Spotlight: Nancy J. (CR) 1:30 Bingo Bucks (AR) 2:30 Donut Word Search (CR) 3:00 Pet Therapy with Stoffy (ML) 3:30 Happy Hour and Entertainment (P) 6:00 Friday Night Shabbat (T)</p>	<p>8</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Jeopardy (T) 11:00 Coffee & Conversation (P) 1:30 Bingo (AR) 2:30 Cardio Drumming (CR) 3:30 Happy Hour (P) 6:00 Movie: <i>Smokey and the Bandit</i> (T)</p>	
<p>9</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 11:00 Community Board Games (P) 1:30 Ecumenical Service with Chaplain Leighton (CR) 2:30 Crafting Club: Paper Flowers (AR) 3:30 Stroll & Roll (OP) 6:00 Movie: <i>In the Heights</i> (T)</p>	<p>10</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Kitchen Helpers: Making Smores (C) 11:00 Out Camping Word Search (CR) 1:30 Candy Bar Bingo (AR) 2:30 Nadine's Music & Meditation (P) 3:30 June Birthday Party (P) 6:00 Movie: <i>Daddy Day Care</i> (T)</p>	<p>11</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Camping Trivia (iN2L) (C) 11:00 Walking Club (OOB) 1:30 Balloon Volleyball (CR) 2:30 Circle of Friends (T) 3:30 Happy Hour (P) 6:00 Prize Bingo with Madison (AR)</p>	<p>12</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Rosary with St. Eleanor's (T) 11:00 Virtual Camping Experience (CR) 1:30 Cornhole (OP) 2:30 Mid-Week Service (CR) 3:30 Name That Tune (P) 4:30 Wine & Dine (DR) 6:00 Nickel Bingo \$\$ (AR)</p>	<p>13</p> <p>9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit (CR) 10:30 Crafty Crew: Making Father's Day Cards for Community (C) 1:30 Community Meeting with Holly (AR) 2:30 Noodle Volley (CR) 3:30 Think & Drink Trivia (P) 6:00 Resident Run Wii Sports (AR)</p>	<p>14</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 ED-U: <i>History of the USA Flag</i> (CR) 10:30 Kitchen Helpers: Making Flag Cake (AR) 1:30 Bingo Bucks (AR) 2:30 American Flag Word Search (CR) 3:00 Guess the Country's Flag (CR) 3:30 Happy Hour and Entertainment (P) Flag Day</p>	<p>15</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 What am I? (AR) 11:00 Coffee & Conversation (P) 1:30 Bingo (AR) 2:30 Cardio Drumming (CR) 3:30 Happy Hour (P) 6:00 Movie: <i>Showboat</i> (T)</p>	
<p>16</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 11:00 Father's Day Fishing (AR) 1:30 Ecumenical Service with Chaplain Leighton (CR) 2:30 Crafting Club: Mug Making (AR) 6:00 Movie: <i>Fatherhood</i> (T) Father's Day</p>	<p>17</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Crafty Crew: Make A Storm Cloud (C) 11:00 Crazy Weather Facts and Trivia (CR) 1:30 Candy Bar Bingo (AR) 2:30 Nadine's Music & Meditation (P) 3:30 Name That Tune (CR) 6:00 Movie: <i>Grumpy Old Men</i> (T)</p>	<p>18</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Science for Seniors: Tornado in a Bottle Experiment (C) 11:00 Walking Club (OOB) 1:30 Bowling (AR) 2:30 Circle of Friends (T) 3:30 Happy Hour (P) 6:00 Prize Bingo with Madison (AR)</p>	<p>19</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Rosary with St. Eleanor's (T) 11:00 Virtual Trip to Hershey Park (CR) 1:30 Look Who's Dancing Dancercise (C) 2:30 Mid-Week Worship Service (CR) 3:30 Older Wiser Lads Socializing Club (P) 4:30 Wine & Dine (DR) 6:00 Nickel Bingo \$\$ (AR)</p>	<p>20</p> <p>9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit (CR) 10:30 Weather Simulator Experience (T) 1:30 Noodle Volley (CR) 2:30 Sing-Along (CR) 3:30 Think & Drink Trivia (P) 6:00 Resident Run Wii Sports (AR)</p>	<p>21</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Finish the Phrase (P) 11:00 Walking Club (AR) 1:30 Bingo Bucks (AR) 2:30 Hershey Word Search (CR) 3:00 Pet Therapy with Stoffy (ML) 3:30 Happy Hour and Entertainment (P) 6:00 Friday Night Shabbat (T)</p>	<p>22</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 June Wedding Word Search (CR) 1:30 Bingo (AR) 2:30 Cardio Drumming (CR) 3:30 Happy Hour (P) 6:00 Movie: <i>My Big Fat Greek Wedding 2</i> (T)</p>	
<p>23</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 11:00 Checkers Tournament (P) 1:30 Ecumenical Service with Chaplain Leighton (CR) 2:30 Crafting Club: Pressed Flowers (AR) 3:30 Stroll & Roll (OP) 6:00 Movie: <i>Rock of Ages</i> (T)</p>	<p>24</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Shopping Trip: Dollar Store (OOB) 1:30 Candy Bar Bingo (AR) 2:30 Nadine's Music & Meditation (P) 3:30 Happy Hour (P) 6:00 Movie: <i>Ferris Buller's Day Off</i> (T)</p>	<p>25</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Kitchen Helpers: Making Dog Treats for local SPCA (C) 11:00 Walking Club (OOB) 1:30 Balloon Volley (CR) 2:30 Circle of Friends (T) 3:30 Happy Hour (P) 6:00 Prize Bingo with Madison (AR)</p>	<p>26</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Rosary with St. Eleanor's (T) 11:00 Lighthouse Word Search (CR) 1:30 Bingo (C) 2:30 Mid-Week Worship Service (CR) 3:30 Name That Tune (P) 4:30 Wine & Dine (P) 6:00 Nickel Bingo \$\$ (AR)</p>	<p>27</p> <p>9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit (CR) 10:30 Sing-Along (CR) 1:30 Aerobic Drumming (C) 2:30 Word Games (CR) 3:30 Think & Drink Trivia (P) 6:00 Resident Run Wii Sports (CR)</p>	<p>28</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Patriotic Craft (C) 11:00 Walking Club (AR) 1:30 Bingo Bucks (AR) 2:30 Searching for America (CR) 3:30 Happy Hour (P) 6:00 Friday Night Shabbat (T)</p>	<p>29</p> <p>9:15 Morning Meeting (CR) 9:30 Sit and Be Fit (CR) 10:00 Shuffleboard (AR) 11:00 Coffee & Conversation (P) 1:30 Bingo (AR) 2:30 Cardio Drumming (CR) 3:30 Happy Hour (P) 6:00 Movie: <i>Yesterday</i> (T)</p>	