

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>9:30 Sunrise Stretching (P) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 11:00 Community Board Games (P) 1:30 Ecumenical Communion Service with Chaplin Leighton (CR) 2:30 Crafting Club: Sun Catchers (AR) 3:30 Stroll & Roll (OP) 6:00 Movie: <i>Damn Yankees</i> (T)</p>	<p>Calendar Key: **Registration Required \$\$ Cost Involved (LIB) Library (CR) Community Room (DR) Dining Room (T) Theater (AR) Activity Room (ML) Main Lobby (C) Connections Neighborhood (P) Pub (OOB) Out Of Building (OL) Old Lobby (OS) Outside (OP) Outside Porch</p>				<h1>June 2024</h1>		<p>1</p> <p>9:30 Sit & Be Fit (P) 10:00 June Trivia (AR) 11:00 Coffee & Conversations (P) 1:30 Bingo (AR) 2:30 Card Game: Blackjack (P) 3:30 Happy Hour (P) 6:00 Movie: <i>The Peanut Butter Falcon</i> (T)</p>
<p>2</p> <p>9:30 Sunrise Stretching (P) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 11:00 Finish the Phrase (P) 1:30 Ecumenical Service with Chaplin 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>9:30 Light & Lively (P) 10:00 Bible Study with Chaplin Leighton (T) 11:00 Fresh Floral Arranging (AR) 1:30 Candy Bar Bingo (AR) 2:30 Music & Meditation (P) 3:30 Welcome Committee Meeting (P) 6:00 Movie: <i>Second Hand Lions</i> (T)</p>	<p>4</p> <p>9:30 Sit & Be Fit (CR) 10:00 Shopping Trip: Wal-Mart **\$\$ (OOB) 11:00 Ed-U Watch & Learn: <i>Climate Change</i> (T) 1:30 Bowling (AR) 2:00 Words on Wheels (OL) 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>9:30 Sit & Be Fit (CR) 10:00 Rosary with St. Eleanor's Catholic Church (T) 11:00 Destination Discovery: Welcome to Washington State (T) 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>9:45 Catholic Communion with St. Eleanor's (T) 10:00 Sit & Be Fit Exercise (CR) 11:00 Dine-Out: Jasmine Asian House **\$\$ (OOB) 1:30 Community Life Planning Meeting (AR) 2:30 Book Club (OL) 3:30 Think & Drink Trivia (P) 6:00 Resident Run Wii Sports (AR)</p>	<p>7</p> <p>9:30 Light & Lively Exercise (P) 10:00 Finish the Phrase (P) 11:00 Resident Spotlight: Nancy J. (CR) 1:30 Bingo Bucks (AR) 2:30 Gardening Club (AR) 3:30 Happy Hour and Entertainment (P) 6:00 Friday Night Shabbat (T)</p>	<p>8</p> <p>9:30 Sit & Be Fit (P) 10:00 Jeopardy (T) 11:00 Coffee & Conversations (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>9:30 Sunrise Stretching (P) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 11:00 Community Board Games (P) 1:30 Ecumenical Communion Service with Chaplin 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>9:30 Light & Lively (P) 10:00 Bible Study with Chaplin Leighton (T) 11:00 Fresh Floral Arranging (AR) 1:30 Candy Bar Bingo (AR) 2:30 Music & Meditation (P) 3:30 June Birthday Party (P) 6:00 Movie: <i>Daddy Day Care</i> (T)</p>	<p>11</p> <p>9:30 Sit & Be Fit (CR) 10:00 Shopping Trip: Dollar Tree **\$\$ (OOB) 11:00 Ed-U Watch & Learn: Great Leaders-Great Legends (T) 1:30 Balloon Volleyball 2:30 Circle of Friends (T) 3:30 Happy Hour (P) 6:00 Prize Bingo with Madison (AR)</p>	<p>12</p> <p>9:30 Sit & Be Fit (CR) 10:00 Rosary with St. Eleanor's Catholic Church (T) 11:00 Destination Discovery: Space Needle (T) 1:30 Cornhole (OP) 2:30 Mid-Week Worship Service (CR) 3:30 Name That Tune (P) 4:30 Wine & Dine (DR)</p>	<p>13</p> <p>9:45 Catholic Communion with St. Eleanor's (T) 10:00 Sit & Be Fit Exercise (CR) 11:00 Dine-Out: Moccia's Train Stop **\$\$ (OOB) 1:30 Community Meeting with Holly (AR) 2:30 Book Club (OL) 3:30 Think & Drink Trivia (P) 6:00 Resident Run Wii Sports (AR)</p>	<p>14</p> <p>9:30 Light & Lively Exercise (P) 10:00 Finish the Phrase (P) 11:00 Community Word Search (P) 1:30 Bingo Bucks (AR) 2:30 Gardening Club (AR) 3:30 Happy Hour and Entertainment (P) 6:00 Friday Night Shabbat (T)</p> <p style="text-align: center;">Flag Day</p>	<p>15</p> <p>9:30 Sit & Be Fit (P) 10:00 What am I? (AR) 11:00 Coffee & Conversations (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>9:30 Sunrise Stretching (P) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 11:00 Fathers Day Fishing (AR) 1:30 Ecumenical Communion Service with Chaplin Leighton (CR) 2:30 Crafting Club: Mug Making (AR) 3:30 Stroll & Roll (OP) 6:00 Movie: <i>Fatherhood</i> (T) Father's Day</p>	<p>17</p> <p>9:30 Light & Lively (P) 10:00 Bible Study with Chaplin Leighton (T) 11:00 Fresh Floral Arranging (AR) 1:30 Candy Bar Bingo (AR) 2:30 Music & Meditation (P) 3:30 High Tea Housewarming (P) 6:00 Movie: <i>Grumpy Old Men</i> (T)</p>	<p>18</p> <p>9:30 Sit & Be Fit (CR) 10:00 Shopping Trip: Redners **\$\$ (OOB) 11:00 Ed-U Watch & Learn: <i>Dickens & Childhood Fictions</i> (T) 1:30 Bowling (AR) 2:00 Words on Wheels (OL) 2:30 Circle of Friends (T) 3:30 Happy Hour (P) 6:00 Prize Bingo with Madison (AR)</p>	<p>19</p> <p>9:30 Sit & Be Fit (CR) 10:00 Rosary with St. Eleanor's Catholic Church (T) 11:00 Destination Discovery: National Parks Tour (T) 1:30 Look Who's Dancing Dancercise (P) 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) Juneteenth</p>	<p>20</p> <p>9:45 Catholic Communion with St. Eleanor's (T) 10:00 Sit & Be Fit Exercise (CR) 11:00 Dine-Out: Avocado Mexican Taqueria **\$\$ (OOB) 1:30 Health Talk with Powerback Rehabilitation (AR) 2:30 Book Club (OL) 3:30 Think & Drink Trivia (P) 6:00 Resident Run Wii Sports (AR)</p>	<p>21</p> <p>9:30 Light & Lively Exercise (P) 10:00 Finish the Phrase (P) 11:00 Walking Club (OOB) 1:30 Bingo Bucks (AR) 2:30 Gardening Club (AR) 3:30 Happy Hour and Entertainment (P) 6:00 Friday Night Shabbat (T)</p>	<p>22</p> <p>9:30 Sit & Be Fit (P) 10:00 Jeopardy (T) 11:00 Coffee & Conversations (P) 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>9:30 Sunrise Stretching (P) 10:30 Livestream Catholic Mass with St. Eleanor's (T) 11:00 Checkers Tournament (P) 1:30 Ecumenical Communion Service with Chaplin 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>9:30 Light & Lively (P) 10:00 Bible Study with Chaplin Leighton (T) 11:00 Fresh Floral Arranging (AR) 1:30 Candy Bar Bingo (AR) 2:30 Music & Meditation (P) 3:30 Music & Cocktails (P) 6:00 Movie: <i>Ferris Buller's Day Off</i> (T)</p>	<p>25</p> <p>9:30 Sit & Be Fit (CR) 10:00 Shopping Trip: Boscov's **\$\$ (OOB) 11:00 Ed-U Watch & Learn: <i>Art & Culture of Armenia</i> (T) 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>9:30 Sit & Be Fit (CR) 10:00 Rosary with St. Eleanor's Catholic Church (T) 11:00 Destination Discovery: Lighthouse Tour (T) 2:30 Mid-Week Worship Service (CR) 3:30 Name That Tune (P) 4:30 Wine & Dine (DR) 6:00 Nickel Bingo \$\$ (AR)</p>	<p>27</p> <p>9:45 Catholic Communion with St. Eleanor's (T) 10:00 Sit & Be Fit Exercise (CR) 11:00 Dine-Out: Eagleville Tavern **\$\$ (OOB) 1:30 Dining Committee with Chad (AR) 2:30 Book Club (OL) 3:30 Think & Drink Trivia (P) 6:00 Resident Run Wii Sports (AR)</p>	<p>28</p> <p>9:30 Light & Lively Exercise (P) 10:00 Finish the Phrase (P) 11:00 Community Word Search (P) 1:30 Bingo Bucks (AR) 2:30 Gardening Club (AR) 3:30 Happy Hour and Entertainment (P) 6:00 Friday Night Shabbat (T)</p>	<p>29</p> <p>9:30 Sit & Be Fit (P) 10:00 Shuffleboard (AR) 11:00 Coffee & Conversations (P) 1:30 Bingo (AR) 2:30 Cardio Drumming (CR) 3:30 Happy Hour (P) 6:00 Movie: <i>Yesterday</i> (T)</p>	