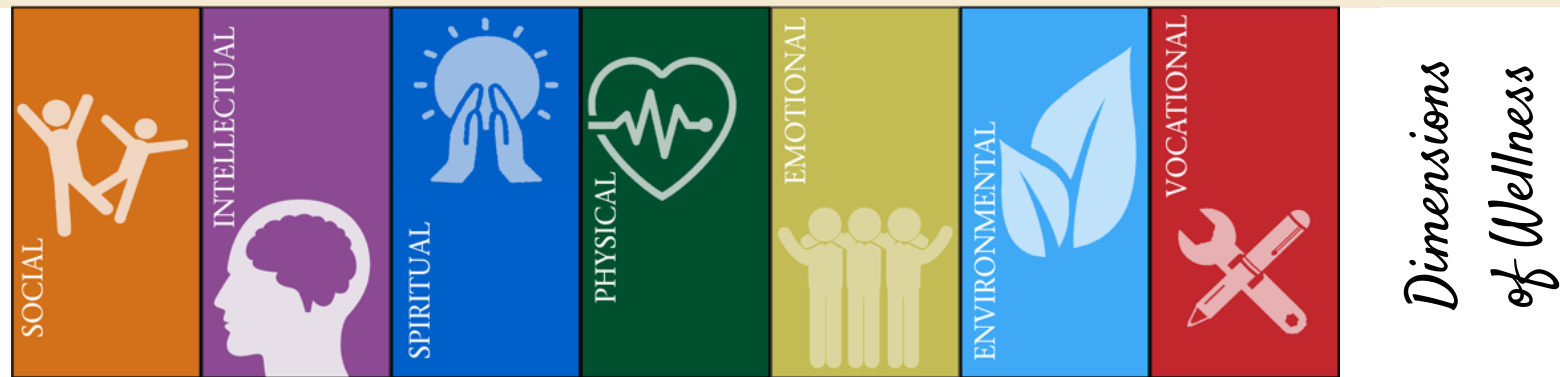


Focus on Wellness

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

June Brandt
Glenn Funk
Matthew Coughlin
Catherine Miller
Ron Toomey
Bill Myers

Florence Miller
Bernadine Tomlinson
Bill Baker
Dorothy Ruf



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 - it was a wonderful time to celebrate our residents, families & team members!

There are more events for residents, families & friends coming up - including our **Father's Day Brunch on June 16th**. Please RSVP by calling reception to reserve a spot with your loved one at 10:30am or 12:30pm.

With the lovely weather finally shining through, please take advantage of our awesome walking path, front patio and 100 patio. Enjoy the sun.

Best,

Howard Holben

Executive Director

Highlighted Events

- 12 - **Youth Night:** SAGE with Stillmeadow Church @ 6pm
- 13 - **Musical Entertainment:** One-man band @ 2pm
- 16 - **Father's Day Brunch** @ 10:30am or 12:30pm - *call for reservations!*
- 21 - **Men's Club:** Brewvinos @ 3:30pm
- 25 - **York Revolution Baseball Game Outing** @ 5:15pm

Welcome New Residents

Charlotte B.
Jessie R.
Earl H.
Sandra H.
Delores S.
Joseph L.
James F.
Chris H.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
30 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 1:15 Crafters Corner: Bubble Art (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (P) Pub (FL) Front Lobby (FP) Front Porch (DRP) Dining Room Patio	THE Club			June 2024		1 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Doughnut Mind if I Do (AR) 10:30 Around the World Today (AR) 1:30 National Red Rose Day (CR) 2:00 Wall Jeopardy (AR) 3:00 Sun Tea and Conversation (AR) 6:00 Resident Card Club (AR)
2 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 1:15 Crafters Corner: Floral Buttons (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	3 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:15 Memory Magic (CN) 10:15 Dining Service Meeting (P) 1:00 Catholic Communion (CR) 1:30 Musical Therapy with Melody (AR) 1:30 Connections Club Country Ride (OOB) 3:00 Monday Mocktail: Sun Punch (CR) 6:00 Rummikub (AR)	4 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:15 Crafty Corner with Friends: Wooden Cars (CN) 1:30 Circle of Friends (CR) 2:00 Ed-U Presentation by Bayada (AR) 2:30 Refreshments and Reminisce (CN) 3:30 Cranium Crunches: Quick Thinking (P) 6:00 Visita from Girl Scouts (AR)	5 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Giant **\$(OOB) 10:00 Bible Trivia (CR) 10:15 Donut Jingo (AR) 1:30 Mid Week Worship Service (CR) 2:30 Icebreakers and Ice Pops (DRP) 3:00 Faith Studies (CR) 6:00 Popcorn and Movie: Stagecoach (AR)	6 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Hymn Sing w/ Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 10:45 Themed Trivia & Drinks (AR) 1:15 Bake Away Café with Friends: Apple Sauce Cake (AR) 2:00 Devotions with Chaplain Shawn (CN) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	7 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:00 iN2L © Programming: All About Donuts (AR) 10:30 Cranium Crunches (AR) 1:30 Bingo with Friends (CN) 3:00 Donuts and Discussion (CN) 3:00 Men's Club Darts and Discussion (P) 6:00 Resident Run Bingo (AR)	8 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Doughnut Mind if I Do (FL) 10:00 Walk in the Park (OOB) 10:30 Around the World Today (AR) 1:30 Remembering Patsy Cline (AR) 2:00 Wall Jeopardy (AR) 3:00 Sun Tea and Conversation (AR) 6:00 Resident Card Club (AR)	
9 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 1:15 Crafters Corner: Gnome Planter (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	10 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:15 Memory Magic (CN) 10:15 Cooking Club: Chicken Bites (AR) 1:00 Catholic Communion (CR) 1:30 Musical Therapy with Melody (AR) 1:30 Connections Club Country Ride (OOB) 3:00 Monday Mocktail: Refresher (CR) 6:00 Rummikub (AR)	11 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:15 Crafty Corner with Friends: Picnic Utensil Holder (CN) 1:30 Circle of Friends (CR) 2:00 Providence Place Bowling (AR) 2:30 Refreshments and Reminisce (CN) 3:30 Cranium Crunches: Quick Thinking (P) 6:00 Evening Bingo (AR)	12 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Walmart **\$(OOB) 10:00 Bible Trivia (CR) 10:15 What's in the Picnic Basket (AR) 1:30 Mid Week Worship Service (CR) 2:30 Floats and the Fifties (DRP) 3:00 Faith Studies (CR) 6:00 Youth Night SAGE w/Stillmeadow Church of the Nazarene (AR)	13 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Hymn Sing w/ Chaplain Shawn (CR) 10:45 Themed Trivia & Drinks (AR) 1:15 Bake Away Café with Friends: Fruit Flag Cake (CN) 2:00 Musical Entertainment with One Man Band Nick DiSanto (AR) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	14 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:00 iN2L © Programming: Flags of the World (AR) 12:00 Picnic with Pals (CN) 1:00 Bingo with Friends (CN) 2:00 Music Entertainment w/ Pat Kocen (AR) 6:00 Resident Run Bingo (AR) Flag Day	15 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Doughnut Mind if I Do (AR) 10:30 Around the World Today (AR) 2:00 Musical Entertainment with Tom & Randi (AR) 3:00 Sun Tea and Conversation (AR) 6:00 Resident Card Club (AR)	
16 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:30/12:30 Fathers Day Brunch (DR) 1:15 Musical Entertainment with Hershey Mennonite Church (FL) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP) Father's Day	17 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:15 Memory Magic (CN) 10:15 Cooking Club: Ham Salad (AR) 1:00 Catholic Communion (CR) 1:30 Musical Therapy with Melody (AR) 1:30 Connections Club Country Ride (OOB) 3:00 Monday Mocktail: Lemonade (CR) 6:00 Rummikub (AR)	18 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:15 Crafty Corner with Friends: Sea Shell Creations (CN) 2:00 Musical Entertainment with Joe Crispell (AR) 3:30 Cranium Crunches: Quick Thinking (P) 6:00 Evening Bingo (AR)	19 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Shopping trip: Target **\$(OOB) 10:00 Bible Trivia (CR) 10:15 Words in a Word Beaches (AR) 1:30 Mid Week Worship Service (CR) 3:00 Faith Studies (CR) 6:00 Game Night w/ Dover Women (AR) Juneteenth	20 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Hymn Sing w/ Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 10:45 Themed Trivia & Drinks (AR) 1:15 Bake Away Café with Friends: Flip Flop Cookies (CN) 2:00 Celebration of Life Service (CR) 3:00 1st Days of Summer Party (100P) 6:00 Pinochle (AR)	21 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:00 iN2L © Programming: World Music Day (AR) 10:30 Cranium Crunches (AR) 1:30 Bingo with Friends (CN) 3:30 Men's Club Dining Outing Brewvino's **\$(OOB) 6:00 Resident Run Bingo (AR)	22 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Doughnut Mind if I Do (FL) 10:00 Walk in the Park (OOB) 10:30 Around the World Today (AR) 1:30 Blue Butterfly Day (CR) 2:00 Wall Jeopardy (AR) 3:00 Sun Tea and Conversation (AR) 6:00 Resident Card Club (AR)	
23 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 1:15 Crafters Corner: Mini Door Hangers (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	24 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:15 Meaningful Bakes: Cookies (CN) 1:00 Catholic Communion (CR) 1:30 Musical Therapy with Melody (AR) 1:30 Connections Club Country Ride (OOB) 3:00 Monday Mocktail: Galaxy Drink (AR) 6:00 Rummikub (AR)	25 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:15 Birthday Baking with Friends (CN) 1:30 Circle of Friends (CR) 2:00 Providence Place Bowling (AR) 3:30 Cranium Crunches: Quick Thinking (P) 4:00 Support Group (CR) 5:15 Night Out York Revolutions Baseball game \$\$**(OOB)	26 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Shopping trip: Dollar Tree **\$(OOB) 10:15 Chocolate Pudding Treats (AR) 1:30 Mid Week Worship Service (CR) 2:00 Flight Club with Chef Joe (P) 3:00 Faith Studies (CR) 4:00 Chef on Deck with Paul **(P)	27 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Hymn Sing w/ Chaplain Shawn (CR) 10:45 Themed Trivia & Drinks (AR) 1:15 Bake Away Café with Friends: Pineapple Fluff (CN) 2:00 Ed-U Presentation: West Shore Wild Life Center (AR) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	28 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:00 iN2L © Programming: Raggedy Ann History (AR) 10:30 Cranium Crunches (AR) 1:30 Bingo with Friends (CN) 3:00 Read Around: Paul Bunyan (CN) 6:00 Resident Run Bingo (AR)	29 9:10 Plan of the Day Reading (CR) 9:30 Morning Exercise (AR) 10:00 Doughnut Mind if I Do (AR) 10:30 Around the World Today (AR) 1:30 Dice Around the Clock (CR) 2:00 Wall Jeopardy (AR) 3:00 Sun Tea and Conversation (AR) 6:00 Resident Card Club (AR)	