

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 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 11:30/12 Wine and Dine (DR) 1:15 Crafters Corner: Bubble Art (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL)	Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building (AR) Activity Room (CR) Community Room (P) Pub (FL) Front Lobby (DR) Dining Room (BW) Building Wide (100P) 100 Patio	<h1>Community Life</h1>				<h1>June 2024</h1>	1 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Around the World Today (AR) 1:15 Humor Alley (AR) 2:00 Wall Jeopardy (AR) 3:00 Sun Tea and Conversations (AR) 6:00 Resident Card Club (AR)
2 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 11:30/12 Wine and Dine (DR) 1:15 Crafters Corner: Floral Buttons (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL)	3 9:30 Morning Exercise (AR) 10:30 Dining Service Meeting (P) 10:30 Our Journey Together with Chaplain Shawn (CR) 1:00 Catholic Communion (CR) 1:30 Musical Entertainment with Melody York Musical Therapy (AR) 3:00 Indoor Mini Golf (AR) 6:00 Rummikub (AR)	4 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 1:30 Circle of Friends (CR) 2:00 Providence Place Bowling (AR) 3:00 TED Talk and Discussion: <i>What is AI Anyway?</i> (AR) 6:00 Evening Bingo with Adam (AR)	5 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Giant **\$(OOB) 10:00 Bible Trivia with Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Country Ride ** (OOB) 3:00 Faith Studies (CR) 6:00 Popcorn and Movie: <i>Stagecoach</i> (AR)	6 9:30 Morning Exercise (AR) 10:00 Hymn Sing (AR) 10:30 Praying the Rosary P 1:30 Bible Study (AR) 2:00 The Rest is History (AR) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	7 9:30 Morning Exercise (AR) 10:00 Manicures & Music (CR) 10:30 Cranium Crunches (AR) 1:30 Trivial Pursuit (AR) 2:00 Friday Happy Hour (AR) 3:00 Men's Club D-Day and Darts (P) 6:00 Resident Run Bingo (AR)	8 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) 1:15 Humor Alley (AR) 2:00 Wall Jeopardy (AR) 3:00 Sun Tea and Conversations (AR) 6:00 Resident Card Club (AR)	
9 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 11:30/12 Wine and Dine (DR) 1:15 Crafters Corner: Sun Catchers (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL)	10 9:30 Morning Exercise (AR) 10:00 Cooking Club: Bacon Wrapped Chicken Bites (AR) 10:30 Our Journey Together with Chaplain Shawn (AR) 1:00 Catholic Communion (CR) 1:30 Musical Entertainment with Melody York Musical Therapy (AR) 3:00 Indoor Mini Golf (AR) 6:00 Rummikub (AR)	11 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 1:30 Circle of Friends (CR) 2:30 Ed-U Wellness: <i>Stroke Awareness and Preventions</i> by Laura Lambert with Bayada Home Health Care (AR) 3:00 TED Talk and Discussion: <i>Sleep is your Super Power</i> (AR) 6:00 Evening Bingo with Adam (AR)	12 9:30 Morning Exercise (AR) 10:00 Shopping Trip Walmart **\$(OOB) 10:00 Bible Trivia with Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Country Ride ** (OOB) 3:00 Faith Studies (CR) 6:00 Youth Night SAGE with Stillmeadow Church of Nazarene (AR)	13 9:30 Morning Exercise (AR) 10:00 Hymn Sing (AR) 10:30 Praying the Rosary P 1:30 Bible Study (AR) 2:00 Musical Entertainment with One Man Band Nick DiSanto (AR) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	14 9:30 Morning Exercise (AR) 10:00 Manicures & Music (CR) 10:30 Cranium Crunches (AR) 1:30 Trivial Pursuit (AR) 2:00 Musical Entertainment with Pat Kocen (AR) 3:30 Finish the Line (AR) 6:00 Resident Run Bingo (AR)	15 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Around the World Today (AR) 1:15 Humor Alley (AR) 2:00 Musical Entertainment Memory Music with Tom and Randi (AR) 3:00 Sun Tea and Conversations (AR) 6:00 Resident Card Club (AR)	
16 9:30 Morning Exercise (AR) 10:30/12:30 Fathers Day Brunch (DR) 1:15 Musical Entertainment with Hershey Mennonite Church (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL) Father's Day	17 9:30 Morning Exercise (AR) 10:00 Cooking Club: Ham Salad (AR) 10:30 Our Journey Together with Chaplain Shawn (CR) 1:00 Catholic Communion (CR) 1:30 Musical Entertainment with Melody York Musical Therapy (AR) 3:00 Indoor Mini Golf (AR) 6:00 Rummikub (AR)	18 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 1:30 Circle of Friends (CR) 2:00 Musical Entertainment with Joe Crispell (AR) 3:00 TED Talk and Discussion: <i>Brain to Brain Communication has Arrived, How Did We Do It?</i> (AR) 6:00 Evening Bingo with Adam (AR)	19 Juneteenth 9:30 Morning Exercise (AR) 10:00 Shopping Trip Target **\$(OOB) 10:00 Bible Trivia w/Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Country Ride ** (OOB) 3:00 Celebrating Juneteenth The Historical Legacy of Juneteenth (AR) 3:00 Faith Studies (CR) 6:00 Game Night with Dover Women of Today (DR)	20 9:30 Morning Exercise (AR) 10:00 Hymn Sing (AR) 10:30 Praying the Rosary P 1:30 Bible Study (AR) 2:00 Celebration of Life (CR) 3:00 1st Days of Summer Party (100P) 6:00 Pinochle (AR)	21 9:30 Morning Exercise (AR) 10:00 Manicures & Music (CR) 10:30 Cranium Crunches (AR) 1:30 Trivial Pursuit (AR) 2:00 Friday Happy Hour (AR) 3:30 Men's Club Dining Outing Brewvino's **\$(AR) 6:00 Resident Run Bingo (AR)	22 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) 1:15 Humor Alley (AR) 2:00 Wall Jeopardy (AR) 3:00 Sun Tea and Conversations (AR) 6:00 Resident Card Club (AR)	
23 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 11:30/12 Wine and Dine (DR) 1:15 Crafters Corner: Garden Gnomes (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL)	24 9:30 Morning Exercise (AR) 10:00 Cooking Club: Texas Caviar (AR) 10:30 Our Journey Together with Chaplain Shawn (CR) 1:00 Catholic Communion (CR) 1:30 Musical Entertainment with Melody York Musical Therapy (AR) 3:00 Indoor Mini Golf (AR) 6:00 Rummikub (AR)	25 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 1:30 Circle of Friends (CR) 2:00 Providence Place Bowling (AR) 3:00 Star of the Month: Liam Nesson (AR) 5:15 Night Out York Revolutions Baseball Game **\$(OOB)	26 9:30 Morning Exercise (AR) 10:00 Shopping Trip Dollar **\$(OOB) 10:00 Bible Trivia with Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Country Ride ** (OOB) 2:00 Flight Club with Chef Joe (AR) 3:00 Faith Studies (CR) 4:00 Chef on Deck with Paul ** (P)	27 9:30 Morning Exercise (AR) 10:00 Hymn Sing (AR) 10:30 Praying the Rosary P 1:30 Bible Study (AR) 2:00 Ed-U Presentations with West Shore Wildlife Center <i>Climate Change in Our Back Yard</i> (AR) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	28 9:30 Morning Exercise (AR) 10:00 Manicures & Music (CR) 10:30 Cranium Crunches (AR) 1:30 Trivial Pursuit (AR) 2:00 Friday Happy Hour (AR) 3:30 Finish the Lines (AR) 6:00 Resident Run Bingo (AR)	29 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Around the World Today (AR) 1:15 Humor Alley (AR) 2:00 Wall Jeopardy (AR) 3:00 Sun Tea and Conversations (AR) 6:00 Resident Card Club (AR)	