

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

Helen George
Martha Aregood
Alfred Carl
Sandra Seymour
Grace Suda
Elizabeth Duffy
Dawn Morgan
Jane Zinn
Lois Ecker

Irene Andrucik
Andrew Pavlick
Joan Conway
Lawrence Generose
Barbara Warakomski
John Duesler



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

"Summertime is always the best of what might be"

Beautiful sunny warm days are upon us. The residents have been enjoying activities outside - whether it's an impromptu game of cornhole, or music, refreshments and ice cream on the porch -- every seat has been filled. Be sure to look at all the wonderful pictures of our outdoor activities hanging in the elevators and mailroom.

Don't forget to save the date for our big kick off to summer party on **June 15th from 2pm-5pm**. This year's theme is "Church Picnic". We will have a live Polka Band and all types of food, refreshments, desserts and tricky trays. From 4p-5p we will be playing the residents favorite game B-I-N-G-O! We will also have some wonderful prizes for our winners. **Be sure to RSVP at the reception desk.**

Thank you everyone for your continued support! As always, I am here for any questions or concerns you may have. We hope to see you all at the party.

Thank you,

Melissa Jacoby

Executive Director

Highlighted Events

4 - **Musical Entertainment:** John

Stevens Polka Band @ 2:30pm

5 - **Pumpkin Hill Farm Outing:**

Strawberry Picking @ 9:30am

6 - **Resident Meeting with David Leader** @ 3pm

15 - **Summer Picnic** @ 2-5pm

Families Welcome!

20 - **Summer Solstice Celebration:**

Milkshakes on the Porch @ 2:30pm

29 - **Ice Cream Outing:**

Milkhouse Creamery @ 1:30pm

Welcome New Residents

Ellen S.

Agnes S.

Dawn M.

Agatha S.

Richard G.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
30 9:00 TV Catholic Mass (3rd) 9:30 Morning Meeting (2nd) 10:00 Our Month in Review (3rd) 10:30 Strength Exercise (2nd) 11:00 Wine & Dine (DR) 1:15 Worship Service with Chaplain Bev (Ch) 2:15 Bingo (DR) 6:30 Yahtzee (1st)	Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, (C) Café, (CN) Connections Neighborhood	THE Club			June 2024		1 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Chair Yoga Exercise (2nd) 10:30 Family Feud (3rd) 1:30 TED Talk & Discussion: <i>The Power of Positivity</i> (2nd) 2:00 Matinee: <i>My Big Fat Greek Wedding</i> (2nd) 3:30 Cornhole Tournament (FP) 6:30 Rummikub (1st)
2 9:00 TV Catholic Mass (3rd) 9:30 Morning Meeting (2nd) 10:00 Mad Libs (3rd) 10:30 Strength Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:15 Worship Service with Chaplain Bev (Ch) 2:15 Bingo (DR) 3:30 Afternoon Sunshine (FP) 6:30 Yahtzee (1st)	3 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringle (Ch) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:30 Color Me Calm (2nd) 3:00 The Club's Planning Meeting (2nd) 6:30 Ed-U Presentation: <i>Nutrition 101</i> By Alyson Cara, RDN (2nd) 6:30 Pinochle Players Club (3rd)	4 9:00 Morning Meeting (2nd) 9:30 Shopping Trip: Walmart***\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Craft Club: Decorate Your Own Summer Hats (3rd) 1:00 Prayer Service & Communion (Ch) 1:30 Celebrating National Cheese Day (CN) 2:30 Musical Entertainment By John Stevens Polka Band (DR) 3:30 Destination Discovery: Japan's Arashiyama Bamboo Groove (CN) 6:30 Scrabble (1st)	5 9:00 Morning Meeting (2nd) 9:30 Trip Out: Pick Your Own Strawberries: Pumpkin Hill Farm***\$ (OOB) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 12:30 Sing-a-Long with Kathy (CN) 1:30 Circle of Friends (SR) 2:00 Wholesome Videos of the Week (3rd) 2:30 Chef's Pairings with Chef Sean (DR) 3:00 Craft Club: Penny Spinners (2nd) 6:30 Dominoes (1st)	6 9:00 Morning Meeting (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Binesh (DR) 10:30 Cooking Club: Mango Salsa (C) 1:00 History of the Yo-Yo (2nd) 1:45 Bingo (DR) 3:00 Resident Meeting With David Leader (3rd) 3:30 Garden Club: Vegetable & Flower Planters (ML) 6:30 Pinochle Players Club (3rd)	7 9:00 Morning Meeting (2nd) 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 1:00 Doughnuts & Discussion (CN) 1:30 Our Journey Together With Chaplain Bev (SR) 2:30 Board Game Match: Resident Choice (2nd) 3:30 Walking Club (ML) 6:30 Boggle (1st)	8 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Chair Yoga Exercise (2nd) 10:30 Food for Thought & Tasting: Snap Peas (C) 1:00 Sip & Chat: Ramune Sodas (C) 2:00 Matinee: <i>Gone With the Wind</i> (2nd) 3:30 Malibu Bay Breeze Super Happy Hour (1st) 6:30 Rummikub (1st)	
9 9:00 TV Catholic Mass (3rd) 9:30 Morning Meeting (2nd) 10:00 Finishing Lines (2nd) 10:30 Chair Zumba by Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:15 Worship Service with Chaplain Bev (Ch) 2:15 Bingo (DR) 6:30 Yahtzee (1st)	10 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringle (Ch) 1:00 National Iced Tea Day: Orange Iced Tea (C) 1:30 Bible Study with Deacon Bob (DR) 2:30 Ed-U Health Presentation: <i>Hydration Tips</i> by DON Hayley (3rd) 3:30 Destination Discovery: Japan's Imperial Palace (CN) 6:30 Pinochle Players Club (3rd)	11 9:00 Morning Meeting (2nd) 9:30 Making Summer Popsicles (C) 9:30 Shopping Trip: Dollar Tree/ Aldi's ***\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Welcome Ambassador Meeting (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Country Ride** (OOB) 3:30 Popsicles on the Porch (FP) 4:00 K-9 Companion with Harvey (1st) 6:30 Scrabble (1st)	12 9:00 Morning Meeting (2nd) 9:30 Cookie Taste Test: National Peanut Butter Cookie Day (C) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 12:30 Sing-a-Long with Kathy (CN) 1:30 Circle of Friends (SR) 2:00 Wholesome Videos of the Week (3rd) 2:30 Manicures & Mocktails (3rd) 4:00 June Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	13 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:15 Men's Club Trip: <i>Cips & Pitz</i> : Full Klips Barber/Fratelli's***\$ (OOB) 1:30 Dessert & Discussion With Chef Sean (DR) 2:00 DIY Japanese Paper Fans (CN) 3:30 Walking Club (ML) 6:30 Pinochle Players Club (3rd)	14 9:00 Morning Meeting (2nd) 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 1:00 Tissue Paper Cherry Blossoms (CN) 1:30 Out Journey Together With Chaplain Beverly (SR) 2:00 Crafting with Nancy: DIY Key Chains (2nd) 3:00 Flag Folding Ceremony (3rd) 6:30 Boggle (1st) Flag Day	15 9:00 Morning Meeting (2nd) 9:30 Chair Yoga Exercise (2nd) 10:00 Song & Prayer with Faith Church (C) 10:30 Garden Club: Vegetable & Flower Planters (ML) 1:30 Helping Hands Club: Picnic Prep (ML) 2:00-5:00 Community Event: Church Bazaar Theme Outdoor Picnic: Great Food, Live Polka Band, Bingo Bounce House, Tricky Trays (OOB) 6:30 Rummikub (1st)	
16 9:00 TV Catholic Mass (3rd) 9:30 Morning Meeting (2nd) 10:00 Hymn Sing (Ch) 10:30 Strength Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:15 Worship Service with Chaplain Bev (Ch) 2:15 Pie with Pop and Outdoor Games (CN) 6:30 Yahtzee (1st) Father's Day	17 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringle (Ch) 1:00 National Stewart's Root Beer Day (C) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:30 Ed-U Presentation: Anthracite Model Railroad Society (3rd) 3:30 Sunshine Committee (2nd) 6:30 Pinochle Players Club (3rd)	18 9:00 Morning Meeting (2nd) 9:30 Retail Shopping: Boscov's ***\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Lunch with Friends: Vesuvio Pizzeria***\$ (OOB) 1:00 Prayer Service & Communion (Ch) 1:45 Bingo (DR) 3:30 Destination Discovery: Japan's Mt. Fuji (CN) 6:30 Scrabble (1st)	19 9:00 Morning Meeting (2nd) 9:30 Guided Meditation (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 12:30 Sing-a-Long with Kathy (CN) 1:30 Baking Club: No Bake Pies (CN) 2:30 Celebrating Juneteenth: Through Music (3rd) 3:30 Tastes of Japan (DR) 6:30 Dominoes (1st) Juneteenth	20 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Dining Services Committee Mtg. (3rd) 2:00 Card Game: I Got It! (CN) 3:30 Summer Solstice Celebration: Milkshakes On the Porch (FP) 3:30 Walking Club (ML) 6:00 Board Game Night (1st) 6:30 Pinochle Players Club (3rd)	21 9:00 Morning Meeting (2nd) 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 1:30 Our Journey Together With Chaplain Bev (SR) 2:00 Ed-U Presentation: <i>Fall Prevention</i> With Powerback Therapy (3rd) 3:30 New Resident Chips & Dip Mixer (1st) 4:30 Men's Club Billiards Tourney (2nd) 6:30 Boggle (1st)	22 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Chair Yoga Exercise (2nd) 10:30 Craft Club: Button Flags (2nd) 1:00 Wholesome Videos of the Week (3rd) 1:30 Campus Store (2nd) 2:00 Matinee: <i>Driving Miss Daisy</i> (2nd) 3:30 Strawberry Daiquiri Super Happy Hour (1st) 6:30 Rummikub (1st)	
23 9:00 TV Catholic Mass (3rd) 9:30 Morning Meeting (2nd) 10:00 Coffee and Conversation (CN) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:15 Worship Service with Chaplain Bev (Ch) 2:15 Bingo (DR) 6:30 Yahtzee (1st)	24 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringle (Ch) 1:00 Name That Tune (2nd) 1:30 Bible Study with Deacon Bob (DR) 2:30 Musical Entertainment By Pat Maue (DR) 6:00 Dementia Support Group (SR) 6:30 Pinochle Players Club (3rd)	25 9:00 Morning Meeting (2nd) 9:30 Trip Out: Och's Farm Market***\$ (OOB) 10:00 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Squirt Gun Painting (CN) 2:00 Strawberry Parfait Social (1st) 3:00 Community Meeting (DR) 4:00 K-9 Companion with Harvey (1st) 6:30 Scrabble (1st)	26 9:00 Morning Meeting (2nd) 9:30 Color Me Calm (1st) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 12:30 Sing-a-Long with Kathy (Ch) 1:30 Sip & Paint: Iced Tea (CN) 1:30 Circle of Friends (SR) 2:30 Dining Demo with Chef Sean (DR) 3:30 Red or Black Card Game (2nd) 6:30 Dominoes (1st)	27 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Diner's Lunch Caravan: Adelina's Restaurant***\$ (OOB) 1:45 Celebrating National Bingo Day: Special Prize Bingo (DR) 3:30 Destination Discovery: Japan (CN) 6:30 Pinochle Players Club (3rd)	28 9:00 Morning Meeting (2nd) 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 1:00 Crafting with Nancy: DIY Dream Catchers (2nd) 1:30 Our Journey Together With Chaplain Bev (SR) 2:30 Cooking Club: Fruit Kabobs (C) 3:30 Walking Club (1st) 6:30 Boggle (1st)	29 9:00 Morning Meeting (2nd) 9:30 Rosary (Ch) 10:00 Chair Yoga Exercise (2nd) 10:30 Garden Club: Vegetable & Flower Planters (ML) 1:30 Ice Cream Trip: Milkhouse Creamery ***\$ (OOB) 2:00 Matinee: <i>South Pacific</i> (2nd) 3:30 Cornhole Tournament (FP) 6:30 Rummikub (1st)	