

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	
<p>30</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Finishing Lines (2nd) 10:30 Strength Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:15 Worship Service with Chaplain Bev (Ch) 2:15 Bingo (DR) 6:30 Yahtzee (1st)</p>	<p>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, Café (C)</p>				<h1>June 2024</h1>		<p>1</p> <p>9:30 Rosary (Ch) 10:00 Chair Yoga Exercise (2nd) 10:30 Animal World: American Goldfinch (CN) 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)</p>
<p>2</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Finishing Lines (2nd) 10:30 Strength Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:15 Worship Service with Chaplain Bev (Ch) 2:15 Bingo (DR) 6:30 Yahtzee (1st)</p>	<p>3</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:00 Craft Club: Decorate Your Own Summer Hats (3rd) 2:30 Interactive Music Class With Cynthia Ritchey (2nd) 3:30 Community Life Planning Mtg. (3rd)</p>	<p>4</p> <p>9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:30 Musical Entertainment By John Stevens Polka Band (DR) 3:30 Destination Discovery: Japan's Arashiyama Bamboo Grove (CN) 6:30 Ed-U Nutritional Presentation: <i>Nutritional Tips</i> by Alyson 6:30 Scrabble (1st)</p>	<p>5</p> <p>9:30 Trip Out: Pick Your Own Strawberries: Pumpkin Hill Farm**\$\$ (OOB) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:30 Chef's Pairings with Chef Sean (DR) 3:00 Cranium Crunches (1st) 6:30 Dominoes (1st)</p>	<p>6</p> <p>9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Binesh (DR) 10:30 Cooking Club: Mango Salsa (C) 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)</p>	<p>7</p> <p>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) 2:30 Trip Out: Country Ride Nescopeck Park ** (OOB) 3:30 Walking Club (ML) 6:30 Boggle (1st)</p>	<p>8</p> <p>9:30 Rosary (Ch) 10:00 Chair Yoga Exercise (2nd) 10:30 Food for Thought & Tasting: Snap Peas (C) 1:30 Today in History (2nd) 2:00 Matinee: <i>Gone With the Wind</i> (2nd) 3:30 Malibu Bay Breeze Super Happy Hour (1st) 6:30 Rummikub (1st)</p>	
<p>9</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Finishing Lines (2nd) 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)</p>	<p>10</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 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)</p>	<p>11</p> <p>9:30 Shopping Trip: Dollar Tree/Aldi's**\$\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Welcome Ambassador Committee Meeting (2nd) 1:00 Prayer Service & Communion (Ch) 1:45 Bingo (DR) 4:00 K-9 Companion with Harvey (1st) 6:30 Scrabble (1st)</p>	<p>12</p> <p>9:30 Dot Doodles (1st) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:30 Manicures & Mocktails (3rd) 4:00 June Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)</p>	<p>13</p> <p>9:30 Rosary (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:15 Men's Club Trip: <i>Clips & Pitz</i>: Full Klips Barber/Fratelli's**\$\$ (OOB) 1:30 Dessert & Discussion With Chef Sean (DR) 2:00 Country Ride ** (OOB) 3:30 Walking Club (ML) 6:30 Pinochle Players Club (3rd)</p>	<p>Flag Day 14</p> <p>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 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciarella (2nd) 3:00 Flag Folding Ceremony (3rd) 6:30 Boggle (1st)</p>	<p>15</p> <p>9:30 Chair Yoga Exercise (2nd) 10:00 <i>Song & Prayer</i> 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)</p>	
<p>Father's Day 16</p> <p>9:00 TV Catholic Mass (3rd) 9:30 Donuts & Dads (C) 10:30 Strength Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:15 Worship Service with Chaplain Bev (Ch) 2:15 Bingo (DR) 3:00 Father's Day Photo Booth (1st) 6:30 Yahtzee (1st)</p>	<p>17</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:30 Ed-U Presentation: Anthracite Model Railroad Society With Jim Hoegg (3rd) 3:30 Sunshine Committee (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>18</p> <p>9:30 Retail Shopping: Boscov's**\$\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Garden Club: Vegetable & Flower Planters (ML) 1:00 Prayer Service & Communion (Ch) 1:45 Bingo (DR) 3:30 Destination Discovery: Japan's Mt. Fuji (CN) 6:30 Scrabble (1st)</p>	<p>Juneteenth 19</p> <p>9:30 Dot Doodles (1st) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Balance in Action Exercise With Heather of Powerback Rehab (2nd) 1:30 Circle of Friends (SR) 2:30 Celebrating Juneteenth Through Music (3rd) 3:30 Tastes of Japan Dinner (DR) 6:30 Dominoes (1st)</p>	<p>20</p> <p>9:30 Rosary (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Famous Birthday Spotlight: Errol Flynn (2nd) 1:30 Dining Services Committee Mtg. (3rd) 3:30 Summer Solstice Celebration: Milkshakes On the Porch (FP) 3:30 Walking Club (ML) 6:30 Pinochle Players Club (3rd)</p>	<p>21</p> <p>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: Fall Prevention With Powerback Rehabilitation (3rd) 3:30 New Resident Chips & Dip Mixer (1st) 4:30 Men's Club Billiards Tourney (2nd) 6:30 Boggle (1st)</p>	<p>22</p> <p>9:30 Rosary (Ch) 10:00 Chair Yoga Exercise (2nd) 10:30 Craft Club: Button Flags (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)</p>	
<p>23</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Finishing Lines (2nd) 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)</p>	<p>24</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob (DR) 2:30 Musical Entertainment By Pat Maue (DR) 3:30 Trivia Challenge (1st) 6:00 Dementia Support Group (SR) 6:30 Pinochle Players Club (3rd)</p>	<p>25</p> <p>9:30 Trip Out: Och's Farm Market**\$\$ (OOB) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:00 Strawberry Parfait Social (1st) 3:00 Community Meeting (DR) 4:00 K-9 Companion with Harvey (1st) 6:30 Scrabble (1st)</p>	<p>26</p> <p>9:30 <i>Coral Reef</i> Crossword Challenge (1st) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Balance in Action Exercise (2nd) 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)</p>	<p>27</p> <p>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's Shirakawago Village (CN) 6:30 Pinochle Players Club (3rd)</p>	<p>28</p> <p>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) 2:30 Cooking Club: Fruit Kabobs (C) 3:30 Walking Club (ML) 6:30 Boggle (1st)</p>	<p>29</p> <p>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)</p>	