

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

Bonita Dissinger
Terrence Leonard
Phyllis Gilbert
Kathleen Kline
Sallylee Sangrey

Ramona Goodman
Gerald Curylo
Violet Sears
Elizabeth Crawford

A Note from the Executive Director

What a lovely spring we are having!

Please join us this month for our **Father's Day Brunch on Sunday June 16th** - seatings are available at 10:30am or 12:30pm - please email Patricia for reservations to PWatkins@Prov-Place.com

Congratulations to Chelsea for welcoming her new addition, we can't wait for them to visit.

In the meantime, we have lots of hands-on-deck from our licensed administrators and leadership team. Feel free to stop in to say hi to any of those working with our team during Chelsea's maternity leave - including Holly Hanley, Justin Wenger, Missie Jacoby, Lisa Allen, Holly Townsend and Kim Perchak.

Questions or concerns? Please reach out to Kim at: KPerchak@Prov-Place.com.

Enjoy the lovely weather and our outdoor patios!

Highlighted Events

- 6 - **Chef's Pairing w/ Andy** @ 1pm
- 7 - **Country Ride** @ 12:30pm
- 13 - **EdU Presentation:** Aroma Therapy @ 1pm
- 14 - **Church Tour** @ 1pm
- 15 - **Play Outing:** Fiddler on the Roof at LBC @ 1pm
- 16 - **Father's Day Brunch** @ 10:30am or 12:30pm - *please email for reservations!*

Welcome New Residents

Marlene H.
Anna Mary F.
Suzanne S.



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>30</p> <p>10:00 Team Cuisine Cooking Club Dream Cupcakes (AR) 2:00 Sunday Social Hour (GL) 3:00 Sunday Worship Service 6:00 Evening Wind Down (L)</p>	<p>Calendar Key: (BR) Billiards Room, (CH) Chapel, (AR) Activity Room (S) Salon, (GL) Governors Lounge (LB) Library, (DR) Dining Room (FL) Front Lobby, (FP) Front Porch (OOB) Out of Building</p> <p>** Registration Required \$\$ Cost Involved</p>				<h1>June 2024</h1>		<p>1</p> <p>10:00 What's The Word Most Beautiful Places (CH) 10:30 Saturday Morning Bingo (CH) 1:00 Saturday Ticket Exchange (CH) 2:30 Saturday Social (GL) 3:00 Trivia Time (GL) 6:00 Resident Run Table Top Shuffle Board (BR)</p>
<p>2</p> <p>10:00 Team Cuisine Cooking Club: Strawberry Crème Cheese Pie (AR) 2:00 Sunday Social Hour (GL) 3:00 Sunday Worship Service With Communion (CH) 6:00 Evening Wind Down (L)</p>	<p>3</p> <p>10:00 Stretch & Flex (CH) 10:30 Armchair Travel: Summer In Paris (CH) 1:00 Who, What, Where, Am I (CH) 2:00 Artist In us All: Pottery Works with Marcie & Bobbie (AR) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)</p>	<p>4</p> <p>10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Outing: Cole Brook Crossing **\$(OOB) 2:00 Entertainment Featuring Keyboards with Nick Viscuso (CH) 3:00 Bingo Helpers in Connections Meet at 3rd FL Elevator 6:00 Resident Run Game Night (AR)</p>	<p>5</p> <p>10:00 Chair Yoga with Alyssa (CH) 10:30 Mid Week Worship Service (CH) 1:00 Pictionary Fun (CH) 2:00 Jeopardy Challenge (CH) 3:15 Bingo Bonanza (CH) 6:00 Mid Week Movie: HBO MAX <i>Nine Lives</i> (2016) (CH)</p>	<p>6</p> <p>10:00 Balance & Flex (CH) 10:30 Our Journey Together (CH) 1:00 Chef's Pairing with Executive Chef Andy (AR) 2:00 Celebration of Life (CH) 3:00 LCR with Chaplain Jeff (AR) 6:00 Evening Gather & Chat (FL)</p>	<p>7</p> <p>10:00 Fun Fitness Games (CH) 10:30 Journey Through The Bible (CH) 12:30 Country Ride: Manheim Jenn's Horse Rescue ** (OOB) 2:00 Entertainment Featuring Vocalist Tish Brown (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie: HBO Max <i>Rudyard Kipling's Jungle Book</i> (1942)</p>	<p>8</p> <p>10:00 What's The Word (CH) Viv La Paris (CH) 10:30 Saturday Morning Bingo (CH) 1:00 Saturday Ticket Exchange (CH) 2:30 Saturday Social (GL) 3:00 Entertainment Featuring Organist Gary Collier (CH) 6:00 Resident Run: Table Top Shuffle Board (BR)</p>	
<p>9</p> <p>10:00 Team Cuisine Cooking Club: Spinach Artichoke Dip (AR) 2:00 Sunday Social Hour (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Wind Down (L)</p>	<p>10</p> <p>10:00 Stretch & Flex (CH) 10:30 Armchair Travel: Journey Through The 7 Continents (CH) 1:00 Who, What, Where, Am I ? (CH) 2:00 Artist in Us All: Dandelion Wish Jewelry (AR) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)</p>	<p>11</p> <p>10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Outing: Longhorn Steakhouse **\$\$OOB 2:00 Thankful To You Committee (AR) 3:00 Bingo Helpers in Connections Meet at 3rd FL Elevator 6:00 Resident Run Game Night (AR)</p>	<p>12</p> <p>10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:00 Entertainment Featuring Folk Guitarist Pat Kocen (CH) 2:00 Jeopardy Challenge (CH) 3:15 Bingo Bonanza (CH) 6:00 Mid Week Movie: HBO MAX <i>The Zookeeper</i> (2011) (CH)</p>	<p>13</p> <p>10:00 Balance & Flex (CH) 10:30 Our Journey Together (CH) 1:00 Ed-U Wellness Aroma Therapy Presents Karen Darrencamp, (CH) 2:00 Ed-U Presentation: Bob Reigh the Trivia Guy (AR) 3:00 LCR with Chaplain Jeff (AR) 6:00 Evening Gather & Chat (FL)</p>	<p>14</p> <p>10:00 Fun Fitness Games (CH) 10:30 Journey Through The Bible (CH) 1:00 Tour of Worship: Cornerstone Church, Lititz ** (OOB) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie HBO MAX <i>King Kong</i> (1933)</p> <p style="text-align: center;">Flag Day</p>	<p>15</p> <p>10:00 What's The Word The Magnificent 7 Continents (CH) 10:30 Saturday Morning Bingo (CH) 1:00 Servant Stage: <i>Fiddler on The Roof</i> ** (OOB) 6:00 Resident Run Table Top Shuffle Board (BR)</p>	
<p>16</p> <p>10:30 Fathers Day Brunch (DR) 12:30 Fathers Day Brunch (DR) 3:00 Sunday Worship Service (CH) 6:00 Evening Wind Down (L)</p> <p style="text-align: center;">Father's Day</p>	<p>17</p> <p>10:00 Stretch & Flex (CH) 10:30 Armchair Travel: <i>Journey Through Greek History</i> (CH) 1:00 Who, What, Where, Am I ? (CH) 2:00 Entertainment Featuring Pianist Rich Ament (CH) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)</p>	<p>18</p> <p>10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Outing: Yoder's Buffet **\$\$OOB 2:00 Aerobic Drumming (CH) 3:00 Community Life Planning Meeting CH) 6:00 Resident Run Game Night (AR) 6:00 Dementia Support Group (1st FL)</p>	<p>19</p> <p>10:00 Chair Yoga with Alyssa (CH) 10:30 Mid Week Worship Service (CH) 1:00 Juneteenth Trivia (CH) 2:00 Jeopardy Challenge (CH) 3:15 Bingo Bonanza (CH) 6:00 Mid Week Movie: Amazon Prime <i>Hidden Figures</i> (2016) (CH)</p> <p style="text-align: center;">Juneteenth</p>	<p>20</p> <p>10:00 Balance & Flex (CH) 10:30 Our Journey Together (CH) 1:00 Community Meeting with Department Heads (CH) 2:00 Sunshine Committee with Chaplain Jeff (AR) 3:00 LCR with Chaplain Jeff (AR) 6:00 Evening Gather & Chat (FL)</p>	<p>21</p> <p>10:00 Fun Fitness Games (CH) 10:30 Journey Through The Bible (CH) 12:30 Country Ride: Quarryville Fishing Creek Nature Preserve ** (OOB) 2:00 ED-U Presents: <i>Hummingbirds</i> With Naturalist Lisa Sanchez (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie HBO MAX <i>Great Expectations</i> (1946) (CH)</p>	<p>22</p> <p>10:00 What's The Word (CH) Greece is The Word (CH) 10:30 Saturday Morning Bingo (CH) 1:00 Saturday Ticket Exchange (CH) 2:30 Saturday Social (GL) 3:30 Entertainment Featuring Local Artist Roland Zimmerman (CH) 6:00 Resident Run Table Top Shuffle Board (BR)</p>	
<p>23</p> <p>10:00 Team Cuisine Cooking Club Lemon Shortbread Cookies (AR) 2:00 Sunday Social Hour (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Wind Down (L)</p>	<p>24</p> <p>10:00 Stretch & Flex (CH) 10:30 Armchair Travel: <i>Meet Borneo's Unique Wild Life</i> (CH) 1:00 Who, What, Where, Am I ? (CH) 2:00 Artist in Us All: Woodcraft with Amber (AR) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)</p>	<p>25</p> <p>10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Outing: Katie's Kitchen **\$\$OOB 2:00 Entertainment Featuring Guitarist Quentin Jones (DR) 3:00 Bingo Helpers in Connections Meet at 3rd Floor Elevator 6:00 Resident Run Game Night (AR)</p>	<p>26</p> <p>10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:00 Dining Meeting with Executive Chef Andy (CH) 2:00 Jeopardy Challenge (CH) 3:15 Bingo Bonanza (CH) 6:00 Mid Week Movie: HBO MAX <i>The Pink Panther</i> (2006) (CH)</p>	<p>27</p> <p>10:00 Balance in Action Amy with Powerback Rehabilitation (CH) 10:30 Our Journey Together (CH) 1:00 Ed-U: <i>It May Be Hard To Believe, But People Actually Live in these Houses</i> (CH) 2:00 Entertainment Featuring Fred Bender's Auto Harp (CH) 3:00 LCR w Chaplain Jeff (AR) 6:00 Evening Gather & Chat (FL)</p>	<p>28</p> <p>10:00 Fun Fitness Games (CH) 10:30 Journey Through The Bible (CH) 1:00 Country Ride Residents Choice ** (OOB) 2:00 Entertainment Featuring Micheal Reist <i>The Amazing Magi</i> (DR) 6:00 Classic Movie HBO MAX <i>Oliver Twist</i> (1948) (CH)</p>	<p>29</p> <p>10:00 What's The Word Borneo Bound (CH) 10:30 Saturday Morning Bingo (CH) 1:00 Saturday Ticket Exchange (CH) 2:30 Saturday Social (GL) 3:00 Trivia Time (GL) 6:00 Resident Run Table Top Shuffle Board (BR)</p>	