

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

Elizabeth Antol
Ruth Terwilliger
Lynn Korn
Virginia Herb
Judith Thomas
Mary Flanagan
Margaret Antanavage



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 all for the warm welcome back into our Pottsville community. I am excited to be working with so many great colleagues here and to get to know all of our residents & family members.

As you may know, I called our Pine Grove campus home for the past few years and look forward to working diligently in Pottsville now to help lead our team.

We invite you to our first event of our **Summer Concert Series on Tuesday, June 4th at 7pm with the Third Brigade Band.** Event is open to the public and free to attend - please BYOC (bring your own chair) and enjoy ice cream sundaes and live music with your loved ones!

Be sure to enjoy the lovely spring weather and our walking paths!

Happy Spring,

Julie Wallace

Executive Director

Highlighted Events

- 4 - **Summer Concert Series** @ 7pm
- 14 - **EdU Presentation:** History of the American Flag @ 10:30am
- 16 - **Dads & Dudes:** Western Campfire @ 2pm (*Father's Day*)
- 19 - **Community Meeting** @ 2pm
- 22 - **June Brunch Event** @ 11a-1p

Welcome New Residents

Regina K.
John T.
Robert L.
Paul W.
Stephany S.
Karen A.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>30</p> <p>9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 1:00 Sunday Matinee: Titanic (Part 2) (P) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Resident Run Connect 4 (P)</p>	<p>Calendar Key: ** Registration Required \$\$ Cost Involved 1FP 1st Floor Patio 3FL 3rd Floor Lounge P Pub CH Chapel OOB Out of Building DR Dining Room ML Main Lobby TB Throughout Building</p>	<p>THE Club</p>				<p>June 2024</p>	<p>1</p> <p>9:00 Daily Meeting & Chronicles (P) 9:30 Morning Trailblazers (TB) 10:00 Creative Crafting: Painting Wooden Butterflies (P) 1:30 Happy Bubbly Day Social (1FP) 2:30 Balloon Volleyball (1FP) 3:30 Vagabond Travelers: Namibia With Grapefruit Pie (P) 6:00 Color Me Creative (P)</p>
<p>2</p> <p>9:00 Daily Meeting & Chronicle (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 1:00 Sunday Matinee: <i>West Side Story</i> (P) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Fireside Chat with Friends (ML)</p>	<p>3</p> <p>9:00 Daily Meeting & Chronicle (P) 9:30 Daily Prayer & Reflection (P) 10:00 TED Talk: <i>The Brain Changing Benefits of Exercise</i> by Wendy Suzuki (P) 10:30 Seated Yoga by Michele (P) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Circle of Friends (CH) 6:00 Puzzles (3FL)</p>	<p>4</p> <p>9:30 Daily Meeting & Gazette (P) 10:00 Daily Prayer & Reflection (P) 10:30 Dining Committee Meeting (DR) 1:00 - 3:00 Sunset Staples Petting Zoo (CN/T) 3:30 Afternoon Fitness Walkers (TB) 7:00 Summer Concert Series: Third Brigade Band & Strawberry Sundaes (P) (OOB)</p>	<p>5</p> <p>9:00 Daily Meeting & Republican (P) 9:30 Morning Café (P) 10:30 P2 Horse Race (P) 2:00 Acrylic Paint Class with Shannon** (P) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Our Journey Together (CH) 3:00 Belmont Stakes Social Hour (P) 6:00 Resident Run Card Games (P)</p>	<p>6</p> <p>9:30 Daily Meeting & Chronicles (P) 10:00 Creative Crafting: Painting Wooden Flowers (P) 1:30 Zumba with Michele (CN/S) 2:30 Manicures & Music (CN/S) 3:00 Hydration Station: Strawberry Spritzer (CN/S) 3:30 Memory Magic (P) 6:00 Gospel Singers (CH)</p>	<p>7</p> <p>9:30 Daily Meeting & Republican (P) 10:00 Health Doc-U Series: <i>Alzheimer's & Dementia</i> (P) 1:00 Creative Crafting: Relief Giraffe Collage (P) 2:00 Brain Gym: Brain Boosting Exercises (P) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Resident Run Tic -Tac -Toe Game (P)</p>	<p>8</p> <p>9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicle (P) 10:00 Helping Hands: Setting Up Horse Racing (P) 10:30 Horse Racing (P) 2:00 Summer Loving Deco Bingo (P) 3:00 Vagabond Travelers: Touring the Ivory Coast with Allocco (P) 6:00 Puzzles (3FL)</p>	
<p>9</p> <p>9:00 Daily Meeting & Chronicles (P) 9:30 Live Stream Worship: Trinity Lutheran Church (CH) 10:30 Balance in Action (P) 1:00 Sunday Matinee: <i>13 Hours</i> (P) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Relaxing & Talking with Friends (ML)</p>	<p>10</p> <p>9:30 Brain Games: Name the Opposite (P) 10:00 Daily Meeting & Chronicles (P) 10:30 Seated Yoga with Michele (P) 1:00 Creative Crafters: Strawberry Button Collage (P) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Circle of Friends (CH) 6:00 Relaxing to Music with Friends (ML)</p>	<p>11</p> <p>9:30 Daily Meeting & Chronicles (P) 10:00 Brain Games: What Would You Do? (P) 10:30 Balloon Volleyball (P) 1:00 Craft Corner: Rock Painting (CN/S) 2:00 Bible Study (CH) 3:00 Memory Magic (3FL) 6:00 Bingo \$\$ (P)</p>	<p>12</p> <p>9:30 Daily Meeting & Chronicles (P) 10:30 Light & Lively Exercise (P) 11:30 Dining Trip: Palermo's Restaurant (OOB) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Our Journey Together (CH) 3:30 Happy Red Rose Day Social (P) 6:00 Resident Run Card Games (P)</p>	<p>13</p> <p>9:30 Daily Meeting & Chronicles (P) 10:30 Keep Kicking Kickball (P) 1:30 Zumba with Michele (CN/S) 2:30 Music Engagement With Cynthia (CN/S) 3:30 Afternoon Fitness Walkers (OOB) 6:00 Who, What, Where Game (P)</p>	<p>Flag Day 14</p> <p>9:30 Daily Meeting & Chronicles (P) 10:00 Cheerful Club: Handing out Mini Flags to Staff & Residents (TB) 1:30 Brain Games: Name This Flag (1FP) 2:00 Flag Day Social with Red, White, & Blue Italian Ice (1FP) 3:00 Mass & Confession with Father Father Karpyn (CH) 6:00 Color Me Creative (ML)</p>	<p>15</p> <p>9:00 Daily Meeting & Chronicle (P) 9:30 Daily Prayer & Reflection (P) 10:00 Memory Magic (P) 10:30 Wall Scrabble (P) 1:30 Afternoon Fitness Walkers (TB) 2:00 Melon & Music Social (CN/S) 3:30 Vagabond Travelers: Serengeti Safari with Tomato Onion Tart (P) 6:00 Color me Creative (ML)</p>	
<p>Fathers Day 16</p> <p>9:00 Daily Prayer & Reflection (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance & Action (P) 1:00 Roll a Tie Game (P) 2:00 Dad's & Dudes Western Campfire ** (P) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Resident Run Connect 4 Game (P)</p>	<p>17</p> <p>9:00 Daily Meeting & Chronicles (P) 9:30 Brain Games: Finish the Lyrics (P) 10:00 Tik Tak Toe Game (P) 10:30 Seated Yoga with Michele (P) 1:00 Baking Club: Making Cupcakes 2:00 Italian Ice on the Patio (CN/S) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Circle of Friends (CH) 3:30 Baking Club: Making Cupcakes (P) 6:00 Color Me Creative (P)</p>	<p>18</p> <p>9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicles (P) 10:00 Chef's Table Cooking Demo (DR) 1:00 Craft Corner: Garden Toadstools (CN/S) 2:00 Bible Study (CH) 3:00 Helping Hands: Preparing Supplies For Cupcakes (P) 3:30 Baking Club: Decorating Cupcakes (P) 6:00 Nickel Bingo \$\$ (P)</p>	<p>Juneteenth 19</p> <p>9:00 Daily Meeting & Chronicles (P) 9:30 Brain Games: Juneteenth Trivia (P) 10:30 Balance in Action with Powerback Rehabilitation (P) 1:00 Ice Cream Trip: Rita's Italian Ice (OOB) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Our Journey Together (CH) 3:30 Afternoon Fitness Walkers (OB) 6:00 Relaxing to Music with Friends (ML)</p>	<p>20</p> <p>9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicles (P) 10:00 Dementia Awareness Heath Talk with Powerback Rehabilitation (P) 1:30 Zumba with Michele (CN/S) 2:30 Hydration Station (CN/S) 3:00 Manicures & Music (CN/S) 6:00 Penny Pitching (P)</p>	<p>21</p> <p>9:30 Daily Meeting & Chronicles (P) 10:00 Arm & Leg Strengthening Exercise (P) 10:30 Ed-U Presentation: <i>The Origins of Yoga</i> with Michele D'Agostino (P) 1:30 Ball Toss Challenge (3FL) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Fireside Chats with Friends (ML)</p>	<p>22</p> <p>9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicles (P) 10:00 Hand & Wrist Flexion Exercise (3FL) 10:30 Arm Strengthening Exercises (3FL) 11-1 June Brunch (DR & P) 1:30 Nickel Bingo \$\$ (P) 3:30 Vagabond Travelers: Touring South Africa Garden Route with South African Brown Pudding (P) 6:00 Color Me Creative (P)</p>	
<p>23</p> <p>9:00 Morning Trailblazers (TB) 9:30 Hymn Sing (P) 10:00 Live Stream Worship: St. John's UCC (P) 10:30 Balance & Action (P) 1:00 Sunday Matinee: <i>Titanic (Part 1)</i> (P) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 FC Youth Group Game Night (P)</p>	<p>24</p> <p>9:00 Daily Meeting & Chronicles (P) 9:30 Daily Prayer & Reflection (P) 10:30 Seated Yoga with Michele (P) 2:00 Worship Service with Chaplain Brittany (P) 2:00 Decorating Sugar Cookies (CN/S) 3:00 Circle of Friends (P) 3:30 Afternoon Fitness Walkers (TB) 6:00 Resident Run Connect 4 Game (P)</p>	<p>25</p> <p>9:30 Daily Meeting & Chronicles (P) 10:00 Conversation Stones (P) 10:30 Balloon Volleyball (P) 1:00 Card Games: UNO (P) 2:00 Bible Study (CH) 3:00 Helping Hands: Preparing Supplies For Decorating Cupcakes (P) 3:30 Baking Club: Decorating Cupcakes (P) 6:00 Nickel Bingo \$\$ (P)</p>	<p>26</p> <p>9:30 Daily Meeting & Chronicle (P) 10:30 Drum Stick Exercise (P) 1:00 Ed-U Bus Trip: Touring Historical Sites of Pottsville (OOB) 2:00 Food Fun with Missy: Waffle Ice Cream Sandwiches (P) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Our Journey Together (CH) 6:00 Puzzles (3FL)</p>	<p>27</p> <p>9:00 Daily Prayer & Reflections (P) 9:30 Daily Meeting & Chronicles (P) 10:00 Table Hockey (P) 10:30 Keep Kicking Kickball (P) 1:30 Zumba with Michele (CN/S) 2:30 Hydration Station: Orange Spritzer (CN/S) 3:00 Manicures & Music (CN/S) 6:00 Fireside Chat with Friends (ML)</p>	<p>28</p> <p>9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicles (P) 10:00 Ed-U Presentation: <i>History Through Folk Music</i> by Jay Smar (P) 1:00 Bean Bag Toss Challenge (3FL) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Relaxing to Music (ML)</p>	<p>29</p> <p>9:00 Daily Meeting & Chronicles (P) 9:30 Morning Trailblazers (TB) 10:00 Nickel Bingo \$\$ (P) 1:00 Outdoor Fun on the Patio (CN/S) 2:00 Ed-U Presentation: <i>Aloha Hawaii</i> by Vivian Hartman (P) 3:30 Vagabond Travelers: Touring the Sahara the Largest Desert on Earth With Rice in the Sahara (P) 6:00 Color Me Creative (P)</p>	