

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: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 11 & 12 Wine & Dine (DR) 1:00 Sunday Matinee: <i>Titanic</i> (Part 2) (P) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Resident Run Connect 4 (P)</p>	<p>Calendar Key: ** Registration Required FP Front Porch \$\$ Cost Involved ML Main Lobby 3F 3rd Floor South Lounge CH Chapel OOB Out of Building P Pub DR Dining Room 1FP 1st Floor Patio PL Parking Lot</p>				<h1>June 2024</h1>	<p>1</p> <p>9:00 Morning Steppers (ML) 10:30 Wall Memory (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:30 Vagabond Travelers: Namibia with Grapefruit Pie (P) 6:00 Color Me Creative (P)</p>
<p>2</p> <p>9:00 Hymn Sing (P) 9:30 Live Stream: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 11 & 12 Wine & Dine (DR) 1:00 Sunday Matinee: <i>West Side Story</i> (P) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Resident Run Connect 4 (P)</p>	<p>3</p> <p>9:30 Brain Games: June Trivia (ML) 10:30 Seated Yoga with Michele (P) 1:30 Sunshine Club Meeting (P) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Circle of Friends (CH) 3:00 Cuisine Club: Prepping Strawberries for the Concert (P) 6:00 Puzzles (3F)</p>	<p>4</p> <p>9:30 Morning Steppers (ML) 10:30 Dining Committee Meeting (DR) 1:30 Golden Voices Choir Practice (P) 2:00 Bible Study (CH) 3:00 Helping Hands: Setting Up Concert (PL) 7:00 Summer Concert Series: 3rd Brigade Band & Strawberry Sundaes (P)</p>	<p>5</p> <p>9:30 Good 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 Brain Game: Word Play (ML) 10:30 Errand Day: Banks & Post Office **\$(OOB) 1:00 Shopping Trip: Walmart **\$(OOB) 2:00 Craft Corner: Paper Rose Bouquet (P) 3:30 Community Life Planning Meeting (P) 7:00 Gospel Singers (CH)</p>	<p>7</p> <p>9:30 Green Thumbs: Taking Care of Our Plants (TB & 1FP) 10:00 Health Doc-U Series: <i>Alzheimer's & Dementia</i> (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service with Chaplain Henninger (CH) 3:30 Cuisine Club: Making Grapefruit Pie (P) 6:00 Resident Run Pinochle Game (P)</p>	<p>8</p> <p>9:00 Morning Steppers (ML) 10:30 Punch for a Prize (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Summer Lovin Décor Bingo (P) 3:30 Vagabond Travelers: Touring the Ivory Coast with Alloco (P) 6:00 Color Me Creative (P)</p>
<p>9</p> <p>9:00 Hymn Sing (P) 10:00 Live Stream: St. John UCC (P) 10:30 Balance in Action (CH) 11 & 12 Wine & Dine (DR) 1:00 Sunday Matinee: <i>13 Hours</i> (P) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Resident Run Connect 4 (P)</p>	<p>10</p> <p>9:30 Brain Games: Name 5 (ML) 10:30 Seated Yoga with Michele (P) 1:30 Gratitude Club Meeting: Make Gifts for RLAs (P) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Circle of Friends (CH) 3:00 Cuisine Club: Strawberry Cheesecake (P) 6:00 Puzzles (3F)</p>	<p>11</p> <p>9:30 Morning Steppers (ML) 10:30 Balloon Volleyball (P) 11:00 Helping Hands: Setting Up Luncheon (1FP) 12:00 Souper Tuesday Luncheon: Cucumber Soup **(1FP) 2:00 Bible Study (CH) 2:00 Craft Corner: Patriotic Candles (P) 3:00 Jeopardy (P) 6:00 Nickel Bingo \$\$ (P)</p>	<p>12</p> <p>9:30 Good Morning Café (P) 10:30 Light & Lively Exercise (P) 2:00 Worship Service with Chaplain Brittany (CH) 2:00 Manicures & Mimosas **(P) 3:00 Our Journey Together (CH) 3:00 Bubbly Social Hour (1FP) 6:00 Resident Run Card Games (P)</p>	<p>13</p> <p>9:30 Brain Games: Finish My Line (ML) 10:30 Keep Kicking Kickball (P) 1:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 2:00 Craft Corner: Button Berry Collage (P) 3:30 Cuisine Club: Tomato Onion Tart (P) 6:00 Who, What, Where Game (P)</p>	<p>14</p> <p>9:30 Green Thumbs: Taking Care of Our Plants (TB & 1FP) 10:30 History & Evolution of the American Flag (P) 1:30 Seated Zumba with Michele (P) 3:00 Mass & Confession with Father Karpyn (CH) 3:30 Cuisine Club: Flag Cookies (P) 6:00 Resident Run Pinochle Game (P) Flag Day</p>	<p>15</p> <p>9:00 Morning Steppers (ML) 10:30 Wall Scrabble (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:30 Vagabond Travelers: Serengeti Safari With Tomato Onion Tart (P) 6:00 Color Me Creative (P)</p>
<p>Father's Day</p> <p>16</p> <p>9:00 Hymn Sing (P) 9:30 Live Stream: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 11 & 12 Wine & Dine (DR) 2:00 Dad's & Dudes Western Campfire **(P) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Resident Run Connect 4 (P)</p>	<p>17</p> <p>9:30 Brain Games: Name 5 (ML) 10:30 Seated Yoga with Michele (P) 2:00 Silver Fox: Fishing (1FP) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Circle of Friends (CH) 3:00 Cuisine Club: Morning Muffins (P) 6:00 Puzzles (3F)</p>	<p>18</p> <p>9:30 Morning Steppers (ML) 10:30 Chef's Table Cooking Demo (DR) 2:00 Wheel of Fortune (P) 2:00 Bible Study (CH) 3:00 Heart in Art: Pablo Picasso & Mixed Media Collage (P) 6:00 Nickel Bingo \$\$ (P)</p>	<p>19</p> <p>9:30 Good Morning Café (P) 10:30 Balance in Action with Powerback Rehabilitation (P) 2:00 Worship Service with Chaplain Brittany (CH) 2:00 Community Meeting (P) 3:00 Our Journey Together (CH) 3:00 Malt Shop Social Hour (P) 6:00 Resident Run Card Games (P) Juneteenth</p>	<p>20</p> <p>9:30 Brain Games: Pictionary (ML) 10:00 Dementia Health Talk with Powerback Rehabilitation (P) 11:00 P² Foodies Dining Out: Rancho Azteca **\$(OOB) 2:00 Drum Circle with Joe (P) 3:00 Longest Day Bake Sale \$(ML) 6:00 Penny Pitching (P)</p>	<p>21</p> <p>9:30 Green Thumbs: Taking Care of Our Plants (TB & 1FP) 10:30 Ed-U Presentation: <i>The Origins of Yoga</i> with Michele D'Agostino (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service with Chaplain Henninger (CH) 3:30 Bean Bag Toss (P) 6:00 Resident Run Pinochle Game (P)</p>	<p>22</p> <p>9:00 Morning Steppers (ML) 10:00 Book Club (P) 11-1 June Brunch (DR & P) 2:00 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 Hymn Sing (P) 10:00 Live Stream: St. John UCC (P) 10:30 Balance in Action (CH) 11 & 12 Wine & Dine (DR) 1:00 Sunday Matinee: <i>Titanic</i> (Part 1) (P) 3:00 Communion Service with Chaplain Henninger (CH) 7:00 FC Youth Group Game Night (P)</p>	<p>24</p> <p>9:30 Brain Games: Finish the Lyric (ML) 10:30 Seated Yoga with Michele (P) 1:30 Operation Boots on the Ground: Clipping Coupons for Troops (P) 2:00 Worship Service & Communion with Chaplain Brittany (CH) 3:00 Circle of Friends (CH) 3:00 Cuisine Club: Making Breakfast Bread Pudding (P) 6:00 Puzzles (3F)</p>	<p>25</p> <p>9:30 Morning Steppers (ML) 10:30 Balloon Volleyball (P) 2:00 Bible Study (CH) 2:00 Cuisine Club: Strawberry Parfaits (P) 3:00 Enjoying Strawberry Parfaits on the Porch Reminiscing about Summer (FP) 6:00 Nickel Bingo \$\$ (P)</p>	<p>26</p> <p>9:30 Good Morning Café (P) 10:30 Drum Stick Exercise (P) 2:00 Food Fun with Missy: Waffle Ice Cream Sandwich (P) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Our Journey Together (CH) 3:00 Get Your Veggies Social Hour (P) 6:00 Resident Run Card Games (P)</p>	<p>27</p> <p>9:30 Brain Games: A Tall Order Trivia (ML) 10:30 Keep Kicking Kickball (P) 12:00 P² Foodies Dine In: Taco Bell **\$(P) 2:00 Pet Visit (P) 3:00 Zoology: The Glorious Giraffe (P) 6:00 Measure Up Game (P)</p>	<p>28</p> <p>9:00 Green Thumbs: Taking Care of Our Plants (TB & 1FP) 10:00 Ed-U Presentation: <i>History Through Folk Music</i> by Jay Smar (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service with Chaplain Henninger (CH) 3:30 Axe Throwing (P) 6:00 Resident Run Pinochle Game (P)</p>	<p>29</p> <p>9:00 Morning Steppers (ML) 10:00 Nickel Bingo \$\$ (P) 11:00 Helping Hands: Cleaning Up Bingo (P) 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>