

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

May

8 - Charmaine West
11 - Martha Fleming
18 - Linda Adcock
21 - Lois Wood
23 - Julie Jones
25 - Judith McIntyre
27 - Mildred Psak
31 - Bennett Bittinger

June

3 - Darlene Zimmerman	24 - Virginia Adams
3 - Suzanne Rice	25 - Carol Wine
5 - Doris Royer	27 - Susanne Proulx
7 - Esta Hammond	28 - Janet Frieze
12 - Nadine Clemens	28 - Richard Rice
19 - William Sheridan Jr.	29 - Beulah Woods
19 - Doris Musser	



Providence Place SENIOR LIVING News

Q2: May 2025

A Note from the Executive Director

Spring is here and we are so excited to start enjoying our outdoor space once again. We will kick things off this month with our Spring Family Meeting on May 1st at 7pm. All family members are welcome to join.

As a reminder, we also host our Dementia Care Partner Support Group in our Connections Neighborhood each month. This is hosted the second Wednesday monthly at 6pm and features support, education and Q&A for all residents, family members and greater community members.

We will be hosting our Mother's Day Brunch on Sunday the 11th - if you would like to join your loved one, please call reception for reservations.

If you have any questions or concerns, please reach out to me anytime.

Best,

Holly Townsend
Executive Director

Highlighted Events

1 - **Spring Family Meeting**
@ 7pm

11 - **Mother's Day Brunch**
@ 11:30am

12 - **Kindly Canines Visit**
@ 1:30pm

14 - **Dementia Support Group**
@ 6pm - *Connections*

21 - **Community Meeting** @ 2pm

26 - **Memorial Day Picnic** @ 12pm

Welcome New Residents

Lois Garman
Marian Moats

 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
<div>THE</div> <div>Club</div>		Calendar Key: Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Back Lobby (BL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections (CN), Pub Deck (PD) Back Yard (BY), Front Lobby (FL), Building Wide (BW) **Registration Required, \$\$ Cost Involved	<div>May</div> <div>2025</div>	<div>1</div> 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Great Lakes Worksheet (3A) 1:30 25 Year Ribbon Cutting w/Chamber (BL) 1:45 Food Creation: Sopapillas (CN) 2:30 Cinco Delights (CN) 3:00 Bloom and Grow Club (P) 3:00 Mid Week Worship Service (CN) 6:00 Wii Bowling League (3E)	<div>2</div> 9:00 Morning Meeting & Fitness Flow (2A) 9:30 Daily Chronicle and Discussion (2A) 10:00 Providence Place Chambersburg Antique Road Show (2A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Readers Theater: <i>The Uninvited Guest</i> (3A) 3:00 Aromatherapy and Nails (3A) 6:00 Movie Night & Popcorn: <i>TrackTown</i> (3A)	<div>3</div> 9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Walk and Stroll Club (HW) 2:30 Musical Entertainment Featuring Bryan Herber (2A) 3:00 Matching Club: Uno (3A) 6:00 Card Club: Rummy (2A)
<div>4</div> 9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Teamwork Toss: Horseshoes (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Matching Dominos (3A) 6:00 Resident Run Pinochle (3A)	<div>5</div> 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 Curious Minds: <i>The Ancient Tribes That Settled The Americas</i> (3A) 3:00 Cinco de Mayo Worksheets (3A) 6:00 Resident Run Blitz (2A)	<div>6</div> 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 10:30 Match the Clues (3A) 1:45 Craft with Connections: Cactus Rock Painting (CN) 2:30 Prickly Pear Punch (CN) 3:30 Musical Entertainment Featuring Penn National Harmony Singers (2A) 3:00 Bloom and Grow Club (PD) 6:00 Resident Run Rummikub (2A)	<div>7</div> 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Shopping Trip: Walmart \$\$ (OOB) 10:00 Spelling Bee Practice (3A) 1:30 Day Excursion: Mikie's Ice Cream in Greencastle (OOB) 2:00 Cinco de Mayo: The Write Word Game (CN) 3:00 Jeopardy Trivia (3A) 6:00 Front Porch Sitting (FP)	<div>8</div> 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Brain Game Worksheets (3A) 1:45 Hydration Creation: Citrus Coconut Water Smoothie (CN) 2:30 Smoothie Sunset Bash (CN) 3:00 Bloom and Grow Club (P) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)	<div>9</div> 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Book Club: <i>Escape and Escapade</i> (3A) 2:00 Catholic Mass with Corpus Christi Catholic Church (2A) 3:00 Smores Outdoors (Picnic Tables) 6:00 Movie Night & Popcorn: <i>Evening</i> (3A)	<div>10</div> 9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 10:00 TV Sitcom Comedy Hour: Resident's Choice (3A) 1:30 Walk and Stroll Club (HW) 2:00 Guess the Letter (3A) 3:00 Matching Club: The Uzzle (3A) 6:00 Card Club: Rummy (2A)
<div>Mother's Day</div> <div>11</div> 9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Mothers Day Worksheets (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Tea Time Treasures: A Mother's Day Film Fest <i>The Sound of Music</i> (3A) 6:00 Resident Run Pinochle (3A)	<div>12</div> 9:00 Yoga with Beth (3E) 9:00 Morning Meeting & Fitness Flow (3A) 10:00 Prize Bingo (3A) 1:30 Kindly Canines (Building Wide) 2:00 Wandering Woodcrafts With Amber ** (CN) 2:00 Memory Magic (3A) 3:00 Curious Minds: <i>Your Brain– Who's in Control?</i> (3A) 6:00 Resident Run Blitz (2A)	<div>13</div> 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 10:30 Types of Words Worksheets (3A) 1:45 Craft with Connections: Air Dry Jewelry Dish (CN) 2:30 Patti's Famous Peanut Butter Rice Crispies (CN) 3:00 Invention Run Card (3A) 3:00 Bloom and Grow Club (PD) 6:00 Resident Run Rummikub (2A)	<div>14</div> 9:00 Morning Meeting & Fitness Flow (2A) 10:00 Shopping Trip: Giant \$\$ (OOB) 10:00 Dinning Committee Meeting (2A) 1:30 Day Excursion: McDonalds Sundaes (OOB) 2:00 Word Mining Game (CN) 3:00 Handcrafted Heirlooms: Wooden Flower Photo Holder (3A) 6:00 Dementia Care Partner Support Group (CN) 6:00 Resident Run Sequence (2A)	<div>15</div> 9:00 Morning Meeting Flex & Stretch (3A) 10:00 A-Mazing Worksheets (3A) 1:45 Kitchen Creation: Soft Vanilla Pudding Cookies (CN) 2:30 Cookie Cloud Soiree (CN) 3:00 Bloom and Grow Club (P) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)	<div>16</div> 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Can You See the Big Picture? (3A) 3:00 Table Topics with Homemade Chocolate Chip Cookies (P) 6:00 Movie Night & Popcorn: <i>Cocoon</i> (3A)	<div>Armed Forces Day</div> <div>17</div> 9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Armed Forces Day Puzzles (3A) 1:30 Walk and Stroll Club (HW) 2:00 Matching Club: Uno (P) 3:00 Honoring Our Veterans (3A) 6:00 Card Club: Rummy (2A)
<div>18</div> 9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Teamwork Toss: Cornhole (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: My 2 Cents (3A) 6:00 Resident Run Pinochle (3A)	<div>19</div> 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Imagery Fitness (3A) 2:00 Prize Bingo (3A) 3:00 Curious Minds: <i>Our Planet– Jungles</i> (3A) 6:00 Resident Run Blitz (2A)	<div>20</div> 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 10:30 Word Categories Worksheet (3A) 1:30 Day Excursion Spring Fling Adventure Ride (OOB) 2:00 Craft with Connections: Pointillism Lavendar Painting (CN) 3:00 Splashy Tunes: A DIY Xylophone (3A) 3:00 Bloom and Grow Club (PD) 6:00 Resident Run Rummikub (2A)	<div>21</div> 9:00 Morning Meeting & Fitness Flow (3A) 10:00 Shopping Trip: Dollar Tree \$\$ (OOB) 10:00 Resident Calander Meeting (3A) 1:30 Blood Pressure Clinic (2A) 2:00 Community Meeting with Department Managers (2A) 3:00 Can You Picture This? (3A) 3:00 Hydration Station (P) 6:00 Front Porch Sitting (FP)	<div>22</div> 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Puzzles and Ponderings (3A) 1:45 Food Creation: Fluffernutter Sandwiches (CN) 2:30 The Marshmallow Medley Mixer (CN) 3:00 Bloom and Grow Club (P) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Spring Sing with Shayne Carmack (2A)	<div>23</div> 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Concentration Puzzles (3A) 3:00 Fact or Fiction with Fresh Popped Popcorn (P) 6:00 Movie Night & Popcorn: <i>The Gumball Run</i> (3A)	<div>24</div> 9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 10:00 Glam Groove gathering (3A) 1:30 Linda's Movie Matinee : <i>Mary Poppins</i> (3A) 2:00 Dot to Dot (P) 3:00 My Scrapbook Story (3A) 6:00 Card Club: Rummy (2A)
<div>25</div> 9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Teamwork Toss: Skee Ball (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Planet Earth Trivia (3A) 6:00 Resident Run Pinochle (3A)	<div>Memorial Day</div> <div>26</div> 9:00 Yoga with Beth (3E) 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memorial Day Worksheets (3A) 1:30 Imagery Fitness (3A) 2:00 Special Edition Prize Bingo (3A) 3:00 Curious Minds: <i>Culp's Hill at Gettysburg</i> (3A) 6:00 Resident Run Blitz (2A)	<div>27</div> 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 10:30 Scripps National Spelling Bee (3A) 1:30 Celebrating Mid Turning 100 (CN) 2:30 Celebrating Mid's 100th (CN) 3:00 Men's Club: Freshwater Fishing Trivia (3A) 3:00 Bloom and Grow Club (PD) 6:00 Resident Run Rummikub (2A) 6:00 Wii Bowling for Beginners (3E)	<div>28</div> 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Shopping Trip: TJ Max \$\$ (OOB) 10:00 Working with Letters (3A) 1:30 Day Excursion: Annie's Ice Cream & Donuts in Waynesboro (OOB) 2:00 Niagara Oh No! Dice Game (CN) 3:00 Palette of Memories: Faux Batik Art (3A) 6:30 Gospel Hymns with Spring Valley Mennonite Church (2A)	<div>29</div> 9:30 Daily Chronicle and Discussion (3A) 10:00 Junk Drawer Detective (3A) 1:45 Food Creation: Strawberries Sweet Cream Delight (CN) 2:30 Delightful Fruit Fête (CN) 3:00 Bloom and Grow Club (P) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)	<div>30</div> 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Brainstorm Worksheets (3A) 3:00 New Neighbor Welcome Social (P) 6:00 Movie Night & Popcorn: <i>Australia</i> (3A)	<div>31</div> 9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic(3A) 1:30 Talk n' Toss Ball (3A) 2:00 Matching Club: Uno (3A) 3:00 Hydration and Finishing Lines (3A) 6:00 Card Club: Rummy (2A)