

# 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 11<sup>th</sup> - 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](http://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](mailto:Info@Prov-Place.com).

 **[www.Providence-Place.com](http://www.Providence-Place.com)**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Calendar Key:</b> Pub (P) Café (C), Library (L) Back Lobby (BL) 2nd Floor Activity Room (2A) 3rd Floor Activity Room (3A) 3rd Floor Exercise Room (3E) Private Dining Room (PDR) Out of Building (OOB) Connections (CN) Building Wide (BW) Front Porch (FP) **Registration Required, \$\$ Cost Involved	<div>May</div> <div>2025</div>	<div>1</div> 9:00 Walk Or Roll Outside Walking Path 10:00 Helping Hands: BL Décor (BL) 1:30 25 Year Ribbon Cutting (BL) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service National Day of Prayer (2A) 3:00 Bible Study (PDR) 3:00 May Day Floral Arrangements (P) 7:00 Family Meetings with David Leader (DR)	<div>2</div> 9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Providence Place Chambersburg Antique Road Show (2A) 1:30 Garden Club (BL) 2:00 Cooking Creation: Cherry Fluff ( C ) 3:00 Celebrating National Truffle Day with Truffle Blind Tasting (P) 6:00 Movie & Popcorn: <i>TrackTown</i> (3A)	<div>3</div> 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops ( C ) 10:00 Nickel Bingo \$\$ (2A) 1:30 Design Club: Cinco de Mayo (P) 2:00 Game Club: Scrabble ( P ) 2:30 Musical Entertainment Featuring Bryan Herber (2A) 3:00 Kentucky Derby Mint Julep (P) 6:00 Kentucky Derby (P)
<div>4</div> 9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Polish and Paint Nail Service (BL) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Cherry Fluff with Friends ( C ) 3:00 Mexican Train Dominoes Club ( C ) 6:00 Resident Run Pinochle (3A)	<div>5</div> 9:00 Light & Lively Exercise (3E) 9:30 Humor Spotlight: Mom a Day Jokes A– Day (L) 10:00 Prize Bingo (2A) 1:30 Balance & Action (3E) 2:00 Curious Minds: <i>The Ancient Tribes That Settled</i> <i>The Americas</i> (3A) 3:00 Cinco de Mayo Celebration (P) 6:00 Resident Run Blitz (2A)	<div>6</div> 9:00 Sit & Be Fit Exercise (3E) 9:00 Shopping Trip: Walmart **\$(OOB) 10:00 New Neighbor Building Tour and Orientation (FL) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Fiesta Worthy Trivia (P) 3:30 Musical Entertainment Featuring Penn National Harmony Singers (2A) 6:00 Resident Run Rummikub (2A) 6:00 Wii Bowling for Beginners (3E)	<div>7</div> 9:00 Seated Weights with Leah (3E) 10:00 Circle of Friends (PDR) 10:00 Cooking Creation: Vanilla Coconut Cupcakes #1 ( C ) 2:00 Jeopardy! (2A) 3:00 Men's Club with Chaplain Rick (P) 4:00 Dinner on the Deck **(P) 6:00 Front Porch Sitting (FP) 6:00 Resident Run Sequence (2A)	<div>8</div> 9:00 Walk Or Roll Outside Walking Path 10:00 Tour of Worship: First United Methodist Church **\$(OOB) 10:00 Craft Creation: Floral Ink Pens ( C ) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 3:00 Charades (P) 6:00 Wii Bowling League (3E)	<div>9</div> 9:00 Seated Weights with Leah (3E) 10:00 Cooking Creation: Vanilla Coconut Cupcakes #2 ( C ) 1:30 Garden Club (BL) 2:00 Catholic Mass with Corpus Christi Catholic Church (2A) 2:00 Personal Device Technical Support Assistance ( C ) 3:00 Smores Outdoors (Picnic Tables) 6:00 Movie & Popcorn: <i>Evening</i> (3A)	<div>10</div> 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops ( C ) 10:00 Polish and Paint Nail Service (BL) 11:00 Local Fares: Fiesta Maya **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Game Club: Scrabble ( C ) 6:00 Card Club: Rummy (2A)
<div>11</div> Mother's Day 9:00 Light & Lively Exercise (3E) 9:30 Trivia Handout (L) 10:00 Communion with Corpus Christi Church (2A) 11:30 Mothers Day Brunch **(DR) 2:00 Worship Service (2A) 3:00 Vanilla Coconut Cupcakes (P) 3:00 Mexican Train Dominoes Club ( C ) 6:00 Resident Run Pinochle (3A)	<div>12</div> 9:00 Yoga with Beth (3E) 9:30 Appreciate & Thank Club: Armed Forces Day Gift ( C ) 10:00 Prize Bingo (2A) 1:30 Kindly Canines (Building Wide) 2:00 Wandering Woodcrafts With Amber ** ( CN ) 3:15 Curious Minds: <i>Your Brain– Who's in Control?</i> (3A) 6:00 Resident Run Blitz (2A)	<div>13</div> 9:00 Sit & Be Fit Exercise (3E) 9:30 Manicures or Pedicures **\$(OOB) 10:00 Billiards (3E) 11:00 Franklin County Library Bookmobile (LD) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Table Top Frog Jumpin' Contest (P) 3:00 Wonderful Women Trivia (P) 6:00 Resident Run Rummikub (2A) 6:00 Wii Bowling for Beginners (3E)	<div>14</div> 9:00 Seated Weights with Leah (3E) 10:00 Dining Committee Meeting (2A) 10:00 Circle of Friends (PDR) 2:00 Cooking Creation: Chocolate Chip Cookies ( C ) 3:00 Spiritual Life Planning Mtg. (2A) 4:00 Dinner on the Deck **(P) 6:00 Dementia Care Partner Support Group (CN) 6:00 Resident Run Sequence (2A)	<div>15</div> 9:00 Walk Or Roll Outside Walking Path 10:00 Move 2 Music (BL) 10:00 Dave Roevers Life Story (PDR) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Celebration of Life (2A) 3:00 Bible Study (PDR) 3:00 Charcuterie Boards & Bubbly **(P) 6:00 Wii Bowling League (3E)	<div>16</div> 9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 1:00 Workout with Julie From Powerback Rehabilitation (3E) 1:30 Garden Club (BL) 2:00 Banana Grams (P) 3:00 Table Topics with Homemade Chocolate Chip Cookies (P) 6:00 Movie & Popcorn: <i>Cocoon</i> (3A)	<div>17</div> Armed Forces Day 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops( C ) 10:00 Nickel Bingo \$(2A) 1:30 Armed Forces Day: <i>Top Gun Maverick</i> (3A) 2:00 Armed Forces Day Gift Giving ( C ) 3:00 Game Club: Scrabble ( C ) 6:00 Card Club: Rummy (2A)
<div>18</div> 9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordie Handout (L) 10:00 Polish and Paint Nail Service (BL) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Pretzels and Dip ( C ) 3:00 Mexican Train Dominoes Club ( C ) 6:00 Resident Run Pinochle (3A)	<div>19</div> 9:00 Light & Lively Exercise (3E) 9:30 Who, What, Where? Who Am I? (L) 10:00 Community Life Planning Mtg. (P) 1:30 Balance & Action (3E) 2:00 Prize Bingo with Heidi from Brightstar (3A) 3:00 Curious Minds: <i>Our Planet– Jungles</i> (3A) 6:00 Resident Run Blitz (2A)	<div>20</div> 9:00 Sit & Be Fit Exercise (3E) 10:00 Hallway Bowling (3E) 11:30 Local Fares: The Grille at Runways **\$(OOB) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings ( C ) 3:00 United States States Trivia (P) 6:00 Resident Run Rummikub (2A) 6:00 Wii Bowling for Beginners (3E)	<div>21</div> 9:00 Seated Weights with Leah (3E) 10:00 Circle of Friends (PDR) 1:30 Blood Pressure Clinic (2A) 2:00 Community Meeting with Department Managers (2A) 3:00 Bible Trivia (PDR) 3:00 Coffee & Conversations (P) 4:00 Dinner on the Deck **(P) 6:00 Front Porch Sitting (FP) 6:00 Resident Run Sequence (2A)	<div>22</div> 9:00 Walk Or Roll Outside Walking Path 10:00 Design Club: Memorial Day (P) 10:00 <i>War Room</i> With Chaplain (PDR) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 3:00 Helping Hands: Outdoor Flags (FL) 6:00 Spring Sing with Shayne Carmack (2A)	<div>23</div> 9:00 Seated Weights with Leah (3E) 10:00 Personal Device Technical Support Assistance ( C ) 1:30 Garden Club (BL) 2:00 Hallway Bowling (3A) 3:00 Fact or Fiction with Fresh Popped Popcorn (P) 6:00 Movie & Popcorn: <i>The Gumball Run</i> (3A)	<div>24</div> 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops( C ) 10:00 Cooking Creation: Deviled Eggs & Potato Salad ( C ) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Game Club: Scrabble ( C ) 6:00 Card Club: Rummy (2A)
<div>25</div> 9:00 Light & Lively Exercise (3E) 10:00 Polish and Paint Nail Service (BL) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 12:45 Broadcasting Indianapolis 500 (P) 2:00 Worship Service (2A) 3:00 Crock Pot Lil' Smokies ( C ) 3:00 Mexican Train Dominoes Club ( C ) 6:00 Resident Run Pinochle (3A)	<div>26</div> Memorial Day 9:00 Yoga with Beth (3E) 9:30 Travelogue: The Great Lakes (L) 10:00 Birthday Gang Committee Mtg. ( L ) 12:00 Picnic on the Deck ** (P) 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 Sit & Be Fit Exercise (3E) 9:30 Shopping Trip: Dollar Tree**\$(OOB) 10:00 New Neighbor Building Tour And Orientation (FL) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Hallway Bowling (3E) 3:00 Memorial Day Facts and Trivia (P) 6:00 Resident Run Rummikub (2A) 6:00 Wii Bowling for Beginners (3E)	<div>28</div> 9:00 Seated Weights with Leah (3E) 10:00 Pendant Cleaning Clinic (P) 10:00 Circle of Friends (PDR) 2:00 Rosary with Corpus Christi Catholic Church (2A) 3:00 <i>Who is the Jesus Man?</i> (2A) 4:00 Dinner on the Deck **(P) 6:00 Front Porch Sitting (FP) 6:30 Gospel Hymns with Spring Valley Mennonite Church (2A)	<div>29</div> 9:00 Walk Or Roll Outside Walking Path 10:00 Move 2 Music (BL) 10:00 <i>War Room</i> With Chaplain (PDR) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 3:00 Helping Hands: Outdoor Flags (FL) 6:00 Wii Bowling League (3E)	<div>30</div> 9:00 Light & Lively Exercise (3E) 10:00 National Creativity Day ( C ) 1:30 Garden Club (BL) 2:00 Memory Café: The Good Ole Days (P) 3:00 New Neighbor Welcome Social (P) 6:00 Movie & Popcorn: <i>Australia</i> (3A)	<div>31</div> 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops( C ) 10:00 Personal Device Technical Support Assistance ( C ) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Game Club: Scrabble ( C ) 6:00 Card Club: Rummy (2A)