

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

1 - Wanda Brunetti
1 - Roy Armstrong
3 - Betty Shannon
4 - Thomas White
5 - Theresa Deluca-Brensinger
5 - Stanley Plicinski
18 - Ruth Ledger
24 - Kristin St. Aubyn
30 - Roberta Machese

June

2 - Richard Ameigh
5 - Helen Hanto
13 - Antoinette Cardosi
17 - Thomas Curran
18 - Linda Conaway
21 - Donald Wilson
25 - Bob Berlin



Providence Place SENIOR LIVING News

Q2: May 2025

A Note from the Executive Director

I am excited to announce two upcoming blessings to the Providence Place family. We would like to welcome Tiffany Pearlman as our new Director of Nursing. Tiffany will be overseeing the wellness of the whole community and will be a physical presence in Assisted Living and in Connections. Over Tiffany's 22 years in health care, she started her career as a Certified Nursing Assistant, Med Tech and then LPN. In most recent years, Tiffany has served as a Director of Nursing in other senior living communities. She also loves to spend time with her husband and children, filling her spare time with reading, walking and her love of fall.

Additionally, I am thrilled to announce Titania "Tonya" Stewart as our new Connections Director. Tonya, as she prefers, is thrilled to join us and is looking forward to meeting the residents, families and co-workers. Tonya has years of experience as a Memory Care Director in senior living with experience in dementia care. Tonya is also a trained Medication Technician and trained Dementia trainer. Tonya not only brings a large knowledge of the industry but hands-on experience of memory care. Tonya's first day will be May 1st and will have a specific onboarding plan in the weeks to follow.

Once Tiffany and Tonya have completed their onboarding training, we will schedule a time for residents and families to meet with them. In the meantime, you are welcome to reach out to me directly or Tiffany Small, our Director of Operations who continues to assist as our Director of Nursing.

Best,

Kellee Silhan
Executive Director

Highlighted Events

- 5 - **Game Day** with Perkiomen Valley East MS Students @ 10am
- 9 - **Mother's Day Tea Party** @ 1:30pm
- 15 - **EdU Presentation:** Life & Friendship with Stepford Wife Carole Mallory @ 3:30pm
- 22 - **Bingo with Evergreen Elementary** @ 10am
- 29 - **Resident Recognition Awards** @ 3pm

Welcome New Residents

Dorothy Watson
Eleanor Kuljian
Natalie Hines



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: ** Registration Required \$\$ Cost Involved (AR) Activity Room (BP) Back Porch (CR) Community Room (DR) Dining Room (L) Library (OL) Old Library (OOB) Out of Building (P) Pub (T) Theatre	<div>May</div> <div>2025</div>	1 9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 10:30 Destination Discovery: Athens (T) 11:00 Search for May Word Game (CR) 1:30 Still Life Painting: Fruit Bowl (CR) 2:30 Bridge with Connections: (C) 3:30 Happy Hour (P) 6:00 Nickel Bingo \$\$ with Marlene (AR)	2 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Community Crossword (AR) 10:30 Crafty Crew: Picture Frame Art (CR) 11:00 May Day Trivia (CR) 1:30 Aerobic Drumming (P) 2:30 Providence Players Drama Club (T) 3:30 Entertainment in the Pub (P) 6:00 Friday Evening Shabbat (T)	3 9:30 Sit and Be Fit Exercises (CR) 10:00 Manicures with Katie (AR) 10:30 Dominoes (P) 1:30 Candy Bingo (AR) 2:30 Netflix Series <i>Man on the Inside</i> (T) 3:30 Kentucky Derby Predictions with Mint Juleps (P) 4:00 Green Thumbs Club (AR) 6:00 Independent Games (P)			
		4 9:30 Sit and Be Fit Exercises (CR) 10:00 Coffee & Conversation (P) 10:30 Livestream Catholic Mass (T) 11:00 Card Club (P) 1:30 Ecumenical Worship Service with Chaplain Nichole (CR) 2:30 Wii Bowling (CR) 3:30 Sunday Social (P) 6:00 Card Club (P)		5 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Science Lab w/Barb: Dancing Raisins (CR) 11:00 Cinco De Mayo Trivia Challenge (CR) 1:00 Comfort Caring Canine with Cash (P) 2:30 Music & Mediation with Nadine (P) 3:30 Cinco de Mayo Celebration Featuring Margaritas (P) 6:00 Pool Tournament (OL)	6 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 In the Kitchen: Chocolate Covered Strawberries (CR) 11:00 Ed-U: <i>History on May Pole</i> (T) 1:30 Learning to Play Pokeno (CR) 2:30 Bridge w/Connections: Crafts (C) 3:00 Catholic Mass with St. Eleanor's (CR) 3:30 Happy Hour (P) 6:00 Spring Valley Community Band (P)	7 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Rosary with St. Eleanor's (T) 10:30 Junk Drawer Detective (CR) 11:00 Coffee and Conversation (CR) 1:30 Mid-Week Worship Service with Chaplain Nichole (CR) 2:30 Bridge w/Connections: Adult Coloring (C) 3:30 Bowling (AR) 6:00 Scrapbooking with Marisa (AR)	8 9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 10:30 Destination Discovery: Mexico (T) 11:00 Crafts: Cut Flower Arranging (CR) 1:30 Club Meeting with Barb & Katie (CR) 2:30 Bridge w/Connections: Sing A Long (C) 3:30 Welcome New Residents Social (P) 6:00 Nickel Bingo \$\$ with Marlene (AR)	9 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Manicures with Katie (AR) 11:00 Sunshine Club (CR) 1:30 Mother's Day Tea Party with Our Friends from Grane (P) 2:30 Providence Players Drama Club (T) 3:30 Entertainment Featuring Ken Pierson (P) 6:00 Friday Evening Shabbat (T)	10 9:30 Sit and Be Fit Exercises (CR) 10:00 In the News with Joe (P) 10:30 Checkers (P) 1:30 Candy Bingo (AR) 2:30 Netflix Series: <i>Man on the Inside</i> (T) 3:30 Back Porch Games and Drinks (BP) 4:00 Green Thumbs Club (AR) 6:00 Independent Games (P)
		11 Mother's Day 9:30 Sit and Be Fit Exercises CR 10:00 Coffee & Conversation (P) 10:30 Livestream Catholic Mass (T) 11:00 Card Club (P) 1:30 Ecumenical Worship Service with Chap. Nichole & Evansburg (CR) 2:30 Wii Bowling (CR) 3:30 Mother's Day Social (P) 6:00 UNO (P)		12 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Hangman: Famous Singers (CR) 11:00 Picnic at Upper Schuylkill Valley Park (OOB) 1:00 Comfort Caring Canine Visit with Cash (P) 2:30 Music & Mediation with Nadine (P) 3:30 Candy Bingo (AR) 6:00 Pool Tournament (OL)	13 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Tuesday Trivia Challenge (CR) 10:30 Wheel of Fortune Game (CR) 11:00 Ed-U: <i>History on Mother's Day</i> (T) 1:30 In the Kitchen: Rolo Pretzel Treats (CR) 2:30 Bridge w/Connections: Crafts (C) 3:30 Happy Hour (P) 6:00 Pool Tournament (OL)	14 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Rosary with St. Eleanor's (T) 10:30 Murder Mystery Drama Club (CR) 1:30 Mid-Week Worship Service with Chaplain Nichole (CR) 2:30 Bridge w/Connections: Trivia (C) 3:30 Balloon Volleyball (CR) 6:00 Scrapbooking with Marisa (AR)	15 9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises CR 10:30 Destination Discovery: Morocco (T) 11:00 Bach Lunch Trip (OOB) 1:30 Walking Club: Trip to Our Library (CR) 2:30 Bridge w/Connections: Family Feud (C) 3:30 ED-U Presentation with Original Stepford Wife Carole Mallory (CR) 6:00 Nickel Bingo \$\$ with Marlene (AR)	16 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Community Crossword (AR) 10:30 Craft Crew: Paper Lily (CR) 11:00 Friday Funnies: Classic Jokes (CR) 1:30 Aerobic Drumming (P) 2:30 Providence Players Drama Club (T) 3:30 Happy Hour & Entertainment Featuring Bill Long (P) 6:00 Friday Evening Shabbat (T)	17 Armed Forces Day 9:30 Sit and Be Fit Exercises (CR) 10:00 Manicures with Katie (AR) 10:30 Yahtzee (P) 1:30 Candy Bingo (AR) 2:30 Netflix Series <i>Man on the Inside</i> (T) 3:30 Back Porch Games & Drinks (BP) 4:00 Green Thumbs Club (AR) 6:00 Independent Games (P)
		18 9:30 Sit and Be Fit (Exercises CR) 10:00 Coffee & Conversation (P) 10:30 Livestream Catholic Mass (T) 11:00 Card Club (P) 1:30 Ecumenical Worship Service with Chaplain Nichole (CR) 2:30 Wii Bowling (CR) 3:30 Sunday Social (P) 6:00 Rummikub (P)		19 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Valley Forge Park Scenic Drive (OOB) 1:00 Comfort Caring Canine Visit with Cash (P) 2:30 Music & Mediation with Nadine (P) 3:30 Candy Bingo (AR) 6:00 Pool Tournament (OL)	20 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 In the Kitchen: Making Chex Mix (CR) 11:00 Ed-U: <i>Migration of the Monarch</i> (T) 1:30 Circle of Friends w/Chaplain (C) 2:30 Bridge w/Connections: Crafts (C) 3:30 Happy Hour (P) 6:00 Pool Tournament (OL)	21 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Rosary with St. Eleanor's (T) 10:30 Scavenger Hunt : Finding our Friends (CR) 11:00 Coffee and Conversation (CR) 1:30 Mid-Week Service with Chaplain Nichole (CR) 2:30 Bridge w/Connections: Name That Tune (C) 3:30 Bowling (AR) 6:00 Rummikub (P)	22 9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Evergreen Elementary 5th Grade Students Host Bingo (AR) 11:00 Destination Discovery: Portugal (T) 1:30 Charades for Club (CR) 2:30 Bridge w/Connections: Karaoke (C) 3:30 May Birthday Celebration Social (P) 6:00 Nickel Bingo \$\$ with Marlene (AR)	23 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Manicures with Katie (AR) 11:00 Friday Trivia for Foodies (CR) 1:30 Walking Club: Bird Watching (OOB) 2:30 Patio Refreshments (Back Patio) 3:30 Entertainment Featuring Bob Hamel (P) 6:00 Friday Evening Shabbat (T)	24 9:30 Sit and Be Fit Exercises (CR) 10:00 In the News with Joe (P) 10:30 Community Crossword Puzzle (CR) 1:30 Candy Bingo (AR) 2:30 Netflix Series: <i>Man on the Inside</i> (T) 3:30 Back Porch Games & Drinks (BP) 4:00 Green Thumbs Club (AR) 6:00 Independent Games (P)
		25 9:30 Sit and Be Fit Exercises (CR) 10:00 Coffee & Conversation (P) 10:30 Livestream Catholic Mass (T) 11:00 Card Club (P) 1:30 Ecumenical Worship Service with Chaplain Nichole (CR) 2:30 Men's Club (P) 3:30 Wii Bowling (CR) 6:00 RACKO Card Game (P)		26 Memorial Day 9:30 Sit and Be Fit Exercises (CR) 10:00 Ride in the Bus for Trappe Memorial Day Parade **(OOB) 11:00 Patriotic Sing-Along (P) 1:00 Comfort Caring Canine Visit with Cash (P) 2:00 Red, White & Blue Popsicles (BP) 3:30 Candy Bingo (AR) 6:00 Pool Tournament (OL)	27 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Tuesday Trivia Challenge: Memorial Day Facts (CR) 11:00 Ed-U: <i>History of Decoration Day</i> (T) 1:30 In the Kitchen: Making Mini Brownies (CR) 2:30 Bridge w/Connections: Crafts (C) 3:30 Happy Hour (P) 6:00 Pool Tournament (OL)	28 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Rosary with St. Eleanor's (T) 10:30 Name That Bird Challenge (CR) 11:00 Crafty Crew: Painting a Bird (CR) 1:30 Mid-Week Service with Chaplain Nichole (CR) 2:30 Bridge w/Connections: Trivia (C) 3:30 Balloon Volleyball (CR) 6:00 Scrapbooking with Marisa (AR)	29 9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 10:30 Sunshine Club: Baking Chocolate Chip Cookies (AR) 1:30 Walking Club: Hanging Bird Feeders (C) 2:30 Bridge w/Connections: Word Games C) 3:00 Resident Recognition Awards (P) 3:30 Awards Celebration Happy Hour (P) 6:00 Collegeville Fam Mtg: CEO David Leader (P)	30 9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Community Crossword (AR) 10:30 Crafty Crew: Bracelet Making (CR) 1:30 Dominoes Club (P) 2:30 Providence Players Drama Club (T) 3:30 Entertainment Featuring Michael Kropp (P) 6:00 Friday Evening Shabbat (T)	31 9:30 Sit and Be Fit (Exercises CR) 10:00 Manicures with Marisa (AR) 10:30 Community Crossword Puzzle (CR) 1:30 Candy Bingo (AR) 2:30 Netflix Series: <i>Man on the Inside</i> (T) 3:30 Back Porch Games & Drinks (BP) 4:00 Green Thumbs Club (AR) 6:00 Independent Games (P)