

# 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

3 - Cora Ebersole  
3 - Romaine Walton  
5 - Michael Stewart  
7 - Joann Bollinger  
8 - Michael Morgan  
9 - John Adams  
10 - James Schenck  
12 - Sherry Barnhart

13 - Pauline Bucklen  
15 - Connie Johnston  
22 - Erma Myers  
22 - Nancy McCurdy  
27 - John Harman  
28 - Shirley Gross  
29 - Betty Eveler

### June

3 - Glenn Funk  
15 - Catherine Miller  
15 - Bill Myers  
17 - Florence Miller  
20 - Bernadine Tomlinson  
22 - Bill Baker  
26 - Dorothy Ruf  
29 - Dorothy Hale



# Providence Place

SENIOR LIVING

# News

Q2: May 2025

## A Note from the Executive Director

We are excited to announce some dining room renovations have begun - please pardon our dust as we expand the space for you! Updates should be complete this summer. We are also excited to host "Chef on Deck" each month to feature our dining team and interactive cooking demonstrations with the community.

As the spring weather arrives, we look forward to getting back outside on the walking path and patios. Check out the activity calendar for our walking club and other outdoor activities

We are excited to host our **Mother's Day Craft Fair on May 10<sup>th</sup> starting at 9am** - all family and friends are welcome to join and visit.

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

Best,

*Howard Holben*  
Executive Director

## Highlighted Events

2 - **Kentucky Derby Happy Hour**  
@ 2pm

3 - **Bingo** with Dover Area Middle School Honor Society @ 1:15pm

10 - **Mother's Day Craft Fair**  
@ 9am - *Families + Friends Welcome!*

11 - **Mother's Day Tea Social**  
@ 2pm

19 - **Meet & Greet w/ Powerback Rehab Team** @ 6pm

25 - **Memorial Day Picnic**  
@ 11:30am

28 - **Chef on Deck** @ 4:30pm

## Welcome New Residents

Kathryn Smith  
Beverly Kushner  
Donald Everhart  
Earl Eugene Snyder  
Marilynn Noel  
Rachel Grimm  
Joan Fahringer



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)**



*Dover (York)* | 3377 Fox Run Road | Dover, PA 17315 | 717-767-4500

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>THE</div> <div>Club</div>		<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (BW) Building Wide (OOB) Out of Building (100 P) 100 Hall Patio (FP) Front Porch (FL) Front Lobby	<div>May</div> <div>2025</div>	<div>1</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Hymn Sing (CR)            10:45 Themed Trivia (CR)            1:00 Ed-U Wellness with Laura (AR)            1:15 Club Country Ride:                Across the Tracks (OOB)            3:00 Prize Bingo (AR)            6:00 Pinochle (AR)         </div>	<div>2</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Happy Laps Walking Club (FP)            1:00 Helping Hands: Folding Towels (AR)            1:15 Good Housekeeping                Magazine Hunt (CR)            2:00 Kentucky Derby Happy Hour (AR)            3:00 Outside Adventures (100 P)            6:00 Resident Ran Bingo (AR)         </div>	<div>3</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:15 Coffee &amp; Donuts (FL)            10:45 Name the State (FL)            1:15 Happy Laps Walking Club (FL)            2:00 Sing Along with Seeger (CR)            3:00 Essential Breaks: Mint Julip (AR)            3:30 Weekly Review (AR)            6:00 Resident Ran Card Club (AR)         </div>
<div>4</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Flower Jingo (CR)            1:15 Pressed Flower Art (CR)            2:00 Neighborly Walkaround (BW)            3:00 Sunday Worship Service (CR)            6:00 Poker Club (AR)         </div>	<div>5</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (CR)            10:00 History of Carnegie Hall (CR)            10:30 Dining Committee Meeting (P)            1:15 Baking with Friends (CN)            2:00 Bible Study with Chaplain Shawn (CN)            2:00 Cooking Club                Mexican Street Corn (AR)            3:00 Destination Discovery:                Mexico City (AR)         </div>	<div>6</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Name That Tune (AR)            1:00 Helping Hands: Towel Folding (AR)            1:15 Crafting with Connections (CN)            2:30 Drinks on the House:                Sparkling Grape Punch (CR)            3:00 Music with Mark Rutter (AR)            6:00 Evening Bingo (AR)         </div>	<div>7</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Club Manicures (CR)            10:00 Shopping: Target \$\$\$ (OOB)            1:15 Bingo with Friends (CN)            2:30 Mid Week Worship Service (CN)            3:00 Snapshot Photo Shoot (CR)            6:00 Resident Ran Activity (AR)         </div>	<div>8</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Hymn Sing (CR)            10:45 Themed Trivia (CR)            1:15 Club Country Ride:                Resident Choice (OOB)            3:00 Prize Bingo (AR)            6:00 Pinochle (AR)         </div>	<div>9</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Happy Laps Walking Club (FP)            1:00 Helping Hands: Folding Towels (AR)            1:15 Jams' and Billy Joel (CR)            2:00 Happy Hour (AR)            3:00 Outside Adventures (100 P)            6:00 Resident Ran Bingo (AR)         </div>	<div>10</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:15 Coffee &amp; Donuts (FL)            10:45 Name 5 game (FL)            1:15 Happy Laps Walking Club (FL)            2:00 Used Tea Bag Uses (CR)            3:00 Essential Breaks: New York Sour (AR)            3:30 Weekly Review (AR)            6:00 Resident Ran Card Club (AR)         </div>
<div>Mother's Day</div> <div>11</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Famous Mothers on Screen (CR)            10:30 In my Mothers Words (CR)            1:00 What's in the bag (CR)            2:00 Mother's Day Hot Tea Social (AR)            3:00 Sunday Worship Service (AR)            6:00 Poker Club (AR)         </div>	<div>12</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (CR)            10:00 Over the Moon Monday (CR)            1:15 Baking with Friends (CN)            2:00 Bible Study with Chaplain Shawn (CN)            2:00 Cooking Club: Chicken Salad (AR)            3:00 Destination Discovery:                The Great Lakes (AR)            6:00 Rummikub (AR)         </div>	<div>13</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Name That Tune (AR)            1:00 Helping Hands: Towel Folding (AR)            1:15 Crafting with Connections (CN)            2:30 Drinks on the House:                Popping Boba (CR)            3:00 Celebrity Spotlight: Drew Carey (AR)            6:00 Evening Bingo (AR)         </div>	<div>14</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Club Manicures (CR)            10:00 Shopping: Weis Markets \$\$\$ (OOB)            1:15 Bingo with Friends (CN)            2:30 Mid Week Worship Service (CN)            3:00 Receptionist Appreciation Cards (CR)            6:00 Youth Church Visit S.A.G.E. (AR)         </div>	<div>15</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Hymn Sing (CR)            10:45 Themed Trivia (CR)            1:15 Club Country Ride:                Crumble Cookie (OOB)            3:00 Prize Bingo (AR)            6:00 Pinochle (AR)         </div>	<div>16</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Happy Laps Walking Club (FP)            1:00 Helping Hands: Folding Towels (AR)            1:15 Walk with me Neighbor (BW)            2:00 Happy Hour (AR)            3:00 Outside Adventures (100 P)            6:00 Resident Ran Bingo (AR)         </div>	<div>Armed Forces Day</div> <div>17</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:15 Coffee &amp; Donuts (FL)            10:45 Berry Sweet Trivia (FL)            1:15 Happy Laps Walking Club (FL)            2:00 Music with Tom &amp; Randi (AR)            3:00 Essential Breaks: Mai Tai (AR)            6:00 Resident Ran Card Club (AR)         </div>
<div>18</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Perry Como Sing Along (CR)            1:15 Music with the Mennonites (FL)            2:00 Neighborly Walkaround (BW)            3:00 Sunday Worship Service (CR)            6:00 Poker Club (AR)         </div>	<div>19</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (CR)            10:00 Crock Pot Smokies (CR)            10:15 Smokey and the Bandit Clips (CR)            1:15 Baking with Friends (CN)            2:00 Bible Study with Chaplain Shawn (CN)            2:00 Cooking Club (AR)            3:00 Destination Discovery (AR)            6:00 Rummikub (AR)         </div>	<div>20</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Name That Tune (AR)            10:00 Helping Hands: Towel Folding (AR)            1:15 Crafting with Connections (CN)            2:30 Drinks on the House:                Cherry Punch (CR)            3:00 Creation Station:                Colorful Roosters (CR)            6:00 Evening Bingo (AR)         </div>	<div>21</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Club Manicures (CR)            10:00 Shopping: Super Shoes \$\$\$ (OOB)            1:15 Bingo with Friends (CN)            2:30 Mid Week Worship Service (CN)            3:00 Music with Ed Alwine (AR)            6:00 Dover Women of Today Bingo (AR)         </div>	<div>22</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Hymn Sing (CR)            10:45 Themed Trivia (CR)            1:15 Club Country Ride:                Pudding Pops at the Park (OOB)            3:00 Prize Bingo (AR)            6:00 Pinochle (AR)         </div>	<div>23</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Happy Laps Walking Club (FP)            1:00 Helping Hands: Folding Towels (AR)            1:15 Make &amp; Take: Turtle Treats (CR)            2:00 Happy Hour (AR)            3:00 Outside Adventures (100 P)            6:00 Resident Ran Bingo (AR)         </div>	<div>24</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:15 Coffee &amp; Donuts (FL)            10:45 Identify the person (FL)            1:15 Happy Laps Walking Club (FL)            2:00 Outdoor Scavenger Hunt (100 P)            3:00 Essential Breaks (AR)            3:30 Weekly Review (AR)            6:00 Resident Ran Card Club (AR)         </div>
<div>25</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Alzheimer's Awareness (CR)            10:30 Brain Health (CR)            1:15 Word in a Word Challenge (CR)            2:00 Neighborly Walkaround (BW)            3:00 Sunday Worship Service (CR)            6:00 Poker Club (AR)         </div>	<div>Memorial Day</div> <div>26</div> <div>           9:00 Morning Meeting (AR)            9:30 Morning Exercise (AR)            10:00 Musical Therapy (AR)            1:00 Happy Laps Walking Club (AR)            2:00 Cooking Club: Cucumber Slaw (AR)            3:00 Memorial Day                Reminisce &amp; Reading (CR)            6:00 Rummikub (AR)         </div>	<div>27</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Name That Tune (AR)            1:00 Helping Hands: Towel Folding (AR)            1:15 Crafting with Connections (CN)            2:30 Drinks on the House:                Shirley Temple (CR)            3:00 Timed Spelling Bee (CR)            6:00 Evening Bingo (AR)         </div>	<div>28</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Club Manicures (CR)            10:00 Shopping: Dollar Tree (OOB)            1:15 Bingo with Friends (CN)            2:30 Mid Week Worship Service (CN)            3:00 Afternoon Fitness (CR)            4:30 Chef on Deck (P)            6:00 Resident Ran Activity (AR)         </div>	<div>29</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Hymn Sing (CR)            10:45 Themed Trivia (CR)            1:15 Club Country Ride:                Wendys Frosty's (OOB)            2:00 Celebration of Life Service (CR)            3:00 Prize Bingo (AR)            6:00 Pinochle (AR)         </div>	<div>30</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:00 Happy Laps Walking Club (FP)            1:00 Helping Hands: Folding Towels (AR)            1:15 Hank Williams hole in the bucket (CR)            2:00 Happy Hour (AR)            3:00 Outside Adventures (100 P)            6:00 Resident Ran Bingo (AR)         </div>	<div>31</div> <div>           9:00 Morning Meeting (CR)            9:30 Morning Exercise (AR)            10:15 Coffee &amp; Donuts (FL)            10:45 Alphabet word challenge (FL)            1:15 Happy Laps Walking Club (FL)            2:00 Who is Clint Eastwood (CR)            3:00 Essential Breaks (AR)            3:30 Weekly Review (AR)            6:00 Resident Ran Card Club (AR)         </div>