

# 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
		<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out of Building (AR) Activity Room (CR) Community Room (FL) Front Lobby (100H) 100 Hall Common Area (DR) Dining Room (BW) Building Wide	<div>May 2025</div>	<div>1</div> 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:00 Puzzle Take A Way (AR) 10:30 Praying the Rosary (P) 1:00 Ed-U Wellness w/Laura from Bayada (CR) 1:30 Bible Study (CR) 2:00 Community Life Planning Meeting (AR) 2:00 Billiard Buffs Pool Games (100H) 3:00 Prize Bingo (AR) 3:00 Old Time Radio (P) 6:00 Pinochle (AR)	<div>2</div> 9:00 Coffee Café (FL) 9:30 Morning Exercise (AR) 10:00 Manicures and Music (AR) 10:00 Happy Laps Walking Club (FL) 10:30 Cranium Crunches (AR) 1:30 Trivial Pursuit (AR) 2:00 Kentucky Derby Happy Hour (AR) 3:00 Horserace Game (AR) 3:00 Yahtzee Crew (FL) 6:00 Resident Ran Bingo (AR)	<div>3</div> 9:30 Morning Exercise (AR) 10:00 Coffee and Donuts (FL) 10:30 Around the World Today (AR) 1:15 Bingo with Dover Area Middle School Honors Society (AR) 2:00 Wall Jeopardy (AR) 2:00 Dominoes (FL) 3:00 Essential Breaks: Mint Julep (AR) 6:00 Resident Card Club (AR)
<div>4</div> 9:30 Morning Exercise (AR) 10:00 Coffee Clutch (FL) 11:30/12 Wine and Dine (DR) 1:15 Crafters Corner: Maraca's (AR) 2:00 Movie Matinee: <i>Seabiscuit</i> (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL)	<div>5</div> 9:30 Morning Exercise (AR) 10:30 Dining Committee Meeting (P) 10:30 Our Journey Together with Chaplain Shawn (CR) 1:00 Catholic Communion (CR) 1:00 Happy Laps Walking Club (FL) 2:00 Cooking Club: Mexican Street Corn (AR) 3:00 Destination Discovery: <i>Mexico City</i> (AR) 3:00 Men's Club: Freshwater Fishing Trivia (AR) (100H)	<div>6</div> 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 10:00 Veterans Club (P) 1:30 Circle of Friends (CR) 2:00 Providence Place Bowling (AR) 2:00 Chess or Checkers (FL) 3:00 Bible Study (P) 3:00 Musical Entertainment with Mark Rutter (AR) 6:00 Evening Bingo with Adam (AR)	<div>7</div> 9:00 Coffee with Friends (FL) 9:30 Morning Exercise (AR) 10:00 Shopping: Target \$\$**(OOB) 10:00 Bible Trivia with Chaplain Shawn (AR) 1:30 Mid-Week Worship Service (CR) 2:00 Chapter Chasers Book Club (P) 3:00 Country Side Ride **(OOB) 3:00 Boggle (AR) 6:00 Resident Ran Evening Activity (AR)	<div>8</div> 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:00 Puzzle Take A Way (AR) 10:30 Praying the Rosary (P) 1:30 Bible Study (CR) 2:00 Garden Growers Club (AR) 2:00 Billiard Buffs Pool Games (100H) 3:00 Prize Bingo (AR) 3:00 Old Time Radio (P) 6:00 Pinochle (AR)	<div>9</div> 9:00 Coffee Café (FL) 9:30 Morning Exercise (AR) 10:00 Manicures and Music (AR) 10:00 Happy Laps Walking Club (FL) 10:30 Cranium Crunches (AR) 1:30 Trivial Pursuit (AR) 2:00 Happy Hour (AR) 3:00 Lifelong Learning: The History of Mothers Day (AR) 3:00 Yahtzee Crew (FL) 6:00 Resident Ran Bingo (AR)	<div>10</div> 9:00 Mother Days Craft Fair (BW) 9:30 Morning Exercise (AR) 10:30 Mothers Day Around The World (AR) 1:15 Humor Alley (AR) 2:00 Wall Jeopardy (AR) 2:00 Dominoes (FL) 3:00 Essential Breaks: New York Sour (AR) 6:00 Resident Card Club (AR)
<div>11</div> Mother's Day 9:30 Morning Exercise (AR) 10:00 Coffee Clutch (FL) 11:30/12 Wine and Dine (DR) 1:15 Crafters Corner: Hands of Love (AR) 2:00 Mother's Day Hot Tea Social (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL)	<div>12</div> 9:30 Morning Exercise (AR) 10:00 York Music Therapy with Lindsay (AR) 10:30 Our Journey Together with Chaplain Shawn (CR) 1:00 Catholic Communion (CR) 1:00 Happy Laps Walking Club (AR) 2:00 Cooking Club: Chicken Salad (AR) 3:00 Destination Discovery The Great Lakes (AR) 3:00 Men's Club: Target Practice (P)	<div>13</div> 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 10:00 Veterans Club (P) 1:30 Circle of Friends (CR) 2:00 Providence Place Bowling (AR) 2:00 Chess or Checkers (FL) 3:00 Bible Study (P) 3:00 The B List Game (AR) 6:00 Evening Bingo with Adam (AR)	<div>14</div> 9:00 Coffee with Friends (FL) 9:30 Morning Exercise (AR) 10:00 Shopping: Weis Markets \$\$**(OOB) 10:00 Bible Trivia with Chaplain Shawn (AR) 1:30 Mid-Week Worship Service (CR) 2:00 Chapter Chasers Book Club (P) 3:00 Country Side Ride **(OOB) 3:00 Boggle (AR) 6:00 Youth Night SAGE with Church of the Nazarene Youth Group (AR)	<div>15</div> 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:00 Puzzle Take A Way (AR) 10:30 Praying the Rosary (P) 1:30 Bible Study (CR) 2:00 Community Meeting with Department Managers (AR) 2:00 Billiard Buffs Pool Games (100H) 3:00 Prize Bingo (AR) 3:00 Old Time Radio (P) 6:00 Pinochle (AR)	<div>16</div> 9:00 Coffee Café (FL) 9:30 Morning Exercise (AR) 10:00 Manicures and Music (AR) 10:00 Happy Laps Walking Club (FL) 10:30 Cranium Crunches (AR) 1:30 Trivial Pursuit (AR) 2:00 Musical Entertainment with Jay Smar (AR) 3:00 Yahtzee Crew (FL) 3:00 Life Long Learning: Armed Forces (AR) 6:00 Resident Ran Bingo (AR)	<div>17</div> Armed Forces Day 9:30 Morning Exercise (AR) 10:00 Coffee and Donuts (FL) 10:30 Around the World Today (AR) 1:15 Humor Alley (AR) 2:00 Musical Entertainment w/Tom & Randi (AR) 2:00 Dominoes (FL) 3:00 Essential Breaks: Mai Tai (AR) 6:00 Resident Card Club (AR)
<div>18</div> 9:30 Morning Exercise (AR) 10:00 Coffee Clutch (F) 11:30/12 Wine and Dine (DR) 1:15 Crafters Corner: Dali Clock Bowls (AR) 2:00 Movie Matinee: <i>The Great Outdoors</i> (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL)	<div>19</div> 9:30 Morning Exercise (AR) 10:00 York Music Therapy with Lindsay (AR) 10:30 Our Journey Together with Chaplain Shawn (CR) 1:00 Catholic Communion (CR) 1:00 Happy Laps Walking Club (AR) 2:00 Cooking Club: Cheese & Broccoli Chips (AR) 3:00 Destination Discovery: Oxford, England (AR) 3:00 Men's Club Billiards (P) 6:00 Meet the Powerback Rehab Team (AR)	<div>20</div> 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 10:00 Veterans Club (P) 1:30 Circle of Friends (CR) 2:00 Providence Place Bowling (AR) 2:00 Chess or Checkers (FL) 3:00 Bible Study (P) 3:00 Who, What, Where (AR) 6:00 Evening Bingo with Adam (AR)	<div>21</div> 9:00 Coffee with Friends (FL) 9:30 Morning Exercise (AR) 10:00 Shopping: Super Shoes \$\$\$*(OOB) 10:00 Bible Trivia with Chaplain Shawn (AR) 1:30 Mid-Week Worship Service (CR) 2:00 Chapter Chasers Book Club (P) 3:00 Country Side Ride **(OOB) 3:00 Musical Entertainment: Ed Alwine (AR) 6:00 Game Night with Dover Women of Today (AR)	<div>22</div> 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:00 Puzzle Take A Way (AR) 10:30 Praying the Rosary (P) 1:30 Bible Study (CR) 2:00 Welcome Ambassador Meeting (P) 2:00 Billiard Buffs Pool Games (100H) 3:00 Prize Bingo (AR) 3:00 Old Time Radio (P) 6:00 Pinochle (AR)	<div>23</div> 9:00 Coffee Café (FL) 9:30 Morning Exercise (AR) 10:00 Manicures and Music (AR) 10:00 Happy Laps Walking Club (FL) 10:30 Cranium Crunches (AR) 1:30 Trivial Pursuit (AR) 2:00 Happy Hour (AR) 3:00 Lifelong Learning: <i>5 Things</i> (AR) 3:00 Yahtzee Crew (FL) 6:00 Resident Ran Bingo (AR)	<div>24</div> 9:30 Morning Exercise (AR) 10:00 Coffee and Donuts (FL) 10:30 Around the World Today (AR) 1:15 Humor Alley (AR) 2:00 Wall Jeopardy (AR) 2:00 Dominoes (FL) 3:00 Essential Breaks: White Port & Tonic (AR) 6:00 Resident Card Club (AR)
<div>25</div> 9:30 Morning Exercise (AR) 10:00 Coffee Clutch (FL) 11:30/12 Wine and Dine (DR) 1:15 Crafters Corner: Kite Door Decore (AR) 2:00 Movie Matinee: <i>On Golden Pond</i> (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL)	<div>26</div> Memorial Day 9:30 Morning Exercise (AR) 10:00 York Music Therapy with Lindsay (AR) 10:30 Our Journey Together with Chaplain Shawn (CR) 11:30/12 Memorial Day Pincnic (DR) 1:00 Catholic Communion (CR) 1:00 Happy Laps Walking Club (AR) 2:00 Cooking Club: Cucumber Slaw (AR) 3:00 Men's Club: Memorial Day (P) 6:00 Rummikub (AR)	<div>27</div> 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 10:00 Veterans Club (P) 1:30 Circle of Friends (CR) 2:00 Providence Place Bowling (AR) 2:00 Chess or Checkers (FL) 3:00 Bible Study (P) 3:00 Star of the Month: Vincent Price (AR) 6:00 Evening Bingo with Adam (AR)	<div>28</div> 9:00 Coffee with Friends (FL) 9:30 Morning Exercise (AR) 10:00 Shopping: Dollar Tree \$\$\$*(OOB) 10:00 Bible Trivia with Chaplain Shawn (AR) 1:30 Mid-Week Worship Service (CR) 2:00 Chapter Chasers Book Club (P) 3:00 Country Side Ride **(OOB) 3:00 Boggle (AR) 4:30 Chef on Deck Spotlighting (AR)	<div>29</div> 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:00 Puzzle Take A Way (AR) 10:30 Praying the Rosary (P) 1:30 Bible Study (CR) 2:00 Celebration of Life (CR) 2:00 Billiard Buffs Pool Games (AR) 3:00 Prize Bingo (AR) 3:00 Old Time Radio (P) 6:00 Pinochle (AR)	<div>30</div> 9:00 Coffee Café (FL) 9:30 Morning Exercise (AR) 10:00 Manicures and Music (AR) 10:00 Happy Laps Walking Club (FL) 10:30 Cranium Crunches (AR) 1:30 Trivial Pursuit (AR) 2:00 Happy Hour (AR) 3:00 Lifelong Learning: Behind the Scene of the National Spelling Bee (AR) 3:00 Yahtzee Crew (FL) 6:00 Resident Ran Bingo (AR)	<div>31</div> 9:30 Morning Exercise (AR) 10:00 Coffee and Donuts (FL) 10:30 Around the World Today (AR) 1:15 Humor Alley (AR) 2:00 Wall Jeopardy (AR) 2:00 Dominoes (FL) 3:00 Essential Breaks: May Favorite's (AR) 6:00 Resident Card Club (AR)