

# 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

2 - Catherine Miller  
9 - Joan Pearson  
9 - Jacqueline Durrett  
9 - Patricia Witmer  
10 - Dorothy Longenecker  
19 - Linda DePatto  
19 - Timothy Saylor  
19 - Juanita Warrick

### June

3 - Bonita Dissinger  
16 - June Kreider  
21 - Ramona Goodman  
22 - Gerald Curylo  
29 - Violet Sears  
29 - Elizabeth Crawford



# Providence Place SENIOR LIVING News

Q2: May 2025

## A Note from the Executive Director

Dear Residents & Families -

It is with mixed emotions that we say goodbye to Kelly Nelson, our Community Life Director. Kelly will be moving to warmer weather to be closer to family. We are grateful for the joy and energy she brought to our community and wish her all the best in her new adventure.

We have opened up our new sunroom on the Connections second floor! This will be a wonderful new space for relaxation, conversation and games. Join us for our Grand Reopening on 5/21 @ 11am and our Dementia Care Support Group at 1pm.

A heartfelt thank you to everyone who participated in our Earth Day project! The efforts have truly helped our community shine. We look forward to other fun events coming up and encourage families to attend.

Please join us on May 11<sup>th</sup> as we celebrate the amazing mothers in our lives with a special Brunch event. We also invite all residents and family members to join us for a community meeting on May 20<sup>th</sup> at 7pm where you can connect with the leadership team.

Serving with light and love,

*Janet Love*  
Executive Director

## Highlighted Events

3 - **Kentucky Derby Festivities**

11 - **Mother's Day Brunch + Social Hour** @10:30am & @ 2pm

15 - **Community Meeting** @ 1pm

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

*Families welcome!*

21 - **Grand Reopening** of CN Sunroom @ 11am

**Dementia Support Group** @ 1pm

Every Sunday @ 2pm:

**Sunday Social Hour**

## Welcome New Residents

Dorothy Longenecker  
Charles Robie  
Patricia Witmer  
Maxine Schwartzman  
Karen Sweimler  
Andrew Benko  
Claudio Valeri  
Maggie Pugh  
Linda Groff  
Donald Witmer  
Adele Haritonoff




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
		Calendar Key: (BR) Billiards Room, (CH) Chapel, (AR) Activity Room (S) Salon, (GL) Governors Lounge (LB) Library, (DR) Dining Room (FL) Front Lobby, (FP) Front Porch (OOB) Out of Building (BW) Building Wide (EL) Elevator ** Registration Required \$\$ Cost Involved	<div>May</div> <div>2025</div>	<div>1</div> 9:00 Resident Run Daily Chronicles (FL) 10:00 Balance and Flex (CR) 10:30 Circle of Friends (CR) 1:00 New Resident Social (CR) 2:00 Chef's Pairing (AR) 2:00 Manicures with Kelly (S) 3:00 LCR with Chaplain Jeff (AR) 6:00 Evening Gather and Chat (FL)	<div>2</div> 9:00 Morning Walk (FL) 10:00 Fun Fitness Game (CR) 10:00 Kitchen Kettle Village **\$(OOB) 10:30 Journey Through the Bible (CR) 1:00 Uno Attack (AR) 1:00 Bridging the Floors with Connections (CN) 2:00 Jim Dostal Singing (CR) 3:15 Word in a Word with Shakes (CR) 6:00 Movie: <i>Twisters</i> (CR)	<div>3</div> 9:00 Coffee & Current Events (FL) 10:00 What's the Word (CR) 10:30 Saturday Morning Bingo (CR) 1:00 Stretch and Flex (CR) 1:30 Card Sharks (AR) 2:30 Kentucky Derby Happy Hour (GL) 3:00 Kentucky Derby Trivia (GL) 6:00 Scrabble Club (AR) 6:00 Kentucky Derby Watch Party (CR)
<div>4</div> 9:00 Week in Review (FL) 10:00 Cooking Club: Sugar Free Chocolate Cake (AR) 1:00 LCR (AR) 2:00 Resident Run Card Club (AR) 2:00 Social Hour (GL) 2:30 Cinco de Mayo Trivia (GL) 3:00 Sunday Worship Service (CR) 6:00 Evening Wind Down (FL)	<div>5</div> 9:00 Morning Walk (FL) 10:00 Stretch and Flex (CR) 10:30 Armchair Travel to Mexico (CR) 1:00 Who What Where Am I? (CR) 2:00 Artist in Us All: Wood Crafting (AR) 3:15 Balloon Volleyball (CR) 5:30 Resident Run Bingo (AR)	<div>6</div> 9:00 Resident Run Chronicles (FL) 10:00 Weights and Bands (CR) 10:30 Devotions and Hymn Sing (CR) 1:00 Blitz Game (AR) 2:00 Nick Viscusso Singing (CR) 3:00 Bingo Helpers in Connections (CN) 3:15 Corn Hole (CR) 6:00 Resident Run Game Night (AR)	<div>7</div> 9:00 Morning Walk (FL) 10:00 Chair Yoga with Alyssa (CR) 10:30 Mid Week Worship (CR) 1:00 Media Class with Alyssa (CR) 2:00 AARP Chorus (DR) 3:15 Bingo Bonanza (CR) 6:00 Games with Kelly (AR) 6:00 Movie: <i>The Big Chill</i> (CR)	<div>8</div> 9:00 Resident Run Daily Chronicles (FL) 10:00 Balance and Flex (CR) 10:30 Circle of Friends (CR) 1:00 Ed-U with Grane Hospice (CR) 1:30 Late Lunch & Orchestra Practice: <i>Shogun Hibachi</i> **\$(OOB) 2:00 Ed-U with Bob Reigh Trivia (AR) 3:00 LCR with Chaplain Jeff (AR) 6:00 Evening Gather and Chat (FL)	<div>9</div> 9:00 Morning Walk (FL) 10:00 Fun Fitness Game (CR) 10:30 Shopping Trip: Weis Market **\$(OOB) 10:30 Journey Through the Bible (CR) 1:00 Uno Attack (AR) 1:00 Bridging the Floors with Connections (CN) 2:00 Trivia Time (CR) 3:15 Word in a Word with Milkshakes (CR) 6:00 Movie: <i>Dog</i> (CR)	<div>10</div> 9:00 Coffee and Current Events (CR) 10:00 What's the Word (CR) 10:30 Saturday Morning Bingo (CR) 1:00 Card Sharks (AR) 1:30 Minute to Win it (CR) 2:30 Saturday Social (GL) 3:00 Trivia Time (GL) 6:00 Yahtzee Game (AR)
<div>Mother's Day</div> <div>11</div> 9:00 The Week in Review (FL) 10:30 Mother's Day Buffet ** (DR) 12:30 Mother's Day Buffet ** (DR) 2:00 Mother's Day Social Hour (GL) 3:00 Sunday Worship Service (CR) 6:00 Evening Wind Down (FL)	<div>12</div> 9:00 Morning Walk (FL) 10:00 Stretch and Flex (CR) 10:30 Armchair Travel to Smithsonian Museum (CR) 1:00 Who What Where Am I? (CR) 2:00 Artist in Us All: Craft with Alyssa (AR) 3:15 Balloon Volleyball (CR) 5:30 Resident Run Bingo (AR)	<div>13</div> 9:00 Resident Run Chronicles (FL) 10:00 Weights and Bands (CR) 10:30 Devotions and Hymn Sing (CR) 10:30 Lunch Outing: Silver Spring **\$(OOB) 1:00 Uno Attack (AR) 2:00 Denny Heckard Gospel Show (CR) 3:00 Bingo Helpers in Connections (CN) 3:15 Ladder Ball (CR) 6:00 Resident Run Game Night (AR)	<div>14</div> 9:00 Morning Walk (FL) 10:00 Chair Yoga with Alyssa (CR) 10:30 Mid Week Worship (CR) 1:00 Spring Craft with Kelly (AR) 1:30 Church Tour with Chaplain ** (OOB) 2:15 Jeopardy (CR) 3:15 Bingo Bonanza (CR) 6:00 Games with Alyssa (AR) 6:00 Movie: <i>Fried Green Tomatoes</i> (CR)	<div>15</div> 9:00 Resident Run Daily Chronicles (FL) 10:00 Balance and Flex (CR) 10:30 Circle of Friends (CR) 1:00 Community Meeting with Department Managers (CR) 2:00 Pinning Ceremony for Veterans with Accent Care (CR) 3:00 LCR with Chaplain (AR) 6:00 Evening Gather and Chat (FL)	<div>16</div> 9:00 Morning Walk (FL) 10:00 Fun Fitness Game (CR) 10:30 Journey Through the Bible (CR) 12:30 Country Drive ** (OOB) 1:00 Bridging the Floors with Connections (CN) 1:00 Resident Run Uno (AR) 2:00 Grab and Go Puzzles (LB) 3:15 Word in a Word with Floats (CR) 6:00 Movie: <i>The Fall Guy</i> (CR)	<div>Armed Forces Day</div> <div>17</div> 9:00 Coffee and Current Events (FL) 10:00 What's the Word (CR) 10:30 Saturday Morning Bingo (CR) 1:00 31 Card Game (AR) 1:30 Stretch and Flex (CR) 2:30 Saturday Social (GL) 3:00 Military Trivia Time (GL) 6:00 Scrabble Club (AR)
<div>18</div> 9:00 The Week in Review (FL) 10:00 Cooking Club: <i>No Bake Sugar Free Cheesecake</i> (AR) 1:00 LCR (AR) 2:00 Social Hour (GL) 2:30 Trivia Time (GL) 3:00 Sunday Worship Service (CR) 6:00 Evening Wind Down (FL)	<div>19</div> 9:00 Morning Walk (FL) 10:00 Stretch and Flex (CR) 10:30 Armchair Travel to Blarney Castle (CR) 1:00 May Birthday Social (GL) 2:00 Artist in us All: Wood Crafting (AR) 3:15 Balloon Volleyball (CR) 5:30 Resident Run Bingo (AR)	<div>20</div> 9:00 Resident Run Daily Chronicles (FL) 10:00 Weights and Bands (CR) 10:30 Devotion & Hymn Sing (CR) 11:00 Lunch Outing: <i>Plaza Azteca</i> **\$(OOB) 1:00 Yahtzee (AR) 2:00 Tanya & Marge Singing (CR) 3:00 Bingo Helpers in Connections (CN) 3:15 Minute to Win It (CR) 6:00 Resident Run Game Night (AR)	<div>21</div> 9:00 Morning Walk (FL) 10:00 Chair Yoga with Alyssa (CR) 10:30 Mid Week Worship (CR) 1:00 Ed-U Wellness with Bayada (CR) 1:00 Dementia Care Support Group (CN) 2:00 Jeopardy (CR) 3:15 Bingo Bonanza (CR) 6:00 Games with Kelly (AR) 6:00 Movie: <i>Kramer vs Kramer</i> (CR)	<div>22</div> 9:00 Resident Run Daily Chronicles (FL) 10:00 Balance and Flex (CR) 10:30 Circle of Friends (CR) 1:00 Cooking Club: Cookies (AR) 2:00 Manicures with Kelly (S) 2:00 Men's Club with Chaplain (CR) 3:00 LCR with Chaplain (AR) 6:00 Evening Gather and Chat (FL)	<div>23</div> 9:00 Morning Walk (FL) 10:00 Fun Fitness Game (CR) 10:30 Journey Through the Bible (CR) 10:30 Shopping Trip: Dollar General **\$(OOB) 1:00 Bridging the Floors with Connections (CN) 1:00 Uno Attack (AR) 2:00 Craft Time (AR) 3:15 Word in a Word with Milkshakes (CR) 6:00 Movie: <i>The Count of Monte Cristo</i> (CR)	<div>24</div> 9:00 Coffee and Current Events (CR) 10:00 What's the Word (CR) 10:30 Saturday Morning Bingo (CR) 1:00 Triominos Game (AR) 1:30 Stretch and Flex (CR) 2:30 Saturday Social (GL) 3:00 Trivia Time (GL) 6:00 Yahtzee Game (AR)
<div>25</div> 9:00 The Week in Review (FL) 10:00 Cooking Club: Banana Split Cake (AR) 1:00 LCR (AR) 2:00 Social Hour (GL) 2:30 Trivia Time (GL) 3:00 Sunday Worship Service (CR) 6:00 Evening Wind Down (FL)	<div>Memorial Day</div> <div>26</div> 9:00 Morning Walk (FL) 10:00 Stretch and Flex (CR) 10:30 Armchair Travel to Philadelphia (CR) 1:00 Memorial Day Craft (AR) 2:00 Active Games (CR) 3:00 Memorial Day Social (GL) 5:30 Resident Run Bingo (AR)	<div>27</div> 9:00 Resident Run Daily Chronicles (FL) 10:00 Weights and Bands (CR) 10:30 Devotions and Hymn Sing (CR) 10:30 Lunch Outing: Bird in Hand **\$(OOB) 1:00 31 Card Game (AR) 2:00 Quentin Jones Singing (CR) 3:00 Bingo Helpers in Connections (CN) 3:15 Corn Hole (CR) 6:00 Resident Run Game Night (AR)	<div>28</div> 9:00 Morning Walk (FL) 10:00 Chair Yoga with Alyssa (CR) 10:30 Mid Week Worship (CR) 1:00 Media Class with Alyssa (CR) 2:00 Community Life Planning Mtg. (CR) 2:00 Yahtzee (AR) 3:15 Bingo Bonanza (CR) 6:00 Games with Alyssa (AR) 6:00 Movie: <i>Teen Wolf</i> (CR)	<div>29</div> 9:00 Resident Run Daily Chronicles (FL) 10:00 Balance and Flex (CR) 10:30 Circle of Friends (CR) 1:00 Cooking Club: Healthy Trail Mix (AR) 2:00 Brain Games (CR) 2:00 31 Card Game (AR) 3:00 LCR with Chaplain (AR) 6:00 Evening Gather and Chat (FL)	<div>30</div> 9:00 Morning Walk (FL) 10:00 Fun Fitness Game (CR) 10:30 Journey Through the Bible (CR) 12:30 Country Ride w/Ice Cream** (OOB) 1:00 Bridging the Floors In Connections (CN) 1:00 Resident Run Uno (AR) 2:00 Grab and Go Puzzles (LB) 3:15 Word in a Word with Floats (CR) 6:00 Movie: <i>Rocky</i> (CR)	<div>31</div> 9:00 Coffee and Current Events (FL) 10:00 What's the Word (CR) 10:30 Saturday Morning Bingo (CR) 1:00 Card Sharks (AR) 1:30 Stretch and Flex (CR) 2:30 Saturday Social (GL) 3:00 Trivia Time (GL) 6:00 Scrabble Club (AR)