

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 - Elsie Fragale
9 - Catherine Havrilla
12 - John Thomas
13 - Paul Deebel
14 - Florence Shuey
18 - Margaret Ann Ritter
19 - Carolyn Curran
20 - Elmer Kramer
22 - Abba Kholoussy

25 - Betty Tower
27 - Joan Grapsy
27 - Elaine Benko
31 - Pauline Dunkelberger
31 - Charles Lantz

June

1 - Albert Schneider
3 - Ruth Terwilliger
5 - Lynn Korn
15 - Joan Moyer
16 - Judith Thomas
19 - Evelyn Moore
21 - Mary Lou Widel
22 - James Miller
24 - Gerladine Womer
26 - Anna Mease
28 - Donald Hoffman
28 - Leonard Caruso
29 - Margaret Antanavage



Providence Place SENIOR LIVING News

Q2: May 2025

A Note from the Executive Director

Happy Spring!

Please join me in welcoming back Kelsey to our Business Office - she will be in the office to assist with needs on Mondays, Wednesdays and Thursdays. Stop in to say hi and see her family pictures.

We will also have some new faces around the community as our new receptionist, Sasha, and our new Community Life Director, Kim, will be joining us. Community Life will enjoy Sandy Rossi, our current dining room coordinator, as the new activities associate. We are looking forward to some fun spring and summer events with everyone.

Our Spring Family Meeting will be held on May 14th @ 6pm with David Leader. Please plan to attend as we will have key Leadership here also to answer any questions you may have and provide information on our clinical care offerings.

Best,

Julie Wallace
Executive Director

Highlighted Events

7 - **Paint Class with Shannon**
@ 2pm

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

13 - **Kentucky Derby Social Hour**
@ 2pm

14 - **Spring Family Meeting**
@ 7pm - *Families welcome!*

20 - **Men's Club: Picnic & Fishing**
@ 12pm

26 - **Memorial Day Picnic**
@ 11am-1pm

Fridays at 9:30am -
Green Thumb Club

Welcome New Residents

Francis Stephen
Catherine Halpin
Lynn Nickels
Anna Lukacz
Margaret Ann Ritter
Joan Paparazo
Margaret Ebling
Clair Dunkelberger
Joyce Cantu



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> | | <div>Calendar Key:</div> <div>** Registration Required</div> <div>\$\$ Cost Involved</div> <div>3F 3rd Floor</div> <div>3FL/CR 3rd Floor Club Room</div> <div>CM Community Room</div> <div>CNS Connections 2nd Floor South</div> <div>DR Dining Room</div> <div>1FL 1st Floor Patio</div> <div>ML Main Lobby</div> <div>OOb Out of Building</div> <div>P Pub</div> <div>PL Parking Lot</div> <div>TB Throughout Building</div> | May 2025 | <div>1</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Prize Nickel Pitching (3FL/CR)</div> <div>10:30 Brain Gym: Pictionary (3FL/CR)</div> <div>1:30 Zumba with Michele (CNS)</div> <div>2:30 Sweet Tea & Trivia (CNS)</div> <div>3:00 Sing a Long with Suzy Q (CNS)</div> <div>3:30 iN2L: <i>Lilacs on Mackinac Island</i> (CNS)</div> <div>6:00 Nickel Bingo \$\$ (P)</div> <div>7:00 Gospel Singers (CM)</div> | <div>2</div> <div>9:30 Daily Meeting & Gazette (3FL/CR)</div> <div>10:00 Morning Trailblazers (TB)</div> <div>10:30 Bowling (3FL/CR)</div> <div>1:00 Cornhole Toss (CNS)</div> <div>2:00 Fruity Friday Social (CNS)</div> <div>3:00 Communion Service with Chaplain Henninger (CM)</div> <div>3:00 iN2L: <i>May Flowers</i> (3FL/CR)</div> <div>6:00 Evening Movie: <i>Carousel</i> (P)</div> | <div>3</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Parachute Ball Balancing (3FI/CR)</div> <div>10:30 Stress Ball Exercise (3FL/CR)</div> <div>2:00 Nickel Bingo \$\$ (Pub)</div> <div>2:30 Finish The Line (3FL/CR)</div> <div>3:00 Brain Gym: Word Mining (3FL/CR)</div> <div>3:30 Clean-a-thon Detective (3FL/CR)</div> <div>6:00 Color Me Creative (P)</div> |
| <div>4</div> <div>9:00 Daily Meeting & Chronicles (3FL/CR)</div> <div>9:30 Live Stream Worship: St. John UCC (3FL/CR)</div> <div>10:30 <i>Light N' Lively</i> Exercise (3FL/CR)</div> <div>1:00 Sunday Matinee: <i>Because I Said So</i> (P)</div> <div>3:00 Kerplunk (3FL/CR)</div> <div>3:00 Communion Service with Chaplain Henninger (CM)</div> <div>6:00 Puzzles (P)</div> | <div>5</div> <div>9:30 Daily Meeting & Monthly Gazette (3FL/CR)</div> <div>10:00 Morning Trailblazers (TB)</div> <div>10:30 Seated Yoga with Michele (P)</div> <div>1:30 Perfect Painter's Club: Painting Bird Houses (3FL/CR)</div> <div>2:00 Worship Service with Chaplain Brittany (CM)</div> <div>2:30 Brain Games: The B List (3FL/CR)</div> <div>3:00 Circle of Friends (CM)</div> <div>6:00 Game Nights with Friends (P)</div> | <div>6</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Garder Club: Planting our Flowers (1FP)</div> <div>11:00 Helping Hands: Cleaning Up (1FP)</div> <div>1:00 Balloon Volleyball (CNS)</div> <div>2:00 Hoagie Dip Social (CNS)</div> <div>3:00 Words That Start with M & Boards Games (CNS)</div> <div>6:00 Nickel Bingo \$\$ (P)</div> <div>7:00 Ed-U Excursion: Constellations & Their Stories at PAHS Planetarium ** \$\$ (OOB)</div> | <div>7</div> <div>9:00 Reading the Chronicles with Friends (ML)</div> <div>9:00 Shopping Trip: Walmart ** \$\$ (OOB)</div> <div>9:30 Good Morning Café (P)</div> <div>10:30 <i>Light N' Lively</i> Exercise (P)</div> <div>2:00 Acrylic Paint Class with Shannon (P)</div> <div>2:00 Worship Service with Chaplain Brittany (CM)</div> <div>3:00 Bible Study (CM)</div> <div>6:00 Dominoes with Friends (P)</div> | <div>8</div> <div>9:30 Daily Meeting & Newspaper (3FL/CR)</div> <div>10:00 Let's Drum to he Beat Exercise (3FL/CR)</div> <div>10:30 Trivia: Flowers (3FL/CR)</div> <div>11:00 Get Up & Go Club (3FL/CR)</div> <div>1:30 Zumba with Michele (CNS)</div> <div>2:30 Music Engagement with Cynthia (CNS)</div> <div>3:30 Pondering Prompts (CNS)</div> <div>4:00 iN2L: <i>Wheel of Fortune</i> (CNS)</div> <div>6:00 Nickel Bingo \$\$ (P)</div> | <div>9</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Pick Your Horse Race (3FL/CR)</div> <div>11:00 Do You Know Your Neighbor (3FL/CR)</div> <div>1:00 Flower Arrangements (CNS)</div> <div>1:30 Zumba with Michele (P)</div> <div>2:00 Art Expression-Mandalas (CNS)</div> <div>3:00 Mass & Confession with Father Karypn (CM)</div> <div>6:00 Evening Movie: <i>Miracle of the Bells</i> (P)</div> | <div>10</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Ball Toss Competition (1FP)</div> <div>10:30 Flipping Flowers Game (1FP)</div> <div>11-1 May Brunch (DR&P)</div> <div>2:00 Nikel Bingo \$\$ (Pub)</div> <div>3:00 May Flower Social (3FL/CR)</div> <div>3:30 <i>Lawrence Welk Show</i> (3FL/CR)</div> <div>6:00 Color Me Creative (P)</div> |
| <div>Mother's Day</div> <div>11</div> <div>9:00 Daily Meeting & Chronicles (3FL/CR)</div> <div>9:30 Live Stream Worship: Trinity Lutheran Church (3FL/CR)</div> <div>10:30 Balance in Action Exercise (3FL/CR)</div> <div>2:00 Mother's Day Tea (P)</div> <div>3:00 Reminiscing Past Mother's Day (3FL/CR)</div> <div>3:00 Communion Service with Chaplain Henninger (CM)</div> <div>3:30 Kerplunk (3FL/CR)</div> <div>6:00 Puzzles (P)</div> | <div>12</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Crafting: Floral Door Wreaths (3FL/CR)</div> <div>10:30 Seated Yoga with Michele (P)</div> <div>11:00 Afternoon Fitness Walkers (PL)</div> <div>1:30 Bird & Squirrel Watching Social (1FP)</div> <div>2:00 Worship Service with Chaplin Brittany (3FL/CR)</div> <div>3:00 Circle of Friends (CM)</div> <div>3:00 Balloon Exercise (1FP)</div> <div>6:00 Evening Movie: <i>The Whales of August</i> (P)</div> | <div>13</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Perfect Painter's Club: Painting Wooden Butterflies (3FL/CR)</div> <div>10:30 Green Gardeners: Watering our Club Room Flowers (3FL/CR)</div> <div>1:30 Cornhole Toss (CNS)</div> <div>2:00 Cookies & Milk Social (CNS)</div> <div>3:00 EZ Name That Tune (CNS)</div> <div>3:30 iN2L: <i>The Best of Cirque Du Soleil</i> (CNS)</div> <div>6:00 Nickel Bingo \$\$ (P)</div> | <div>14</div> <div>9:00 Reading the Chronicles with Friends (ML)</div> <div>9:00 Shopping Trip: Fairlane Village Mall (OOB)</div> <div>9:30 Who, What, Where Game (P)</div> <div>10:30 Strength Training (P)</div> <div>2:00 Art with Christy from Advantage (P)</div> <div>2:00 Worship with Chaplain Brittany (CM)</div> <div>3:00 Bible Study (CM)</div> <div>6:00 Reminisce & Refreshment with Friends (FP)</div> | <div>15</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Buzzing Around Painting Bumblebees (3FL/CR)</div> <div>10:30 Helping Hands: Cleaning Up (3FL/CR)</div> <div>1:30 Zumba with Michelle (CNS)</div> <div>2:30 Relax & Refresh Social (CNS)</div> <div>3:30 Magazine Scavenger Hunt (CNS)</div> <div>4:00 iN2L: Ed-U Documentary: <i>Great Lakes Wildlife</i> by Great Lakes Now (CNS)</div> <div>6:00 Prize Bingo (P)</div> | <div>16</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Scarf Exercise (3FL/CR)</div> <div>10:30 Sticker Art (3FL/CR)</div> <div>1:00 Friendly Feud (CNS)</div> <div>2:00 Popsicles on the Patio (CNS)</div> <div>2:30 iN2L: Piggy Bankers (CNS)</div> <div>3:00 Communion Service with Chaplain Henninger (CM)</div> <div>6:00 Evening Movie: <i>Look Who's Coming To Dinner</i> (P)</div> | <div>Armed Forces Day</div> <div>17</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Ed-U: <i>The Meaning of Armed Forces Day</i> (3FL/CR)</div> <div>10:30 Trivia: Armed Forces Day (3FL/CR)</div> <div>2:00 Entertainment with Pianist Bryan Herber (P)</div> <div>3:00 Nickel Bingo \$\$ (Pub)</div> <div>3:30 Armed Forces Dy Word Search (3FL/CR)</div> <div>6:00 Color Me Creative (P)</div> |
| <div>18</div> <div>9:00 Daily Meeting & Chronicles (3FL/CR)</div> <div>9:30 Live Stream Worship: St. John UCC (3FL/CR)</div> <div>10:30 Total Body Workout for Seniors (3FL/CR)</div> <div>1:00 Sunday Matinee: <i>For Love & Honey</i> (P)</div> <div>2:00 Stop & Go Ball Pass (3FL/CR)</div> <div>3:00 Finish the Lyrics (3FL/CR)</div> <div>3:00 Communion Service with Chaplain Henninger (CM)</div> <div>6:00 Puzzles (P)</div> | <div>19</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Brain Gym: Jeopardy Trivia (3FL/CR)</div> <div>10:30 Spa Time: Exfoliating Moisturizing Hand Treatments (3FL/CR)</div> <div>11:00 Reminiscing a Day on the Lake (3FL/CR)</div> <div>1:30 Designer's Club: Ceramic Birds (3FL/CR)</div> <div>2:00 Worship Service with Chaplain Brittany (CM)</div> <div>2:30 Game Time: Connect 4 (3FL/CR)</div> <div>3:00 Circle of Friends (CM)</div> <div>6:00 Dominoes with Friends (P)</div> | <div>20</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Chef's Table with Jake (DR)</div> <div>10:30 Spa Time: Exfoliating Moisturizing Hand Treatments (3FL/CR)</div> <div>2:00 Ed-U Presentation: Tea Talk with Michele (P)</div> <div>2:30 Get Up & Go Walking Club (PL)</div> <div>3:00 Relaxing in the Gazebo (PL)</div> <div>3:30 Conversation Stones (PL)</div> <div>6:00 Nickel Bingo \$\$ (P)</div> | <div>21</div> <div>9:00 Reading Chronicle with Friends (ML)</div> <div>9:00 Shopping Trip: Walmart ** \$\$ (OOB)</div> <div>9:30 Good Morning Café (P)</div> <div>10:30 Drum Stick Exercise (P)</div> <div>1:30 Spa Day: Perfect Polish Manicures (3FL/CR)</div> <div>2:00 Worship with Chaplain Brittany (CM)</div> <div>2:30 Kerplunk (3FL/CR)</div> <div>3:00 Bible Study (CM)</div> <div>6:00 Outdoor Game Night with Friends (1FP)</div> | <div>22</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Ball Tossing Challenge (3FL/CR)</div> <div>10:30 Balloon Pass Back & Forth (3FL/CR)</div> <div>1:30 Zumba with Michele (CNS)</div> <div>2:30 Relax & Refresh Social (CNS)</div> <div>3:30 Trivia Time (CNS)</div> <div>4:00 iN2L: <i>10 Mysteries Lurking Underneath The Great Lakes</i> by Thinkonomics (CNS)</div> <div>6:00 Nickel Bingo \$\$ (P)</div> | <div>23</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Bowling for Prizes (3FL/CR)</div> <div>10:30 Chatty Club: Tell Us Something About Yourself (3FL/CR)</div> <div>1:00 Trivia A-Z (CNS)</div> <div>2:00 Puzzles & Ponderings (CNS)</div> <div>2:30 iN2L: Wheel of Fortune (CNS)</div> <div>3:00 Communion Service with Chaplain Henninger (CM)</div> <div>6:00 Evening Movie: <i>Citizen Kane</i> (P)</div> | <div>24</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Gentle Range of Motion of Motion Exercise (3FL/CR)</div> <div>10:30 Pick the Winning Horse Race (3FL/CR)</div> <div>2:00 Nickel Bingo \$\$ (P)</div> <div>2:30 Minute To Win It: How Many Nickels Can You Put in the Cup (3FL/CR)</div> <div>3:00 Let Play Cards: Game of War (3FL/CR)</div> <div>6:00 Color Me Creative (P)</div> |
| <div>25</div> <div>9:00 Daily Meeting & Chronicles (3FL/CR)</div> <div>9:30 Live Stream Worship: Trinity Lutheran Church (3FL/CR)</div> <div>10:30 Fun Senior Chair Dance Exercise (3FL/CR)</div> <div>1:00 Sunday Movie: <i>Pearl Harbor</i> (P)</div> <div>2:30 Pivot Point Game (3FL/CR)</div> <div>3:00 Communion Service with Chaplain Henninger (CM)</div> <div>6:00 Puzzles (P)</div> | <div>Memorial Day</div> <div>26</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 <i>Memorial Day & It's Meaning</i> by Discover Learn (3FL/CR)</div> <div>10:30 Memorial Day Prayer & Remembrance 3FL/CR)</div> <div>11-1 Memorial Day Picnic (1FP)</div> <div>2:00 Entertainment by Pat Maue (P)</div> <div>3:00 Brain Gym: Memorial Day Message & Word Search (3FL/CR)</div> <div>6:00 Evening Movie: <i>Flags of Our Fathers</i> (P)</div> | <div>27</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Morning Trailblazers (TB)</div> <div>10:30 Ed-U Health Talk: <i>The Amazing Health Benefits of Sunlight</i> by Dr. Dingo (3FL/CR)</div> <div>1:00 Creative Expressions-Mandalas (CNS)</div> <div>2:00 Welcome Social (P)</div> <div>3:00 Bird Watching on the Patio (CNS)</div> <div>3:30 iN2L: <i>Birds Found in Pennsylvania</i> (CNS)</div> <div>6:00 Nickel Bingo \$\$ (P)</div> | <div>28</div> <div>9:00 Daily Chronicles with Friends (ML)</div> <div>9:30 5 Things a Pondering Game (P)</div> <div>10:00 Day Excursion: Hollywood Casino ** \$\$ (OOB)</div> <div>1:30 Spa Day: Moisturizing Therapeutic Paraffin Hand Treatments (3FL/CR)</div> <div>2:00 Worship with Chaplain Brittany (CM)</div> <div>2:30 Relaxing Meditation Exercises (1FP)</div> <div>3:00 Bible Study (CM)</div> <div>6:00 Card Games with Friends (P)</div> | <div>29</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Trivia Time: Great Lakes (3FL/CR)</div> <div>10:30 Inside Golfing (3FL/CR)</div> <div>1:30 Zumba by Michele (CNS)</div> <div>2:30 Relax & Refresh Social (CNS)</div> <div>3:00 Test Your Geography Knowledge (CNS)</div> <div>iN2L: <i>The Day Niagara Falls Ran Dry</i> by The History Guy (CNS)</div> <div>6:00 Nickel Bingo \$\$ (P)</div> | <div>30</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Perfect Painter's Club: Painting Wooden Window Birds (3FL/CR)</div> <div>10:30 Word Play: Names of Birds (3FL/CR)</div> <div>1:00 Creative Expressions (CNS)</div> <div>2:00 Outdoor Fun (CNS)</div> <div>3:00 iN2L: <i>Yellowstone National Parks</i> (CNS)</div> <div>3:00 Communion Service with Chaplain Henninger (CM)</div> <div>6:00 Evening Movie: <i>Sweet Home Alabama</i> (P)</div> | <div>31</div> <div>9:30 Daily Meeting & Chronicles (3FL/CR)</div> <div>10:00 Fiesta Detective (3FL/CR)</div> <div>11:00 Fly the Friendly Skies Puzzles 3FL/CR)</div> <div>2:00 Nickel Bingo \$\$ (Pub)</div> <div>2:30 Daily Prayer & Refection (3FL/CR)</div> <div>3:00 Outside Stroll with Friends (PL)</div> <div>3:30 Relaxing in the Gazebo (PL)</div> <div>6:00 Color Me Creative (P)</div> |