

# 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](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
		<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved P Pub CM Community Room 1FP 1st Floor Patio FP Front Porch DR Dining Room ML Main Lobby OOB Out of Building	<div>May 2025</div>	<div>1</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games: May Trivia (ML) 10:00 Sudoku & Snacks (P) 10:30 Keep Kicking Kickball (P) 1:30 Sunshine Committee Meeting (P) 2:00 Manicures & Mimosas **(P) 2:30 Hydroponic Houseplants (P) 3:00 Community Life Planning Meeting (P) 6:00 Nickel Bingo \$\$ (P) 7:00 Gospel Singers (CM)	<div>2</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Green Thumbs: Tending our Plants (TB) 10:00 Cranium Crunches (P) 10:30 Balloon Badminton (P) 1:30 Seated Zumba with Michele (P) 2:30 Wall Memory (P) 3:00 Communion Service with Chaplain Henninger (CM) 3:30 Cuisine Club: Sugar Free Chocolate Parfait (P) 6:00 Evening Movie: <i>Carousel</i> (P)	<div>3</div> 9:00 Daily Chronicle with Friends (P) 9:30 Morning Walkers Club (ML) 10:00 Find a Word & Fudge (P) 10:30 Horse Racing (P) 1:30 Short Story Book Club (L) 2:00 Nickel Bingo \$\$ (P) 3:30 Vagabond Travelers: Creation of the Great Lakes with Sugar Free Chocolate Parfaits (P) 6:00 Color Me Creative (P)
<div>4</div> 9:00 Hymn Sing (P) 9:30 Live Stream Worship: St. John's UCC (P) 10:30 Balance in Action (P) 11&12 Wine & Dine (ALL DR) 1:00 Sunday Matinee: <i>Because I Said So</i> (P) 3:00 Communion Service with Chaplain Henninger (CM) 3:30 Corn Hole Toss (P) 6:00 Puzzles (P)	<div>5</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games: Name 5 (ML) 10:00 Crosswords & Coffee (P) 10:30 Seated Yoga with Michele (P) 1:30 Gratitude Club Meeting (P) 2:00 Worship Service w/Chap. Brittany (CM) 2:30 Victorian Humor (P) 3:00 Circle of Friends (CM) 3:30 Craft Corner: Favors for Tea (P) 6:00 Game Nights with Friends (P)	<div>6</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Morning Steppers (ML) 10:00 Dining Committee Meeting (DR) 10:30 Balloon Volleyball (P) 1:30 Card Games: War (P) 2:00 Fiesta Social Hour (P) 3:00 Star of the Month: Vincent Price (P) 6:00 Nickel Bingo \$\$ (P) 7:00 Ed-U Excursion: <i>Constellations &amp; Their Stories</i> at PAHS Planetarium **(OOB)	<div>7</div> 9:00 Daily Chronicle with Friends (ML) 9:00 Shopping Trip: Walmart **\$(OOB) 9:30 Good Morning Café (P) 10:30 Light & Lively Exercise (P) 1:30 Errand Day: Banks & Post Office **\$(OOB) 2:00 Worship Service w/Chaplain Brittany (CM) 2:00 Acrylic Paint Class with Shannon **(P) 3:00 Bible Study (CM) 3:30 Bean Bag Toss Game (P) 6:00 Dominoes with Friends (P)	<div>8</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games: Riddles (ML) 10:00 Sudoku & Snacks (P) 10:30 Keep Kicking Kickball (P) 12:00 Nurse's Day Luncheon ** (P) 1:30 Gard Games: UNO (P) 2:00 Manicures & Mimosas **(P) 2:30 Animal Kingdom: Busy Beavers (P) 3:00 Craft Corner: Derby Hats (P) 6:00 Nickel Bingo \$\$ (P)	<div>9</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Green Thumbs: Tending our Plants (TB) 10:00 Cranium Crunches (P) 10:30 Balloon Badminton (P) 1:30 Seated Zumba with Michele (P) 2:30 5 Things Game (P) 3:00 Mass & Confession w/Father Karpyn (CM) 3:30 Cuisine Club: Strawberry Sweet Cream Delight (P) 6:00 Evening Movie: <i>Blue Hawaii</i> (P)	<div>10</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Morning Steppers (ML) 11-1 May Brunch (DR&P) 2:00 Nickel Bingo \$\$ (P) 3:30 Vagabond Travelers: <i>The Mysteries of the Great Lakes</i> with Strawberry Sweet Cream Delight (P) 6:00 Color Me Creative (P)
<div>Mother's Day 11</div> 9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 11&12 Wine & Dine (ALL DR) 2:00 Mother's Day Tea **(P) 3:00 Communion Service with Chaplain Henninger (CM) 6:00 Puzzles (P)	<div>12</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games: Pictionary (ML) 10:00 Crosswords & Cookies (P) 10:30 Seated Yoga with Michele (P) 1:30 Bingo Club Meeting (P) 2:00 Worship Service w/Chap. Brittany (CM) 2:30 Musical Mayhem: Splashy Xylophone (P) 3:00 Circle of Friends (CM) 3:30 Cornhole (P) 6:00 Evening Movie: <i>The Whales of August</i> (P)	<div>13</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Morning Steppers (ML) 10:00 Cranium Crunches (P) 10:30 Balloon Volleyball (P) 12:00 Great Lakes Fish Fry **(1FP) 2:00 Kentucky Derby Social Hour (P) 3:00 Providence Place Derby (P) 6:00 Nickel Bingo \$\$ (P)	<div>14</div> 9:00 Daily Chronicle with Friends (ML) 9:00 Shopping Trip: Fairlane Mall **\$(OOB) 9:30 Who, What, Where Game (P) 10:30 Strength Training (P) 1:30 Birthday Club (P) 2:00 Art with Christy from Advantage (P) 2:00 Worship Service w/Chap. Brittany (CM) 3:00 Bible Study (CM) 3:30 Ring Toss (1FP) 6:00 Reminisce & Refreshment w/Friends (FP)	<div>15</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games: Pictionary (ML) 10:00 Sudoku & Snacks (P) 10:30 Keep Kicking Kickball (P) 1:30 Card Games: War (P) 2:00 Manicures & Mimosas **(P) 2:30 Gratitude Calendar (P) 3:00 Operation Boots on the Ground (P) 6:00 Prize Bingo (P)	<div>16</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Green Thumbs: Tending our Plants (TB) 10:00 Cranium Crunches (P) 10:30 Balloon Badminton (P) 1:30 Seated Zumba with Michele (P) 2:30 Junk Drawer Detective (P) 3:00 Communion Service with Chaplain Henninger (CM) 3:30 Cuisine Club: Chocolate Truffles (P) 6:00 Evening Movie: <i>Look Who's Coming to Dinner</i> (P)	<div>Armed Forces Day 17</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Morning Steppers (ML) 10:00 Find a Word & Fudge (P) 10:30 Penny Pitching (P) 2:00 Entertainment Featuring Pianist Bryan Herber (P) 3:00 Nickel Bingo \$\$ (P) 6:00 Color Me Creative (P)
<div>18</div> 9:00 Hymn Sing (P) 9:30 Live Stream Worship: St. John's UCC (P) 10:30 Balance in Action (P) 11&12 Wine & Dine (ALL DR) 1:00 Sunday Matinee: <i>For Love &amp; Honey</i> (P) 3:00 Communion Service with Chaplain Henninger (CM) 3:30 Reader's Theater: <i>The Unexpected Guest</i> (P) 6:00 Puzzles (P)	<div>19</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games: Great Lakes Trivia (ML) 10:00 Crosswords & Coffee (P) 10:30 Seated Yoga with Michele (P) 1:30 Movie Buffs Club Meeting (P) 2:00 Worship Service w/Chap. Brittany (CM) 2:30 The History of Batik Art (P) 3:00 Circle of Friends (CM) 3:30 Faux Batik Art (P) 6:00 Dominoes with Friends (P)	<div>20</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Morning Steppers (ML) 10:00 Chef's Table with Jake (DR) 10:30 Balloon Volleyball (P) 12:00 Silver Fox: Picnic and Fishing Outing **(OOB) 1:30 Welcome Committee Meeting (P) 2:00 Ed-U Presentation: Tea Talk with Michele (P) 3:00 Jeopardy (P) 6:00 Nickel Bingo \$\$ (P)	<div>21</div> 9:00 Daily Chronicle with Friends (ML) 9:00 Shopping Trip: Walmart \$\$ (P) 9:30 Good Morning Café (P) 10:30 Drum Stick Exercise (P) 12:00 Foodies Dine Out: Cracker Barrel **\$(OOB) 1:30 Card Games: UNO 2:00 Worship Service w/Chap. Brittany (CM) 2:30 Fishing Rodeo (1FP) 3:00 Bible Study (CM) 6:00 Outdoor Game Night with Friends (1FP)	<div>22</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games: Word Within a Word (ML) 10:00 Sudoku & Snacks (P) 10:30 Keep Kicking Kickball (P) 1:30 Foodies Meeting (P) 2:00 Manicures & Mimosas **(P) 2:30 Bodies of Water in the Bible Discussion (P) 3:00 Ed-U Wellness: <i>All About Arthritis</i> (P) 6:00 Nickel Bingo \$\$ (P)	<div>23</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Green Thumbs: Tending our Plants (TB) 10:00 Cranium Crunches (P) 10:30 Balloon Badminton (P) 1:30 Gentle Stretching (P) 2:30 Mom-a-Day Jokes & Puns (P) 3:00 Communion Service with Chaplain Henninger (CM) 3:30 Cuisine Club: Soft Vanilla Pudding Cookies (P) 6:00 Evening Movie: <i>Citizen Kane</i> (P)	<div>24</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Morning Steppers (ML) 10:00 Find a Word & Fudge (P) 10:30 Punch for a Prize (P) 1:00 Short Story Book Club Discussion (L) 2:00 Nickel Bingo \$\$ (P) 3:30 Vagabond Travelers: <i>Drain the Great Lakes: Secrets of These Freshwater Oceans</i> with Soft Vanilla Cookies (P) 6:00 Color Me Creative (P)
<div>25</div> 9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 11&12 Wine & Dine (ALL DR) 1:00 Sunday Matinee: <i>Pearl Harbor</i> (P) 3:00 Communion Service with Chaplain Henninger (CM) 6:00 Puzzles (P)	<div>Memorial Day 26</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games: Memorial Day Trivia (ML) 10:00 Crosswords & Coffee (P) 10:30 Helping Hands: Setting up Picnic (1FP) 11-1 Memorial Day Picnic (ALL DR & 1FP) 2:00 Entertainment by Pat Maue (P) 3:00 Country Ride to Indiantown Gap National Cemetery (P) 6:00 Evening Movie: <i>Flags of Our Fathers</i> (P)	<div>27</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Morning Steppers (P) 10:00 Cranium Crunches (P) 10:30 Balloon Volleyball (P) 1:30 Tell Me a Story (P) 2:00 Welcome Social (P) 3:00 Getting to Know Your Neighbor (P) 6:00 Nickel Bingo \$\$ (P)	<div>28</div> 9:00 Daily Chronicle with Friends (ML) 9:30 5 Things a Pondering Game (P) 10:00 Day Excursion: Hollywood Casino**\$(OOB) 10:30 Seated Dance Exercise (P) 1:30 Craft Corner: Water Color Scene (P) 2:00 Worship Service w/Chap. Brittany (CM) 2:30 Bowling (P) 3:00 Bible Study (CM) 6:00 Card Games with Friends (P)	<div>29</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games: Modern Trivia (ML) 10:00 Sudoku & Snacks (P) 10:30 Keep Kicking Kickball (P) 2:00 Community Meeting (P) 3:00 Ed-U Presentation: <i>PA Wildlife</i> by the PA Game Commission (P) 5:00 May Resident Birthday Dinner (P)	<div>30</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Green Thumbs: Tending our Plants (TB) 10:00 Cranium Crunches (P) 10:30 Balloon Badminton (P) 1:30 Seated Zumba with Michele (P) 2:30 Wheel of Fortune (P) 3:00 Communion Service with Chaplain Henninger (CM) 3:30 Cuisine Club: Polish Babka (P) 6:00 Evening Movie: <i>Sweet Home Alabama</i> (P)	<div>31</div> 9:00 Daily Chronicle with Friends (ML) 9:30 Morning Steppers (ML) 10:00 Find a Word & Fudge (P) 10:30 Penny Pitching (P) 2:00 Nickel Bingo \$\$ (P) 3:30 Vagabond Travelers: <i>World's Toughest Boat Trips</i> with Polish Babka (P) 6:00 Color Me Creative (P)