



Put a Little Spring in Your Step!

We are finally seeing the beautiful signs of spring, and that means getting outside to enjoy fresh air and sunshine! Spending time outdoors can positively impact your physical and mental health. Here are some ways you can enjoy these benefits:

- Walking in nature can improve short-term memory
- Simply being outdoors reduces stress/has a destressing effect
- Spending time outside reduces inflammation & helps eliminate fatigue
- Outdoor activity may help fight depression & anxiety
- Spending time outside lowers blood pressure

**Please enjoy all of our outdoor walking paths and activities.
Check your calendar for spring outings!**



Providence Place SENIOR LIVING News

Q2: May 2026

A Note from the Executive Director

Spring has sprung here in Chambersburg and we are excited to enjoy the outdoors and all that the season has to offer.

Family + friends are welcome to join us for our Mother's Day festivities in May - including wining and dining and events in both our assisted living and memory care neighborhoods. Please check the schedule to visit with your loved ones.

We will also be hosting a Memorial Day picnic for residents on Monday 5/25 - we are looking forward to enjoying some sunshine, good food and good company.

As always, if you have questions or concerns, please reach out anytime.

Best,

Holly Townsend
Executive Director

Highlighted Events

- 6 & 7 - **Mother's Day Tea** @ 3pm
- 15 - **Musical Entertainment**
Featuring Dan Dropkin @ 2pm
- 23 - **Local Fares:** Windy Knoll
Outing @ 11am
- 25 - **Memorial Day Picnic** @ 12pm

Resident Birthdays

May

- 8 - Charmaine West
- 11 - Martha Fleming
- 13 - James Mellott
- 14 - Barry Dutton
- 18 - Linda Adcock
- 18 - Ronald Harris
- 21 - Lois Wood
- 23 - Julie Jones
- 25 - Judith McIntyre
- 26 - Tavia Dutton
- 31 - Bennett Bittinger

June

- 3 - Darlene Zimmerman
- 4 - Frances Nye
- 5 - Doris Royer
- 7 - Esta Hammond
- 10 - Ann Hill
- 12 - Nadine Clemens
- 24 - Virginia Adams
- 27 - Susanne Proulx
- 28 - Janet Friese
- 28 - Richard Rice
- 29 - Beulah Woods

Get in Touch...

Community Main Line:
(717) 709-0668

Nurse On-Call:
(717) 360-6057



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

Welcome New Residents

- Martha Shoemaker
- Pearl Statler
- Nancy Workman
- Nancy Bard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>31</p> <p>9:00 Morning Meeting & Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Teamwork Toss: Ladder Ball (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Kerplunk (3A) 6:00 Resident Run Pinochle (3A)</p>	<p>THE Club</p>		<p>May</p>		<p>Calendar Key: Café (C) Loading Dock (LD) Library (L) Pub (P) Pub Deck (PD) Back Lobby (BL) 2nd Floor Activity Room (2A) 3rd Floor Activity Room (3A) 3rd Floor Exercise Room (3E) Private Dining Room (PDR) Out of Building (OOB) Connections (CN) Building Wide (BW) Front Porch (FP) **Registration Required, \$\$ Cost Involved</p>	<p>1</p> <p>9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Matching May Day Flowers (3A) 3:00 May Day with Strawberry Shortcake Cups (P) 6:00 Movie & Popcorn: <i>Boys in the Boat</i> (3A)</p>	<p>2</p> <p>9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Matching Club: Uno (3A) 3:00 Hydration and Finishing the Lines (3A) 6:00 Card Club: Rummy (2A)</p>
<p>3</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Teamwork Toss: Cornhole (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Matching Dominoes (3A) 6:00 Resident Run Pinochle (3A)</p>	<p>4</p> <p>9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Cinco de Mayo Guess a Letter (3A) 1:00 Friendly Fellowship (3A) 2:00 Prize Bingo (3A) 3:00 Curious Minds: <i>Cinco de Mayo's Civil War Connection</i> (3A) 6:00 Kings in the Corner Card Game (2A)</p>	<p>5</p> <p>9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 10:30 Fiesta Forever Worksheets (3A) 1:30 Pinata Party with Connections (CN) 2:00 Cinco de Mayo Trivia (CN) 3:00 Cinco de Mayo Fiesta Featuring Margaritas & Tres Leches Cake (P) 6:00 Resident Run Rummikub (2A) 6:00 Wii Bowling for Beginners (3E)</p>	<p>6</p> <p>9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Shopping Trip: Walmart \$\$ (OOB) 10:00 Hot Pepper Panic Board Game (3A) 1:30 Blowing Bubbles Day (CN) 2:00 Deck Side Bubble Duel (CN) 3:00 Mother's Day Tea First Seating**(3A) 3:00 Double Your Chances (C) 3:00 Men of Providence (P) 6:00 Resident Run Sequence (2A)</p>	<p>7</p> <p>9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 May IQ Worksheets (3A) 1:45 Cooking with Connections: Churro-Spiced Yogurt (CN) 2:30 The Churro Swirl Social (CN) 3:00 Mother's Day Tea Second Seating** (3A) 3:00 Mid Week Worship Service (CN) 6:00 Wii Bowling League (3E)</p>	<p>8</p> <p>9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Catholic Mass with Corpus Christi Catholic Church (2A) 2:00 Book Club: <i>Escape & Escapade</i> (3A) 3:00 Chambersburg Skilled Nursing & Rehabilitation Social (P) 6:00 Movie & Popcorn: <i>Cheaper By the Dozen</i> (3A)</p>	<p>9</p> <p>9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 10:00 TV Sitcom Comedy Hour: Resident's Choice (3A) 1:30 Linda's Movie Matinee: <i>The Secret Garden</i> (3A) 2:00 Dot to Dot (P) 3:00 Mother's Day Memento Makers: Floating Frame Flower Keepsake (3A) 6:00 Card Club: Rummy (2A)</p>	
<p>Mother's Day 10</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Celebrating Martha's Birthday (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: My 2 Cent Game (3A) 6:00 Resident Run Pinochle (3A)</p>	<p>11</p> <p>9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Mothers to Remember (3A) 1:00 Friendly Fellowship (3A) 2:00 Kindly Canines (Building Wide) 2:00 Prize Bingo (3A) 3:00 Curious Minds: <i>21 Secret Places in PA That You Have Never Heard Of</i> (3A) 6:00 Kings in the Corner Card Game (2A)</p>	<p>12</p> <p>9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 10:30 Spelling Fresh Blooms (3A) 1:30 Craft with Connections: Wrapped Yarn Birds (CN) 2:00 Refreshment with Friends (CN) 3:00 Desktop Clutter Detective (3A) 6:00 Resident Run Rummikub (2A)</p>	<p>13</p> <p>9:00 Morning Meeting & Fitness Flow (2A) 10:00 Shopping Trip: Giant \$\$ (OOB) 10:00 Dinning Committee Meeting (2A) 1:30 Sweet as Apple Pie Day (CN) 2:00 May Pie Porch Social (CN) 3:00 Guess A Letter: May Edition (3A) 6:00 Dementia Care Partner Support Group (PDR) 6:00 Resident Run Sequence (2A)</p>	<p>14</p> <p>9:00 Morning Meeting Flex & Stretch (3A) 10:00 Cranium Crunches (3A) 1:45 Hydration Station: Blossoming Lemon Mocktail (CN) 2:30 Mocktail Meadow Mixer (CN) 3:00 Helping Hands: Tidying Up Activity Room (3A) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)</p>	<p>15</p> <p>9:00 Morning Meeting & Fitness Flow (3A) 10:00 Aromatherapy and Nails (3A) 1:00 Workout with Julie From Powerback Rehabilitation (3E) 1:30 Walk and Stroll Mail Check (MR) 2:00 Musical Entertainment with Dan Dropkin (2A) 3:00 Welcoming New Residents Social (P) 6:00 Movie & Popcorn: <i>Seabiscuit</i> (3A)</p>	<p>Armed Forces Day 16</p> <p>9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Armed Forces Day Riddle Jumble (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Entertainment Featuring Pianist Duncan Holmes (2A) 3:00 Matching Club: Uno (3A) 6:00 Card Club: Rummy (2A)</p>	
<p>17</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Teamwork Toss: Horseshoes (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Turtle Tug-of-War (3A) 6:00 Resident Run Pinochle (3A)</p>	<p>18</p> <p>9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Celebrating Linda's Birthday (3A) 1:00 Friendly Fellowship (3A) 2:00 Prize Bingo (3A) 3:00 Curious Minds: <i>50 Insane Facts About PA That are Real!</i> (3A) 6:00 Kings in the Corner Card Game (2A)</p>	<p>19</p> <p>9:00 Morning Meeting Flex & Stretch (3A) 10:00 Helping Hands: Folding Towels (3A) 10:30 Celebrating Victoria Day (3A) 1:30 Day Excursion: Dunkin Run (OOB) 2:00 Craft with Connections: Floral Fun Mosaics (CN) 3:00 Musical Entertainment Featuring Penn National Singers (2A) 6:00 Resident Run Rummikub (2A)</p>	<p>20</p> <p>9:00 Morning Meeting & Fitness Flow (3A) 10:00 Shopping Trip: Dollar Tree \$\$ (OOB) 10:00 Resident Calander Meeting (3A) 10:15 Terrific Turtles Worksheets (3A) 1:30 Blood Pressure Clinic (2A) 2:00 Community Meeting with Department Managers (2A) 3:00 Discuss & Recall with Vaughn (3A) 6:00 Resident Run Sequence (2A)</p>	<p>21</p> <p>9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Matching Shavuot Foods (3A) 2:00 Celebration of Life (2A) 3:00 Helping Hands: Tidying Up Activity Room (3A) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)</p>	<p>22</p> <p>9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Reader's Theater: <i>Angela's Surprise</i> (3A) 3:00 Get to Know Your Neighbors with Coffee Floats & Conversations (P) 6:00 Movie & Popcorn: <i>Mirror Mirror</i> (3A)</p>	<p>23</p> <p>9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 10:00 TV Sitcom Comedy Hour: Resident's Choice (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Matching Club: The Uzzle (3A) 3:00 My Scrapbook Story (3A) 6:00 Card Club: Rummy (2A)</p>	
<p>Pentecost 24</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Teamwork Toss: Skee Ball (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Po-Ke-No (3A) 6:00 Resident Run Pinochle (3A)</p>	<p>Memorial Day 25</p> <p>9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Prize Bingo (3A) 12:00 Fried Chicken Picnic Lunch **(P)(PD) 1:00 Friendly Fellowship (3A) 2:00 <i>A Few Good Men</i> (3A) 3:30 Ice Cream Sundae Bar (P) 6:00 Kings in the Corner Card Game (2A)</p>	<p>26</p> <p>9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 10:30 Matching Abacuses (3A) 1:30 Color Your Coordinator: Red, White & Blue (CN) 2:30 Patio Parfaits (CN) 3:00 Men's Club: U.S Fish and Wildlife Service (3A) 6:00 Resident Run Rummikub (2A)</p>	<p>27</p> <p>9:00 Morning Meeting & Fitness Flow (3A) 10:00 Shopping Trip: Target \$\$ (OOB) 10:00 Sightseeing Worksheets (3A) 1:30 Day Excursion: Mikie's in Greencastle (OOB) 2:00 Swingin' to the Oldies (CN) 3:00 May Jeopardy Trivia (3A) 3:00 Chef's Table (C) 6:30 Gospel Hymns with Spring Valley Mennonite Church (2A)</p>	<p>28</p> <p>9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Coca-Cola Worksheets (3A) 1:45 Cooking with Connections: Patriotic Cheesecake Fluff (CN) 2:30 Stripes & Sweet Bites Bash (CN) 3:00 Helping Hands: Tidying Up Activity Room (3A) 3:00 Mid Week Worship Service (CN) 6:00 Wii Bowling League (3E)</p>	<p>29</p> <p>9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Picture It: Hidden in Plain Sight (3A) 1:30 Walk and Stroll Mail Check (MR) 1:30 Musical Entertainment Featuring Jay Smar (2A) 3:00 Blind Tasting: Ruffles Vs. Kettle Cooked Chips (P) 6:00 Movie & Popcorn: <i>Memorial Day</i> (3A)</p>	<p>30</p> <p>9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Matching Club: The Uzzle (3A) 3:00 Notes Categories (3A) 6:00 Card Club: Rummy (2A)</p>	