



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

June

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

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 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Polish and Paint Nail Service (BL) 10:00 Communion with Corpus Christi Church (PDR) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes Club (C) 3:00 Chips and Mango Salsa (C) 6:00 Resident Run Pinochle (3A)</p>			<p>May 2026</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 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Helping Hands: Place Settings For M.D. Tea (C) 1:30 Stair Stepper Exercise (3E) 2:00 Crafting Club: Derby Hats (P) 3:00 May Day with Strawberry Shortcake Cups (P) 6:00 Movie & Popcorn: Boys in the Boat (3A)</p>	<p>2</p> <p>9:00 Seated Weights with Leah (3E) 9:30 Helping Hands: Pub Deck (PD) 9:30 Community Outreach: Coupons for Troops (C) 10:00 Personal Device Technical Support Assistance (C) 2:00 Nickel Bingo \$\$ (2A) 3:00 Scrabble Club (C) 3:00 Derby Day Mint Julips (C) 6:00 Card Club: Rummy (2A)</p>
<p>3</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Polish and Paint Nail Service (BL) 10:00 Communion with Corpus Christi Church (PDR) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes Club (C) 3:00 Pickle Back Drink (C) 6:00 Resident Run Pinochle (3A)</p>	<p>4</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Who, What, Where? Who Am I? (L) 10:00 Cooking Creation: Cream Cheese Mints (C) 1:00 Friendly Fellowship (3A) 1:30 Garden Club (LD) 2:00 Prize Bingo (3A) 2:00 How Many Things Can You List with The Letter T Game (L) 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 Walk Or Roll Outdoor Walking Path 9:00 Shopping Trip: Walmart **\$(OOB) 10:00 New Neighbor Orientation/Tour (FL) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Cinco de Mayo Facts & Trivia (P) 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 Seated Weights with Leah (3E) 10:00 Circle of Friends (PDR) 10:00 Penny Pitching (BL) 1:30 Balance & Action (3E) 2:00 Coffee Bar (BL) 3:00 Mother's Day Tea First Seating**(3A) 3:00 Men of Providence (P) 6:00 Resident Run Sequence (2A)</p>	<p>7</p> <p>9:00 Sit & Be Fit Exercise (3E) 10:00 Moving and Groovin' Seated Dance Hour (3E) 10:00 <i>The Chosen</i> (PDR) 1:30 Art Exploration with Doretta (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 3:00 Mother's Day Tea Second Seating** (3A) 6:00 Wii Bowling League (3E)</p>	<p>8</p> <p>9:00 Seated Weights with Leah (3E) 10:00 Personal Device Technical Support Assistance (C) 1:30 Stair Stepper Exercise (3E) 2:00 Catholic Mass with Corpus Christi Church (2A) 2:00 Checkers Club (P) 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 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops (C) 9:30 Helping Hands: Pub Deck (PD) 10:00 Craft Creation: Tie Dye Suncatchers (C) 11:15 Local Fares: Kennys **\$(OOB) 2:00 Nickel Bingo \$\$ (2A) 3:00 Scrabble Club (C) 6:00 Card Club: Rummy (2A)</p>
<p>Mother's Day 10</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (BL) 10:00 Communion with Corpus Christi Church (PDR) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mother's Day Mom-osas (C) 3:00 Mexican Train Dominoes Club (C) 6:00 Resident Run Pinochle (3A)</p>	<p>11</p> <p>9:00 Seated Yoga (3E) 9:30 Destination Travel: <i>Getting to Know Guatemala</i> (L) 10:00 Birthday Gang Committee Mtg. (L) 1:30 Garden Club (LD) 1:00 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 Walk Or Roll Outdoor Walking Path 9:30 Shopping Trip: Vintage Market at the Old Red Barn **\$(OOB) 10:00 Craft Creation: Pressed Floral Bookmarks (C) 11:00 Franklin County Library Bookmobile (LD) 1:30 Acrylic Canvas Paintings (C) 2:00 Jeopardy! (2A) 3:00 Wonderful Women Trivia (P) 6:00 Resident Run Rummikub (2A)</p>	<p>13</p> <p>9:00 Seated Weights with Leah (3E) 10:00 Dining Committee Meeting (2A) 10:00 Circle of Friends (PDR) 2:00 Creative Crafts: Patriotic Wreath for Your Door (P) 3:00 Crochet Club (L) 3:00 Spiritual Life Planning Meeting (2A) 6:00 Dementia Care Partner Support Group (PDR) 6:00 Resident Run Sequence (2A)</p>	<p>14</p> <p>9:00 Sit & Be Fit Exercise (3E) 10:00 Moving and Groovin' Seated Dance Hour (3E) 10:00 Our Journey Together (PDR) 1:30 Art Exploration with Doretta (C) 2:00 Mid Week Worship Service (2A) 3:00 Heads Up Guessing Game (P) 6:00 Wii Bowling League (3E)</p>	<p>15</p> <p>9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 1:00 Workout with Julie From Powerback Rehabilitation (3E) 2:00 Chinese Checkers (P) 2:00 Musical Entertainment Featuring 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 Seated Weights with Leah (3E) 9:30 Helping Hands: Pub Deck (PD) 9:30 Community Outreach: Coupons for Troops (C) 10:00 Nickel Bingo \$\$ (2A) 2:00 Entertainment Featuring Pianist Duncan Holmes (2A) 3:00 Scrabble Club (C) 6:00 Card Club: Rummy (2A)</p>
<p>17</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordie Handout (L) 10:00 Polish and Paint Nail Service (BL) 10:00 Communion with Corpus Christi Church (PDR) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Orange Cream Floats (C) 3:00 Mexican Train Dominoes Club (C) 6:00 Resident Run Pinochle (3A)</p>	<p>18</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Who, What, Where? Who Am I? (L) 10:00 Resident Activity Planning Mtg. (P) 1:00 Friendly Fellowship (3A) 1:30 Garden Club (LD) 2:00 Prize Bingo (3A) 2:00 Bible Study Handout: Humility (L) 3:00 Curious Minds: <i>50 Insane Facts About PA That are Reall</i> (3A) 6:00 Kings in the Corner Card Game (2A)</p>	<p>19</p> <p>9:00 Walk Or Roll Outdoor Walking Path 9:30 Shopping Trip: TJ Maxx, Ollies Sallys, Maurices **\$(OOB) 10:00 Cooking Creation: Brownies From Scratch (C) 1:30 Acrylic Canvas Paintings (C) 2:00 Random May Trivia (P) 3:00 Musical Entertainment Featuring Penn National Singers (2A) 6:00 Resident Run Rummikub (2A)</p>	<p>20</p> <p>9:00 Seated Weights with Leah (3E) 10:00 Circle of Friends (PDR) 1:30 Blood Pressure Clinic (2A) 2:00 Community Meeting with Department Managers (2A) 3:00 Bible Trivia (PDR) 3:00 Crochet Club (L) 4:30 Dinner on the Deck** (PD) 6:00 Resident Run Sequence (2A)</p>	<p>21</p> <p>9:00 Sit & Be Fit Exercise (3E) 10:00 <i>The Chosen</i> (PDR) 10:00 Cooking Creation: Amish Macaroni Salad (C) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Celebration of Life (2A) 3:00 Bible Study (PDR) 3:00 Reminiscing Memorial Day (P) 6:00 Wii Bowling League (3E)</p>	<p>22</p> <p>9:00 Seated Weights with Leah (3E) 9:30 Hearing Aid Checks & Cleaning with Chambersburg Hearing Center ** (PDR) 1:30 Stair Stepper Exercise (3E) 2:00 Personal Device Technical Support Assistance (C) 2:00 Pub Wall Games (P) 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 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops (C) 9:30 Helping Hands: Pub Deck (PD) 10:00 Coffee Bar (BL) 11:00 Local Fares: Windy Knoll**\$(OOB) 2:00 Nickel Bingo \$\$ (2A) 3:00 Scrabble Club (C) 6:00 Card Club: Rummy (2A)</p>
<p>Pentecost 24</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Indianapolis 500 Coverage & Race (P) 10:00 Polish and Paint Nail Service (BL) 10:00 Communion with Corpus Christi Church (PDR) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Smores Pudding Cups (C) 3:00 Mexican Train Dominoes Club (C) 6:00 Resident Run Pinochle (3A)</p>	<p>Memorial Day 25</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Humor Spotlight: <i>Slow & Steady Get the Laughs</i> (L) 10:00 Prize Bingo (2A) 12:00 Fried Chicken Picnic Lunch *(P)(PD) 1:30 Garden Club (LD) 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 Walk Or Roll Outdoor Walking Path 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 New Neighbor Orientation/Tour (FL) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Wheelchair/Rollator Wash (LD) 3:00 Armed Forces Trivia (P) 6:00 Resident Run Rummikub (2A) 6:00 Wii Bowling for Beginners (3E)</p>	<p>27</p> <p>9:00 Seated Weights with Leah (3E) 10:00 Circle of Friends (PDR) 11:00 Local Fares: Olive Garden **\$(OOB) 2:00 Rosary with Corpus Christi Catholic Church (PDR) 3:00 Crochet Club (L) 3:00 Chef's Table (C) 4:30 Dinner on the Deck ** (PD) 6:30 Gospel Hymns with Spring Valley Mennonite Church (2A)</p>	<p>28</p> <p>9:00 Sit & Be Fit Exercise (3E) 10:00 Our Journey Together (PDR) 10:00 Moving and Groovin' Seated Dance Hour (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 3:00 Relax & Rewind with Sweet Tea (PD) 6:00 Wii Bowling League (3E)</p>	<p>29</p> <p>9:00 Light & Lively Exercise (3E) 10:00 Picture It: Hidden in Plain Sight (3A) 1:30 Musical Entertainment Featuring Jay Smar (2A) 2:00 Billiards or Ladder Ball (3E) 3:00 Blind Tasting: Plain Vs. Kettle Cooked Chips (P) 6:00 Movie & Popcorn: <i>Memorial Day</i> (3A)</p>	<p>30</p> <p>9:00 Seated Weights with Leah (3E) 9:30 Helping Hands: Pub Deck (PD) 9:30 Community Outreach: Coupons for Troops (C) 10:00 Personal Device Technical Support Assistance (C) 2:00 Nickel Bingo \$\$ (2A) 3:00 Scrabble Club (C) 6:00 Card Club: Rummy (2A)</p>