



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

It is with a heavy heart that I am announcing the resignation of Ryan, our Sales Director. Ryan has been pivotal in supporting the Providence Place community, residents and families. Ryan's last day will be 5/15. The Providence Place regional sales team will support the Sales process while partnering with the Community directly.

As always, if you are a resident living in Independent Living or Assisted Living, Theresa Martin, our Director of Nursing, remains your main contact; for those living in Connections, please reach out to our Connections Director, Tania Stewart. We wish him the best in his new endeavors!

A note from Ryan, "After three and a half years, I am writing to share that I will be stepping away from my role as Director of Sales at Providence Place Senior Living of Collegeville.

It has been a privilege to work within this community and to get to know many of you over the years. I appreciate the trust you have placed in me and the opportunity to support you and your families during important transitions.

Providence Place is a special community, and I am confident it will continue to provide the care, support, and sense of community that you value. Thank you again for the opportunity to be part of your journey."

Best,

Kellee Silhan
Executive Director

Highlighted Events

- 5 - **"Nacho Average" Happy Hour**
w/Community Fashion Show @ 3:30pm
- 6 - **Intergenerational Visit & Games**
Perkiomen Valley Middle School
Students @ 10am
- 10 - **Flowers for Mom** @ 10am
Assorted Teas & Scones Social
- 14 - **Resident Service Awards** @ 2:30pm
- 21 - **Trip to Schuylkill Valley Nature Center** @ 10am
- 27 - **Trip to Valley Forge Casino** @ 1pm

Welcome New Residents

- Sherry Cleveland
- Adam Long
- Edward Kuljian
- Angelina Notarmaso
- Therese Campbell
- Amelia SAGRANTZ
- John Ounsworth
- Dale Snyder

Resident Birthdays

May

- 1 - Wanda Brunetti
- 1 - Roy Armstrong
- 4 - James Tagye
- 5 - Theresa Deluca-Brensinger
- 5 - Stanley Plicinski
- 12 - Lily Griffin
- 17 - Heide Richards
- 30 - Dolores Conrod
- 30 - Roberta Machese

June

- 2 - Richard Ameigh
- 5 - Helen Hanto
- 5 - Joan Vagnoni
- 13 - Antoinette Cardosi
- 17 - Thomas Curran
- 18 - Linda Conaway
- 21 - Donald Wilson

Get in Touch...

Community:
(610) 222-5007

Assisted Living Nursing:
(717) 574-5223

Memory Care Nursing:
(445) 210-4318



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
<p>31</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Coffee & Conversation (P) 10:30 On Screen Catholic Mass (T) 1:30 Ecumenical Worship Service Chaplain Nichole (CR) 2:30 Balloon Volley (CR) 3:30 Ice Tea Social (BP) 6:00 Resident Run Board Games (P)</p>	<p>THE</p> <p><i>Club</i></p>		<p>May</p>		<p>1</p> <p>Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activity Room (BP) Back Porch (C) Connections (CR) Community Room (OOB) Out of Building (P) Pub (T) Theater</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Current Events with Joe (T) 1:30 Walking Club (OOB) 2:30 Seated Yoga (CR) 3:30 Entertainment Featuring Sunset Skye (P) 6:00 Friday Evening Shabbat (T)</p>	<p>2</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:30 Manicures with Katie ** (CR) 1:30 Candy Bingo (AR) 2:30 Movie Matinee: <i>People We Meet on Vacation</i> (T) 3:00 UNO (CR) 4:00 Garden Club (AR) 6:00 Resident Run Board Games (P)</p>
<p>3</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Coffee & Conversation (P) 10:30 On Screen Catholic Mass (T) 1:30 Ecumenical Worship Service Chaplain Nichole (CR) 2:30 Make-A-Word (OL) 3:30 Ice Tea Social (BP) 6:00 Board Games (P)</p>	<p>4</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Checkers (CR) 10:30 Music Trivia (CR) 1:30 Comfort Caring Canine Visit With Cash (CR) 2:30 Music & Meditation with Nadine (CR) 3:30 Paint & Create: Flowers (CR) 6:00 Shuffleboard (AR)</p>	<p>5</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Ed-U: <i>What is Cinco de Mayo?</i> (CR) 10:30 Word Games (CR) 1:30 Prize Bingo (C) 2:30 Memory Magic (CR) 3:00 Catholic Mass with St. Eleanor (CR) 3:30 Nacho Average Happy Hour with Fashion Show & Margaritas (P) 6:00 Shuffleboard (AR)</p>	<p>6</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Rosary with St. Eleanor (T) 10:00 Games with P.V. Middle School Students (P) 1:30 Candy Pokeno (CR) 2:30 Mid-Week Worship Service with Chaplain Nichole (C) 3:30 Comedy Hour (T) 6:00 Watermelon Social with Marisa (BP)</p>	<p>7</p> <p>9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit & Be Fit Exercises (CR) 10:30 Trivia Toss (CR) 1:30 UNO (CR) 2:30 Drumming Circle (C) 3:30 Happy Hour (P) 6:00 Nickel Bingo \$\$ (AR)</p>	<p>8</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Poetry Corner (CR) 1:30 Walking Club (OOB) 2:30 Music & Movement (CR) 3:30 Entertainment Featuring Ken Pierson (P) 6:00 Friday Evening Shabbat (T)</p>	<p>9</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Current Events with Joe (T) 1:30 Candy Bingo (AR) 2:30 Movie Matinee: <i>I'm Still Here</i> (T) 3:30 Try to Get a Hole in One (P) 4:00 Garden Club (AR) 6:00 Resident Run Board Games (P)</p>
<p>Mother's Day 10</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Flowers for Mom's Assorted Tea & Scones Social (P) 10:30 On Screen Catholic Mass (T) 1:30 Worship Service with Evansburg Church (CR) 2:30 Movie Matinee: <i>Monster In-Law</i> (T) 3:30 Celebrate Mom's Happy Hour (P) 6:00 Games (P)</p>	<p>11</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Shopping Trip: Dollar Store \$\$ (OOB) 1:30 Comfort Caring Canine Visit With Cash (CR) 2:30 Yoga (CR) 3:30 Name That Tune (CR) 6:00 Shuffleboard (AR)</p>	<p>12</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Ed-U: Beekeeping (T) 10:30 Word Games (CR) 12:00 Lunch Bunch (C) 1:30 Prize Bingo (C) 2:30 Memory Magic (CR) 3:30 Keeping It Cool Happy Hour Wear Your Sunglasses (P) 6:00 Shuffleboard (AR)</p>	<p>13</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Rosary with St. Eleanor (T) 11:00 Alphabet Around the World (CR) 1:30 Candy Pokeno (CR) 2:30 Mid-Week Worship Service with Chaplain Nichole (C) 3:30 Comedy Hour (T) 6:00 Sing-Along (CR)</p>	<p>14</p> <p>9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit & Be Fit Exercises (CR) 1:30 UNO (CR) 2:30 Kitchen Helpers: Baking Cupcakes (C) 3:30 Observing & Caring for Pet Fish and Aquatic Frogs (AR) 6:00 Nickel Bingo \$\$ (AR)</p>	<p>15</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Short Story Readings (CR) 1:30 Walking Club (OOB) 2:30 Seated Yoga (CR) 3:30 Flower Arranging (C) 6:00 Friday Evening Shabbat (T)</p>	<p>Armed Forces Day 16</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:30 Manicures with Katie (CR) 11:00 Tribute to Armed Forces Day (T) 1:30 Candy Bingo (AR) 2:30 Movie Matinee: <i>Train Dream</i> (T) 3:30 Corn Hole (BP) 4:00 Garden Club (AR) 6:00 Resident Run Board Games (P)</p>
<p>17</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Coffee & Conversation (P) 10:30 On Screen Catholic Mass (T) 1:30 Ecumenical Worship Service Chaplain Nichole (CR) 2:30 Balloon Volleyball (CR) 3:30 Lemonade Social (BP) 6:00 Board Games (P)</p>	<p>18</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Penny Ante (CR) 10:30 Music Trivia (CR) 1:30 Comfort Caring Canine Visit With Cash (CR) 2:30 Music & Meditation with Nadine (CR) 3:30 Fact or Fiction? (CR) 6:00 Shuffleboard (AR)</p>	<p>19</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Ed-U Famous Gardens (CR) 10:30 Word Games (CR) 1:30 Prize Bingo (C) 2:30 Memory Magic (CR) 3:30 National Pizza Party Happy Hour (P) 6:00 Shuffleboard (AR)</p>	<p>20</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Rosary with St. Eleanor (T) 11:00 Alphabet Around the World (CR) 1:30 Candy Pokeno (CR) 2:30 Mid-Week Worship Service with Chaplain Nichole (C) 3:30 Comedy Hour (P) 6:00 Strawberry Cheesecake Social (BP)</p>	<p>21</p> <p>9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit & Be Fit Exercises (CR) 10:30 Trivia Toss (CR) 1:30 UNO (CR) 2:30 Drumming Circle (C) 3:30 Happy Hour (P) 6:00 Nickel Bingo \$\$ (AR)</p>	<p>22</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Poetry Corner (CR) 1:30 Walking Club (OOB) 2:30 Music & Movement (CR) 3:30 Entertainment Featuring Michael Kropp (P) 6:00 Friday Evening Shabbat (T)</p>	<p>23</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Current Events with Joe (T) 1:30 Candy Bingo (AR) 2:30 Movie Matinee: <i>Love at First Sight</i> (T) 3:30 Ladderball (AR) 4:00 Garden Club (AR) 6:00 Resident Run Board Games (P)</p>
<p>Pentecost 24</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Coffee & Conversation (P) 10:30 On Screen Catholic Mass (T) 1:30 Ecumenical Worship Service Chaplain Nichole (CR) 2:30 Balloon Volleyball (CR) 3:30 Coke Float Social (BP) 6:00 Board Games (P)</p>	<p>Memorial Day 25</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Trappe Memorial Day Parade (OOB) 10:00 Patriotic Sing-Along (P) 1:30 Picnic Basket Bingo (AR) 2:30 Red, White & Blue Popsicles (BP) 3:30 Honoring Bravery Happy Hour (P) 6:00 Back Porch Chat (BP)</p>	<p>26</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Ed-U: What is Decoration Day (CR) 10:30 Word Games (CR) 1:30 Prize Bingo (C) 2:30 Memory Magic (CR) 3:30 Happy Hour (P) 6:00 Shuffleboard (AR)</p>	<p>27</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Rosary with St. Eleanor (T) 11:00 Alphabet Around the World (CR) 1:30 Candy Pokeno (CR) 2:30 Mid-Week Worship Service With Chaplain Nichole (C) 3:30 Comedy Hour (P) 6:00 Candy Grape Social with Marisa (BP)</p>	<p>28</p> <p>9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit & Be Fit Exercises (CR) 1:30 UNO (CR) 2:30 Kitchen Helpers: Pudding Pie (C) 3:30 Observing & Caring for Pet Fish and Aquatic Frogs (AR) 6:00 Nickel Bingo \$\$ (AR)</p>	<p>29</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:00 Short Story Readings (CR) 1:30 Walking Club (OOB) 2:30 Seated Yoga (CR) 3:30 Entertainment Featuring Bob Hamel (P) 6:00 Friday Evening Shabbat (T)</p>	<p>30</p> <p>9:15 Morning Meeting (CR) 9:30 Sit & Be Fit Exercises (CR) 10:30 Manicures with Katie (CR) 11:00 Music Trivia (CR) 1:30 Candy Bingo (AR) 2:30 Movie Matinee: <i>My Fair Lady</i> (T) 3:30 Shuffleboard (AR) 4:00 Garden Club (AR) 6:00 Resident Run Board Games (P)</p>