

# Focus on Wellness

## Let's Go Outside!

Along with the physical benefits of time spent in nature, the restorative effects support mental health & well-being. Studies show that physical activity in green spaces can be linked to the following:

- Boost creativity & concentration
- Improve Mood/Mental & Spiritual Boost
- Vitamin D production (*good for heart health, improve osteoporosis & ward off cancer*)
- Improved health & cognitive capabilities
- Improved immune system
- Improved sleep



*Dimensions  
of Wellness*

## Resident Birthdays

### June

Shirley Eberly  
Delores Gilbert  
Dorothy Simms  
Peggy Dewire  
Alice Stilts  
Miriam Gilland



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 [ProvidenceRetirement@gmail.com](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)



# Providence Place SENIOR LIVING News

Q2: June 2021

## A Note from the Executive Director

It has been fantastic to have warmer weather and to see so many familiar faces since our re-opening! I had the pleasure of working Mother's Day weekend and enjoyed seeing so many signs of love and affection as family members came into our community. I hope to see the fathers receive the same level of caring and kindness this month.

You have probably already seen the posters that we will be hosting the car show here in Chambersburg on June 12th. It has been a few years since this event was held on site, but we are pleased to partner with local vendors and car enthusiasts. It should be a lot of fun for our residents and families alike.

We believe in lifelong learning here at Providence Place. Are you an expert on a particular subject matter like local history? Have you traveled abroad and want to share your photos? If you or someone you know would like to schedule time to share your knowledge on a topic or hobby please let us know. Community Life would love to add some new talents to the calendar of events.

Warmest regards,

*Holly Townsend, Executive Director*

## Highlighted Events

9 – **Memory Support Group**

@ 3pm

12 – **Car Show @ 8am – 3pm**

*Public welcome!*

22 – **Father's Day Brunch**

@ 10:00am

23 – **EdU Presentation: Butterflies, Birds & Critters @ 2pm**

## Welcome New Residents

Jane Goshorn  
Joan Thorpe  
Ernest Strosnider  
Charles Metzgar  
Doris Ligon

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p style="text-align: center;"><b>THE</b> <i>Club</i></p>		<p style="text-align: right;">1</p> 9:00 Morning Meeting And Inspirations (P) 9:30 Laugh Therapy (P) 10:00 Daily Chronicle and Discussion (P) 1:30 Acrylic Canvas Painting (C) 2:00 Book Club: Chicken Soup (3A) 2:30 Prize Bingo (3A) 3:30 Brain Games (3A) 6:00 Card Club (2A)	<p style="text-align: right;">2</p> 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle & Discussion (P) 9:45 Shopping Trip: Target \$\$ (OOB) 1:30 Art Class With Mary: Pottery (3A) 2:30 Balloon Ball (3A) 3:00 Friends Making Friends: Worship Services (CN) 6:00 Helping Hands Club: Coupons For Troops (C)	<p style="text-align: right;">3</p> 9:00 Morning Meeting and Inspirations (P) 10:00 Dance Class With Jess (FL) 1:30 Art Exploration (C) 2:00 Flower Oasis: Plant Checkup (P) 2:30 Memory Magic (3A) 3:00 Hydration On The Deck: Iced Coffee (P) 3:30 Book Club: <i>Chicken Soup</i> (3A) 6:00 Horseshoes (3E)	<p style="text-align: right;">4</p> 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Memory Magic (3A) 1:30 Country Bus Ride: Caledonia State Park (OOB) 2:30 Friends Making Friends: Musical Entertainment by Dave Powers (CN) 3:30 Walk & Roll Walking Club (FL) 6:00 Movie: <i>Midway</i> (3A)	<p style="text-align: right;">5</p> 9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle Discussion (3A) 10:00 Game Club: Cards (3A) 1:30 Movie: <i>Singing In The Rain</i> (3A) 3:30 Walk & Roll Walking Group (FL) 6:00 Puzzle Club (L)		
		<p style="text-align: right;">6</p> 9:00 Light & Lively (3E) 9:30 Morning Meeting and Inspirations (P) 10:00 Bible Study Around The World (3A) 10:00 Helping Hands: Recycling Club (3A) 1:30 Walk & Roll Walking Club (FL) 2:00 Musical Entertainment by Bryan Herber (2A) 3:00 Sitcom: <i>Leave It To Beaver</i> (3A) 6:30 Evening Worship (Channel 68) 7:00 Catholic Mass (Channel 291)	<p style="text-align: right;">7</p> 9:00 iN2L: History of The Mona Lisa (3A) 9:30 iN2L: Facts on The Mona Lisa (3A) 10:00 Hymn Sing (2A) 1:30 Walk & Roll Walking Club (FL) 2:00 Summer Olympics: World Religion Practice (2A) 3:00 iN2L: Documentary Series: <i>Secrets Of The Mona Lisa</i> (2A) 3:00 Bible Study (CN) 6:00 Virtual Evening Worship Service (2A)	<p style="text-align: right;">8</p> 9:00 Morning Meeting And Inspirations (P) 9:30 Laugh Therapy (P) 10:00 Daily Chronicle and Discussion (P) 11:00 Diners Caravan: Pizza Party (3A) 1:30 Acrylic Canvas Painting (C) 2:00 Book Club: Chicken Soup (3A) 2:30 Prize Bingo (3A) 3:30 Brain Games (3A) 6:00 Card Club (2A)	<p style="text-align: right;">9</p> 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle & Discussion (P) 10:00 Craft Corner: Rock Painting (3A) 10:00 Dinning Committee Meeting (DR) 1:30 Friends Making Friends: Crafting Creations (CN) 2:00 Masterpieces From: The London National Gallery (P) 3:00 Memory Support Group (CN) 3:00 Hydration Station (3A) 6:00 Horseshoes (3E)	<p style="text-align: right;">10</p> 9:00 Morning Meeting and Inspirations (P) 10:00 Dance Class With Jess (FL) 1:30 Art Exploration (C) 1:30 Friends Making Friends: Drumming Circle With Nancy (CN) 2:00 Light & Lively Exercise (3A) 2:30 Craft Corner: Car Show Nomination Box (3A) 3:00 Book Club: Chicken Soup (3A) 3:30 Walk & Roll Walking Club (FL) 6:00 Horseshoes (3E)	<p style="text-align: right;">11</p> 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Ed-U Wellness Presentation: Dehydration Prevention (2A) 1:30 Memory Magic (3A) 2:00 Flower Oasis: Plant Checkup (3A) 3:00 Hydration: Drinks on the Deck (P) 6:00 Movie: <i>Broadway Melody of 1940</i> (3A)	<p style="text-align: right;">12</p> 9:00 Helping Hands: Providence Place Car Show Set-up (FL) 10:00 Helping Hands: Hydration Benefit (LD) 1:30 Helping Hands: Hydration Benefit (LD) 2:30 Car Show Award Presentation (LD) 3:00 Helping Hands: Car Show Clean-up (LD) 6:00 Puzzle Club (L)
		<p style="text-align: right;">13</p> 9:00 Morning Meeting and Inspirations (P) 9:30 Helping Hands: Recycling Club (3A) 10:00 Bible Study Around The World (3A) 1:00 Aromatherapy and Nail Care (3A) 2:00 Worship Service (2A) 3:00 Sitcom: <i>I Love Lucy</i> (3A) 3:00 Summer Olympics: Jeopardy (C) 6:30 Evening Worship (Channel 68) 7:00 Catholic Mass (Channel 291)	<p style="text-align: right;">14</p> 9:00 iN2L: The History Of Flag Day (3A) 9:30 iN2L: Fun Facts About Flag Day (3A) 10:00 Hymn Sign (2A) 1:30 American Flag Ceremony (CN) 2:00 Red, White & Blue Social (CN) 3:00 Bible Study (CN) 3:00 Craft Corner: Flag Pins (3A) 6:00 Virtual Evening Worship Service (2A)  <p style="text-align: center;">Flag Day</p>	<p style="text-align: right;">15</p> 9:00 Morning Meeting and Inspirations (P) 9:30 Laugh Therapy (P) 10:00 Daily Chronicle and Discussion (P) 1:30 Acrylic Canvas Painting (C) 2:00 Book Club: Chicken Soup (3A) 2:30 Red, White & Blue Bingo (3A) 3:30 Brain Games (3A) 6:00 Card Club (2A)	<p style="text-align: right;">16</p> 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle & Discussion (P) 10:00 Shopping Trip: Dollar Tree \$(OOB) 10:00 Ed-U Wellness: <i>Signs Of Stroke &amp; How To Save A Life</i> (2A) 1:30 Walk & Roll Walking Club (FL) 2:00 Fireside Chat (2A) 3:00 Memory Magic (3A) 3:30 Game Club: Cards (3A) 6:00 Helping Hands Club: Coupons For Troops (C)	<p style="text-align: right;">17</p> 9:00 Morning Meeting and Inspirations (P) 10:00 Worship Services (CN) 1:30 Art Exploration (C) 2:00 Educational Presentation on Elder Law by Tom Murphy (2A) 3:00 Summer Sangria Social (P) 3:30 Book Club: Chicken Soup (3A) 6:00 Horseshoes (3E)	<p style="text-align: right;">18</p> 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Friends Making Friends: Musical Entertainment by Kelsey (CN) 1:30 Flower Oasis: Plant Checkup (P) 2:00 Musical Entertainment by Leo DiSanto (2A) 3:00 Resident Lead Singing Group (2A) 6:00 Movie: <i>Field of Dreams</i> (3A)	<p style="text-align: right;">19</p> 9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle Discussion (3A) 10:00 Game Club: Sequence (3A) 1:30 Country Bus Ride: Antrim Township Park (OOB) 3:30 Hydration Station (3A) 6:00 Puzzle Club (L)
		<p style="text-align: right;">20</p> 9:00 Morning Meeting and Inspirations (P) 9:30 Helping Hands: Recycling Club (3A) 10:00 Bible Study Around The World (3A) 1:00 Movie: <i>Night At The Museum</i> (3A) 2:00 Worship Service (2A) 3:00 Dad's Root Beer Floats (P) 6:30 Evening Worship (Channel 68) 7:00 Catholic Mass (Channel 291)  <p style="text-align: center;">Father's Day</p>	<p style="text-align: right;">21</p> 9:00 iN2L: The History of the Tie (3A) 9:30 iN2L: Practice Tying A Tie (3A) 10:00 Hymn Sing (2A) 1:30 Father's Day Reminiscing (3A) 2:00 Prize Bingo (3A) 3:00 Bible Study (CN) 3:00 Summer Olympics: World Religion Practice (2A) 6:00 Virtual Evening Worship Service (2A)	<p style="text-align: right;">22</p> 9:00 Morning Meeting And Inspirations (P) 9:30 Laugh Therapy (P) 10:00 Daily Chronicle and Discussion (P) 1:30 Acrylic Canvas Painting (C) 2:00 Friends Making Friends: Celebrating Father's Day (CN) 3:00 Book Club: Chicken Soup (3A) 3:30 Brain Games: Word Search (3A) 6:00 Card Club (2A)	<p style="text-align: right;">23</p> 9:00 Morning Meeting and Inspirations (P) 10:00 Daily Chronicle & Discussion (P) 1:30 Friends Making Friends: Celebrating June Birthdays (CN) 2:00 Birthday Bingo (CN) 2:00 Butterflies, Birds & Critters (2A) 2:30 Kitchen Creations: Camp Fire Cones (C) 3:00 Coffee Talk: Campfire Blend (P) 6:00 Horseshoes (3E)	<p style="text-align: right;">24</p> 9:00 Morning Meeting and Inspirations (P) 10:00 Worship Services (CN) 1:30 Art Exploration (C) 1:30 Flower Oasis: Plant Checkup (P) 2:00 Balance & Action (3A) 3:00 Hydration Station: Snow Cones on the Patio (P) 3:30 Book Club: Chicken Soup (3A) 6:00 Horseshoes (3E)	<p style="text-align: right;">25</p> 9:00 Morning Meeting and Inspirations (P) 9:00 Daily Chronicle and Discussion (P) 10:00 Friends Making Friends: Musical Entertainment by Kelsey (CN) 1:30 Walk & Roll Walking Club (FL) 2:30 Musical Entertainment featuring <i>SweetLife</i> by Matt & Carol (2A) 3:00 New Resident Welcome (P) 6:00 Movie: <i>Invincible</i> (3A)	<p style="text-align: right;">26</p> 9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle Discussion (3A) 10:00 Game Club: Checkers (3A) 1:30 Country Bus Ride: Red Run Park (OOB) 3:30 Hydration Station (3A) 6:00 Puzzle Club (L)
		<p style="text-align: right;">27</p> 9:00 Morning Meeting and Inspirations (P) 9:30 Helping Hands: Recycling Club (3A) 10:00 Bible Study Around The World (3A) 1:00 Aromatherapy and Nail Care (3A) 2:00 Worship Service (2A) 3:00 Sitcom: <i>Leave It To Beaver</i> (3A) 3:00 Summer Olympics: Jeopardy (C) 6:30 Evening Worship (Channel 68) 7:00 Catholic Mass (Channel 291)	<p style="text-align: right;">28</p> 9:00 iN2L: The Hidden Rose Garden (3A) 9:30 iN2L: Facts on Rose Garden (3A) 10:00 Hymn Sing (2A) 1:30 Balance & Action (3A) 2:00 Memory Magic (3A) 3:00 Bible Study (CN) 3:00 Summer Olympics: World Religion Practice (2A) 6:00 Virtual Evening Worship Service (2A)	<p style="text-align: right;">29</p> 9:00 Morning Meeting And Inspirations (P) 9:30 Laugh Therapy (P) 10:00 Friends Making Friends: Chair Dancing (P) 10:30 Jumbo Cards Games (CN) 1:00 Pretty In Pink Club (CN) 1:30 Acrylic Canvas Painting (C) 2:00 Chefs Pairing: Bourbon (P) 3:00 Prize Bingo (3A) 6:00 Card Club (2A)	<p style="text-align: right;">30</p> 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle & Discussion (P) 10:00 Shopping Trip: Five Below\$\$ (OOB) 10:00 Craft Corner: Rose Garden Canvas Painting (3A) 1:30 Planting Indoor Roses (3A) 2:30 Tea Talk: Rose Tea (P) 3:00 Game Club: Cards (3A) 3:30 Walk & Roll Walking Club (FL) 6:00 Horseshoes (3E)	<p><b>Calendar Key:</b> Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Meditation Room (MR), Conference Room (CR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB), Connections (CN)  <b>**Registration Required, \$\$ Cost Involved</b></p>		
		<h1>June 2021</h1>						