

# 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		
		1 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Prize Bingo (2A) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Car Show Preparations (P) 6:00 Game Club: Sequence (2A)	2 9:00 Balloon Ball (3E) 9:30 Wii Bowling League(3E) 10:00 Garden Club (FL) 1:30 Art: Pottery ( C ) 2:00 Providence Place Summer Olympics Planning Meeting (P) 3:00 Bible Study (PDR) 6:00 Helping Hands Club: Coupons For Troops ( C )	3 9:00 Griefshare © ( C ) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration Mixed Media ( C ) 2:00 Worship Service (2A) 3:00 Circle of Friends (PDR) 6:00 Blitz with Ruth (2A)	4 9:00 Light & Lively Exercise (3E) 10:00 Providence Place Summer Olympics Walking to Win (FL) 1:30 Balance & Action (3E) 2:00 June Birthday Celebrations (P) 3:00 Community Life Planning Committee (P) 6:15 Movie Night: <i>Midway</i> (3A)	5 8:30 Totem Pole Playhouse Fun Fest **\$(OOB) 9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League(3E) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo\$(2A) 3:00 Providence Place Summer Olympics Jeopardy Practice ( C ) 6:00 Horseshoes (3E)		
		6 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Musical Entertainment with Bryan Herber (2A) 3:00 Game Club: Scrabble ( C ) 6:30 Song and Scripture (Ch.809)	7 9:00 Move 2 Music (3E) 9:30 Wii Bowling League (3E) 10:00 Hymn Sing (2A) 1:30 Seated Chair Exercise (2A) 2:00 Providence Place Summer Olympics World Religion Practice (2A) 3:00 iN2L: Secrets of the Mona Lisa (2A) 6:30 Virtual Evening Worship Service Presented by Fellow Residents (2A)	8 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Family Dollar and Big Lots**\$(OOB) 10:00 Caterpillars of Hope ( C ) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings ( C ) 3:00 Coffee 101 ( P ) 6:00 Blitz with Ruth (2A)	9 9:00 Strengthening Stretches (3E) 9:30 Providence Place Summer Olympics Walking to Win (FL) 10:00 Dining Committee Meeting (DR) 1:30 Balance & Action (3E) 2:00 Masterpieces from the National Gallery, London (P) 3:00 Bible Study (PDR) 3:00 Memory Support Group (CC) 6:00 Game Club: Sequence (2A)	10 9:00 Griefshare © ( C ) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration Mixed Media ( C ) 2:00 Worship Service (2A) 3:00 Shady Retreat Social (PD) 3:00 Circle of Friends (PDR) 6:00 Game Club: Scattogories (2A)	11 9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Ed-U Wellness Presentation: Dehydration Prevention (2A) 10:30 Garden Club ( FL ) 1:30 Balance & Action (3E) 2:00 Nickel Bingo\$(2A) 3:00 Game Club: UNO (2A) 6:15 Movie Night: <i>Broadway Melody of 1940</i> (3A)	12 9:00 Light & Lively Exercise (3E) 10:00 Providence Place Resident Car Show Ballot Voting (FL) 1:30 Stair Stepper Exercise (3E) 2:30 Providence Place Car Show Awards (LD) 3:00 Helping Hands Club: Coupons For Troops ( C ) 6:00 Horseshoes (3E)
		13 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Providence Place Summer Olympics Jeopardy Practice ( C ) 6:30 Song and Scripture (Ch.809)	14 9:00 Move 2 Music (3E) 10:00 Hymn Sing (2A) 1:30 Flag Day Ceremony (Connections) 2:00 iN2L: History & Evolution of the American Flag (2A) 3:00 iN2L: Prize Bingo: Red, White, and Blue (2A) 6:30 Virtual Evening Worship Service Presented by Fellow Residents (2A) Flag Day	15 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Kohls**\$(OOB) 10:00 Garden Club (FL) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Nickel Bingo \$(2A) 3:00 Under the Canopy Mixer (PD) 6:00 Game Club: Sequence (2A)	16 9:00 Balloon Ball (3E) 9:30 Providence Place Summer Olympics Walking to Win (FL) 10:00 Ed-U Wellness: Signs of a Stroke and How to Save a Life (2A) 1:30 Balance & Action (3E) 2:00 Fireside Chat (2A) 3:00 Bible Study (PDR) 6:00 Blitz with Ruth (2A)	17 9:00 Griefshare © ( C ) 10:00 Would You Rather? (P) 1:30 Balance & Action (3E) 1:30 Art Exploration Mixed Media C ) 2:00 Tom Murphy Presenting Elder Law (2A) 3:00 Summer Sangria Social (P) 3:00 Circle of Friends (PDR) 6:00 Horseshoes (3E)	18 9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Garden Club (FL) 1:30 Balance & Action (3E) 2:00 Musical Entertainment Leo DiSanto (2A) 3:00 Game Club: Scrabble ( C ) 6:15 Movie Night: <i>Field of Dreams</i> (3A)	19 9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Shopping Locally: Jim's Farmers Market **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Providence Place Summer Olympics Jeopardy Practice ( C ) 6:00 Horseshoes (3E)
		20 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Dad's Root Beer Float Social (P) 6:30 Song and Scripture (Ch.809)  Father's Day	21 9:00 Move 2 Music (3E) 9:30 Wii Bowling League (3E) 10:00 Hymn Sing (2A) 1:30 Seated Chair Exercise (2A) 2:00 iN2L: Better Brain Health (2A) 3:00 Providence Place Summer Olympics World Religion Practice (2A) 6:30 Virtual Evening Worship Service Presented by Fellow Residents (2A)	22 9:00 Light & Lively Exercise (3E) 9:30 Providence Place Summer Olympics Walking to Win (FL) 10:00 Celebrating our Hero's with Father's Day Brunch (P) (3A) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings ( C ) 3:00 Blind Tasting: Potato Chips (P) 6:00 Horseshoes (3E)	23 9:00 Strengthening Stretches (3E) 9:30 Magazine Kiosk (L) 10:00 Prize Bingo (2A) 1:30 Balance & Action (3E) 2:00 Butterflies, Birds, and Critters (2A) 3:00 Bible Study (PDR) 6:00 Game Club: Sequence (2A)	24 9:00 Griefshare © ( C ) 10:00 Nickel Bingo \$ (2A) 1:30 Balance & Action (3E) 1:30 Art Exploration Mixed Media C ) 2:00 Chef Demo: BBQ Sauces (P) 2:00 Men's Club Outing: Putt Putt Golf**\$(OOB) 3:00 Circle of Friends (PDR) 6:00 Blitz with Ruth (2A)	25 9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Garden Club (FL) 1:30 Balance & Action (3E) 2:00 Musical Entertainment by Sweet Life with Matt & Carol (2A) 3:00 New Resident Welcome Committee Meeting (P) 6:15 Movie Night: <i>Invincible</i> (3A)	26 9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Trail Walks at Norlo Park ** (OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Game Club: Mexican Train Dominoes ( C ) 3:00 Helping Hands Club: Coupons For Troops ( C ) 6:00 Cornhole (3E)
		27 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Providence Place Summer Olympics Walking to Win (FL) 3:00 Providence Place Summer Olympics Jeopardy Practice ( C ) 6:30 Song and Scripture (Ch.809)	28 9:00 Move 2 Music (3E) 10:00 Hymn Sing (2A) 1:30 Seated Chair Exercise (2A) 2:00 iN2L: The Hidden Rose Garden (2A) 3:00 Providence Place Summer Olympics World Religion Practice (2A) 6:30 Virtual Evening Worship Service Presented by Fellow Residents (2A)	29 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Surplus City**\$(OOB) 10:00 Garden Club (FL) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Chef Pairing (P) 3:00 Blood Pressure Clinic (2A) 6:00 Blitz with Ruth (2A)	30 9:00 Balloon Ball (3E) 9:30 Walking to Win (FL) 10:00 Delicate Paper Roses ( C ) 11:00 Lunch Out: Saga Sushi Buffet**\$(OOB) 2:00 Balance & Action (3E) 3:00 Bible Study (PDR) 6:00 Horseshoes (3E)	<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), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB), Pub Deck (PD), Connections Chapel (CC) **Registration Required, \$\$ Cost Involved		