

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



Providence Place SENIOR LIVING News

Q2: June 2021



*Dimensions
of Wellness*

A Note from the Executive Director

Spring is in full bloom and we are enjoying the outdoors more and more. We are sprucing up our outdoor spaces and we are looking forward to the start of our gardening projects. We have enjoyed quite a few visitors and we appreciate everyone working with us to manage our guidelines as we continue to focus on the safety of our residents, co-workers and all who visit our community.

We are feeling great about having so many of our residents and co-workers vaccinated knowing that this is a big part of keeping COVID out of our community.

It has been exciting to be able to have entertainers back in the building to broaden our Community Life calendar -- the residents are also thrilled to have outings to local shops, restaurants and museums back on the calendar. It feels like things are getting back to "normal".

Please know that we are here for any of your concerns or needs. Reach out anytime!

Best,

Francie Hoch, Executive Director

Highlighted Events

- 8 – EdU Presentation: Music & the Brain @ 1:15pm with Steve Pollack
- 10 – Fireside Chat with Francie @ 1pm
- 18 – Father's Day Happy Hour @ 4pm
Entertainment by Kevin Galm
- 22 – Lunch Outing (DaVinci's) @ 11 am

Resident Birthdays

June

Eleanor Stehman
 Agnes McGrann
 Sara Bechtel
 Luther Heiss
 Caryl Horrocks

Welcome New Residents

Joseph Fritz
 Sara Bechtel
 Gene Bechtel
 Theresa Daniels
 Josephine Adams
 Thomas McCaffrey




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 ProvidenceRetirement@gmail.com.



www.Providence-Place.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		1 9:00 Walking Club (L) 10:00 Trip to Wegmans** 11:00 Racko Card Club (P) 1:00 Resident Run Scrabble 2:00 Rummy Club (AR) 3:00 Mexican Train (CR) 4:00 Rosary (T)	2 9:00 Walking Club (L) 10:00 Rosary and Spiritual Prayer Group w/ St. Eleanor's Legion of Mary (CR) 1:15 Balance Fitness w/ Nadine (CR) 2:00 Creative Arts: Beach Scene Canvas Paintings. (CR) Pinochle Club (CR) 4:00 Outdoor Walk (L)	3 9:00 Walking Club (L) 10:00 Billiards (GR) 11:00 Scrabble (CR) 1:15 Ed-U Music and the Brain Series (CR) Featuring Guest Speaker Steve Pollack 2:30 Wii Bowling (CR) 3:30 Card Games (AR) 5:30 Resident Chat on Deck	4 9:00 Walking Club (L) 10:30 Genesis Talk on Healthy Heart (CR) 11:00 UNO (AR) 1:00 Bingo (AR) 2:15 Jeopardy (CR) 3:30 Mexican Train (CR) 4:00 Happy Hour and Hors' deovres (P)	5 9:00 Walking Club 10:00 Those Were the Days (AR) 11:00 Current Events (AR) 1:00 Wii Bowling (CR) 2:00 Rummy Club (CR) 3:00 Board Games (CR) 4:00 Back Deck Chat		
		6 8:00 Televised Catholic Mass (Ch 291) 9:00 Distribution of Communion (CR) 10:00 The Daily Chronicle (AR) 1:00 Movie Matinee (T) 3:30 Card Club (P) 4:00 Outdoor Walk (L)	7 9:00 Walking Club (L) 10:30 Baking Club: Homemade Strawberry Rhubarb Pie (AR) 1:00 Bingo 2:15 Locomotion Class w/ Nadine (CR) 3:00 Racko Card Club (P) 4:00 Happy Hour and Hors' deovres (P)	8 9:00 Walking Club (L) 10:00 Trip to Wal-Mart** 11:00 Those were the Days (AR) 1:15 Ed-U Music and the Brain Series (CR) Featuring Guest Speaker Steve Pollack 2:00 Wheel of Fortune (CR) 3:00 Billiards (GR) 4:00 Rosary 9T)	9 9:00 Walking Club (L) 10:00 Rosary and Spiritual Prayer Group w/ St. Eleanor's Legion of Mary (CR) 1:15 Balance Fitness w/ Nadine (CR) 2:00 Crafty Crew: Tissue Paper Flowers (AR) 3:00 Pinochle Club (CR) 4:00 Outdoor Walk (L)	10 9:00 Walking Club (L) 10:00 Billiards (GR) 11:00 Scrabble (CR) 1:00 Fireside Chat (AR) 2:30 Wii Bowling (CR) 3:30 Card Games (AR) 5:30 Resident Chat on Deck	11 9:00 Walking Club (L) 10:00 Genesis Talk on 11:00 A Day in History (AR) 1:00 Resident Led Bingo (AR) 3:00 Wii Bowling (CR) 4:00 Rummy Club (CR)	12 9:00 Walking Club (L) 10:30 Wii Bowling (CR) 1:00 Bingo (AR) 2:15 Crossword Puzzle (CR) 3:30 Garden Club (OL) 4:00 Happy Hour and Hors' deovres (P)
13 8:00 Televised Catholic Mass (Ch 291) 9:00 Distribution of Communion (CR) 10:00 The Daily Chronicle (AR) 1:00 Balloon Volley (CR) 2:00 Movie Matinee (T) 3:00 Rummy Club (CR) 4:00 Outdoor Walk (L)	14 9:00 Walking Club (L) 10:30 Baking Club: Flag Cake (AR) 1:00 Bingo (AR) 2:00 Designing our Community Olympic Flag (AR) 3:00 TED Talk Unity Through Design: The Power of Flags (CR) 4:00 Happy Hour and Hors' deovres (P) Flag Day	15 9:00 Walking Club (L) 10:00 Wii Bowling (CR) 11:00 Racko Card Club (P) 1:00 Resident Run Scrabble 2:00 Rummy Club (AR) 3:00 Mexican Train (CR) 4:00 Rosary (T)	16 9:00 Walking Club (L) 10:00 Rosary and Spiritual Prayer Group w/ St. Eleanor's Legion of Mary (CR) 1:15 Balance Fitness w/ Nadine (CR) 2:00 Crafty Crew::Homemade Wind Chimes (AR) 3:00 Pinochle Club (CR) 4:00 Outdoor Walk (L)	17 9:00 Walking Club (L) 10:00 Billiards (GR) 11:00 Scrabble (CR) 1:15 Ed-U Music and the Brain Series (CR) Featuring Guest Speaker Steve Pollack 2:30 Wii Bowling (CR) 3:30 Card Games (AR) 5:30 Resident Chat on Deck	18 9:00 Walking Club (L) 10:30 Wii Bowling (CR) 11:00 UNO (AR) 1:00 Bingo (AR) 2:15 Education Committee (AR) 3:30 Mexican Train (CR) 4:00 Father's Day Themed Happy Hour Featuring Entertainer Kevin Galm (P)	19 9:00 Walking Club 10:00 Those Were the Days (AR) 11:00 Current Events (AR) 1:00 Wii Bowling (CR) 2:00 Rummy Club (CR) 3:00 Board Games (CR) 4:00 Back Deck Chat		
20 8:00 Televised Catholic Mass (Ch 291) 9:00 Distribution of Communion (CR) 10:00 The Daily Chronicle (AR) 1:00 Movie Matinee (T) 3:30 Card Club (P) 4:00 Outdoor Walk (L) Father's Day	21 9:00 Walking Club (L) 10:30 This Day in History (AR) 11:00 Those Were the Days (AR) 1:00 Wii Bowling (CR) 2:15 Locomotion Class w/ Nadine (CR) 3:00 Board Games (CR) 4:00 Comedy Hour (T)	22 9:00 Walking Club (L) 10:00 Those Were the Days 11:00 Lunch Trip to DaVinci's**\$\$ 1:30 Community Life Planning Committee 2:00 Wheel of Fortune (CR) 3:00 Billiards (GR) 4:00 Rosary (T)	23 9:00 Walking Club (L) 10:00 Rosary and Spiritual Prayer Group w/ St. Eleanor's Legion of Mary (CR) 1:15 Balance Fitness w/ Nadine (CR) 2:00 Crafty Crew: Senior Olympic Crafts (AR) 3:00 Pinochle Club (CR) 4:00 Outdoor Walk (L)	24 9:00 Walking Club (L) 10:00 Billiards (GR) 11:00 Scrabble (CR) 1:15 Ed-U Music and the Brain Series (CR) Featuring guest speaker Steve Pollack 2:30 Wii Bowling (CR) 3:30 Card Games (AR) 5:30 Resident Chat on Deck	25 9:00 Walking Club (L) 10:00 Those Were the Days (AR) 10:30 Current Events (AR) 1:00 Resident Led Scrabble (CR) 2:00 UNO Card Game (AR) 3:00 Wii Bowling (CR) 4:00 Rummy Club (CR)	26 9:00 Walking Club (L) 10:30 Wii Bowling (CR) 1:00 Bingo (AR) 2:15 Crossword Puzzle (CR) 3:30 Garden Club (OL) 4:00 Happy Hour and Hors' deovres (P)		
27 8:00 Televised Catholic Mass (Ch 291) 9:00 Distribution of Communion (CR) 10:00 The Daily Chronicle (AR) 1:00 Balloon Volley (CR) 2:00 Movie Matinee (T) 3:00 Rummy Club (CR) 4:00 Outdoor Walk (L)	28 9:00 Walking Club (L) 10:30 Baking Club: 1:00 Dining Services Committee (AR) 1:15 Bingo (AR) 2:15 Locomotion Class w/ Nadine (CR) 3:00 Scrabble (CR) 4:00 Happy Hour and Hors' deovres (P)	29 9:00 Walking Club (L) 10:00 Wii Bowling (CR) 11:00 Racko Card Club (P) 1:00 Resident Run Scrabble 2:00 Rummy Club (AR) 3:00 Mexican Train (CR) 4:00 Rosary (T)	30 9:00 Walking Club (L) 10:00 Rosary and Spiritual Prayer Group w/ St. Eleanor's Legion of Mary (CR) 1:15 Balance Fitness w/ Nadine (CR) 2:00 Crafty Crew: Making our Senior Olympic Cauldron (AR) 3:00 Pinochle Club (CR) 4:00 Outdoor Walk (L)	Calendar Key: ** Registration Required \$\$ Cost Involved AR Activity Room CR Community Room GR Game Room OL Old Lobby			<h1>June 2021</h1>	