

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

Resident Birthdays

June

June May
 Catherine Miller
 Rosemary Polons
 Max Walasek
 Bernadine Tomlinson
 Warren Miller

A Note from the Executive Director

We welcome the warmer weather here in Dover with open arms! Now that our campus is fully-vaccinated, please take advantage of the outside spaces when you have visits with family and friends.

Don't forget the great walking trail that goes around the building. Be on the lookout for some benches to take breaks while you are walking – and make sure to check out and utilize our center courtyard. We have new seating areas and will be holding socials and gardening clubs in the courtyard. See the activity calendar for details.

With continuing gratitude, I would like to thank everyone for their patience and understanding during the past year. Visitors are now welcome, just make sure guests check-in at the front desk. All visits must be in your private apartment or outside, please no visits in common areas unless designated appointment has been established.

Our staff would be more than happy to continue to assist with virtual visits such as FaceTime, Zoom, and Skype. Keep an eye on the activity calendar for trips out and about in the community

Thank you for your cooperation, we are so happy to see brighter days as we move towards regularity once again!

Howard Holben, Executive Director

Highlighted Events

- 4 – **Outdoor Movie Series @ 7pm**
Community & Family Night
- 10 – **Luncheon Going Greek**
Connections Club
- 17 – **Trip to The Butterfly Atrium**
At Hershey Gardens @ 10am
- 23 – **Men's Outing: Fishing at Pinchot Lake @ 7:30am**
- 26 – **Country Ride @ 1:30pm**
Connections Club

Welcome New Residents

Mary Finch
 Carol Figdore
 Eugene Spahr
 Barbara Cole
 Dale Zinn
 Irene Zinn
 Dolores Griffin
 Wayne Elder
 Hannelore Royer
 Barbara Densel
 Gaye Shields



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
<p>THE <i>Club</i></p>		1	2	3	4	5
		<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Celebrity Spotlight (CR/CH) 10:00 Grief Share (CR/CH) 10:30 Imagery Fitness (CR/CCH) 1:30 Circle of Friends (CR/CH) 1:30 Friends Connecting with Friends (CN) 2:00 Bubble Talk (CR/CH) 3:00 Jeopardy (AR) 5:30 Men's Club: Pizza Night (P)</p>	<p>9:30 Daily Reading and Drinks (P) 9:45 Positive News Update (P) 10:00 Church Service with Pastor (CR/CH) 10:00 Crafting: Creating the Olympic Campus Flag (AR) 1:30 Timed Trivia (P) 2:00 Root Beer Floats (P) 3:00 Bingo (AR) 6:15 Knit Pickers (AR)</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 iN2L Fitness (CR/CH) 10:00 Bible Study (P) 10:15 Explore the World (CR/CH) 1:30 Friends connecting with Friends (CN) 2:00 Happy Hour and Music with Dan (P) 3:00 Jingo (AR) 3:00 Hymn Sing with Pastor (CR/CH) 6:00 Rummikub (AR)</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Create Movie Munchies (CR/CH) 10:30 Fitness Dice (CR/CH) 1:30 June Trivia (P) 2:00 Banana Foster (P) 3:00 Bingo (AR) 8:00 Community Event: Outdoor Family Movie Night (100 Hall Parking lot)</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Discussion and Danish (CR/CH) 10:15 Resistance Band Stretching (CR/CH) 1:30 Who am I ? 2:00 Ice Cream Social 3:00 Bingo (AR)</p>
6	7	8	9	10	11	12
<p>9:30 Daily Reading and Drinks (P) 9:45 Sunday Scripture and Song (P) 10:30 Digit Dexterity (P) 1:30 Sights of the Season (100 Hall Patio) 2:00 Outdoor Patio Games (100 Hall Patio) 3:00 Church Service (CR/CH) 3:00 Walk Outdoors (LB) 6:00 Window to Widower (CR/CH)</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Memories in the Making (CR/CH) 10:30 Card Crunch Fitness (CR/CH) 1:30 Bead Work (CR/CH) 2:00 Manicures and Wine (AR) 3:00 Bingo (AR) 6:00 Rumikub Game (AR)</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Celebrity Spotlight (CR/CH) 10:00 Grief Share (CR/CH) 10:30 Imagery Fitness (CR/CCH) 1:30 Circle of Friends (CR/CH) 1:30 Friends Connecting with Friends (CN) 2:00 Scrabble (CR/CH) 3:00 Jeopardy (AR) 6:00 Bingo (AR)</p>	<p>9:30 Daily Reading and Drinks (P) 9:45 Positive News Update (P) 10:00 Church Service with Pastor (CR/CH) 10:00 No Bake Batch of Cookies (P) 2:00 Musical Entertainment with Sweet Life (P) 3:00 Bingo (AR) 6:15 Knit Pickers (AR)</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 iN2L Fitness (CR/CH) 10:00 Bible Study (P) 10:15 Create a Dessert (CR/CH) 11:15 Club Luncheon: Going Greek (CR/CH) 1:30 Friends connecting with Friends (CN) 3:00 Hymn Sing with Pastor (CR/CH) 4:30 Trip to Mack's Ice Cream **\$\$ (OOB)</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Fitness Dice (CR/CH) 10:00 Painting Tiles (CR/CH) 2:00 Banana Fosters (P) 3:00 Bingo (AR)</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Discussion and Danish (CR/CH) 10:15 Resistance Band Stretching (CR/CH) 1:30 Club Country Ride (LB) OOB 3:00 Music with Mic (P) 6:00 Bingo (AR)</p>
13	14	15	16	17	18	19
<p>9:30 Daily Reading and Drinks (P) 9:45 Sunday Scripture and Song (P) 10:30 Digit Dexterity (P) 1:30 Name 5 game (100 Hall Patio) 2:00 Outdoor Patio Games (100 Hall Patio) 3:00 Church Service (CR/CH) 3:00 Walk Outdoors (LB) 6:00 Veteran's Club (CR/CH)</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Finish the Phrase (CR/CH) 10:30 Card Crunch Fitness (CR/CH) 2:00 Flag Day Presentation and Pinning for Veterans by Ernie Hefner (AR) 3:15 Bingo (AR) 6:00 Rummikub (AR)</p> <p style="text-align: center;">Flag Day</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Celebrity Spotlight (CR/CH) 10:00 Grief Share (CR/CH) 10:30 Imagery Fitness (CR/CCH) 1:30 Circle of Friends (CR/CH) 1:30 Friends Connecting with Friends (CN) 2:00 Paint by Stickers (CR/CH) 3:00 Jeopardy (AR) 6:00 Bingo (AR)</p>	<p>9:30 Daily Reading and Drinks (P) 9:45 Positive News Update (P) 10:00 Church Service with Pastor (CR/CH) 10:00 Crafting: Creating the Olympic Campus Flag (AR) 1:30 Gardening with Sue (AR) 3:00 Bingo (AR) 6:15 Knit Pickers (AR)</p>	<p>9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 Trip to the Hershey Butterfly Atrium and Gardens **\$(OOB) 1:30 Educational Presentation: Civil War Stories by Scot Mingus (AR) 3:00 Hymn Sing</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Fitness Dice (CR/CH) 10:00 Crafting A Butterfly Wind Chime (CR/CH) 1:30 Spring Jingo (P) 3:00 Music with Thomas (P) 6:15 Table Top Games (AR)</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Discussion and Danish (CR/CH) 10:15 Resistance Band Stretching (CR/CH) 1:15 History of the Day (CY) 2:00 Root Beer Floats (CY) 3:00 Jingo (AR) 6:00 Rummikub (AR)</p>
20	21	22	23	24	25	26
<p>9:30 Daily Reading and Drinks (P) 9:45 Sunday Scripture and Song (P) 10:30 Digit Dexterity (P) 1:30 Father's Day Social (P) 3:00 Church Service (CR/CH) 3:00 Walk Outdoors (LB) 6:00 Window to Widower (CR/CH)</p> <p style="text-align: center;">Father's Day</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Memory Magic (CR/CH) 10:30 Card Crunch Fitness (CR/CH) 2:00 Wellness Presentation: Stroke Awareness (AR) 3:00 Cup Cake Cones(100 Hall Patio) 6:00 Pinochle (AR)</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Celebrity Spotlight (CR/CH) 10:00 Grief Share (CR/CH) 10:30 Imagery Fitness (CR/CCH) 1:30 Circle of Friends (CR/CH) 1:30 Friends Connecting with Friends (CN) 2:00 Playing Pool (100 Hall Patio) 3:00 Jeopardy (AR) 6:15 Table Top Games (AR)</p>	<p>7:30 Men's Trip :Pinchot Park **(OOB) 9:30 Chair Exercise (AR) 9:45 Positive News Update (P) 10:00 Church Service with Pastor (CR/CH) 10:00 Kings in the Corner (AR) 1:30 Bingo (AR) 3:00 Patio Games (CY) 6:15 Knit Pickers (AR)</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 iN2L Fitness (CR/CH) 10:00 Bible Study (P) 10:15 Explore the World (CR/CH) 1:30 Friends connecting with Friends (CN) 1:30 Educational Presentation: Historic Lincoln Highway by Tom Davidson 3:00 Hymn Sing with Pastor (CR/CH) 4:30 Order In- Chinese Food (P) **\$\$</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Fitness Dice (CR/CH) 10:00 Read Round (CR/CH) 10:30 Picture this (CR/CH) 1:30 Making McFlurries (CR/CH) 3:00 Bingo (AR)</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Discussion and Danish (CR/CH) 10:15 Resistance Band Stretching (CR/CH) 1:30 Club Country Ride (LB) OOB 2:00 Banana Split Social (CY) 3:00 Odd Holidays (CY) 6:00 Table Top Games (AR)</p>
27	28	29	30	<p>Calendar Key: ** Registration Required \$\$ Cost Involved Connections (CN) Activity Room (AR) Lobby (LB) Out of Building (OOB) Community Room/ Chapel (CR/CH) Pub (P) Court Yard (CY) 100 hall patio (100 Hall)</p> <p style="text-align: center; font-size: 2em;">June 2021</p>		
<p>9:30 Daily Reading and Drinks (P) 9:45 Sunday Scripture and Song (P) 10:30 Digit Dexterity (P) 1:30 Fact or Fiction (100 Hall Patio) 2:00 Outdoor Patio Games (100 Hall Patio) 3:00 Church Service (CR/CH) 3:00 Walk Outdoors (LB) 6:00 Veteran's Club (CR/CH)</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Time Slip Discussion (CR/CH) 10:30 Card Crunch Fitness (CR/CH) 1:30 Club Choice Cards (CR/CH) 2:00 Manicures and Wine (AR) 3:00 Bingo (AR) 6:00 Rumikub Game (AR)</p>	<p>9:30 Daily Reading and Drinks (CR/CH) 9:45 Celebrity Spotlight (CR/CH) 10:00 Grief Share (CR/CH) 10:30 Imagery Fitness (CR/CCH) 1:30 Circle of Friends (CR/CH) 1:30 Friends Connecting with Friends (CN) 2:00 Exercise on the Deck (DRD) 3:00 Jeopardy (AR) 6:00 Bingo (AR)</p>	<p>9:30 Daily Reading and Drinks (P) 9:45 Positive News Update (P) 10:00 Church Service with Pastor (CR/CH) 10:00 Crafting: Door Wreath (AR) 1:30 Gardening with Sue (AR) 2:00 Root Beer Floats (P) 3:00 Bingo (AR) 6:15 Knit Pickers (AR)</p>			