

# 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](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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
		1 9:30 Chair Exercise (AR) 10:00 Grief Share Support Group (P) 10:00 Kings in the Corner (AR) 10:30 Yoga with Alison (FR) 1:30 Circle of Friends (P) 1:30 Nature Walking Path (OOB) 3:00 Summer Olympics: Jeopardy (AR) 4:00 Balance Class (FR) 5:30 Men's Club: Pizza Night (P)	2 9:30 Chair Exercise (AR) 10:00 Worship Service (AR) 10:00 Summer Olympics Celebration: Campus Flag (AR) 1:15 Wii Bowling Practice (AR) 2:00 Root Beer Float Social (P) 3:00 Bingo (AR) 4:00 Balance Class (FR) 6:15 Knit Pickers (AR)	3 9:30 Chair Exercise (AR) 10:00 Bible Study (AR) 10:45 Lunch Out: Red Lobster*** (OOB) 1:15 Nature Walking Path (OOB) 2:00 Happy Hour with Dan Martin (P) 3:00 Jingo (AR) 3:00 Hymns with Chaplain Armando (CR) 4:00 Balance Class (FR) 6:15 Rummikub (AR)	4 9:30 Chair Exercise (AR) 10:00 Chef's Food Demo (AR) 10:15 Market Run: Weis*** (OOB) 1:15 Nature Walking Path (AR) 2:00 Food 101: Banana Fosters (P) 3:00 Bingo (AR) 4:00 Balance Class (AR) 7:00 Community & Family Outdoor Movie Night (CY)	5 9:30 Chair Exercise (AR) 10:00 Breakfast Club (AR) 10:45 World Religion Trivia (AR) 1:15 Nature Walking Path (OOB) 1:30 Wii Bowling Practice (AR) 2:00 Ice Cream Social (P) 3:00 Bingo (AR) 6:15 Rummikub (AR)			
		6 9:30 Chair Exercise (AR) 10:00 Jingo (AR) 11:00 Cranium Crunches (AR) 1:15 Nature Walking Path (OOB) 2:00 Patio Games & Tropical Coconut Refreshers (CY) 3:00 Church Service (CR) 3:00 Poker (AR) 6:00 Widow to Widower (CR) 6:00 Card Club: 500 (AR)	7 9:30 Chair Exercise (AR) 10:00 Community Life Committee (AR) 10:30 iN2L Brain Games (AR) 1:15 Nature Walking Path (OOB) 1:30 Mimosas & Manicures (AR) 3:00 Bingo (AR) 4:00 Balance Class (AR) 6:00 Rummikub (AR)	8 9:30 Chair Exercise (AR) 10:00 Grief Share Support Group (P) 10:00 Uno (AR) 10:30 Yoga with Alison (FR) 1:30 Circle of Friends (P) 1:30 Nature Walking Path (OOB) 3:00 Summer Olympics: Jeopardy (AR) 4:00 Balance Class (FR) 6:00 Bingo (AR)	9 9:30 Chair Exercise (AR) 10:00 Worship Service (AR) 10:00 Tech 101: Smartphones (AR) 1:15 Wii Bowling Practice (AR) 2:00 Musical Entertainment featuring SweetLife by Matt & Carol (P) 3:00 Bingo (AR) 4:00 Balance Class (FR) 6:15 Knit Pickers (AR)	10 9:30 Chair Exercise (AR) 10:00 Bible Study (AR) 10:30 Retail Shopping: Kohls*** (OOB) 1:30 Nature Walking Path (OOB) 3:00 Pokeno (AR) 3:00 Hymns with Chaplain Armando (CR) 4:00 Balance Class (FR) 4:30 Bill Mack's Ice Cream*** (OOB) 6:15 Rummikub (AR)	11 9:30 Chair Exercise (AR) 10:00 Chef's Food Pairing (AR) 10:15 Market Run: Giant*** (OOB) 1:15 Nature Walking Path (OOB) 2:00 Build Your Milkshake Bar (P) 3:00 Pokeno (AR) 4:00 Balance Class (FR) 4:00 Wine and Dine (DR) 6:15 Games (AR)	12 9:30 Chair Exercise (AR) 10:00 Breakfast Club (AR) 10:45 World Religion Trivia (AR) 1:15 Nature Walking Path (OOB) 1:30 Wii Bowling Practice (AR) 3:00 Happy Hour with Musical Entertainment Mick Cockran (P) 3:00 Poker (AR) 6:00 Bingo (AR)	
		13 9:30 Chair Exercise (AR) 10:00 Pokeno (AR) 11:00 Humor Hour: Smile Power (AR) 1:15 Nature Walking Path (OOB) 2:00 Patio Games & Strawberry Açai Lemonade (CY) 3:00 Church Service (CR) 3:00 Uno (AR) 6:00 Veterans' Club (CR) 6:00 Card Club: 500 (AR)	14 9:30 Chair Exercise (AR) 10:30 iN2L Brain Games (AR) 1:15 Nature Walking Path (OOB) 2:00 Flag Day Commemoration presented by Pres. Ernie Heffner (AR) 3:15 Bingo (AR) 4:00 Balance Class (AR) 6:00 Rummikub (AR)  Flag Day	15 9:30 Chair Exercise (AR) 10:00 Grief Share Support Group (P) 10:00 Game: L-C-R (AR) 10:30 Yoga with Alison (FR) 1:30 Nature Walking Path (OOB) 1:30 Circle of Friends (P) 3:00 Summer Olympics: Jeopardy (AR) 4:00 Balance Class (AR) 6:00 Bingo (AR)	16 9:30 Chair Exercise (AR) 10:00 Worship Service (AR) 11:00 Wii Bowling Practice (AR) 1:30 Garden Club with Sue McDowell (AR) 3:00 Bingo (AR) 4:00 Balance Class (FR) 6:15 Knit Pickers (AR)	17 9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 Day Excursion: The Butterfly Atrium at Hershey Gardens*** (OOB) 1:30 Ed-U Presentation: Scott Mingus presents Stories of the Civil War (AR) 3:00 Pokeno (AR) 3:00 Hymns Chaplain Armando (CR) 4:00 Balance Class (FR) 6:15 Games (AR)	18 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 1:15 Nature Walking Path (AR) 2:00 Create & Design: Centerpieces for Living Word Community Church (AR) 3:00 Musical Entertainment featuring Thomas Schulz (P) 4:00 Balance Class (FR) 4:00 Wine and Dine (DR) 6:15 Table Top Games (AR)	19 9:30 Chair Exercise (AR) 10:00 Breakfast Club (AR) 10:45 World Religion Trivia (AR) 1:00 Nature Walking Path (OOB) 2:00 Dipped in Chocolate (P) 3:00 Jingo (AR) 6:00 Rummikub (AR)	
		20 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 Creative Writing: TimeSlips (AR) 1:30 Father's Day Social (P) 3:00 Church Service (CR) 6:00 Widow to Widower (CR) 6:00 Card Club: 500 (AR)  Father's Day	21 9:30 Chair Exercise (AR) 10:00 Brain Exercises & Stretches with Beth by Genesis (AR) 1:15 Nature Walking Path (OOB) 2:00 Ed-U Wellness: Stroke Awareness by DOW Hailey Freeman (AR) 3:00 Pokeno (AR) 4:00 Balance Class (FR) 6:00 Pinochle (AR)	22 9:30 Chair Exercise (AR) 10:00 Grief Share Support Group (P) 10:00 Community Outreach for Living Word Community Church** (OOB) 10:30 Yoga with Alison (FR) 1:30 Circle of Friends (P) 1:30 Nature Walking Path (OOB) 3:00 Summer Olympics: Jeopardy (AR) 4:00 Diners Caravan: Outback Steakhouse*** (OOB) 6:15 Table Top Games (AR)	23 7:30 Men's Club: Fishing Trip at Gifford Pinchot State Park** (OOB) 9:30 Chair Exercise (AR) 10:00 Worship Service (CR) 10:00 Kings in the Corner (AR) 1:30 Bingo (AR) 3:00 Patio Games (CY) 6:15 Knit Pickers (AR)	24 9:30 Chair Exercise (AR) 10:00 Bible Study (AR) 1:30 Ed-U Presentation: Tom Davison The Historic Lincoln Highway (AR) 2:30 Supper Happy Hour: We Jammin' (P) 3:00 Hymns with Chaplain Armando (CR) 4:00 Balance Class (FR) 4:30 Take Out & Dine In: Chinese (P)	25 9:30 Chair Exercise (AR) 10:00 Kings in the Corner (AR) 10:15 Market Run: Dollar Tree*** (OOB) 1:15 Nature Walking Path (OOB) 2:00 Residents Meet Chef Dining Committee Meeting (AR) 3:00 Bingo (AR) 4:00 Balance Class (FR) 4:00 Wine and Dine (DR) 6:00 Rummikub (AR)	26 9:30 Chair Exercise (AR) 10:00 Pastries and News (AR) 10:45 World Religion Trivia (AR) 1:00 Nature Walking Path (OOB) 2:00 Build Your Banana Split Bar (P) 3:00 Pokeno (AR) 6:00 Table Top Games (AR)	
		27 9:30 Chair Exercise (AR) 10:00 Pokeno (AR) 11:00 Trivia (AR) 1:15 Nature Walking Path (OOB) 2:00 Patio Games & Arnold Palmers (CY) 3:00 Church Service (CR) 3:00 Poker (AR) 6:00 Veteran's Club (CR) 6:00 Card Club: 500 (AR)	28 9:30 Chair Exercise (AR) 10:00 iN2L Brain Games (AR) 1:15 Nature Walking Path (OOB) 1:30 Mimosas & Manicures (AR) 3:00 Bingo (AR) 4:00 Balance Class (AR) 6:00 Rummikub (AR)	29 9:30 Chair Exercise (AR) 10:00 Grief Share Support Group (P) 10:00 Ed-U Wellness: Arthritis Awareness by Jamie Benedict (AR) 10:30 Yoga with Alison (FR) 1:30 Circle of Friends (P) 1:30 Bingo (AR) 3:00 Armchair Travel: Greenland (AR) 4:00 Balance Class (FR) 5:00 Men's Club: BBQ & Booze (CY)	30 9:30 Chair Exercise (AR) 10:00 Worship Service (CR) 10:00 Create & Design: Door Wreath (AR) 1:30 Garden Club with Sue McDowell (AR) 3:00 Bingo (AR) 4:00 Balance Class (FR) 6:15 Knit Pickers (AR)	<b>Calendar Key:</b> (AR) Activities Room, (DR) Dining Room (FR) Fitness Room, (P) PUB (CR) Community Room, (CY) 100 Hall Court Yard (OOB) Out of the Building ** Registration Required \$\$\$ Cost Involved		<h1>June 2021</h1>	