

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:

1. Boost creativity & concentration
2. Improve Mood/Mental & Spiritual Boost
3. Vitamin D production (*good for heart health, improve osteoporosis & ward off cancer*)
4. Improved health & cognitive capabilities
5. Improved immune system
6. Improved sleep



Providence Place SENIOR LIVING News

Q2: June 2021

A Note from the Executive Director

It's beginning to look a lot like summer, everywhere you go flowers are blooming and the sun is shining. After some extraordinary challenges, we are excited to be open to family & friend visitors for our residents.

We have many plans for the warmer months, and I'm excited to see some normalcy throughout the community. Check out our calendar for all our exciting events this month. It really makes me feel good when I can sit on the front porch, take a walk, or assist with a puzzle just to spend some quality time with our residents.

As always, my team is here for any of your concerns or needs. Reach out anytime to chat.

Continue to stay safe, happy, and healthy and happiest of days to all,

Best,

Kim Perchak

Executive Director

Highlighted Events

- 5 – **EdU Presentation: “The Booming 50’s”** by Walter Choroszewski @ 2:30pm
- 14 – **1940’s USO Musical Tribute** By Lori & James Duet @ 2:30pm
- 15 – **EdU Presentation: “Famous Women of the Valley”** by Historical Society @ 2:30pm
- 24 – **Broyan’s Farm Market & Country Store Strawberry Picking** @ 9:30am



*Dimensions
of Wellness*

Resident Birthdays

June

Helen George
Joanne Bard
Vilma Scaran
Allen Welkie
Alfred Carl
Elizabeth Duffy
Joan Conway
Douglas Skene
Lillian Curry



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

Welcome New Residents

Lawrence Arendash
Joan Conway
Merida Gallagher
Carmella Gentle
Marilyn Lavan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<p>1</p> <p>9:30 Stretch Exercise (2nd) 10:00 Holistic Wellness Aromatherapy (2nd) 10:30 Diner's Lunch Caravan: Alfredo's Restaurant*** (OOB) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Circle of Friends (SR) 3:30 iN2L: "1950's: How Much Did it Cost?" (3rd) 6:30 Scrabble (1st)</p>	<p>2</p> <p>9:30 Shopping Excursion: Walmart*** (OOB) 10:00 Rosary (Ch) 10:30 Cooking Club: Fresh Papaya Salsa (C) 1:30 Sit & Be Fit Exercise (2nd) 2:00 Hymn Sing with Deacon Beverly (3rd) 2:45 Bingo (3rd) 4:00 Confident Cruisers (ML) 6:30 Rummikub (1st)</p>	<p>3</p> <p>9:30 Balance in Action Exercise (2nd) 10:00 Mass by Father Mike (Ch) 10:30 Helping Hands Club: Box Up Food Drive Donations (3rd) 1:30 Community Life Committee Mtg. (3rd) 2:30 Dealing with Loss Support Group (SR) 2:30 Musical Entertainment by Windfall (CN) 3:30 Cocktails & Charades (1st) 6:30 Pinochle Players Club (3rd)</p>	<p>4</p> <p>9:30 Drum Stick Exercise (2nd) 10:00 Deliver Food Drive Donations To Valley Food Pantry** (OOB) 10:30 Art Exploration: Mosaics (3rd) 1:30 Open Door with Deacon Beverly (1st) 2:30 Ed-U Wellness Presentation: Stroke Awareness with DOW Courtney (3rd) 5:00 Trip Out: Hazleton Art League: Youth Art Expo** (OOB) 6:30 Boggle (1st)</p>	<p>5</p> <p>9:30 Stretch Exercise (2nd) 10:00 50's Singalong (2nd) 10:30 Rosary (Ch) 1:30 Garden Club (3rd) 2:30 Ed-U Presentation: "The Booming 50's": By Walter Choroszewski (3rd) 3:30 Root Beer Floats & 50's Trivia (3rd) 6:30 Connect Four (1st)</p>	
	<p>6</p> <p>9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Deacon Beverly (Ch) 2:00 Trip to Nuremberg Community Theater: Presenting: <i>Are You Being Served?</i>*** (ML) 2:30 Movie Matinee: <i>Fool's Gold</i> (2nd) 4:00 iN2L: World's Best Dive Sites (3rd) 6:30 Knit & Crochet Club (3rd)</p>	<p>7</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Food For Thought: National Chocolate Ice Cream Day (C) 1:30 Providence Place Olympics: X-Box Bowling Practice (2nd) 2:30 Circle of Friends (SR) 3:30 iN2L Travel: Rick Steves' Europe (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>8</p> <p>9:30 Stretch Exercise (2nd) 10:00 Retail Shopping: Boscov's*** (OOB) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Confident Cruisers (ML) 2:00 Ed-U Presentation: ID Theft: What Every Consumer Should Know: Presented by Michelle Nutter of Pa Office of Attorney General (3rd) 3:30 Providence Place Olympics: World Religion Trivia Practice (3rd) 6:30 Scrabble (1st)</p>	<p>9</p> <p>9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Under the Sea Trivia (3rd) 1:30 Bible Study with Deacon Beverly (3rd) 2:00 Ed-U Demo: "Scuba Diving in Central PA" By Rich Best of Sunken Treasure Scuba (CN) 3:00 Bingo (3rd) 4:00 June Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)</p>	<p>10</p> <p>9:30 Balance in Action Exercise (2nd) 10:00 TED Talk & Discussion: <i>Combating Climate Change</i> (3rd) 10:30 Cooking Club: Veggie Cucumber Rolls (C) 1:30 Welcome Ambassador Committee Meeting (3rd) 2:30 Dealing with Loss Support Group (SR) 4:00 Finish the Lyrics (1st) 6:30 Pinochle Players Club (3rd)</p>	<p>11</p> <p>9:30 Drum Stick Exercise (2nd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Art Exploration: Mosaics (3rd) 1:30 Open Door with Deacon Beverly (1st) 2:30 Dessert & Discussion: Strawberry Shortcake (DR) 3:30 Helping Hands Club: Water Zucchini Plants (ML) 6:30 Boggle (1st)</p>	<p>12</p> <p>9:30 Baseball Trip: Team Providence Place T-Ball Game** (OOB) 10:00 Stretch Exercise (2nd) 10:30 Garden Club (3rd) 1:30 Rosary (Ch) 2:30 Honey Hole Winery Fruit Wine Tasting (1st) 4:00 Confident Cruisers (ML) 6:30 Connect Four (1st)</p>
	<p>13</p> <p>9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L: History of the American Flag (3rd) 6:30 Knit & Crochet Club (3rd)</p>	<p>14</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Providence Place Olympics: Design Drums Campus Flag (3rd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 40's USO Musical Tribute By Lori & James Duet (DR) 3:30 Technology Committee: Online Shopping Assistance 6:30 Pinochle Players Club (3rd) Flag Day</p>	<p>15</p> <p>8:30 Men's Club Outing: Breakfast at Tom's Kitchen*** (OOB) 9:30 Stretch Exercise (2nd) 10:00 Holistic Wellness Aromatherapy (2nd) 1:30 Circle of Friends (SR) 2:30 Ed-U Presentation: "Famous Women Of the Valley" By Mark Riccetti of Luzerne County Historical Society (3rd) 3:30 iN2L: Google Earth (3rd) 6:30 Scrabble (1st)</p>	<p>16</p> <p>9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Cooking Club: Mozzarella Mac & Cheese (C) 2:00 Dining Demo with Chef Ashley: "How To Make Mozzarella Cheese" (DR) 3:00 Dealing with Loss Support Group (SR) 4:00 iN2L: Crossword Challenge (3rd) 6:30 Rummikub (1st)</p>	<p>17</p> <p>9:30 Heroes of the Bible: Noah (3rd) 10:00 Balance in Action Fitness Class By Genesis (2nd) 10:30 TED Talk & Discussion: <i>The Surprising Science of Happiness</i> (3rd) 1:45 Hymn Sing with Deacon Beverly (3rd) 2:30 Dining Service Committee Meeting (3rd) 3:30 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)</p>	<p>18</p> <p>9:30 Drum Stick Exercise (2nd) 10:00 Providence Place Olympics: Jeopardy Practice (3rd) 10:30 Art Exploration: Mosaics (3rd) 1:30 Open Door with Deacon Beverly (1st) 2:00 Country Ride To Ochs Farm Market*** (OOB) 4:00 New Resident Cocktail Mixer (1st) 6:30 LCR Dice Game (1st)</p>	<p>19</p> <p>9:30 Baseball Trip: Team Providence Place T-Ball Game** (OOB) 10:00 Stretch Exercise (2nd) 10:30 Garden Club (3rd) 1:45 Rosary (Ch) 2:30 Ochs Farm Mixed Berry Pie Social (3rd) 3:30 Baseball Word Search Challenge (1st) 6:30 Movie Matinee: <i>The Bucket List</i> (2nd)</p>
	<p>20</p> <p>9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Father's Day Celebration (DR) 1:30 Worship Service with Deacon Beverly (Ch) 2:30 Men's Club Social: Craft Beer & Cards (3rd) 4:00 Cornhole Tournament (FP) 6:30 Knit & Crochet Club (3rd) Father's Day</p>	<p>21</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Dance 101: Ballroom Classics (3rd) 1:30 Providence Place Olympics: X-Box Bowling Practice (2nd) 2:30 Chef's Pairings: Ice Cream & Liqueurs (DR) 3:30 iN2L: Brain Games (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>22</p> <p>9:30 Stretch Exercise (2nd) 10:00 Holistic Wellness Aromatherapy (2nd) 10:30 Solar System Trivia (2nd) 1:00 Manicures (3rd) 2:00 Hymn Sing (3rd) 3:00 Fireside Chat (1st) 4:00 Confident Cruisers (ML) 6:30 Scrabble (1st)</p>	<p>23</p> <p>9:30 Shopping Trip: Dollar Tree*** (OOB) 10:00 Rosary (Ch) 10:30 Cooking Club: Moon Pies © 1:30 Sit & Be Fit Exercise (2nd) 2:30 Ed-U Presentation: "Where We Live" Astronomy Presentation with Ron Bolton Of Night Wonders of Astronomy (3rd) 4:00 Planet Earth Crossword Challenge (1st) 6:30 Dominoes (1st)</p>	<p>24</p> <p>9:30 Trip to Broyan's Farm Market & Country Store: Strawberry Picking*** (OOB) 10:30 Helping Hands Club: Providence Place T-Ball Team Certificates (3rd) 1:30 Balance in Action Exercise (2nd) 2:00 Celebration of Life Service (Ch) 2:45 Bingo (3rd) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)</p>	<p>25</p> <p>9:30 Drum Stick Exercise (2nd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Art Exploration: Mosaics (3rd) 2:00 Dessert Caravan: Ice Cream at Milkhouse Creamery*** (OOB) 2:30 Dealing with Loss Support Group (SR) 3:30 Karaoke Singalong (3rd) 6:30 LCR Dice Game (1st)</p>	<p>26</p> <p>9:30 Stretch Exercise (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Garden Club (3rd) 1:30 Helping Hands Club: Decorate for Baseball Party (3rd) 2:00 Providence Place T-Ball Team Celebration Pizza Party (3rd) 3:30 Red or Black Game (2nd) 6:30 Movie Matinee: <i>Gravity</i> (2nd)</p>
	<p>27</p> <p>9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L Travel: America's National Parks (3rd) 6:30 Knit & Crochet Club (3rd)</p>	<p>28</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 iN2L: Classic TV Commercials (3rd) 1:30 Interactive Music Class with Cynthia (2nd) 2:00 Bible Study with Deacon Beverly (3rd) 3:00 Cornhole Tournament (FP) 6:30 Pinochle Players Club (3rd)</p>	<p>29</p> <p>9:30 Stretch Exercise (2nd) 10:00 Holistic Wellness Aromatherapy (2nd) 10:30 Women of the Bible: Esther (3rd) 1:30 Cooking Club: Cheesecake Phyllo Bites (C) 2:30 Ed-U Demo with Theresa Evans of Hazleton Garden Club: Floral Topiaries (3rd) 4:00 Confident Cruisers (ML) 6:30 Scrabble (1st)</p>	<p>30</p> <p>9:45 Trip to No. 9 Coal Mine & Museum*** (OOB) 10:00 Rosary (Ch) 10:30 Sit & Be Fit Exercise (2nd) 1:45 Craft with ED Kim (2nd) 2:30 Musical Entertainment By Frankie Gervasi (CN) 3:30 Finish the Phrase (1st) 6:30 Rummikub (1st)</p>	<p>Calendar Key: ** Registration Required \$\$ Cost Involved Front Porch (FP), Dining Room (DR), Chapel (Ch), 3rd Floor Sunroom (SR), First Floor (1st), Second Floor (2nd), Third Floor (3rd), Meet in Lobby (ML), Out of Building (OOB), Café (C)</p>		