

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

Terrence Leonard
Mercedes Sadler
Barbara Mellish
Anna Myers
Elva Schmidt
Willie Whidbee
Elizabeth Crawford



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



Providence Place SENIOR LIVING News

Q2: June 2021

A Note from the Executive Director

It's officially summertime and warm weather is on the way! After a long and difficult year, there is light at the end of the tunnel.

COVID has changed all of our lives and impacted us in ways we never could have imagined. The promise of warmth, growth and rebirth will help push us towards our "new normal".

As vaccination rates continue to rise, we will begin to experience positive changes in the coming months. Entertainers and educational presenters will be able to return to the community, as well as, fully-vaccinated volunteers. If you are interested in volunteering, please contact us!

Wishing you health & happiness,

Donna O'Leary, Executive Director


Highlighted Events

- 2 – **Lunch Outing (Tokyo Diner)**
@ 11:30am with Country ride
- 8 – **Denim & Diamonds Dance Party**
with DJ Owen Blevins @ 2pm
- 20 – **Father's Day Ice Cream Social**
@ 2pm
- 23 – **EdU Presentation: Live Animals**
with Raven Ridge Wildlife @ 2 pm

Thursdays in June: **Tai Chi**
with Laura Redden @ 1:30pm

Welcome New Residents

Dorothy Good

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		1 10:00 Midweek Church Service (CH) 10:30 Singing Seniors Choir (CH) 1:00 The Garden Club (L) 2:00 Brain Games (CH) 3:00 Healthy Cooking Demo -Chef (CH) 3:30 Afternoon Stretches (CH) 6:15 Adult Coloring (AR)	2 9:15 Morning Chronicle (CH) 9:30 Strengthening Workout (CH) 10:00 Devotions with Chaplain Jeff (CH) 10:30 Early Bird Bingo (CH) 11:30 Dining Out: Tokyo Diner & Country Ride*** (OOB) 1:30 The Walking Club (TR) 3:30 Balloon Volleyball (GL) 6:15 Movie: <i>The Money Pit</i> (CH)	3 10:00 <i>Griefshare</i> (CH) 11:00 Wood Sign Painting (AR) 1:30 <i>Tai Chi</i> by Laura Redden (CH) 2:00 LCR (AR) 3:00 Happy Hour (GL) 6:15 Adult Coloring (AR)	4 10:00 Daily Chronicle & Inspirational Word (CH) 10:15 Workout with Weights (CH) 10:30 Art Project: TBA (AR) 1:00 Community Life Activity Meeting (CH) 2:00 ED-U Presentation: <i>New Zealand Birds</i> presented by Terry Numyer (CH) 3:00 The Dime Store (L) 6:15 Magazines & Coffee (AR)	5 9:15 Daily Chronicle & Spirituals (CH) 9:30 20 Minute Workout (CH) 10:00 Quick Crafts (AR) 11:00 Religious Trivia (AR) 1:00 Brain Games (CH) 1:30 The Walking Club (TR) 2:00 Happy Hour & Hot Appetizers (GL) 3:00 Max Lucado- Reading Club (GL) 6:15 Coffee & Chatter (AR)		
		6 10:30 The Dime Store (L) 11:00 Conductercize Workout (CH) 11:30 Card Making (AR) 1:00 Sentimental Songs of the Heart (CH) 2:00 Ice Cream Social (GL) 3:00 Church with Chaplain Jeff (CH) 3:30 Brain Games (CH) 6:15 Movie: <i>East of Eden</i> (CH)	7 9:15 The Daily Chronicle (CH) 9:30 Be Fit - Don't Quit (CH) 10:00 Art Exploration: The Pottery Works (AR) 11:00 Garden Club (L) 1:00 Devotions with Chaplain Jeff (CH) 1:30 The Walking Club (CH) 1:30 Movie: <i>Singing In The Rain</i> (CH) 1:45 Boltz Auction*** (OOB) 6:15 Movie: <i>Crash</i> (CH)	8 9:15 Morning Chronicle (CH) 9:30 Strengthening Workout (CH) 10:00 Men's Club with Chaplain Jeff (CH) 10:00 Devotions with Chaplain Jeff (CH) 10:30 Ed-U Presentation by Bayada <i>Arthritis & Prevention</i> (CH) 2:00 <i>Denim & Diamonds Dance Party</i> by DJ Owen (DR) 6:15 Movie: <i>Lady in the Water</i> (CH)	9 10:00 Midweek Church Service (CH) 10:30 Singing Seniors (CH) 1:00 Word in A Word (CH) 1:30 The Walking Club (CH) 2:00 Bingo (CH) 2:30 Dining Committee (CH) 6:15 Adult Coloring & Music (AR)	10 10:00 <i>Griefshare</i> (CH) 11:00 Sign Painting (AR) 1:30 <i>Tai Chi</i> by Laura Redden (CH) 2:00 LCR (AR) 3:00 Happy Hour (GL) 6:15 Adult Coloring (AR)	11 10:00 Daily Chronicle & Inspirational Word (CH) 10:15 Workout with Weights (CH) 10:30 Art Project: TBA (AR) 1:30 The Walking Club (TR) 2:00 Ed-U Presentation: <i>Summer Solstice</i> presented by Naturalist Lisa Sanchez (CH) 3:00 The Dime Store (L) 6:15 Magazines & Coffee (AR)	12 9:15 Daily Chronicle & Spirituals (CH) 9:30 20 Minute Workout (CH) 10:00 Quick Crafts (AR) 11:00 Garden Club (AR) 1:00 Brain Games (CH) 2:00 Happy Hour & Hot Appetizers (GL) 3:00 Max Lucado- Reading Club (GL) 6:15 Coffee & Chatter (AR)
		13 10:30 The Dime Store (L) 11:00 Conductercize Workout (CH) 11:30 Making 1st Responder Bags (AR) 1:00 Timeless Trivia (CH) 2:00 Ice Cream Social (GL) 3:00 Church with Chaplain Jeff (CH) 3:30 Brain Games (CH) 6:15 Movie: <i>Kiss the Girls</i> (CH)	14 9:15 The Daily Chronicle (CH) 9:30 Be Fit - Don't Quit (CH) 10:00 Sentimental Songs of the Heart (CH) 11:00 Quick Crafts (AR) 12:45 Marine Horns & Trombone Concert (CH) 1:30 The Walking Club (CH) 2:00 Celebration of Life Memorial Service (CH) 3:00 Tea & Chatter (AR) 6:15 Coffee & Magazines (AR) Flag Day	15 9:15 Morning Chronicle (CH) 9:30 Strengthening Workout (CH) 10:00 Devotions with Chaplain Jeff (CH) 10:30 Garden Club (CH) 11:00 Horse Racing (AR) 1:00 Art Appreciation: Bob Ross (CH) 2:00 Bingo (CH) 3:00 Balloon Volleyball (CH) 6:15 Movie: <i>Going In Style</i> (CH)	16 10:00 Midweek Church Service (CH) 10:30 Singing Seniors (CH) 1:15 Country Ride, Community Aid & Grocery Store*** (OOB) 1:30 The Walking Club (CH) 3:15 Bingo (CH) 6:15 Adult Coloring & Music (AR)	17 10:00 <i>Griefshare</i> (CH) 11:00 Wood Painting (AR) 1:30 <i>Tai Chi</i> by Laura Redden (CH) 2:00 LCR (AR) 3:00 Happy Hour (GL) 6:15 Movie: <i>Radio</i> (CH)	18 10:00 Daily Chronicle & Inspirational Word (CH) 10:15 Workout with Weights (CH) 10:30 Art Project: TBA (AR) 1:30 The Walking Club (TR) 2:00 Fireside Chat with E.D. Donna (CH) 3:00 The Dime Store (L) 6:15 Magazines & Coffee (AR)	19 9:15 Daily Chronicle & Spirituals (CH) 9:30 20 Minute Workout (CH) 10:00 Quick Crafts (AR) 11:00 Spot It!! (AR) 1:00 Brain Games (CH) 2:00 Happy Hour & Hot Appetizers (GL) 3:00 Max Lucado- Reading Club (GL) 6:15 Coffee & Chatter (AR)
		20 10:30 The Dime Store (L) 11:00 Conductercize Workout (CH) 11:30 Card Making (AR) 1:00 Sentimental Songs of the Heart (AR) 2:00 Father's Day Ice Cream Social (GL) 3:00 Church with Chaplain Jeff (CH) 3:30 Red Skelton Comedy (CH) 6:15 Movie: <i>Million Dollar Baby</i> (CH) Father's Day	21 9:15 Morning Chronicle (CH) 9:30 Strengthening Workout (CH) 10:00 Country Ride & Grocery Store** (L) 1:00 Devotions with Chaplain (CH) 2:00 Bingo (CH) 3:00 Happy Hour & Trivia (GL) 6:15 Dominoes (AR) 6:15 June Babies Dance & Birthday Party (2FL)	22 10:00 Devotions with Chaplain Jeff (CH) 11:00 Garden Club (L) 12:00 Men's Club Lunch (CH) 1:00 Devotions with Chaplain Jeff (CH) 2:00 Religious Trivia (AR) 3:00 Horse Races Games (AR) 6:15 Adult Coloring (AR)	23 10:00 Midweek Church Service (CH) 10:30 Singing Seniors (CH) 1:00 Gardening Club (L) 1:30 The Walking Club (CH) 2:00 Ed-U Presentation by Raven Ridge Wildlife Animal Rescue (CH) 3:00 The Rockies & Beyond Video (CH) 6:15 Adult Coloring (AR)	24 10:00 <i>Griefshare</i> (CH) 11:00 Wood Painting (AR) 1:30 <i>Tai Chi</i> by Laura Redden (CH) 2:00 LCR (AR) 3:00 Happy Hour (GL) 6:15 Movie: <i>Imitation Of Life</i> (CH)	25 10:00 Daily Chronicle & Inspirational Word (CH) 10:15 Workout with Weights (CH) 10:30 Art: Making Olympic Flag 1:30 The Walking Club (TR) 2:00 Brain Games (AR) 3:00 The Dime Store (L) 6:15 Magazines & Coffee (AR)	26 9:15 Daily Chronicle & Spirituals (CH) 9:30 20 Minute Workout (CH) 10:00 Quick Crafts (AR) 11:00 Spot It!! (AR) 1:00 Biography of Irving Berlin (CH) DVD 2:00 Happy Hour & Hot Appetizers (GL) 3:00 Entertainer: Gary Collier (CH) 6:15 Coffee & Chatter (AR)
		27 10:30 The Dime Store (L) 11:00 Conductercize Workout (CH) 11:30 Making 1st Responder Bags (AR) 1:00 Timeless Trivia (CH) 2:00 Ice Cream Social (GL) 3:00 Church w Chaplain Jeff (CH) 3:30 Brain Games (CH) 6:15 Movie: <i>Hotel Rwanda</i> (CH)	28 9:15 The Daily Chronicle (CH) 9:30 Be Fit-Don't Quit (CH) 10:00 Devotions with Chaplain Jeff (AR) 11:00 Garden Club (L) 1:30 The Walking Club (CH) 2:00 Tea & Conversation (AR) 3:00 Catch Phrase (AR) 6:15 UNO (CH)	29 9:15 Morning Chronicle (CH) 9:30 Strengthening Workout (CH) 10:00 Jeopardy games (CH) 10:30 Devotions Chaplain Jeff (CH) 11:00 Let's Talk About Whales: Video & Discussion (CH) 1:00 Timeless Trivia (CH) 2:00 Bingo (CH) 3:00 Happy Hour (GL) 6:15 Movie: <i>Bringing Down The House</i> (CH)	30 10:00 Midweek Church Service (CH) 10:30 Singing Seniors (CH) 11:00 Planet Earth (CH) 1:15 Country Ride, Community Aide & Grocery Store*** (OOB) 1:30 The Walking Club (CH) 3:00 Balloon Volleyball CH) 6:15 Adult Coloring & Music (AR)	Calendar Key: (TR) Therapy Room, (CH) Chapel (AR) Activity Room, (GL) Governor's Lounge, (2FL) 2nd Floor, (PR) Pool Table Room, (L) Lobby (OOB) Out Of Building ** Registration Required \$\$\$ Cost Involved		<h1>June 2021</h1>