

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

Doris Brown
Marilyn Herb
Howard Firestine
Catherine Dinko
June Kiebach



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,

Sincerely,

Julie Wallace, Executive Director

Highlighted Events

4 – **EdU Presentation** @ 2pm

Vice-Commander SSG John Russell

9 – **Fish & Casting Demo/Contest**

Schuylkill Headwater Reps @ 1:30 pm

10 – **EdU Presentation** @ 2pm

Rich Nickels African Safari

20 – **Father's Day Wine & Dine**

@ 12pm

30 – **Tour of Grantville Clydesdale**

Farm @ 1:30pm


Welcome New Residents

June Kiebach

Mary Kutz

Suzanne White

Thomas White

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		1	2	3	4	5		
		6	7	8	9	10	11	12
		13	14	15	16	17	18	19
		20	21	22	23	24	25	26
		27	28	29	30	Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (FP) Front Patio (RP) Rear Patio		
		<h1>June 2021</h1>						
		9:30 Whole Body Stretches (2F) 10:00 Activities for the Soul (2F) 10:30 World Religion Quiz (2F) 11:00 Outdoor Walking Path (OOB) 12:00 Wine & Dine (DR) 2:00 iN2L: Church Service (2F) 3:00 Fellowship Service (2F) 6:30 Catholic Services EWTN 49	9:30 Core Strength (2F) 10:00 Planning Committee (1F) 10:30 Gardening Club (OOB) 11:00 Mass with Deacon Henninger (1F) 1:30 Shirley's Aromatherapy Hand & Neck Massage (2F) 3:00 Manicures (2F) 3:30 Jeopardy Quiz (FP) 6:30 Movie: <i>Mr. Mom</i> (2F)	9:30 Bodypump (2F) 10:00 Daily Chronicle & Discuss (2F) 10:30 Mindful Colors & Music (RP) 11:00 Outdoor Walking Trail (OOB) 2:00 Wii Bowling League (2F) 3:30 iN2L Discussing Starters Have You Ever? (2F) 6:30 Card Club: Rummy (1F)	9:30 Stretch & Tone (2F) 10:00 Fireside Chat with Julie (2F) 10:30 iN2L Learning: Art Institute Of Chicago (2F) 11:00 Mother Teresa EWNT 49 2:00 Penny Ante (RP) 3:30 Ice Tea Social (RP) 6:30 Jigsaw Puzzle Team (2F)	9:30 Genesis Exercise (2F) 10:00 Market Run **\$\$ (OOB) 10:30 Jigsaw Puzzle Team (2F) 11:00 Garden Club (OOB) 1:30 Rosary EWNT 49 2:00 Kitchen Krew: Blueberry Pound Cake (2F) 3:30 Outdoor Putting Practice (OOB) 6:30 Dominos (2F)	9:30 Move2Music (2F) 10:00 Daily Chronical (2F) 10:30 Ambassador Welcome Social (1F) 11:00 Getting to Know Your Neighbor (2F) 2:00 Ed-U Presentation: Vice-Commander SSG John Russell (2F) 3:30 Jeopardy Practice (FP) 6:30 Game Night: Scrabble (1F)	9:30 Sit & be Fit (2F) 10:00 Outdoor Walking Trail (OOB) 10:30 Coffee & Brain Games (FP) 11:00 Mindful Colors (FP) 2:00 Bingo (2F) 3:30 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:30 Lawrence Welk Show (1F)
9:30 Whole Body Stretches (2F) 10:00 Activities for the Soul (2F) 10:30 World Religion Quiz (2F) 11:00 Outdoor Walking Path (OOB) 12:00 Wine & Dine (DR) 2:00 iN2L: Church Service (2F) 3:00 Fellowship Service (2F) 6:30 Catholic Services EWTN 49	9:30 Core Strength (2F) 10:00 Planning Committee (1F) 10:30 Gardening Club (OOB) 11:00 Mass with Deacon Henninger (1F) 1:30 Shirley's Aromatherapy Hand & Neck Massage (2F) 3:00 Manicures (2F) 3:30 Jeopardy Quiz (FP) 6:30 Movie: <i>Mr. Mom</i> (2F)	9:30 Bodypump (2F) 10:00 Daily Chronicle & Discuss (2F) 10:30 Mindful Colors & Music (RP) 11:00 Men's Club: Trip to Buddy's **\$\$ (OOB) 2:00 Yoga with Leah (2F) 3:30 Karaoke with Alexa (2F) 6:30 Card Club: Rummy (1F)	9:30 Stretch & Tone (2F) 10:00 Famous Last Names Trivia (2F) 10:30 iN2L Travel: Versailles (2F) 11:00 Mother Teresa EWNT 49 1:30 Ed-U Presentation: Schuylkill Headwater Representatives Fish Casting Demo & Contest (OOB) 3:30 Ice Tea Social (RP) 6:30 Jigsaw Puzzle Team (2F)	9:30 Balance in Action (2F) 10:00 Kitchen Krew: Peach Muffins (2F) 10:30 Jigsaw Puzzle Team (2F) 11:00 Garden Club (OOB) 1:30 Word Search (FP) 2:00 Ed-U Presentation: Rich Nickels African Safari (2F) 3:30 iN2L: Jeopardy Practice (2F) 6:30 Dominos (2F)	9:30 Move2Music (2F) 10:00 Daily Chronical (2F) 10:30 Making Gifts (2F) 11:00 Getting to Know Your Neighbor (2F) 2:00 Service in Action: Honoring Our Gentlemen (2F) 3:30 Jeopardy Practice (FP) 6:30 Game Night: Scrabble (1F)	9:30 Sit & be Fit (2F) 10:00 Outdoor Walking Trail (OOB) 10:30 Coffee & Brain Games (FP) 11:00 Mindful Colors (FP) 2:00 Bingo (2F) 3:30 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:30 Lawrence Welk Show (1F)		
9:30 Whole Body Stretches (2F) 10:00 Activities for the Soul (2F) 10:30 World Religion Quiz (2F) 11:00 Outdoor Walking Path (OOB) 12:00 Wine & Dine (DR) 2:00 Church of God Service (DR) 3:00 Church of God Fellowship Hour (2F) 6:30 Catholic Services EWTN 49	9:30 Core Strength (2F) 10:00 Wii Bowling Team Practice (2F) 11:00 Mass with Deacon Henninger (1F) 1:30 Shirley's Aromatherapy Hand & Neck Massage (2F) 3:00 Manicures (2F) 6:30 Movie: <i>Flags of our Fathers</i> (2F) Flag Day	9:30 Bodypump (2F) 10:00 Daily Chronicle & Discuss (2F) 10:30 Mindful Colors & Music (RP) 11:00 Outdoor Walking Trail (OOB) 2:00 Centenarian Celebration: Musical Entertainment Kj Wagner (2F) 3:30 Cake & Coffee Social (1F) 6:30 Card Club: Rummy (1F)	9:30 Balance in Action (2F) 10:00 iN2L: Recipe Hunt (2F) 10:30 Kitchen Krew : Baking Cookies (2F) 11:00 Rosary EWNT 49 1:30 Word Search (RP) 3:30 Outdoor Walk (OOB) 5:30 Ed-U Presentation & Book Signing By Cindy Ross (FP)	9:30 Balance in Action (2F) 10:00 Dining Committee Meeting (2F) 10:30 Jigsaw Puzzle Team (2F) 11:00 Garden Club (OOB) 1:30 Crossword Puzzle (FP) 2:00 Ed-U Presentation: Bayada Heart Health (2F) 3:30 Wii Bowling Practice (2F) 6:30 Dominos (2F)	9:30 Move2Music (2F) 10:00 Daily Chronical (2F) 10:30 Wii Bowling League (2F) 11:00 Getting to Know Your Neighbor (2F) 1:30 Mindful Colors & Music (1F) 2:00 Memory Magic (2F) 3:30 Jeopardy Practice (FP) 6:30 Game Night: Scrabble (1F)	9:30 Sit & be Fit (2F) 10:00 iN2L History: Juneteenth (2F) 10:30 Song Interpretation <i>Blackbird</i> By Paul McCartney 11:00 Mindful Colors of Freedom (2F) 2:00 Bingo (2F) 3:30 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:30 Lawrence Welk Show (1F)		
9:30 Whole Body Stretches (2F) 10:00 Activities for the Soul (2F) 10:30 World Religion Quiz (2F) 11:00 Outdoor Walking Path (OOB) 12:00 Wine & Dine (DR) 2:00 iN2L: Church Service (2F) 3:00 Fellowship Social (2F) 6:30 Catholic Services EWTN 49 Father's Day	9:30 Core Strength (2F) 10:00 Gardening Club (OOB)) 10:30 Coffee & Brain Games (FP) 11:00 Mass with Deacon Henninger (1F) 1:30 Shirley's Aromatherapy Hand & Neck Massage (2F) 3:00 Manicures (2F) 3:30 Outdoor Walking Path (OOB) 6:30 Movie: <i>Father of the Bride</i> (2F)	9:30 Bodypump (2F) 10:00 Daily Chronicle & Discuss (2F) 10:30 Mindful Colors & Music (RP) 11:00 Trip to Mount Greta Beach Picnic Lunch **\$\$ (OOB) 3:30 iN2L Discussion Starters: Have You Ever? (2F) 6:30 Card Club: Rummy (1F)	9:30 Stretch & Tone (2F) 10:00 Foreign Phrases Trivia (2F) 10:30 iN2L Learning: Vatican Museum (2F) 11:00 Mother Teresa EWNT 49 2:00 Penny Ante (RP) 3:30 Ice Tea Social (RP) 6:30 Jigsaw Puzzle Team (2F)	9:30 Balance in Action (2F) 10:00 Market Run **\$\$ (OOB) 10:30 Jigsaw Puzzle Team (2F) 11:00 Garden Club (OOB) 1:30 Word Search (FP) 2:00 Bible Study with Josie (1F) 3:30 Outdoor Putting Practice (OOB) 6:30 Dominos (2F)	9:30 Move2Music (2F) 10:00 Daily Chronical (2F) 10:30 Garden Club (OOB) 11:00 Giant Crossword Puzzle (2F) 1:30 Ed-U Tour: Stoyer's Dam (OOB) 3:30 Jeopardy Practice (FP) 6:30 Game Night: Scrabble (1F)	9:30 Sit & be Fit (2F) 10:00 Outdoor Walking Trail (OOB) 10:30 Coffee & Brain Games (FP) 11:00 Mindful Colors (FP) 2:00 Bingo (2F) 3:30 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:30 Lawrence Welk Show (1F)		
9:30 Whole Body Stretches (2F) 10:00 Activities for the Soul (2F) 10:30 World Religion Quiz (2F) 11:00 Outdoor Walking Path (OOB) 12:00 Wine & Dine (DR) 2:00 Church of God Service (2F) 3:00 Church of God Fellowship Hour (2F) 6:30 Catholic Services EWTN 49	9:30 Core Strength (2F) 10:00 Gardening Club (OOB)) 10:30 Coffee & Brain Games (FP) 11:00 Mass with Deacon Henninger (1F) 1:30 Shirley's Aromatherapy Hand & Neck Massage (2F) 3:00 Manicures (2F) 3:30 Outdoor Walking Path (OOB) 6:30 Movie: <i>Mrs. Doubtfire</i> (2F)	9:30 Bodypump (2F) 10:00 Daily Chronicle & Discuss (2F) 10:30 Mindful Colors & Music (RP) 11:00 Outdoor Walking Trail (OOB) 1:30 Helping Hands: Making Mint Tea (2F) 2:00 Yoga with Leah (2F) 3:30 Karaoke with Alexa (2F) 6:30 Card Club: Rummy (1F)	9:30 Stretch & Tone (2F) 10:00 Animal Alphabet Trivia (2F) 10:30 iN2L Learning: Picasso (2F) 11:00 Mother Teresa EWNT 49 1:30 Ed-U Tour Grantville Clydesdales Farm (OOB) 6:30 Jigsaw Puzzle Team (2F)	Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (FP) Front Patio (RP) Rear Patio		<h1>June 2021</h1>		