

# 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

## A Note from the Executive Director

Firstly, I wanted to thank the Pottsville community for the warm welcome. As the new Executive Director, I have enjoyed meeting everyone.

I have joined the Providence Place team with a true commitment to providing the best of care to this community. I have served as a social worker and director in long-term care for the past 20 years and my heart belongs to the residents here. I want nothing more than everyone to feel the comfort and fulfillment they deserve.

We will be hosting a Meet & Greet for residents and families on Wednesday, June 2<sup>nd</sup>. I hope you can attend. All the new team members will be here to greet you.

We are making progress on the expansion of our Connections neighborhood to better serve the greater community. The majority of our residents are now fully-vaccinated and life in our community seems to be returning to normal. We are seeing light at the end of the tunnel and the future looks bright.

We are offering ongoing vaccine clinics on campus for new residents, new team members and anyone who did not previously participate. Please watch for further communications about this. Community Life programming is becoming more vibrant as we are able to hold larger group events and invite entertainers back.

Please look at the calendar and highlights for all that is being offered and be sure to get involved. Father's Day is fast approaching and we know many visits are expected. Let us know if we can help in any way. Again, it is my pleasure to serve the Providence Place Community. I look forward to the great things to come for our residents and families!

Best,

*Tracy Mason, Executive Director*

## Highlighted Events

- 2 – **Meet & Greet Picnic** @ 6pm
- 9 – **Fireside Chat with Tracy** @ 3pm
- 9 – **Mauch Chunk Lake Trip**  
@ 1pm (*Connections Club*)
- 20 – **Father's Day Wine & Dine**  
@ 11am
- 23 – **Picnic Lunch at Bubeck Park**  
@ 11am
- 22 – **Great Outdoor Picnic**  
@ 11am (*Connections*)
- 24 – **New Resident & Ambassador Mixer** @ 2pm
- 29 – **Men's Outing**  
@ 10:30am (*Connections*)
- 30 – **Scenic Ride through Ringtown Valley/Llama Farm**  
@ 1pm (*Connections Club*)

## Welcome New Residents

Beryl Zulick  
Eileen Dunchick  
Anna Klock



*Dimensions  
of Wellness*

## Resident Birthdays

### June

Lynn Korn  
John Sinisi  
Mary D'Allessandro  
Mary Flanagan  
Eileen Kosta  
Cyndy Kleckner  
Joyce Beneck  
Patrick Dowd



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  |  |   |
|------------------------|--------|--|--|--|--|---|--|---|
| <p>THE <i>Club</i></p> |        | 1<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussions (A)<br>10:15 Sing-A-Long (CN)<br>10:30 Hydration & Healthy Bites<br>11:00 Walk for Heart Health (ML)<br>1:00 Fresh Vegetable Roadside Stand (OOB)<br>2:00 Farm to Table: Italian Salad (A)<br>3:00 Fun Facts for Milk Day (A)<br>6:15 Nickle Bingo \$\$ (PUB)                 | 2<br>9:00 Morning Meeting & Inspirations (PUB)<br>9:30 Coffee, Donuts & Discussions (PUB)<br>10:30 Church with Pastor Randy (C)<br>11:00 1st Floor Picnic on the Patio (P)<br>1:00 Leave for Avenues/Purchase Flowers & History of Lessie's Garden (OOB)<br>2:30 Planting Patio Urns (P)<br>3:00 Video Chat with Families (1:1)<br>3:30 Rocky Road Cocktail Hour & Sweet Treat Trivia (PUB)<br>6:15 Nickle Po-Ke-No \$\$ (PUB) | 3<br>9:00 Morning Meeting & Inspirations (P)<br>9:30 Daily Chronicle & Discussions (P)<br>10:00 Drum Stick Exercise (PUB)<br>1:00 Meditation for Inner Peace (P)<br>1:30 Ed-U Presentation: Change the Only Constant with Melissa (PUB)<br>2:00 Haiku Poems Workshop (P)<br>2:30 Hydration & Healthy Bites (P)<br>3:30 Walk for Heart Health (ML)<br>6:15 Nickle Polish Bingo \$\$ (PUB) | 4<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussions (A)<br>10:15 Donut Jokes and Tasting (CN)<br>11:00 Walk for Heart Health (ML)<br>1:00 History of Donut Day (A)<br>1:30 Zumba with Michele (PUB)<br>2:00 Comedy Hour: Funny Bones (A)<br>3:00 GreifShare Support Group (C)<br>3:30 Cocktail Hour: Wine & Cheese Pairings (PUB)<br>6:15 Scrabble Club (PUB) | 5<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussion (A)<br>10:00 Baking Club (A)<br>10:30 Talk & Taste (A)<br>1:30 Brain Games (P)<br>2:00 Bingo for Prizes (P)<br>2:30 Hydration & Healthy Bites (P)<br>3:30 Put Your Heart in Art: Hot Air Balloon Mix Media Painting (A)<br>6:15 UNO (PUB)   |  |   |
|                        |        | 6<br>9:00 Morning Meeting & Inspirations (A)<br>9:15 Daily Chronicle, News & Discussions (A)<br>10:00 Stretches to the Polkas (A)<br>1:00 Video Chat with Families (1:1)<br>1:30 Popcorn & Movie: <i>The Longest Day</i> (PUB)<br>3:00 Communion Service (C)<br>3:15 iN2L Lifelong Learning (A)<br>6:15 Connect Four (PUB)                                       | 7<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussions (A)<br>10:30 Yoga with Michele (PUB)<br>1:00 Yard Games (P)<br>1:30 Providence Place Foodies: Baking Bite Size Cookies (A)<br>3:00 Communion Service (C)<br>3:30 Cocktail Hour: Coffee & Cookies (PUB)<br>6:30 Bridge Club (PUB)  | 8<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussions (A)<br>10:15 Travelin' Tunes Tuesday (CN)<br>10:30 Hydration & Healthy Bites (CN)<br>11:00 Walk for Heart Health (ML)<br>1:30 Ocean Facts & Trivia (A)<br>2:00 Appreciation Club (A)<br>2:30 iN2L: World Oceans (PUB)<br>3:00 Deliver Gifts (AF)<br>6:15 King's in the Corner (PUB)                   | 9<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Coffee, Donuts & Discussions (A)<br>10:00 Chair Exercises (PUB)<br>10:30 Church with Pastor Randy (C)<br>11:00 2nd Floor Picnic on the Patio (P)<br>1:00 Leave for Mauch Chunk Lake (OOB)<br>3:00 Video Chat with Families (1:1)<br>3:30 Video Chat with Families (1:1)<br>6:15 Nickle Po-Ke-No \$\$ (PUB)                              | 10<br>9:00 Morning Meeting & Inspirations (P)<br>9:30 Daily Chronicle & Discussions (P)<br>10:00 No Sew Blanket Circle (P)<br>10:30 Hydration & Healthy Bites (P)<br>1:30 Short Stories (P)<br>2:00 Entertainment: Songs by KJ (PUB)<br>3:00 Fruit Iced Teas (PUB)<br>3:30 Stretches on Patio (P)<br>6:15 Nickle Polish Bingo \$\$ (PUB)                            | 11<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussions (A)<br>10:15 iN2L Exploration (CN)<br>10:30 Hydration & Healthy Bites (CN)<br>1:30 Zumba with Michele (A)<br>2:00 Providence Place Foodies: Pigs in Pastry (A)<br>3:00 GriefShare Support Group (C)<br>3:30 If Pigs Could Fly Cocktail Hour (PUB)<br>6:15 Scrabble Club (PUB)                | 12<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussion (A)<br>10:00 Baking Club: PB Cookies (A)<br>10:30 Talk & Taste (A)<br>1:30 Walk for Heart Health (OOB)<br>2:00 Bingo for Prizes (P)<br>2:30 Hydration & Healthy Bites (A)<br>3:15 iN2L Discovery Earth: The Sahara (PUB)<br>6:15 UNO (A)                 |
|                        |        | 13<br>9:00 Morning Meeting & Inspirations (A)<br>9:15 Daily Chronicle, News & Discussions (A)<br>10:00 Kickball to Polkas (A)<br>10:30 Hydration & Healthy Bites (A)<br>1:00 Video Chat with Families (1:1)<br>2:00 Movie: <i>Meet Me in St. Louis</i> (PUB)<br>3:00 Communion Service (C)<br>3:15 iN2L Lifelong Learning (A)<br>6:15 Kings in the Corner (PUB)  | 14<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussions (A)<br>10:15 "I Love USA" Jingo (CN)<br>1:00 Cranium Crunches (A)<br>2:00 Flag Day Presentation by Angie (PUB)<br>2:30 Hydration & healthy Bites (PUB)<br>3:00 Communion Service (C)<br>3:30 Red, White & Blue Cocktail Hour (PUB)<br>6:30 Bridge Club (PUB)   | 15<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussions (A)<br>10:15 Virtual Tour of Rose Gardens (CN)<br>10:30 Crafted Coffee with Roses (CN)<br>11:00 Walk for Heart Health (ML)<br>1:00 Meditation in the Garden (P)<br>2:00 World Elder Abuse Awareness: Making Silver Ribbon Pins<br>3:00 Drama Club: (P)<br>6:15 Nickle Bingo \$\$ (PUB)               | 16<br>9:00 Morning Meeting & Inspirations (PUB)<br>9:30 Coffee, Donuts & Discussions (PUB)<br>10:30 Church with Pastor Randy (C)<br>11:00 3rd Floor Picnic on the Patio (P)<br>1:30 Famous Places & Faces (A)<br>2:00 Food for Thought with Chef Tuan (DR)<br>3:00 Video Chat with Families (1:1)<br>3:30 Get Bubbly Cocktail Hour (PUB)<br>6:15 Nickel Po-Ke-No \$\$ (PUB)                  | 17<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussions (A)<br>10:00 Balance in Action With Genesis (PUB)<br>10:30 Bible Study with Lynn Bressi (C)<br>1:30 Drum Circle with Joe (PUB)<br>2:00 Helping Hands: Set Up (P)<br>2:30 Art Class with Kim (P)<br>3:30 Walk for Heart Health (OOB)<br>6:15 Nickle Polish Bingo \$\$ (PUB)      | 18<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussions (A)<br>10:00 Health Discussions with Bayada (C)<br>10:30 Hydration & Healthy Bites (CN)<br>1:30 Zumba with Michele (PUB)<br>2:00 Walk for Heart Health (OOB)<br>3:00 GreifShare Support Group (C)<br>3:30 Italian Cocktail Hour: Learning Italian Language (PUB)<br>6:15 Scrabble Club (PUB) | 19<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussion (A)<br>10:00 Baking Club (A)<br>10:30 Talk & Taste (A)<br>11:00 Walk for Heart Health (ML)<br>2:00 Bingo for Prizes (A)<br>2:30 Hydration & Healthy Bites (A)<br>3:15 iN2L Discovery: The Serengeti (PUB)<br>6:15 UNO (PUB)                              |
|                        |        | 20<br>9:00 Morning Meeting & Inspirations (A)<br>9:15 Daily Chronicle, News & Discussions (A)<br>10:00 Stretches to the Polkas (A)<br>1:00 Video Chat with Families (1:1)<br>2:00 Dads & Donuts Social (PUB)<br>3:00 Communion Service (C)<br>3:15 iN2L Lifelong Learning (A)<br>6:15 Yahtzee (PUB)  | 21<br>9:00 Morning Meeting & Inspirations (SL)<br>9:30 Daily Chronicle & Discussions (SL)<br>10:30 Yoga with Michele (PUB)<br>11:00 Walk for Heart Health (ML)<br>1:00 Word Search (SL)<br>2:00 Video Clips: Celebrating Aboriginal Day (ML)<br>3:00 Communion Service (C)<br>3:30 Beach Theme Cocktail Hour (PUB)<br>6:35 Bridge Club (PUB)   | 22<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussions (A)<br>10:30 Men's Club Luncheon: The Wheel **\$\$ (OOB)<br>11:00 Walk for Heart Health (ML)<br>1:30 Craft Club: Rainforest in a Jar (A)<br>2:00 Entertainment: Cindy McGrath (PUB)<br>2:30 Refreshments (PUB)<br>3:00 iN2L: Exploring the Amazon (PUB)<br>6:15 Nickel Bingo \$\$ (PUB)              | 23<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussions (A)<br>10:00 Finish My Line (A)<br>10:30 Hydration & Healthy Bites (A)<br>11:00 Picnic Lunch @ Bubeck Park (OOB)<br>2:00 Tastes of the World by Chef Tuan (DR)<br>3:00 Video Chat with Families (1:1)<br>3:30 Country Western Cocktail Hour (PUB)<br>6:15 Nickel Po-Ke-No \$\$ (PUB)                     | 24<br>9:00 Morning Meeting & Inspirations (FP)<br>9:30 Daily Chronicle & Discussions (FP)<br>10:00 Walk on Path (OOB)<br>10:30 Nature Exploration: Leaf App Identification (OOB)<br>11:00-2:00 Food Truck Tasting: Morning Rush \$\$ (PL)<br>2:00 Birthday Celebration with Cindy (CN)<br>3:00 Reminiscing with Friends (CN)<br>6:15 Nickle Polish Bingo \$\$ (PUB) | 25<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussions (A)<br>10:15 iN2L Exploration (CN)<br>1:30 Zumba with Michele (A)<br>2:00 50's TV Trivia (L)<br>3:00 GreifShare Support Group (C)<br>3:30 50's Cocktail Hour (PUB)<br>6:15 Scrabble Club (PUB)   | 26<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussion (A)<br>10:00 Baking Club: Chocolate Pudding (A)<br>10:30 Talk & Taste (A)<br>11:00 Walk for Heart Health (ML)<br>2:00 Bingo for Prizes (A)<br>2:30 Hydration & Healthy Bites (A)<br>3:15 iN2L Discovery Earth: Galapagos Islands (PUB)<br>6:15 UNO (PUB) |
|                        |        | 27<br>9:00 Morning Meeting & Inspirations (A)<br>9:15 Daily Chronicle, News & Discussions (A)<br>10:00 Drum Stick Exercise to the Polkas (A)<br>10:30 History of Helen Keller (A)<br>1:00 Video Chat with Families (1:1)<br>1:30 Popcorn & Movie: <i>Grease</i> (PUB)<br>3:00 Communion Service (C)<br>3:15 iN2L Lifelong Learning (A)<br>6:15 Puzzle Club (PUB) | 28<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussions (A)<br>10:15 Memory Magic (CN)<br>10:30 Hydration & Healthy Bites (CN)<br>11:00 Walk for Heart Health (ML)<br>1:30 Wall Scrabble (A)<br>2:30 Chair Exercise (PUB)<br>3:00 Communion Service (C)<br>3:30 Mind Joggers (A)<br>6:30 Bridge Club (PUB)   | 29<br>9:00 Morning Meeting & Inspirations (A)<br>9:30 Daily Chronicle & Discussions (A)<br>10:15 Name That Tune (CN)<br>10:30 Hydration & Healthy Bites (CN)<br>11:00-2:00 Goode Food Truck \$\$ (PL)<br>1:00 Brain Games (A)<br>2:00 Importance of Hydration by Genesis (PUB)<br>3:00 XBOX Bowling (A)<br>6:15 Kings in the Corner (PUB)  | 30<br>9:00 Coffee, Donuts & Discussions (PUB)<br>10:00 PP Wishes Celebration (PUB)<br>10:30 Worship with Pastor Randy<br>11:00 Walk for Heart Health (ML)<br>1:00 Leave for Scenic Ride through Ringtown Valley / Llama Farm (OOB)<br>3:00 Video Chat with Families (1:1)<br>3:30 Appalachian Brewing Co. Cocktail Hour (PUB)<br>6:15 Nickel Po-Ke-No \$\$ (PUB)                             | <p><b>Calendar Key:</b></p> <p>(A) Activity Room (LIB) Library<br/>(1:1) 1 on 1 (C) Chapel<br/>(OOB) Out of Building (PUB) Pub<br/>(CN) Connections (FP) Front Porch<br/>(AF) All Floors (ML) Main Lobby<br/>(P) Patio<br/>(PL) Parking Lot<br/>(\$\$) Cost Involved</p>  |  |   |

# June 2021