

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

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.



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

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 2nd. 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1 9:00 Walking Warriors & Hydration (L) 10:00 Morning Meditation (2FL) 10:30 Lite & Lively Exercise (PUB) 1:30 Craft Club: Jewelry Making (PUB) 2:00 Dining Committee Meeting (DR) 2:00 Walking Warriors & Hydration (ML) 3:00 Word Play: Words within Words (PUB) 3:30 Bowling on XBOX (PUB) 6:15 Nickel Bingo \$\$ (PUB)	2 8:30 Ladies' Breakfast (A) 10:00 Chair Exercises (PUB) 10:30 Worship with Pastor Randy (CH) 11:00 1st Floor Picnic on the Patio (1FP) 1:30 - 2:30 Manicures & Mimosas (L) 2:00 Providence Place Foodies: Rocky Road Brownie Bites (A) 3:30 Rocky Road Cocktail Hour & Sweet Treat Trivia (PUB) 6:15 Nickle Po-Ke-No \$\$ (PUB)	3 9:00 Banks & Post Office**\$\$ (OOB) 10:00 Drum Stick Exercise (PUB) 10:30 iN2L World Religion: Hinduism (PUB) 1:30 Ed-U Presentation: Change the Only Constant with Melissa (PUB) 2:00 Ladies' Bridge Club (FR) 2:30 Card Games: War (PUB) 3:30 Community Life Planning Meeting (PUB) 6:15 Nickle Polish Bingo \$\$ (PUB)	4 9:00 Walking Warriors & Hydration (L) 10:00 Put Your Heart in Art: Painting Background (A) 1:30 Zumba Class with Michelle (PUB) 2:30 Wine & Cheese Trivia (PUB) 3:00 GreifShare Support Group (CH) 3:00 Cocktail Hour: Wine & Cheese Pairings (PUB) 6:15 Scrabble Club (PUB) 7:00 Men's Poker Night (FR)	5 9:00 Retail Shopping: Fairlane Mall**\$\$ (OOB) 10:00 Puzzle Club (3FL) 1:30 Helping Hands: Set-up (PUB) 2:00 Nickle Bingo \$\$ (PUB) 3:00 Ed-U History of Hot Air Balloons (PUB) 3:30 Put Your Heart in Art: Hot Air Balloon Mix Media Painting (A) 6:15 UNO (PUB)	
	6 9:00 Morning Prayers & Devotions (CH) 10:00 Keep Kicking: Kickball (PUB) 11:00 - 1:00 Wine & Dine (DR) 1:30 Popcorn & Movie: <i>The Longest Day</i> (PUB) 2:00 WWII Trivia (L) 3:00 Communion Service (CH) 3:30 Walking Warriors & Hydration (L) 6:15 Connect Four (PUB)	7 9:30 Walking Warriors (L) 10:30 Yoga Fitness with Michelle (PUB) 1:15 Circle of Friends (CH) 1:30 Providence Place Foodies: Baking Bite Size Cookies (A) 3:00 Communion Service (CH) 3:30 Cocktail Hour: Coffee & Cookies (PUB) 6:30 Bridge Club (PUB)	8 9:00 Walking Warriors & Hydration (L) 10:00 Meditation (2FL) 11:00-2:00 Food Truck Tasting <i>Here Piggy Piggy Barbecue</i> \$\$ (PL) 1:30 Creative Writing: Favorite Beach Memory (PUB) 2:30 iN2L: World Oceans (PUB) 3:30 Walking Warriors & Hydration (L) 6:15 Kings in the Corner (PUB)	9 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Chair Exercises (PUB) 10:30 Worship with Pastor Randy (CH) 11:00 2nd Floor Picnic on the Patio (1FP) 1:30 - 2:30 Manicures & Mimosas (L) 3:00 Fireside Chat with Tracy Mason (PUB) 3:30 Margarita & Mango Salsa Cocktail Hour (PUB) 6:15 Nickel Po-Ke-No \$\$ (PUB)	10 9:00 Gentle Stretching (3FL) 10:00 Drum Stick Exercise (PUB) 10:30 iN2L: World Religion: Buddhism (PUB) 2:00 Entertainment: Songs by KJ (PUB) 2:00 Ladies' Bridge Club (FR) 3:00 Fruit Iced Teas & Cranium Crunches 6:15 Nickel Polish Bingo \$\$ (PUB)	11 9:00 Walking Warriors & Hydration (L) 10:00 Green Thumbs: Planting Seeds (1FP) 1:30 Zumba Class with Michelle (PUB) 2:00 Providence Place Foodies: Pigs in Pastry (A) 3:00 GreifShare Support Group (CH) 3:30 If Pigs Could Fly Cocktail Hour (PUB) 6:15 Scrabble Club (PUB)	12 8:00 Chambersburg Car Show**\$\$ (OOB) 1:00 Helping Hands: Set-Up (PUB) 2:00 Nickle Bingo \$\$ (PUB) 3:30 iN2L Discovery Earth: The Sahara (PUB) 6:15 UNO (PUB)
	13 9:00 Prayers & Devotions (CH) 10:00 Balloon Volleyball (PUB) 11:00 - 1:00 Wine & Dine (DR) 2:00 Movie: <i>Meet Me in St. Louis</i> (PUB) 3:00 Communion Service (CH) 3:30 Walking Warriors & Hydration (L) 6:15 Kings in the Corner (PUB)	14 9:00 Walking Warriors & Hydration (L) 10:30 Yoga Fitness with Michelle (PUB) 1:15 Circle of Friends (CH) 2:00 Flag Day Presentation by Angie (PUB) 3:00 Communion Service (CH) 3:30 Red, White, & Blue Cocktail Hour (PUB) 6:30 Bridge Club (PUB) Flag Day	15 9:00 Walking Warriors & Hydration 10:00 Green Thumbs: Tending to Plants & Seedlings (1FP) 10:30 Train Your Brain with Positive Thinking (PUB) 1:30 Green Thumbs: Making Garden Markers (A) 2:30 Name That Tune (L) 3:00 XBOX Bowling (A) 6:15 Nickel Bingo \$\$ (PUB)	16 8:30 Men's Breakfast (A) 10:00 Wellness Clinic: BP & Weight (N) 10:30 Worship with Pastor Randy (CH) 11:00 3rd Floor Picnic on the Patio (1FP) 1:30 - 2:30 Manicures & Mimosas (L) 2:00 Food for Thought with Chef Tuan (DR) 2:30 Balloon Volleyball (PUB) 3:30 Get Bubbly Cocktail Hour (PUB) 6:15 Nickel Po-Ke-No \$\$ (PUB) 7:00 Summer Concert with M&J Band (PL)	17 9:00 Banks & Post Office**\$\$ (OOB) 10:00 Balance in Action with Genesis (PUB) 10:30 Bible Study (CH) 2:00 Drum Circle Class with Joe (PUB) 2:00 Ladies' Bridge Club (FL) 2:30 iN2L: World Religion Islam (PUB) 3:00 Walking Warriors & Hydration (L) 6:15 Nickel Polish Bingo \$\$ (PUB)	18 9:30 Walking Warriors & Hydration (ML) 10:00 Health Discussions with Bayada (CH) 1:30 Zumba Class with Michelle (PUB) 2:00 Holy Mass (CH) 3:00 GreifShare Support Group (CH) 3:30 Italian Cocktail Hour with Learning Italian (PUB) 6:15 Scrabble (PUB) 7:00 Men's Poker Night (FR)	19 9:00 Retail Shopping: Walmart **\$(OOB) 11:00 Brain Teasers (2FL) 1:00 Helping Hands: Set-Up (PUB) 2:00 Nickel Bingo \$\$ (PUB) 3:30 iN2L Discovery Earth: The Serengeti (PUB) 6:15 UNO (PUB)
	20 9:00 Prayers & Devotions (CH) 10:00 Balance in Action (PUB) 11:00 - 1:00 Wine & Dine (DR) 1:30 Popcorn & Movie: <i>Grumpy Old Men</i> (PUB) 2:00 Dads & Donuts (A) 3:00 Communion Service (CH) 3:30 Walking Worries (L) 6:15 Yahtzee (PUB) Father's Day	21 9:30 Walking Warriors & Hydration (L) 10:30 Yoga Fitness with Michelle (PUB) 1:15 Circle of Friends (CH) 2:00 iN2L: The Origins of Yoga (PUB) 3:00 Communion Service (CH) 3:30 Beach Theme Cocktail Hour (PUB) 4:00 Diners Club: Friendsburg Country Restaurant**\$\$ (OOB) 6:30 Bridge Club (PUB)	22 9:00 Walking Warriors & Hydration (L) 10:00 Meditation (2FL) 10:30 Lite & Lively Exercise (PUB) 10:30 Men's Club Lunch: The Wheel **\$\$ (OOB) 1:30 Craft Club: Rainforest in a Jar (A) 2:00 Entertainment: Cindy McGrath (PUB) 3:00 iN2L: Exploring the Amazon (PUB) 3:30 Walking Warriors & Hydration (L) 6:15 Nickel Bingo \$\$ (PUB)	23 9:00 Coffee, Donuts, & Discussion (PUB) 9:45 Chair Exercises (PUB) 10:30 Worship with Pastor Randy (CH) 11:00 Picnic at Bubeck Park (OOB) 1:30 - 2:30 Manicures & Mimosas (L) 2:00 Cowboy Trivia (PUB) 3:30 Country Western Cocktail Hour (PUB) 6:15 Nickel Po-Ke-No \$\$ (PUB)	24 9:00 Gentle Stretching (3FL) 10:00 Drum Stick Exercise (PUB) 10:30 iN2L: World Religion Christianity (PUB) 11:00-2:00 Food Truck Tasting: <i>Morning Rush</i> \$\$ (PL) 2:00 New Residents & Welcome Ambassadors Mixer (PUB) 2:00 Ladies' Bridge Club (FR) 4:15 June Birthday Celebration Dinner (DR) 6:15 Nickel Polish Bingo \$\$ (PUB)	25 9:00 Walking Warriors & Hydration (ML) 10:00 Green Thumbs: Tending to Plants & Seedlings (1FP) 1:30 Zumba Class with Michelle (PUB) 2:00 50's TV Trivia (L) 3:00 GreifShare Support Group (CH) 3:30 50's Cocktail Hour (PUB) 6:15 Scrabble (PUB)	26 10:00 Country Ride: Hegin's OOB) 11:00 Brain Teasers (2FL) 1:00 Helping Hands: Set-Up (PUB) 2:00 Nickel Bingo \$\$ (PUB) 3:30 iN2L: Discovery Earth: Galapagos Islands (PUB) 6:15 UNO (PUB)
	27 9:00 Prayers & Devotions (CH) 10:00 Balance in Action (PUB) 11:00 - 1:00 Wine & Dine (DR) 1:30 Popcorn & Movie: <i>Grease</i> (PUB) 3:00 Communion Service (CH) 3:30 Walking Warriors & Hydration (L) 6:15 Puzzle Club (PUB)	28 9:30 Walking Warriors & Hydration (L) 10:00 Matching Myths (L) 10:30 Yoga Fitness with Michelle (PUB) 10:45 Waking Warriors & Hydration (L) 1:15 Circle of Friends (CH) 1:30 Word Play: Hangman (PUB) 2:30 Chair Exercise (PUB) 3:00 Communion Service (CH) 6:30 Bridge Club (PUB)	29 9:00 Walking Warriors & Hydration (L) 10:00 Meditation (2FL) 10:30 Lite & Lively Exercise (PUB) 11:00-2:00 Food Truck Tasting: <i>Goode Food</i> \$\$ (PL) 2:00 The Importance of Hydration by Genesis (PUB) 2:30 Walking Warriors & Hydration (L) 3:00 XBOX Bowling (A) 6:15 Nickel Bingo \$\$ (PUB)	30 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Providence Place Wishes Celebration (PUB) 10:30 Worship with Pastor Randy (CH) 1:30 - 2:30 Manicures & Mimosas (L) 2:00 Tastes of the World by Chef Tuan (DR) 3:30 Appalachian Brewing Co. Cocktail Hour (PUB) 6:15 Nickel Po-Ke-No \$\$ (PUB)	Calendar Key: Activity Room (A), Chapel (CH) Main Lobby (ML), Nursing Office (N) 2nd Floor Lobby (2FL) Dining Room (DR), First Floor Patio (1FP), Parking Lot (PL) ** Registration Required \$\$ Cost Involved		<h1>June 2021</h1>