

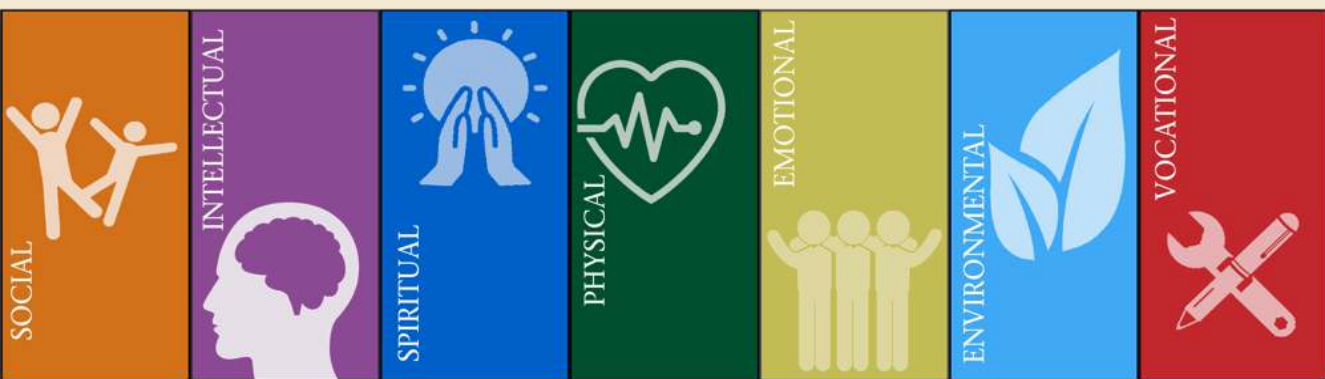
Focus on Wellness

April is Stress Awareness Month. Learning to cope with our stress and finding healthy ways to deal with situations can go a long way in living a healthy and positive life. After all, stress can impact many aspects of your body – physically, mentally and emotionally.

Some ways we can aim to better cope with everyday stressors include:

- Learn to overcome issues you cannot change
 - Realize when you do or do not have control
- Take care of yourself physically (diet, exercise, sleep, schedule, etc.)
- Recognize when you need more help & talk to a trusted source

Providence Place has resources for team members & residents, talk to your manager for information.



Dimensions
of Wellness

Resident Birthdays

April

1 – Christa B.
3 – Pauline J.
3 – Vonna M.
8 – Harold M.
9 – Gloria G.
9 – Beverly P.
9 – P. Jane G.
21 – Joseph S.
25 – Ernest S.
28 – Dolores Y.

May

5 – Dorothy M.
6 – Dolores G.
6 – Richard B.
8 – Charmaine W.
10 – Frances C.
18 – Linda A.
21 – Charles M.
22 – Edeltrud P.
26 – Beverly B.
26 – Joel B.
30 – Alice F.
31 – Bennett B.

June

1 – Shirley E.
1 – Delores G.
2 – Donna F.
3 – Nancy B.
6 – Dorothy S.
7 – Esta H.
7 – Peggy D.
19 – Arthur O.
27 – Susanne P.
28 – Alice S.
29 – Miriam G.



Providence Place SENIOR LIVING News

Q2: April 2022

A Note from the Executive Director

We are welcoming sunny days here in our community. Our residents are looking forward to sitting out on our porches and decks, walking around our beautiful walking path, and breathing some fresh crisp air.

Our entire team is committed to be sure our residents are treated like our families and we will go above and beyond to find ways to say “YES”. Our Community Life team has excellent outings and events open to families on the calendar – please join us!

Thank you to all the staff, residents, and families who have supported us to build a strong compassionate team.

As always, I am available for comments, ideas, and concerns.

Best,

Holly Townsend, Executive Director

Highlighted Events

- 9 – **Community Easter Extravaganza**
@ 2pm – Families Welcome!
- 17 – **Resurrection Sunday Worship Service** @ 2pm
- 24 – **Shippensburg University Orchestra Spring Concert**
@ 3pm (OOB)

Welcome New Residents

Marty S.
Paul N.
Faye N.
Rae D.
Elaine R.
Jack G.
Gene F.
Mary Ann C.



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>THE</p> <h1>Club</h1>		<p>Calendar Key: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC) Cross-Bridging (CB) ** Registration Required \$\$ Cost Involved</p>			<h1>April</h1> <h1>2022</h1>	
<p>3</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>4</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Rolling Dice Game (3A) 1:30 iN2L: Seated Chair Exercises (2A) 2:00 iN2L: Seed Starting Methods (2A) 3:00 Filling Easter Bags (3A) 6:15 Card Club (P)</p>	<p>5</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2: Prize Bingo (3A) 11:00 Diners Caravan: Burger King (OOB) 1:15 Plastic Egg Toss (CN) 2:30 April Birthday Celebration (CN) 3:00 Hydration on the Deck (P) 6:15 Game Shows (ch.78)</p>	<p>6</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Lowes Garden ** (OOB) 1:15 Crafty Creations: Spring Wreaths (CN) 2:30 Sip and Show (CN) 3:00 Filling Easter Bags (3A) 6:15 Horseshoes (3E)</p>	<p>7</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:30 Flower Oasis (P) 2:00 Crafty Creations: Making Easter Treats (3A) 3:00 Sip and Discuss (P) 6:15 Chit Chat in the Front Lobby (FL)</p>	<p>8</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Activity Club: Horseshoes (3A) 1:30 Walk and Stroll Club (HW) 2:00 Crafty Creations: Hanging Suncatchers (3A) 3:00 Sip and Show (3A) 6:15 Movie Night: Passion of Christ (3A)</p>	<p>9</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 2:00 - 4:00 Community Event: Easter Extravaganza (Building Wide) 6:15 Puzzle Club (3A)</p>
<p>10</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>11</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Easter Match (3A) 1:30 iN2L: Seated Chair Exercises (2A) 2:00 iN2L: Easter Traditions Around The World (2A) 3:00 Ed-U Presentation: <i>Baby Farm Animals</i> by Local 4-H Club (2A) 6:15 Card Club (P)</p>	<p>12</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Game Club: Members Choice (3A) 1:15 Pretty in Pink: Spa Day (CN) 2:30 Sip and Mingle (CN) 3:00 Easter Jeopardy (3A) 6:15 Game Shows (ch.78)</p>	<p>13</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dining Committee Meeting (2A) 1:15 Crafty Creations: Sock Bunnies (CN) 2:30 Sip and Show (CN) 3:00 Evolution of the Easter Bunny (3A) 6:15 Horseshoes (3E)</p>	<p>14</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:15 Nelly Fox Bowling (OOB) 3:00 Brain Games: <i>Egg-pressions</i> (3A) 6:15 Chit Chat in the Front Lobby (FL)</p>	<p>15</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Happy Easter Crossword (3A) 1:30 Flower Oasis (P) 2:00 Easter Bingo (3A) 3:00 Social Hour: Blind Tasting Peeps (P) 6:15 Movie Night: Easter Parade (3A)</p>	<p>16</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Junk Drawer Detective (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)</p>
					Good Friday	
<p>17</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)</p> <p>Easter</p>	<p>18</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Earth Day Jeopardy (3A) 1:30 iN2L: Seated Chair Exercises (2A) 2:00 Un-Creepy Crawly Scavenger Hunt (3A) 3:00 iN2L: Raising a Caterpillar into a Butterfly (2A) 6:15 Card Club (P)</p>	<p>19</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Helping Hands Butterfly Farm (3A) 1:15 Kitchen Creations: Dirt Cups (CN) 2:30 Sip and Taste (CN) 3:00 Happy Earth Day Crossword (3A) 6:15 Game Shows (ch.78)</p>	<p>20</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Ed-U Presentation: <i>Israel, the Holy Land</i> by Terry Nymeyer (2A) 1:15 Crafty Creations: Bird Feeder Ornaments (CN) 2:30 Sip and Show (CN) 3:00 Conservation Search and Solve (3A) 6:15 Horseshoes (3E)</p>	<p>21</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:30 Walk and Stroll Club (HW) 2:00 Helping Hands: Painting Garden Gnomes (3A) 3:00 Sip and Show (3A) 6:15 Chit Chat in the Front Lobby (FL)</p>	<p>22</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Activity Club: Horseshoes (3A) 1:30 Flower Oasis (P) 2:00 Brain Games: Spring Edition (3A) 3:00 Social Hour: Girl Scout Cookie Pairing (P) 6:15 Movie Night: Where Eagles Dare (3A)</p> <p>Earth Day</p>	<p>23</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Junk Drawer Detective (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)</p>
<p>24</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>25</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: <i>What DNA Can't Tell You</i> (2A) 1:30 iN2L: Seated Chair Exercises (2A) 2:00 Passport Travels: Amsterdam (2A) 3:00 Amsterdam Crossword (2A) 6:15 Card Club (P)</p>	<p>26</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 11:00 Diners Caravan: Red Lobster (OOB) 1:15 Crafty Creation: DNA Wind Chime (CN) 2:30 Sip and Show (CN) 3:00 April IQ (3A) 6:30 Musical Entertainment featuring Cumberland Valley Quartet (2A)</p>	<p>27</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Game Club: Members Choice (3A) 1:15 Kitchen Creation: Homemade Pretzels (CN) 2:30 Sip and Taste (CN) 3:00 Crafty Creation: April Flower Decoration (3A) 6:15 Horseshoes (3E)</p>	<p>28</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:30 Ed-U Day Excursion: Gettysburg Battlefield Bus Tour & Wendy's Frosty (OOB) 3:00 Searching for April (3A) 6:15 Chit Chat in the Front Lobby (FL)</p>	<p>29</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Game Club: Rolling Dice (3A) 1:30 Flower Oasis (P) 2:00 Famous April Birthdays Word Search (3A) 3:00 New Resident Welcome Social with Director Of Sales (P) 6:15 Movie Night: Night Poms (3A)</p>	<p>30</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Book Club (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 National Oatmeal Cookie Day (P) 6:15 Puzzle Club (3A)</p>