

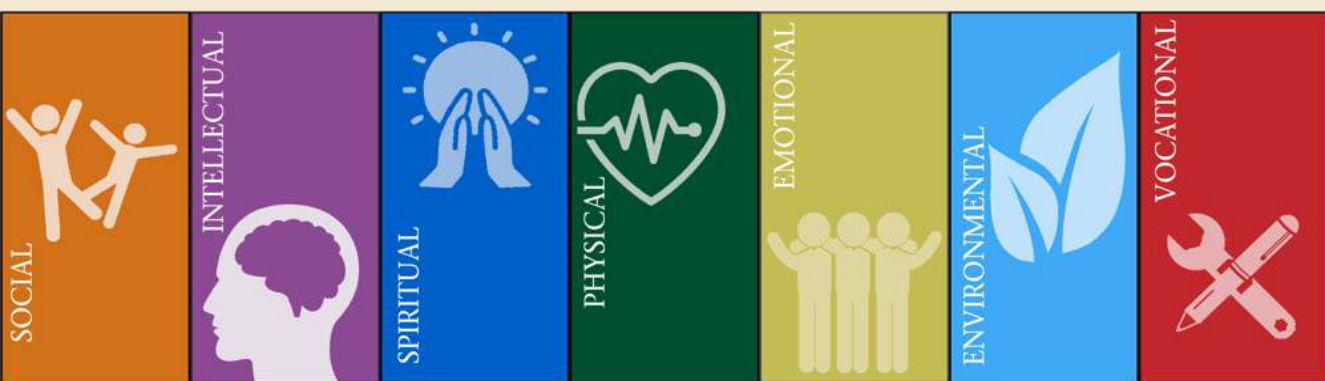
Focus on Wellness

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	
			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) **Registration Required, \$\$ Cost Involved	<h1 style="text-align: center;">April 2022</h1>		1 9:00 Light & Lively Exercise (3E) 9:30 Walk & Roll Walking Club (FL) 10:00 Bible Study with Sharon (CR) 10:00 Brunch Club (C) 1:30 Dart League (P) 2:00 Prize Bingo (2A) 3:00 Social Hour: Bean Boozled (P) 6:15 Movie Night: <i>Julius Caesar</i> (3A)	2 9:30 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 1:30 Stair Stepper Exercise (3E) 2:00 Musical Entertainment with Roy Justice via Zoom (2A) 3:00 Game Club: Scrabble (C) 6:15 Card Club: Dealer's Choice (2A)
						3 9:00 Light & Lively Exercise (3E) 9:30 Word Search Sheet Handout (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 3:00 Helping Hands: Plastic Egg Assembly (C) 6:30 Song and Scripture (Ch.809)	4 9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 10:00 Craft Corner: Spring At Your Door (P) 1:30 iN2L Seated Chair Exercise (2A) 2:00 iN2L: Seed Starting Methods (2A) 3:00 Birthday Gang Committee Meeting (C) 6:15 Horseshoes (3E)
10 9:00 Light & Lively Exercise (3E) 9:00 Minnie & Pearl Visit (FL) 9:30 Cranium Crunches Handout (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Craft Corner: Jelly Bean Mini Wreaths (C) 6:30 Song and Scripture (Ch.809)	11 9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 iN2L: <i>Easter Traditions Around The World</i> (2A) 3:00 4-H Club Presents: Baby Farm Animals (2A) 6:15 Card Club: Pinochle (2A)	12 9:00 Light & Lively Exercise (3E) 10:00 Craft Corner: Yarn Bunnies (C) 1:30 Acrylic Canvas Paintings (C) 2:00 TED Talk: <i>Why Bees are Disappearing</i> (2A) 3:00 Helping Hands Club: Table Top Décor (P) 6:15 Blitz with Ruth (2A)	13 9:00 Balloon Ball Exercise (3E) 10:00 Dining Committee Meeting (2A) 1:30 Musical Entertainment with Jessica Snyder (2A) 2:00 Horseshoes (3E) 3:00 Helping Hands Club: Table Top Décor (P) 6:15 Game Club: Sequence (2A)	14 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service Maundy Service (2A) 3:00 Bible Study (PDR) 6:15 Dart League (P)	15 9:00 Light & Lively Exercise (3E) 10:00 Good Friday Worship Service (2A) 1:30 Garden Club Check Up (C) 2:00 Creating Caring Cards Committee (C) 3:00 Social Hour: Blind Tasting Peeps (P) 6:15 Movie Night: <i>Easter Parade</i> (3A) Good Friday	16 9:30 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 1:30 Stair Stepper Exercise (3E) 2:00 Cooking Creation: Easter Cupcakes (C) 3:00 Mexican Train Dominoes (C) 6:15 Horseshoes (3E)	
17 9:00 Light & Lively Exercise (3E) 9:30 Cooking Creation: Decorating Easter Cupcakes (C) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Easter Service (2A) 3:00 The Evolution of the Easter Bunny with Trivia (P) 6:30 Song and Scripture (Ch.809) Easter	18 9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 Prize Bingo (2A) 3:00 iN2L: <i>How to Raise a Caterpillar Into a Butterfly</i> (2A) 6:15 Game Club: Sequence (2A)	19 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: TJ Maxx **\$(OOB) 10:00 Helping Hands: Butterfly Farm (P) 1:30 Acrylic Canvas Paintings (C) 2:00 Nickel Bingo \$\$ (2A) 3:00 Creative Crafts: Organic Home Cleaning Products (P) 6:15 Horseshoes (3E)	20 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Ed-U Presentation: <i>Israel the Holy Land</i> by Terry Nymeyer (2A) 1:30 Corn Hole (3E) 2:00 Fireside Chat (2A) 3:00 Seated Soccer Kicks (2A) 6:15 Card Club: Rummy (2A)	21 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Celebration of Life (2A) 3:00 Bible Study (PDR) 6:15 Blitz with Ruth (2A)	22 9:00 Light & Lively Exercise (3E) 10:00 Parkinson's Disease Awareness With Jaimie from Bayada (2A) 1:30 Garden Club Check Up (C) 2:00 Appreciate & Thank Club: Floral Pens(C) 3:00 Social Hour: Girl Scout Cookie Pairing (P) 6:15 Movie Night: <i>Where Eagles Dare</i> (3A) Earth Day	23 9:30 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Wii Bowling League (3E) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$\$ (2A) 3:00 Dart League (P) 6:15 Card Club: Pinochle (2A)	
24 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service with Guest David King (2A) 2:00 Shippensburg University Community Orchestra Spring Concert **\$(OOB) 6:15 Card Club: Rummy (2A)	25 9:00 Light & Lively Exercise (3E) 9:30 Walk & Roll Walking Club (FL) 10:00 iN2L: <i>What DNA Can't Tell You</i> (2A) 1:30 iN2L Seated Chair Exercise (2A) 2:00 Passport Travels: Amsterdam(2A) 3:00 Horseshoes (3E) 6:15 Card Club: Rummy (2A)	26 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Prize Bingo (2A) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Jeopardy! (2A) 3:00 National Pretzel Day: Soft Pretzels and Mustard (P) 6:00 Musical Entertainment with Cumberland Valley Quartet (2A)	27 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Ancestry DNA Testing **\$(2A) 11:00 Local Fares: Trojan Dinner **\$(OOB) 2:00 Musical Entertainment with Tom Shultz (2A) 3:00 April Shower's Bring May Flowers **\$(P) 6:15 Card Club: Pinochle (2A)	28 9:00 Sit & Be Fit Exercise (3E) 8:30 Breakfast Around Town: Cracker Barrel **\$(OOB) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 April Shower's Bring May Flowers **\$(P) 3:00 Bible Study (PDR) 6:15 Horseshoes (3E)	29 9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Nickel Bingo \$\$ (2A) 1:30 Garden Club Check Up (C) 1:30 Men's Club: Egg Drop Challenge (P) 3:00 New Resident Welcome Social With Our Director of Sales (P) 6:15 Movie Night: <i>Poms</i> (3A)	30 9:30 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 1:30 Stair Stepper Exercise (3E) 2:00 Card Club: UNO (2A) 3:00 National Oatmeal Cookie Day (P) 6:15 Game Club: Sequence (2A)	