

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

13 – Donald D.

May

3 – Bea B.

5 – Stanley P.

6 – Robert F.

8 – Shirley B.

27 – Irene T.

30 – Dolores C.

June

4 – Eleanor S.

4 – Marion B.

18 – Linda C.

19 – Caryl H.

23 – Sandra F.



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: April 2022

A Note from the Executive Director

Hello Providence Place family!

With great excitement, I started with Providence Place on March 8th. I am delighted by the warm welcome I have received. The residents, families and team members I have met over the past few weeks have shared great stories of their experience here. I welcome all of you to stop by and introduce yourself. My hope is we can work together to make Providence Place the best experience possible for residents, families, and team members.

Warm weather is on the horizon and we have so many great activities planned. The monthly Sunday brunch has been a great success, we plan to continue throughout the summer months. We are also looking forward to planning some other great family events this spring & summer.

Although Covid numbers have improved in 2022, there are still new cases. We are encouraging all residents and team members to receive a booster vaccine. Please let our Director of Wellness know if you need assistance with arranging booster doses. Our goal is to keep everyone safe and healthy!

Here's to warmer & longer days as we step into Spring.

Terri Sanelli

Executive Director

Highlighted Events

7 – **Diner's Caravan:**

Collegetown Diner @ 10:30am

9 – **Easter Egg Hunt** @ 2pm

13 – **Musical Entertainment:** 50's & 60's Tribute @ 4pm

20 – **Look Who's Dancing** @ 4pm


Welcome New Residents

Robert T.

Bill P.

James M.

Irene T.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			Calendar Key: ** Registration Required \$\$ Cost Involved (CR) Community Room (AR) Activity Room (P) Pub, (C) Connections Neighborhood (DR) Dining Room, (OL) Old Lobby (GR) Game Room, (LIB) Library	<h1>April</h1> <h1>2022</h1>		1 9:30 Chair Exercises (CR) 10:30 Circle of Friends with Chaplain Daniel (T) 11:00 Green Thumbs Club (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (CR) 3:00 Short Stories: Listen & Discuss (CR) 6:00 Res. Run: Billiards (OL)	2 9:30 Walking Club (L) 10:30 Cards & Coffee (P) 1:00 Bingo in Hats (AR) 2:30 Trivia & Games (AR) 3:00 Pinochle Club (P) 4:00 Name That Tune Happy Hour (P) 6:15 Community Puzzle (CR) 6:15 Res. Run: Card Games (P)
			3 10:00 Knitting & Crochet Club (AR) 10:30 Live Mass Service (T) 11:00 Egg Decorating & Egg Dish (AR) 1:00 Worship Service & Communion (T) 2:15 Community Crossword & Word Games (CR) 3:30 Card Club (P) 6:00 Games & Potluck Snacks (P)	4 9:30 Chair Exercises (CR) 11:00 Woofs of Wisdom by Ellie Mae (CR) 11:30 TED Talk: <i>Do Schools Kill Creativity?</i> by Sir Ken Robinson with Donuts & Coffee (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Craft: Painting Pictures (AR) 4:00 Happy Hour (P) 6:00 Res. Run: Card Games (P)	5 9:30 Chair Exercises (CR) 10:00 Grocery Run: Dollar Store**\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 Happy Birthday Committee (AR) 1:30 iN2L Games & Trivia (P) 2:00 Grateful Drumming Session by Joe Ciarvella (CR) 3:00 Celebration of Life (T) 3:30 Circle of Friends (T) 6:00 Movie: Hitchcock's <i>Rear Window</i> (T)	6 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 11:00 Balloon Volleyball (CR) 1:00 Dining Services Committee Mtg (AR) 2:00 Men's Club: Cards (P) 3:00 Mid-Week Worship Service (T) 4:00 Aerobic Exercise Class by <i>Look Who's Dancing (P)</i> 6:00 Res. Run: Board Games (P)	7 9:30 Chair Exercises (CR) 10:00 Games in the Pub (P) 10:30 Diners Caravan Lunch Out: Collegeville Diner**\$\$ (OOB) 1:00 Thankful to You Committee (AR) 2:15 Balance Class with Nadine (CR) 3:00 Sunshine Committee (AR) 4:00 Karaoke Happy Hour (P) 6:30 Card Games Club (P)
10 10:00 Knitting & Crochet Club (AR) 10:30 Live Mass Service (T) 11:00 Egg Decorating & Egg Dish (AR) 1:00 Palm Sunday Service (T) 2:15 Crafting: Jewelry Art (CR) 3:30 Card Club (P) 6:00 Games & Potluck Snacks (P)	11 9:30 Chair Exercises (CR) 11:00 Manicures & Mimosas (AR) 11:30 TED Talk: <i>Life is So Easy. Why Do We Make It So Hard?</i> By Jon Jandai With Donuts & Coffee (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Crafts: Painting Pictures (AR) 4:00 Happy Hour (P) 6:00 Res. Run: Card Games (P)	12 9:30 Chair Exercises (CR) 10:00 Shopping Trip: Marshalls**\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (CR) 2:00 Community Life Planning Committee Meeting (AR) 3:30 Circle of Friends (T) 6:00 Movie: <i>Singing in the Rain</i> (T)	13 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 10:30 Games in the Pub (P) 1:00 Balloon Volleyball (CR) 2:00 Men's Club: Billiards (P) 3:00 Mid-Week Worship Service (T) 4:00 Musical Entertainment featuring Lorri Woodward & James Hummel <i>50-60s Music Tribute</i> (P) 6:00 Res. Run: Board Games (P)	14 9:30 Chair Exercises (CR) 10:00 Games in the Pub (P) 11:00 Ordering Lunch In: Saku Restaurant**\$\$ (P) 1:00 Fireside Chat with Terri, E.D. (AR) 2:15 Balance Class with Nadine (CR) 3:00 Scrapbooking Group (AR) 4:00 Billiards Competition Happy Hour (P) 6:00 Card games Club (P)	15 9:30 Chair Exercises (CR) 10:30 Good Friday Communion Service (T) 11:00 Knitting & Crochet Club (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (CR) 3:00 Short Stories: Listen & Discuss (CR) 6:00 Res. Run: Billiards (OL) Good Friday	16 9:30 Walking Club (L) 10:30 Cards & Coffee (P) 1:00 Bingo in Scarves (AR) 2:30 Trivia & Games (AR) 3:00 Pinochle Club (P) 4:00 Atlantic City Poker Happy Hour with Casino Entertainer Kevin Crombie (P) 6:15 Community Puzzle (CR) 6:15 Res. Run: Billiards (GR)	
17 10:00 Knitting & Crochet Club (AR) 10:30 Live Mass Service (T) 11:00 Egg Decorating & Egg Dish (AR) 1:00 Easter Sunday Service (T) 2:15 Community Crossword & Word Games (CR) 3:30 Card Club (P) 6:00 Games & Potluck Snacks (P) Easter	18 9:30 Chair Exercises (CR) 11:00 Woofs of Wisdom by Ellie Mae (CR) 11:30 TED Talk: <i>The Puzzle of Motivation</i> by Dan Pink with Donuts & Coffee (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Craft: Painting Pictures (AR) 4:00 Happy Hour (P) 6:00 Res. Run: Card Games (P)	19 9:30 Chair Exercises (CR) 10:00 Shopping Trip: Target**\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (P) 2:00 Jewelry Crafts (CR) 3:30 Circle of Friends (T) 6:00 Movie: <i>Yesterday</i> (T)	20 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 10:30 Games in the Pub (P) 11:00 Balloon Volleyball (CR) 1:00 Ed-U Presentation: Golden Soul Dogs by Sage by Jenny Cochran (CR) 2:00 Ed-U Wellness: <i>Parkinson's Disease Awareness</i> by Ty, DOW (CR) 4:00 Aerobics Exercise Class by <i>Look Who's Dancing (C)</i> 3:00 Mid-Week Worship Service (T) 6:00 Res. Run Board Games (P)	21 9:30 Chair Exercises (CR) 10:30 Circle of Friends with Chaplain Daniel (T) 11:00 Green Thumbs Club (AR) 1:00 Ed-U Presentation: <i>Arthritis Awareness</i> by Beth Page, Genesis Health & Rehab Services (CR) 3:00 Short Stories: Listen, Sleuth and Solve (CR) 6:00 Res. Run: Billiards (P)	22 9:30 Chair Exercises (CR) 10:30 Bible Study & Hymn Sing with Chaplain Daniel (T) 11:00 Baking It Easy: Make your own Doughnuts from the Collegeville Bakery (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (CR) 3:00 Drum Aerobics (CR) 6:00 Res. Run: Billiards (OL) Earth Day	23 9:30 Walking Club (L) 10:30 Cards & Coffee (P) 1:00 Bingo in Colorful Beads (AR) 2:15 Trivia & Games (AR) 3:00 Pinochle Club (AR) 4:00 Brain Puzzles Happy Hour (P) 6:15 Community Puzzle (CR) 6:15 Res. Run: Card Games (P)	
24 10:00 Knitting & Crochet Club (AR) 10:30 Live Mass Service (T) 11:00 Crazy Cookies (AR) 1:00 Worship Service (T) 2:15 Crafting: Jewelry Art (AR) 3:30 Card Club (P) 6:00 Games & Potluck Snacks (P)	25 9:30 Chair Exercises (CR) 11:00 Woofs of Wisdom by Ellie Mae (CR) 11:30 TED Talk: <i>Brain Magic</i> By Keith Barry with Donuts & Coffee (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Craft: Painting Pictures (AR) 4:00 Happy Hour (P) 6:00 Res. Run: Card Games (P)	26 9:30 Chair Exercises (CR) 10:00 Shopping Trip: Giant**\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 Crafts with Brenda Gallo (AR) 2:00 iN2L Trivia and Games (CR) 3:30 Circle of Friends (T) 6:00 Movie: Hitchcock's <i>The Rope</i> (T)	27 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 11:00 Balloon Volleyball (CR) 1:00 Dining Services Committee Mtg (AR) 2:00 Men's Club: Cards (P) 3:00 Mid-Week Worship Service (T) 6:00 Res. Run: Board Games (P)	28 9:30 Chair Exercises (CR) 10:00 Helping Hands (AR) 10:30 Bible Study & Hymn Sing with Chaplain Daniel (T) 1:00 Balloon Volleyball (CR) 2:00 Ed-U Wellness <i>Medicine You Can Trust</i> by Bayada Home Health (CR) 3:00 Short Stories: Listen, Sleuth and Solve (L) 6:00 Res. Run: Billiards (P)	29 9:30 Chair Exercises (CR) 10:30 Circle of Friends with Chaplain Daniel (T) 11:00 Green Thumbs Club (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (CR) 3:00 Short Stories: Listen & Discuss (CR) 6:00 Res. Run: Billiards (OL)	30 9:30 Walking Club (L) 10:30 Cards & Coffee (P) 1:00 Bingo in Hats (AR) 2:30 Trivia & Games (AR) 3:00 Pinochle Club (P) 4:00 Billiards Happy Hour (P) 6:15 Community Puzzle (CR) 6:15 Res. Run: Card Games (P)	