

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.



Resident Birthdays		June
April	May	
3 – Betty S.	3 – Ginny R.	8 – Ruth R.
5 – Niles S.	3 – Cora E.	11 – June M.
9 – Phyllis D.	4 – Hannelore R.	13 – Matthew C.
18 – Judy S.	6 – Mary L.	15 – Catherine M.
20 – Joyce Z.	7 – Nancy F.	15 – Ron T.
20 – Gina N.	7 – Joann B.	15 – William M.
29 – Alberta W.	8 – Austin F.	16 – Wilma Jean M.
30 – Shirley F.	15 – Marian C.	17 – Rosemary P.
	15 – Connie J.	18 – Max W.
		20 – Bernadine T.
		26 – Dorothy R.
		19 – Mary K.
		25 – Delores B.
		25 – Mary Lou T.
		27 – John H.
		28 – Shirley G.
		29 – Betty E.
		29 – Truman G.
		31 – Betty R.

A Note from the Executive Director

As we continue to face new variants of the COVID virus, we are all working together to keep our community a safe environment while maintaining active programming. We thank you for playing your part by continuing to cooperate with our masking requirements, sign-in process and social distancing during visits.

At this time, we continue with our community dining and an active Community Life schedule of events and programs -- we are hopeful that this will not change recognizing what an important role socialization and engagement play in the health and wellness of our residents.

We hope everyone took advantage and enjoyed of our BBQ food truck. The patio located outside the 100-hallway area is set back up and ready for use! Make sure to check your calendars for the upcoming activities and events. As carpet replacement continues, thank you for your understanding and patience during our ongoing maintenance for our residents.

Hello Spring! Be sure to enjoy our outside walking trail and patios.

Best,
Howard Holben
Executive Director

Highlighted Events

- 4 – **Easter Canvas Silhouettes**
@ 10:15am – Connections Club
- 9 – **Easter Egg Hunt & Celebration**
@ 2pm – Families Welcome!
- 13 – **Shopping & Lunch Outing:**
Brown’s Orchard @ 10am
- 17 – **Easter Sunday Service**
@ 3pm
- 19 – **EdU Presentation:** Alice Roosevelt’s Press Conference @ 2pm
- 25 – **Monday Matinee:** Peter Rabbit
@ 1:30pm - Connections Club

Welcome New Residents

- Ellie B.
- Shirley G.
- Romaine E.
- Eloise D.
- Carolyn L.



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: (AR) Activities Room, (DR) Dining Room (FR) Fitness Room, (P) PUB (CR) Community Room (CDR) Create & Design Room (CY) 100 Hall Court Yard (PT) Pool Table Room, (L) Lobby, (FP) Front Patio, (FL) Front Lobby, (F) Fire Side, (CN) Connections (OOB) Out of the Building	<h1>April</h1> <h2>2022</h2>		1 9:30 Morning Exercise (AR) 10:00 Wii Bowling League (AR) 1:30 Manicures (FR) 2:00 Culinary Creations by Chef Bruce (AR) 3:00 The Fine Wines** (P) 6:00 Res. Run: Bingo (AR) 6:30 Fact Or False (FL)	2 9:30 Morning Exercise (AR) 10:00 House Of Café: Donut Mind If I Do! (AR) 1:30 Helping Hands: Social Prep (P) 2:30 Social Hour (P) 3:30 Helping Hands; Basket Goodies (AR) 6:30 Table Royal: Kings in the Corner (AR)
			3 9:30 Morning Exercise (AR) 10:00 Spring Craft with Betty (AR) 11:00 & 12:15 Table Mate Riddles (DR) 1:30 Jingo (AR) 2:30 Helping Hands: Filling Easter Eggs for the Community Egg Hunt (AR) 3:00 Worship Service (CR) 6:30 Res. Run: Poker Night (AR) 6:30 Neighbor Visit: Sharing Treats (CN)	4 9:30 Morning Exercise (AR) 10:00 Bible Study (F) 10:30 Balance Class (FR) 1:30 Melodies by Lindsay Amspacher (AR) 1:30 Circle Of Friends** (F) 2:30 Bingo (AR) 4:00 First Monday Dinner Excursion: Quaker Steak & Lube*** (OOB) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Pub Poker (P)	5 9:30 Morning Exercise (AR) 10:00 Wake up with: Brain Busters and Coffee (AR) 1:30 Movie Day w Chaplain Shawn (CR) 2:00 Gardening & Social (CY) 3:00 Helping Hands: Filling Easter Eggs for the Community Egg Hunt (AR) 6:30 Res. Run. Game Of Dominos (FL)	6 9:30 Morning Exercise (AR) 10:00 Fireside Chat with Howard, E.D.(AR) 10:00 Greif Support Group (F) 10:00 Shopping Trip: Giant *** (OOB) 1:30 Prayer & Worship Service (CR) 2:30 Prize Bingo (AR) 3:30 Game Of Trivia (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Crossword & Word Finds (FL)	7 9:30 Morning Exercise (AR) 10:30 Praying the Rosary (CDR) 12:00 February Birthday Lunch (AR) 1:30 Hymns with Chaplain Shawn (CR) 2:15 Social Hour: Yogurt Bar (P) 3:00 Game Of Trivia (P) 4:00 & 5:15 Wine & Dine (DR) 6:10 Movie Night (CR)
10 9:30 Morning Exercise (AR) 10:00 Easter Craft with Betty (AR) 10:30 Welcoming Garden Club (AR) 11:00 & 12:15 Table Mate Riddles (DR) 1:30 Jingo (AR) 3:00 Worship Service (CR) 6:30 Res. Run: Poker Night (AR) 6:30 Neighbor Visit: Sharing Treats (CN)	11 9:30 Morning Exercise (AR) 10:00 Bible Study (F) 1:30 Melodies by Lindsay Amspacher (AR) 1:30 Circle Of Friends** (F) 2:30 Pool Hall Hour (PT) 3:30 Balance Class (FR) 4:00 & 5:15 Table Mate Trivia (DR) 6:10 Bingo with Adam (AR)	12 9:30 Morning Exercise (AR) 10:00 Wake up with: Brain Busters and Coffee (AR) 1:30 Movie Day w Chaplain Shawn (CR) 2:30 Ed-U: <i>PA Dutch Memories</i> by Holly Aughenbaugh (AR) 3:00 Social Hour (P) 6:30 Res. Run. Game Of Checkers (FL)	13 9:30 Morning Exercise (AR) 10:00 Balance and Action by Laura from Genesis Health & Rehab (FR) 10:00 Shopping & Lunch Out: Brown's Orchard & Farm Market*** (OOB) 10:00 Greif Support Group (F) 1:30 Prayer & Worship Service (CR) 2:30 Prize Bingo (AR) 3:30 Game Of Trivia (AR) 4:00 & 5:15 Tablemate Trivia (DR) 6:30 Kings in the Corner (FL)	14 9:30 Morning Exercise (AR) 10:30 Praying the Rosary (CDR) 1:30 Country Ride** (OOB) 1:30 Hymns with Chaplain Shawn (CR) 2:15 Social Hour: Taste Of Italy (P) 3:30 Game of Trivia (P) 4:00 & 5:15 Wine & Dine (DR) 6:10 Movie Night (CR)	15 9:30 Morning Exercise (AR) 10:15 Hot Chocolate Trolley (FL) 2:00 Musical Entertainment with Thomas Shultz (P) 3:00 Good Friday Church Services (CR) 3:15 The Fine Wines** (P) 4:00 & 5:15 Table Mate Trivia (DR) 6:00 Res. Run: Bingo (AR)	16 9:30 Morning Exercise (AR) 10:00 House Of Café: Donut Mind If I Do! (AR) 10:30 Table Top Games: Uno (AR) 1:30 Helping Hands: Social Prep (P) 2:00 Musical Entertainment by Tom & Randy with Mocktails (P) 3:30 Helping Hands (AR) 6:30 Table Royal: War (AR)	
17 6:15 Sunrise Church Service (900 Lounge) 9:30 Morning Exercise (AR) 10:00 House Of Café & Daily News (AR) 11:00 & 12:15 Table Mate Riddles (DR) 1:30 Easter Jingo (AR) 3:00 Easter Sunday Worship Service (AR) 6:30 Res. Run: Poker Night (AR) 6:30 Neighbor Visit: Sharing Treats (CN)	18 9:30 Morning Exercise (AR) 10:00 Bible Study (F) 10:00 Cognitive Health with Bethany from Genesis Health & Rehab (AR) 1:30 Melodies by Lindsay Amspacher (AR) 1:30 Circle Of Friends** (F) 2:30 Educational Documentary (AR) 3:30 Balance Class (FR) 4:00 & 5:15 Table Mate Trivia (DR) 6:10 Bingo with Adam (AR)	19 9:30 Morning Exercise (AR) 10:00 Wake up with: Brain Busters and Coffee (AR) 1:30 Movie Day w Chaplain Shawn (CR) 2:00 Ed-U: <i>Alice Roosevelt's 1st Press</i> <i>Conference In 60 Years</i> (AR) 3:00 Social Hour (P) 6:30 Res. Run. Game Of Chess (FL)	20 9:30 Morning Exercise (AR) 10:00 Greif Support Group (F) 10:00 Shopping Trip: Boscov's*** (OOB) 1:30 Prayer & Worship Service (CR) 2:30 Prize Bingo (AR) 3:30 Game Of Trivia (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Crossword & Word Search (FL)	21 9:30 Morning Exercise (AR) 10:00 Bible Study (CR) 10:30 Praying the Rosary (CDR) 1:30 Hymns with Chaplain Shawn (CR) 1:30 Helping Hands: Social Prep (P) 2:15 Social Hour (P) 4:00 & 5:15 Wine & Dine (DR) 6:10 Movie Night (CR)	22 9:30 Morning Exercise (AR) 10:00 House Of Café & Discussions (AR) 12:00 Ladies Luncheon: A Meal Fit for the Queen (CR) 1:30 Manicures (FR) 2:30 Culinary Creations with Adam (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:00 Res. Run: Bingo (AR) 6:30 Game Of Pictionary (FL)	23 9:30 Morning Exercise (AR) 10:00 House Of Café: Donut Mind If I Do! (AR) 10:30 Table Top Games: Connect 4 (AR) 1:30 Helping Hands: Social Prep (P) 2:00 Saturday Social (P) 3:30 Helping Hands (AR) 6:30 Table Royal: 500 (AR)	
Easter					Earth Day		
24 9:30 Morning Exercise (AR) 10:00 House Of Café (AR) 10:30 Welcoming Garden Club (AR) 11:00 & 12:15 Table Mate Riddles (DR) 1:30 Jingo (AR) 3:00 Worship Service (AR) 6:30 Res. Run: Poker Night (AR) 6:30 Neighbor Visit: Sharing Treats (CN)	25 9:30 Morning Exercise (AR) 10:00 Bible Study (F) 1:30 Movie Matinee (CR) 1:30 Melodies by Lindsay Amspacher (FL) 1:30 Circle Of Friends** (F) 2:30 Educational Documentary (AR) 3:30 Balance Class (FR) 4:00 & 5:15 Table Mate Trivia (DR) 6:10 Bingo with Adam (AR)	26 9:30 Morning Exercise (AR) 10:00 Wake up with Brain Busters and Coffee (AR) 1:30 Movie Day w Chaplain Shawn (CR) 2:00 Ed-U: 100 Years of Women's Voting Rights (AR) 3:00 Social Hour (P) 6:30 Res. Run. Game Of Trivia (FL)	27 9:30 Morning Exercise (AR) 10:00 Greif Support Group (F) 10:00 Country Ride** (OOB) 1:30 Prayer & Worship Service (CR) 2:30 Bingo Blast (AR) 3:30 Game Of Trivia (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:30 Kings Corner (FL)	28 9:30 Morning Exercise (AR) 10:00 Clever Cooks: Homemade Soup (AR) 1:30 Hymns with Chaplain Shawn (CR) 1:30-3:00 Neighborhood Soup Contest (P) 4:00 & 5:15 Wine & Dine (DR) 6:10 Movie Night (CR)	29 9:30 Morning Exercise (AR) 10:00 House Of Café & Discussions (AR) 1:30 Earth Day Oobleck** (CDR) 1:30 Meet the Chef (P) 2:30 Culinary Creation: Soil Layers (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:00 Res. Run: Bingo (AR) 6:30 Game Of Pictionary (FL)	30 9:30 Morning Exercise (AR) 10:00 House Of Café: Donut Mind If I Do! (AR) 10:30 Table Top Games: Connect 4 (AR) 1:30 Helping Hands: Social Prep (P) 2:00 Saturday Social (P) 3:30 Helping Hands (AR) 6:30 Table Royal: Dealer's Choice (AR)	