

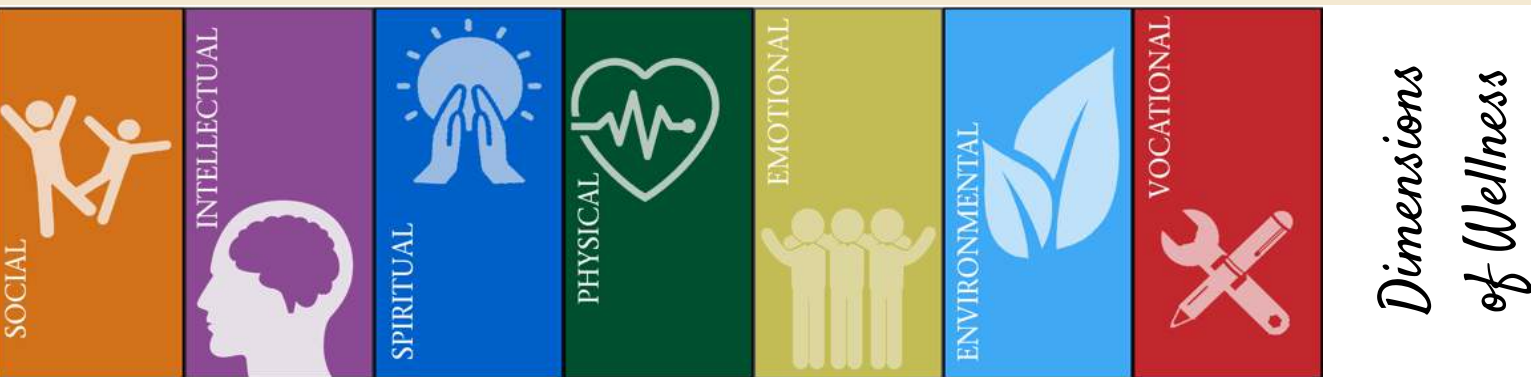
Focus on Wellness

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

April

1 – Catherine H.
3 – Betty P.
3 – Joseph L.
5 – RoseAnn W.
7 – Inge S.
8 – Angela C.
10 – Jane H.
11 – Carol K.
13 – Stephanie L.
18 – Isabelle B.
19 – Clinton C.

May

22 – Bernadine M.
24 – Donald M.
25 – George G.
26 – Agnes J.
30 – Katalin C.

June

7 – Barbara Z.
7 – Patricia M.
12 – Anthony T.
26 – Eugene T.
27 – Violet N.
29 – Charles Morris S.
31 – Jeanette M.
2 – Helen G.
5 – Joanne B.
6 – Vilma S.
9 – Alfred C.
11 – Sandra S.
12 – Grace S.
13 – Elizabeth D.
15 – Jane Z.
15 – Lois E.
21 – Joan C.
22 – Douglas S.
23 – Lillian C.
29 – Barbara W.



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.

I'm so overwhelmed with the love our home has brought to our residents. At Providence Place of Drums, my 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 even begun to make some "Wishes" come true. We want to know what is on your wish list!

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. Stay healthy and think happy.

Sincerely yours,

Kim Perchak

Executive Director

Highlighted Events

- 6 – **Cooking Club: Easter Pies**
@ 10:30am
- 7 – **EdU Presentation:** Israel, The Holy Land @ 1:30pm
- 10 – **Children's Easter Egg Hunt**
@ 2:30pm – *Families Welcome!*
- 13 – **Entertainment by John Stevens Polka Band** @ 2:30pm
- 14 – **EdU Trip:** Tamaqua Railroad Station @ 1:30pm
- 26 – **Centenarian Celebration:**
Agnes Juris with Mayor Cusat
@ 12pm
- 28 – **"Tastes of Hazleton" Super Social** @ 2:30pm

Welcome New Residents

Lois E.




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: ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C)		<h1>April</h1> <h1>2022</h1>		1 9:30 Breakfast Caravan: Mary's Restaurant**\$\$ (OOB) 10:00 TED Talk & Discussion: <i>How To Get the Most Out Of Life</i> (3rd) 10:30 Hand Weights Strength Exercise (2nd) 1:30 Dealing with Loss Support Group (SR) 2:00 Dessert & Discussion with Chef Ashley: Pineapple Upside Down Cake (DR) 3:00 Stations of the Cross (Ch) 6:30 Boggle (1st)	2 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Thankful to You Committee (3rd) 1:45 Community Outreach: Troopons: Coupons for Troops (3rd) 2:30 Matinee: <i>The Hundred-Foot Journey</i> (2nd) 3:00 Bible Study (3rd) 3:30 <i>Spring Fling</i> Happy Hour (1st) 6:30 Rummikub (1st)
			3 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Saving Our Planet: <i>Climate Action</i> (C) 6:30 Knit & Crochet Club (3rd)	4 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Food for Thought: Hrudka (C) 1:30 Helping Hands Club: Fill Eggs For Children's Easter Egg Hunt (3rd) 3:00 Hymn Sing (3rd) 3:30 Sunshine Committee (3rd) 6:30 Pinochle Players Club (3rd) 7:30 Men's Club: March Madness Basketball Championship Game Social (3rd)	5 9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Interactive Music Class with Cynthia (2nd) 2:00 Bible Study with Deacon Bob Roman (C) 3:30 Famous Birthday Spotlight: Bette Davis (3rd) 6:30 Scrabble (1st)	6 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Cooking Club: Prepare Campus Easter Pies (C) 1:30 TED Talk & Discussion: <i>Do What You Love</i> (3rd) 2:00 Circle of Friends (SR) 2:45 Bingo (3rd) 3:30 Holiday Celebration Planning Cmte. (2nd) 6:30 Dominoes (1st)	7 9:30 Balance in Action Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Providence Place Walking Club (ML) 1:30 Ed-U Presentation: <i>Israel - The Holy Land</i> By Photographer Terry Neumyer (3rd) 2:30 Spelling Bee (3rd) 3:30 Welcome Ambassador Cmte. Mtg. (3rd) 6:30 Pinochle Players Club (3rd)	8 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 10:30 Art Exploration: Salt Dough (3rd) 1:30 Dealing with Loss Support Group (SR) 2:00 Ed-U Health Presentation: Parkinson's Disease Awareness By DOW, Melissa (3rd) 3:00 Stations of the Cross (Ch) 6:30 Boggle (1st)
10 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Palm Sunday Service With Chaplain Bev (Ch) 2:30 Community Easter Event: Children's Easter Egg Hunt** (OOB) 4:00 iN2L: Saving Our Planet: <i>Green Cities</i> (C) 6:30 Knit & Crochet Club (3rd)	11 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 TED Talk & Discussion: <i>The Value of Kindness</i> (3rd) 1:30 X-Box Bowling (2nd) 2:30 Dining Demo with Chef Ashley: Candy Easter Eggs (DR) 3:30 Technology Committee (3rd) 6:30 Pinochle Players Club (3rd)	12 9:30 Shopping Trip: Dollar Tree/Aldi's**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Cooking Club: Hot Cross Buns (C) 2:45 Bingo (3rd) 3:30 Soul Club: <i>Chicken Soup for the Soul</i> (3rd) 6:30 Scrabble (1st)	13 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Trivia Challenge (3rd) 1:30 Men's Club: Corn Hole Challenge (1st) 2:00 Circle of Friends (SR) 2:30 Musical Entertainment featuring John Stevens Polka Band (DR) 3:30 Resident Birthday Committee Mtg. (3rd) 6:30 Dominoes (1st)	14 9:30 Daily Prayer & Meditation (Ch) 10:00 Balance in Action Exercise (2nd) 10:30 Craft Club: Palm Crosses (3rd) 1:30 Ed-U Day Excursion: Tamaqua Railroad Station**\$\$ (OOB) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciarvella (2nd) 3:00 Karaoke Singalong (3rd) 6:30 Pinochle Players Club (3rd)	15 Good Friday 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 10:30 Art Exploration: Salt Dough (3rd) 1:30 Dealing with Loss Support Group (SR) 2:00 Ed-U Presentation: <i>Miracle of Good Friday</i> by Glenn Faul (DR) 3:00 Stations of the Cross (Ch) 6:30 Boggle (1st)	16 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Hymn Sing (3rd) 2:00 New Resident Cocktail Mixer (3rd) 3:00 Matinee: <i>Easter Parade</i> (2nd) 6:30 Rummikub (1st)		
Easter 17 9:00 TV Catholic Mass (3rd) 10:00 Helping Hands Club: Prep Chapel for Easter Service (Ch) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Easter Celebration (DR) 1:30 Easter Sunday Worship Service With Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Saving Our Planet: <i>Trees for the Earth</i> (C) 6:30 Knit & Crochet Club (3rd)	18 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 TED Talk & Discussion: <i>What You Discover When You Listen</i> (3rd) 1:30 Bible Study with Deacon Bob Roman (C) 2:30 Chef's Pairings with Chef Ashley: Caramels & Wine (DR) 3:30 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)	19 9:30 Daily Prayer & Meditation (Ch) 10:00 Retail Shopping: Boscov's**\$\$ (OOB) 10:30 Stretch Exercise (2nd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Ed-U Virtual Presentation: <i>America's Most Scenic Drives:</i> <i>Main to Key West</i> by Questar, Inc. (C) 3:30 Focus on Health: Blood Pressure Checks (3rd) 6:30 Scrabble (1st)	20 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Diner's Lunch Caravan: Evan's Roadhouse**\$\$ (OOB) 1:30 Manicures & Mocktails (3rd) 2:00 Circle of Friends (SR) 2:45 Bingo (3rd) 4:00 April Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	21 9:30 Daily Prayer & Meditation (Ch) 10:00 Balance in Action Exercise By Genesis (2nd) 10:30 Sudoku Challenge (3rd) 1:30 Hymn Sing (3rd) 2:30 Dining Service Committee Meeting (3rd) 3:30 Brain Games (3rd) 6:30 Pinochle Players Club (3rd)	22 Earth Day 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 10:30 Art Exploration: Salt Dough (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Craft Club: Embellish Earth Day "Bags For Life" (3rd) 4:00 Providence Place Walking Club (ML) 6:30 Boggle (1st)	23 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Community Life Planning Meeting (3rd) 1:30 World Book Day: Guess the Character Game (3rd) 2:30 Matinee: <i>The Sound of Music</i> (2nd) 3:30 Finish the Lyrics (3rd) 6:30 Rummikub (1st)		
24 9:00 TV Catholic Mass (3rd) 10:00 Providence Place Wish Honoring Resident Bernadine Marusak (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Saving Our Planet: <i>End Plastic Pollution</i> (C) 6:30 Knit & Crochet Club (3rd)	25 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Craft Club: Clay Pot Wind Chimes (3rd) 1:30 Providence Place Walking Club (ML) 2:30 Local History: Brainerd Church (3rd) 3:30 iN2L: Spring Bird Watch: American Robin (3rd) 6:30 Pinochle Players Club (3rd)	26 9:30 Daily Prayer & Meditation (Ch) 10:00 Centenarian Celebration For Resident Agnes Juris: With Hazleton Mayor Jeff Cusat (1st) 1:30 Stretch Exercise (2nd) 2:00 Ed-U Live Demo: <i>Cave Dwellers</i> By Carbon County Environment Edu. Ctr (1st) 3:00 Fireside Chat (1st) 3:30 Crossword Challenge (3rd) 6:30 Scrabble (1st)	27 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Spring Crossword Challenge (3rd) 1:30 Cooking Club: Spring Vegetables With Homemade French Onion Dip (C) 2:00 Circle of Friends (SR) 2:45 Bingo (3rd) 4:00 Today in History (3rd) 6:30 Dominoes (1st)	28 9:30 Balance in Action Exercise (2nd) 10:00 Shopping Trip: Laurel Mall**\$\$ (OOB) 10:30 TED Talk & Discussion: <i>The Secret Process of Resilience</i> (3rd) 1:30 Craft with ED Kim (2nd) 2:30 <i>Tastes of Hazleton</i> Super Social (3rd) 4:00 Karaoke Singalong (3rd) 6:30 Pinochle Players Club (3rd)	29 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 10:30 Art Exploration: Salt Dough (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Ed-U Presentation: Abuse & Neglect Awareness By Michelle Nutter of PA Office of AG (3rd) 3:30 Arbor Day Outdoor Walk: Tree Identification (ML) 6:30 Boggle (1st)	30 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Trivia Challenge (3rd) 1:45 Hymn Sing (3rd) 2:30 Matinee: <i>The Secret Garden</i> (2nd) 3:30 <i>Roaring 20's</i> Happy Hour (1st) 6:30 Rummikub (1st)		