

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

3 – Filomena G.
5 – Audrey P.
13 – Carl H.
21 – Claire S.
21 – Ruth F.
22 – Roberta M.
23 – Patricia B.
24 – Arlis G.
27 – Virginia S.

May

12 – John D.
13 – Bernard O.

June

3 – Terrence L.
12 – Twila M.
13 – Mercedes S.
19 – Anna M.
20 – Elva S.
29 – Elizabeth C.



Providence Place SENIOR LIVING News

Q2: April 2022

A Note from the Executive Director

April is the time of year that signifies rebirth. It is the month when flowers begin to bloom, the weather gets warmer, the days are longer, and everyone is excited to spend time outdoors.

As COVID cases decrease, we are opening our communities more and more with each passing day. It truly feels warmer & brighter.

Please join us with your children & grandchildren on Saturday, April 16th at 2pm for our Easter Egg Hunt! Also, check out our calendar and join your loved one for other events as well.

We have officially reopened our first floor for memory care residents. If you know of someone who could benefit from our services and a community setting, please reach out to our Director of Sales, Michelle.

Donna O'Leary

Executive Director

Highlighted Events

- 2 – **Super Social Hour** @ 2pm
- 7 – **Balance In Action** @ 9:30am
- 8 – **EdU Presentation:** Wake Up Spring with Lancaster Parks & Rec @ 2pm (@ 3pm in *Connections*)
- 12 – **EdU Presentation:** Ravens Ridge Presentation @ 2pm
- 16 – **Community Easter Egg Hunt** @ 2pm - Families Welcome!
- 19 – **Celebration of Life:** with Trail Life Troop #316 @ 2pm
- 20 – **Musical Entertainment:** 50's Rock by Pat Kocen @ 2pm
- 21 – **Earth Day Cooking with Chef Jermel** @ 2pm - *Connections*

Welcome New Residents

Richard B.
Linda 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: ** Registration Required \$\$ Cost Involved (CH) Chapel (DR) Dining Room (PT) Pool Table Room (AR) Activity Room (L) Lobby (OBB) Out of Building (GL) Governor's Lounge (S) Salon	<h1 style="text-align: center;">April 2022</h1>	1 9:30 Seated Pilates (CH) 10:00 Grief Share and Support Group (CH) 10:30 Welcome Ambassador Cmte (CH) 1:30 Examining Bible Prayers (CH) 2:00 The Dime Store (L) 3:15 TED Talks and Friday Floats <i>Laughter is Medicine</i> (CH) 6:15 Community Puzzle (CH)	2 9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (L) 10:00 Bingo (CH) 1:30 Finish The Lines (CH) 2:00 Super Social Hour Welcoming New Neighbors (GL) 3:15 Creative Crafting: Tissue Flowers (CH) 6:15 Dominoes (CH)
3 9:00 Early Risers Social Society (CH) 9:30 Faith Studies (CH) 10:30 Team Cuisine Cooking Club: Dump Cake (1FL) 1:30 Manicure and Mocktails **(S) 2:00 Sunday Mixer (GL) 3:00 Worship Service and Communion (CH) 6:15 Movie Club: <i>Laura</i> (CH)	4 9:30 Chair Yoga (CH) 10:00 iN2L Armchair Travels (CH) 10:30 iN2L Brain Teasers (CH) 1:30 Heart Healthy Walking Club (L) 2:00 Ed-U Presentation <i>Operation Bernhard</i> by Stephen Shaw (CH) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble with Friends (CH)	5 9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 11:00 Lunch Out: Tokyo Dinner**\$\$ (OOB) 1:30 Dining Services Committee Meeting (CH) 2:00 Men's Club: Brews and Grooves (GL) 3:15 Jeopardy (CH) 6:15 Movie Club: Hallmark Movie (CH)	6 9:00 Early Risers Social Society (CH) 9:30 Drum Stick Aerobics (CH) 10:00 Virtual Midweek Worship (CH) 1:30 Word in a Word (CH) 1:30 Furry Companion Visit from Mia (CH) 2:00 Community Life Planning Committee (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (AR)	7 9:30 Balance in Action by Amy, Genesis Health and Rehab (CH) 10:00 Spiritual Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Circle of Friends (CH) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (CH)	8 9:30 Seated Pilates (CH) 10:00 Grief Share and Support Group (CH) 1:30 Examining Bible Prayers (CH) 2:00 Ed-U Presentation <i>Wake Up Spring</i> by Lisa Sanchez, Naturalist from Lancaster Parks and Rec (CH) 2:00 The Dime Store (L) 3:15 TED Talks and Friday Floats <i>Positivity Can Make A Difference</i> (CH) 6:15 Community Puzzle (CH)	9 9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (L) 10:00 Bingo (CH) 1:30 Finish The Lines (CH) 2:00 Super Social Hour Allegro Winery of York Tasting (GL) 3:15 Creative Crafting: Frame the Day (CH) 6:15 Dominoes (CH)
10 9:00 Early Risers Social Society (CH) 9:30 Faith Studies (CH) 10:30 Team Cuisine Cooking Club: Bird Egg Cookies (AR) 1:30 Sunshine Committee (AR) 2:00 Sunday Mixer (GL) 3:00 Worship Service (CH) 6:15 Movie Club: <i>Green Mile</i> (CH)	11 9:30 Chair Yoga (CH) 10:00 iN2L Armchair Travels (CH) 10:30 iN2L Brain Teasers (CH) 1:30 Heart Healthy Walking Club (L) 2:00 Helping Hands: Filling Easter Eggs (CH) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble with Friends (AR)	12 9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:15 Shopping Trip: <i>Boscov's**\$\$</i> (OOB) 10:30 Hymn Sing (CH) 1:30 Book Club: A Dogs Purpose (AR) 2:00 Ed-U Presentation <i>Pennsylvania</i> <i>Wildlife</i> by Ravens Ridge Wildlife Center (CH) 3:15 Spelling Bee (AR) 6:15 Movie Club: Hallmark Movie (CH)	13 9:00 Early Risers Social Society (CH) 9:30 Drum Sticks Aerobics (CH) 10:00 Midweek Worship Service (CH) 1:30 Word in a Word (CH) 1:30 Furry Companion Visit from Mia (CH) 2:00 Ed-U Presentation <i>Israel The Holy</i> <i>Land</i> by Local Retired Educator, Terry Neumyer (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (AR)	14 9:30 Balance in Action (CH) 10:00 Spiritual Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Thankful to You Club (CH) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (AR)	15 9:30 Seated Pilates (CH) 10:00 Communion & Good Friday Service (CH) 1:30 Examining Bible Prayers (CH) 2:00 The Dime Store (L) 2:00 Fireside Chat Donna, E.D. (CH) 3:15 TED Talks and Friday Floats <i>The Power of Family Stories</i> (CH) 6:15 Community Puzzle (AR) Good Friday	16 9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (L) 10:00 Bingo (CH) 1:30 Finish The Lines (AR) 2:00 Community Event Easter Egg Hunt (OOB) 6:15 Dominoes (AR)
17 9:00 Early Risers Social Society (CH) 9:30 Faith Studies (CH) 10:30 Team Cuisine Cooking Club: Potato Nest (AR) 2:00 Easter Sunday Social (GL) 3:00 Easter Worship Service (CH) 6:15 Movie Club: <i>Message in a Bottle</i> (CH) Easter	18 9:30 Chair Yoga (CH) 10:00 iN2L Armchair Travels (CH) 10:30 iN2L Brain Teasers (CH) 1:30 Heart Healthy Walking Club (L) 2:00 Horticulture Club (AR) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble with Friends (AR)	19 9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:00 Shopping Trip: Dollar Tree **\$\$ (OOB) 10:30 Hymn Sing (CH) 1:30 Book Club A Dog's Purpose (CH) 2:00 Celebration of Life with Trail Life Troop #316 (CH) 3:15 Jeopardy (CH) 6:15 Movie Club: Hallmark Movie (CH)	20 9:00 Early Risers Social Society (CH) 9:30 Drum Sticks Aerobics (CH) 10:00 Midweek Worship Service (CH) 1:30 Creative Cooking with Chef Jermel (CH) 2:00 Musical Entertainment featuring <i>50's Rock</i> by Pat Kocen (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (AR)	21 9:30 Balance in Action (CH) 10:00 Spiritual Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Circle of Friends (CH) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (AR)	22 9:30 Seated Pilates (CH) 10:00 Grief Share and Support Group (CH) 1:30 Examining Bible Prayers (CH) 2:00 The Dime Store (L) 3:15 TED Talks and Friday Floats <i>Stop the Flow of Ocean Plastics</i> (CH) 6:15 Community Puzzle (AR) Earth Day	23 9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (L) 10:00 Bingo (CH) 1:30 Finish The Lines (AR) 2:00 Super Social Hour Earth Day Special (GL) 3:15 Creative Crafting: 3D Canvas Art (AR) 6:15 Dominoes (AR)
24 9:00 Early Risers Social Society (CH) 9:30 Faith Studies (AR) 10:30 Team Cuisine Cooking Club: Pigs in a Blanket (AR) 1:30 Jewelry Club (AR) 2:00 Sunday Mixer (GL) 3:00 Worship Service (CH) 6:15 Movie Club: <i>King Richard</i> (CH)	25 9:30 Chair Yoga (CH) 10:00 iN2L Armchair Travels (CH) 10:30 iN2L Brain Teasers (CH) 1:30 Heart Healthy Walking Club (L) 2:00 Women's Red Hat Society Club (GL) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble with Friends (AR)	26 9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 11:30 Lunch Out: Juicy Crab **\$\$ (OOB) 1:30 Chef's Pairing with Chef Jermel (CH) 2:00 Men's Club: Brews & Grooves (CH) 3:15 Spelling Bee (CH) 6:15 Movie Club: Hallmark Movie (CH)	27 9:00 Early Risers Social Society (CH) 9:30 Drum Sticks Aerobics (CH) 10:00 Midweek Worship Service (CH) 1:30 Word in a Word (CH) 2:00 Ed-U Wellness <i>Parkinson's Disease Awareness</i> by Jamie Benedict, Bayada Home Health Care (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (AR)	28 9:30 Balance in Action (CH) 10:00 Spiritual Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Circle of Friends (CH) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (AR)	29 9:30 Community Shopping Trip: Arbor Day <i>Tress**</i> (OOB) 1:30 Examining Bible Prayers (CH) 2:00 The Dime Store (L) 2:00 Musical Entertainment featuring <i>Easy Listening</i> by Nick Viscuso (CH) 3:15 TED Talks and Friday Floats <i>What Makes a Good Life?</i> (CH) 6:15 Community Puzzle (AR)	30 9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (L) 10:00 Bingo (CH) 1:30 Finish The Lines (AR) 2:00 Super Social Hour April Rain (GL) 3:15 Creative Crafting: Hawaiian Lei (AR) 6:15 Dominoes (AR)