

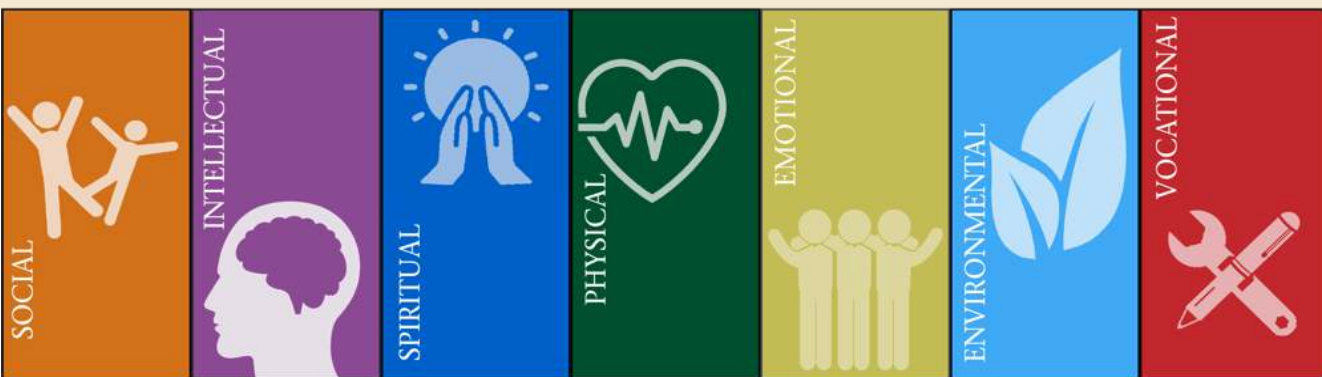
# Focus on Wellness

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

8 – Ella A.  
9 – June M.  
13 – Rose Ann S.  
20 – Dolores Z.

### May

4 – Thomas W.  
7 – Marie A.  
25 – Anna S.  
29 – Joyce R.  
30 – Gladys W.

### June

1 – Fern K.  
7 – Elaine L.  
9 – Gerald L.  
10 – Alice K.  
13 – Doris B.  
15 – Marilyn H.  
17 – Constance D.  
21 – Catherine D.  
25 – June K.



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)



# Providence Place SENIOR LIVING News

Q2: April 2022

## A Note from the Executive Director

The Grove is happy to announce that we are COVID-free and that masks are optional for residents who are vaccinated & boosted. We are still requiring masking of our staff & visitors as well as residents who are not fully-vaccinated. We are only testing unvaccinated staff twice weekly and anyone who is symptomatic. This is a nice shift in gears from the latest surge.

Spring has sprung and we are gearing up for our community Easter Egg Hunt on Saturday April 16th. Please bring your children and grandchildren! We will be having a cookout, prizes and the Easter Bunny will be here to celebrate as well.

The weather is getting nicer and the porches are being set up for you to enjoy the outdoor weather.

Hope to see you outside under the awning.



Sincerely,  
Julie Wallace


Executive Director

## Highlighted Events

- 3 – **Resident Conversations with David Leader** @ 3pm
- 12 – **EdU Presentation: Ukrainian Pysanky Eggs** @ 2pm
- 16 – **Community Easter Egg Hunt** @ 2pm – Families Welcome!
- 20 – **Diner's Caravan** @ 11am Long Run Restaurant

## Welcome New Residents

Constance D.  
Anna S.  
Sally L.  
Effie Z.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (FP) Front Patio (RP) Rear Patio (WP) Walking Path	<h1>April</h1> <h1>2022</h1>		1	2
						9:30 Target Arm Exercise (2F) 10:00 World News & Discuss (2F) 10:30 April Fool's Trivia (2F) 12:00 Market Run: BG's **\$\$ (OOB) 2:00 Art Exploration: Easter Painting (2F) 3:30 Prayer Group For Ukraine (2F) 4:00 Practical Jokes Mining Puzzle (2F) 6:00 Card Club: Rummy (2F)	9:30 Gentle Moves (2F) 10:00 April Fact or Fiction (2F) 10:30 Coffee Cache and Daily Chronicles (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)
3	4	5	6	7	8	9	
9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine And Dine (DR) 2:00 Church Of God Service (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (WP) 6:30 Music & Mindful Colors (1F)	9:30 Target Leg Exercise (2F) 10:00 Ramadan: A Cycle Of Faith (2F) 10:30 Ramadan and Reflection Puzzle (2F) 11:00 Giant Crossword Puzzle (2F) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:00 Corn Hole Tournament (FP)	9:30 Target Balance Exercise (2F) 10:00 iN2L: Train Your Brain (2F) 10:30 History Decoded: Inside Roswell (2F) 11:00 Giant Crossword Puzzle (2F) 1:30 Yoga With Leah (2F) 3:00 Resident Meeting with David Leader (DR) 4:00 Confident Cruisers (WP) 6:30 Checker Tournament (2F)	9:30 Move2Music (2F) 10:00 Fireside Chat with Julie (2F) 10:30 iN2L Learning: Easter Traditions (2F) 11:00 Mother Teresa EWNT 49 2:00 Ed-U Presentation: <i>Modern Crafting Technologies</i> by Bev Spittler (2F) 4:00 Looking For A Laugh Puzzle (2F) 6:00 Social Hour: Blues Music (2F)	9:30 Core Strength Exercise (2F) 10:00 Kitchen Krew: Chocolate Peanut Butter Eggs (2F) 2:00 Ed-U Presentation: <i>Region 3 Strike Force Undercover Narcotics for Central Pa.</i> By State Trooper, Von Schwalm (2F) 4:00 Cocktails on The Patio (FP) 6:00 Game Night: Yahtzee (2F)	9:30 Target Arm Exercise (2F) 10:00 World News & Discuss (2F) 10:30 Dining Committee Meeting (2F) 11:00 Mother Teresa Service EWNT 2:00 Film Fest: <i>Easter Parade</i> (2F) 3:30 Confident Cruisers (WP) 4:00 A Good Laugh Crossword Puzzle (2F) 6:00 Card Club: Rummy (2F)	9:30 Gentle Moves (2F) 10:00 April Fact or Fiction (2F) 10:30 Coffee Cache and Daily Chronicles (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)	
10	11	12	13	14	15	16	
9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine And Dine (DR) 1:30 Country Ride** (OOB) 2:30 iN2L: Methodist Service (2F) 3:30 iN2L: Catholic Service (2F) 6:30 Mindful Colors (1F)	9:30 Target Leg Exercise (2F) 10:00 Brothers In War Veterans Club Breakfast (1F) 10:30 Easter Jeopardy (2F) 11:00 Coffee Cache (FP) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:00 Corn Hole Tournament (FP)	9:30 Target Balance Exercise (2F) 10:00 iN2L: Train Your Brain (2F) 10:30 World News (2F) 11:00 Confident Cruisers (WP) 2:00 Ed-U Presentation: <i>Ukrainian Pysanky Eggs</i> by Georgine Borchick (2F) 4:00 Prayer Group for Ukraine (2F) 6:30 Checker Tournament (2F)	9:30 Move2Music (2F) 10:00 World Briefs (2F) 10:30 Think Again Clue Trivia (2F) 11:00 Confident Cruisers (WP) 1:30 Service In Action: Mercy Matt Project for Servants To All Shelter (2F) 4:00 Ice Tea Bar (2F) 6:00 Social Hour: Honkytonk Music (2F)	9:30 Core Strength Exercise (2F) 10:00 Resident Planning Committee (FP) 10:30 Comedy Club: Bunny Funnies (FP) 11:00 Seated Weight Exercise (2F) 2:00 Helping Hands: Stuffing Eggs for Community Easter Egg Hunt (2F) 3:30 Card Game of War (RP) 6:00 Game Night: Yahtzee (2F)	9:30 Target Arm Exercise (2F) 10:00 World News & Discuss (2F) 10:30 America A to Z Trivia (2F) 11:00 Mother Teresa Service EWNT 2:00 Wii Golf Game (2F) 3:30 19th Hole Social (2F) 4:00 Confident Cruisers (WP) 6:00 Card Club: Rummy (2F)	9:30 Gentle Moves (2F) 10:00 April Fact or Fiction (2F) 10:30 Helping Hands: Hiding Eggs (RP) 2:00 CommUNITY Easter Egg Hunt (RP) 3:30 Easter Social (RP) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)	
17	18	19	20	21	22	23	
9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine And Dine (DR) 2:00 Church Of God Easter Service (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (WP) 6:30 Music & Mindful Colors (1F)	9:30 Target Leg Exercise (2F) 10:00 iN2L Poetry: An Easter Carol (2F) 10:30 Beach Ball Volley Ball (2F) 11:00 Giant Crossword Puzzle (2F) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:00 Corn Hole Tournament (FP)	9:30 Target Balance Exercise (2F) 10:00 iN2L: Train Your Brain (2F) 10:30 History Decoded: Kennedy Assassination (2F) 11:00 Confident Cruisers (WP) 2:00 Yoga With Leah (2F) 3:00 Karaoke With Alexa (2F) 4:00 Cool Down with Cool Drinks (2F) 6:30 Checker Tournament (2F)	9:30 Move2Music (2F) 10:00 World Briefs (2F) 10:30 Brain Games (2F) 11:00 Diner's Caravan: Long Run Restaurant **\$\$ (OOB) 4:00 Boggle Puzzle Team (2F) 6:00 Social Hour: Nashville Music (2F)	9:30 Core Strength Exercise (2F) 10:00 Today In History: 1904 Ty Cobb (2F) 10:30 Google: Rare Ty Cobb Interview (2F) 11:00 Seated Weight Exercise (2F) 2:00 Ed-U Presentation: <i>Ancient Egypt Traditions including Henna Tattoos</i> by Leah Zerbe (2F) 3:30 Card Game Of War (RP) 6:00 Game Night: Yahtzee (2F)	9:30 Target Arm Exercise (2F) 10:00 World News & Discuss (2F) 10:30 America A to Z Trivia (2F) 11:00 Mother Teresa Service EWNT 2:00 Ted Talk & Discussion: <i>The Earth Is Full</i> by Writer & Sustainable Economy Activist, Paul Gilding (2F) 3:00 Film Fest: <i>Steele Magnolias</i> (2F) 6:00 Card Club: Rummy (2F)	9:30 Gentle Moves (2F) 10:00 April Fact or Fiction (2F) 10:30 Coffee Cache and Daily Chronicles (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treats Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel of Fortune (1F)	
Easter					Good Friday		
24	25	26	27	28	29	30	
9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine And Dine (DR) 1:30 Country Ride (OOB) 2:30 iN2L: Methodist Service (2F) 3:30 iN2L: Catholic Service (2F) 4:00 Confident Cruisers (WP) 6:30 Mindful Colors (1F)	9:30 Target Leg Exercise (2F) 10:00 Community Outreach: Coupons For Our Troops (2F) 10:30 Seated Weight Exercise (2F) 11:00 Coffee Cache (FP) 2:00 Piano Music by Brian (DR) 4:00 Fine Wine Social (2F) 6:00 Corn Hole Tournament (FP)	9:30 Target Balance Exercise (2F) 10:00 iN2L: Train Your Brain (2F) 10:30 World News (2F) 11:00 Confident Cruisers (WP) 2:00 Grateful Drumming Session by Joe Ciavella (2F) 3:30 Patio Trivia (RP) 4:00 Prayer Group For Ukraine (2F) 6:30 Checker Tournament (2F)	9:30 Move2Music (2F) 10:00 World Briefs (2F) 10:30 Brain Games (2F) 11:00 Diner's Caravan & Shopping: Hoss's Restaurant & Goodwill Thrift Store **\$\$ (OOB) 4:00 Boggle Puzzle Team (2F) 6:00 Social Hour: Country Music (2F)	9:30 Core Strength Exercise (2F) 10:00 Reminisce: Memorable Places (2F) 10:30 Pinterest Committee: Raised Garden Ideas (2F) 11:00 Seated Weight Exercise (2F) 2:00 Welcome Ambassador Social (2F) 3:00 Light Refreshments And Drinks Provided (2F) 6:00 Game Night: Yahtzee (2F)	9:30 Target Arm Exercise (2F) 10:00 World News & Discuss (2F) 10:30 America A to Z Trivia (2F) 11:00 Mother Teresa Service EWNT 2:00 Wii Bowling League (2F) 4:00 Confident Cruisers (WP) 6:00 Card Club: Rummy (2F)	9:30 Gentle Moves (2F) 10:00 April Fact or Fiction (2F) 10:30 Coffee Cache and Daily Chronicles (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)	