

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

8 – Arlene M.
11 – Flavia M.
16 – Barb W.
17 – Joseph M.
18 – Marguerite Y.
23 – Margot M.
25 – Gloria H.
27 – Fern S.

May

2 – Anna D.
4 – Edith H.
5 – Velma B.
6 – Joan S.
13 – Victoria P.
17 – Jean K.
19 – Carolyn C.
29 – Mae B.
31 – Francis P.

June

5 – Lynn K.
16 – John S.
17 – Mary D.
18 – Mary F.
28 – Patrick D.



Providence Place SENIOR LIVING News

Q2: April 2022

A Note from the Executive Director

Hello Providence Place family!

Well, we can certainly feel Spring coming. We had some beautiful days recently and we can see the trees budding (finally). You likely share my sentiment, that this winter was long. I have already seen Providence Place residents outside enjoying the sun. It gives me so much excitement to see what the Spring and Summer will bring us.

Some of the plans that are in process are to do some outdoor clean-up and make upgrades to our front entrance and patios. Something we are anticipating even more is the resident and team member family Easter Egg Hunt on Sunday, April 3rd at 2:00PM, food truck events, and of course, the Summer Concert Series. Please check our community calendar for all upcoming events.

Providence Place of Pottsville continues to have no cases of COVID, but we are maintaining safety precautions. We continue to ask all visitors to wear masks and complete the pre-screening process prior to each visit. Our staff are always open to any questions or needs you may have. We look forward to speaking with you!

Tracy Mason

Executive Director

Highlighted Events

- 1 – **Food Truck Event** @ 4:30pm
- 3 – **Easter Egg Hunt** @ 2pm
Families welcome!
- 12 – **Bubeck Park Outing**
@ 10am - *Connections*
- 13 – **PA Dutch Pow Wow with Porcupine Pat** @ 2pm
- 20 – **Entertainment with John Steven's Polka Band** @ 3pm
- 26 – **Hershey Gardens Outing**
@ 10am - *Connections*
- 28 – **Meme's Breakfast** @ 7am
Connections

Welcome New Residents

Remo P.
Gwendolyn R.
Joan S.
Flavia M.
Joseph M.
Dolores M.
Colleen D.



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
<p>THE</p> <h1>Club</h1>		<p>Calendar Key: (P)-Pub, 1st Floor (A)-Activity Room, 2nd Floor (CN)-Connections, Terrace Lvl (C)-Chapel, 3rd Floor (OOB)- Out of Building</p>			<h1>April</h1> <h1>2022</h1>	
					1	2
					9:00 Creative Arts & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Entertainment featuring Eddy Ray, the Magician (P) 11:15 Walk for Health (P) 1:30 Zumba with Michele (P) 2:15 Helpful Hands and Refreshments (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C) 4:30 Praise Walk (C)	9:00 Humanity Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Baking Club: Fruit Strips (A) 10:45 Discuss and Recall (A) 11:15 Walk it Off (A) 1:30 Humanitarian Project: Servants to All (A) 2:30 Mindful Exercises (A) 3:00 The Importance of Hydration (A) 3:30 Expressive Reading & Writing (A)
3	4	5	6	7	8	9
9:00 Praise Songs & Fellowship (A) 9:30 Live Stream Worship; Trinity Lutheran Church (P) 10:30 Bible Study (P) 11:00 Fuzion Fitness (P) 1:30 Helping Hands: Setup for Hunt (L) 2:00 Community Egg Hunt (L) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	9:00 Search a Word & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Memory Magic (CN) 10:30 Pet Pal Visit with Chloe (CN) 11:15 Heart Healthy Walk (CN) 1:30 Fresh Air Walk (L) 2:00 Sunshine Committee Meeting (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	9:00 Creative Arts & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Traveling Tunes on Terrace (CN) 11:15 Joyfully Walking (CN) 1:30 Appreciation Task List (A) 2:00 <i>Let's Talk It Out</i> Recognizing Self (A) 2:30 Stress Busting Exercise (A) 3:00 Hydration Cool Down (A) 3:30 Bible Study: Take It to God (A)	9:00 Breakfast Club with Missy (A) 10:00 AM Meeting & Daily Prayers (A) 10:30 Lite and Lively Exercise (P) 11:00 The Importance of Hydration (P) 1:30 Countryside Ride with Trivia (OOB) 3:00 National Beer Day Social (P) 4:00 Hops and Barley Trivia (P)	9:00 Word Search & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Craft Corner: Easter Silhouette Jar (A) 11:00 The Importance of Hydration (A) 1:30 Appreciation: <i>Linner</i> Meal for Prov-Place Maintenance Team (A) 2:30 Helping Hands: Clean Up (A) 3:00 Garden Club: Seed Starters (A) 4:00 Hydration and Meditation (A)	9:00 Creative Arts & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Patio Pals Social (CN) 11:15 Walk for Health (CN) 1:30 Zumba with Michele (P) 2:15 Helpful Hands and Refreshments (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C) 4:30 Praise Walk (C)	9:00 Humanity Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Word Games (A) 10:45 Faith Penny Stones (A) 11:15 Walk It Off (A) 1:30 Card Club (A) 2:00 Chair Exercises (A) 3:00 Vagabond Travelers: <i>Ethiopia</i> (P) 4:00 Helping Hands: Clean Up (P)
10	11	12	13	14	15	16
9:00 Praise Songs & Fellowship (A) 9:30 Live Stream Worship; Trinity Lutheran Church (P) 10:30 Balance in Action (C) 11:00 Joggin' the Noggin (C) 1:00 Popcorn & Movie (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	9:00 Search a Word & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Memory Magic (CN) 10:30 Hospitality Club (CN) 11:15 Heart Healthy Walk (CN) 1:30 Bake Club: Vegetable Pizza (A) 2:30 Discuss and Recall (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	9:00 Creative Arts & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Traveling Tunes on Terrace (CN) 11:15 Joyfully Walking (CN) 1:30 Word Games (A) 2:30 <i>Let's Talk It Out</i> Recognizing Self (A) 3:00 Stress Busting Exercise (A) 3:30 Hand Messages and Manicures (A)	9:00 Breakfast Club with Missy (P) 9:30 AM Meeting & Daily Prayers (P) 10:00 Finish the Phrase (P) 10:30 Worship Service: Pastor Reading (C) 1:30 Countryside Ride with Trivia (OOB) 3:00 Grand National Social (P) 4:00 Horse Race Trivia (P)	9:00 Word Search & Inspirations (P) 9:30 Morning Meeting & Discussions (P) 10:00 Drum Exercise (P) 11:00 The Importance of Hydration (A) 1:30 Garden Club: Seed Starters (A) 2:30 Plant Trivia (A) 3:00 <i>The Significance of the Last Supper</i> by Pastor Rothhapt (P) 4:00 Fellowship with Friends (P) 4:30 Walk and Stretch (A)	9:00 Creative Arts & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 History of the Titanic (CN) 11:15 Walk for Health (CN) 1:30 Zumba with Michele (P) 2:15 Helpful Hands and Refreshments (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C) 4:30 Praise Walk (C) <p style="text-align: center;">Good Friday</p>	9:00 Humanity Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Baking Club: Lemon Cheesecake with Fresh Berries (A) 10:45 Discuss and Recall (A) 11:15 Walk It Off (A) 1:30 Chrysanthemum Art Project (A) 2:30 Mindful Exercises (A) 3:00 Expressive Writing (A) 3:30 Expressive Reading (A)
17	18	19	20	21	22	23
9:00 Praise Songs & Fellowship (A) 9:30 Live Stream Worship; Trinity Lutheran Church (P) 10:30 Bible Study (P) 11:00 Fuzion Fitness (P) 1:00 Popcorn & Movie (P) 2:00 Manicures and Hand Message (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C) <p style="text-align: center;">Easter</p>	9:00 Search a Word & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Memory Magic (CN) 10:30 Hospitality Club (CN) 11:15 Heart Healthy Walk (CN) 1:30 Fresh Air Walk (L) 2:00 Welcome Committee (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	9:00 Creative Arts & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Traveling Tunes on Terrace (CN) 11:15 Joyfully Walking (CN) 1:30 Cranium Crunches (A) 2:00 <i>Let's Talk It Out</i> Recognizing Self (A) 2:30 Stress Busting Exercise (A) 3:00 Hydration Cool Down (A) 3:30 Bible Study: Take it to God (A)	9:00 Breakfast Club with Missy (A) 9:30 AM Meeting & Daily Prayers (A) 10:00 Finish the Phrase (A) 10:30 Lite and Lively Exercise (P) 1:30 Countryside Ride with Trivia (OOB) 3:00 Musical Entertainment featuring John Steven's Polka Band (P) 4:00 Helping Hands: Clean Up	9:00 Word Search & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Table Top Roll Ball (A) 11:00 The Importance of Hydration (A) 1:00 Garden Club: Wild Flower Seed Bombs (A) 2:00 Drum Circle with Joe Ciavella (P) 3:00 Honoring Earth Day Social (P) 4:30 Eco Trivia (P)	9:00 Creative Arts & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Virtual Visit: Red Forest (CN) 11:15 Walk for Health (CN) 1:30 Zumba with Michele (P) 2:15 Helpful Hands and Refreshments (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C) 4:30 Praise Walk (C) <p style="text-align: center;">Earth Day</p>	9:00 Humanity Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Writing Exercise (A) 10:45 Favorite Songs Sing Along (A) 11:15 Walk It Off (A) 1:30 Card Club (A) 2:30 Chair Exercises (A) 3:00 Vagabond Travelers: <i>Mexico</i> (P) 4:00 Helping Hands: Clean Up (P)
24	25	26	27	28	29	30
9:00 Praise Songs & Fellowship (A) 9:30 Live Stream Worship; Trinity Lutheran Church (P) 10:30 Balance in Action (C) 11:00 Word Connect (C) 1:00 Popcorn & Movie (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	9:00 Search a Word & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Memory Magic (CN) 10:30 Hospitality Club (CN) 11:15 Heart Healthy Walk (CN) 1:30 Bake Club: Tornado Potatoes (A) 2:30 Discuss and Recall (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	9:00 Creative Arts & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Day Excursion: Hershey Gardens and Atrium (CN) 1:30 Fresh Air Walk (L) 2:30 <i>Let's Talk It Out</i> Recognizing Self (A) 3:00 Stress Busting Exercise (A) 3:30 Bible Study: Take it to God (A)	9:00 Breakfast Club with Missy (A) 9:30 AM Meeting & Daily Prayers (A) 10:00 Finish the Phrase (A) 10:30 Worship Service: Pastor Reading (C) 1:30 Countryside Ride with Trivia (OOB) 3:00 Twisted Pretzel Social (P) 4:00 Helping Hands: Clean Up	9:00 Word Search & Inspirations (P) 9:30 Morning Meeting & Discussions (P) 10:00 Drumming Exercise (P) 11:00 The Importance of Hydration (A) 1:30 Garden Club: Water House Plants (A) 2:30 Open Request Sing Along (A) 3:00 Welcome Social (P) 3:30 Spring Time Trivia (P) 4:30 Walk and Stretch (P)	9:00 Creative Arts & Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Name that Sate (CN) 11:15 Walk for Health (CN) 1:30 Zumba with Michele (P) 2:15 Helpful Hands and Refreshments (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C) 4:30 Praise Walk (C)	9:00 Humanity Inspirations (A) 9:30 Morning Meeting & Discussions (A) 10:00 Baking Club: Rose Petal Jam (A) 10:45 Discuss and Recall (A) 11:15 Walk It Off (A) 1:30 Clay Molding (A) 2:30 Mindful Exercises (A) 3:00 Expressive Writing (A) 4:00 Expressive Reading (A)