

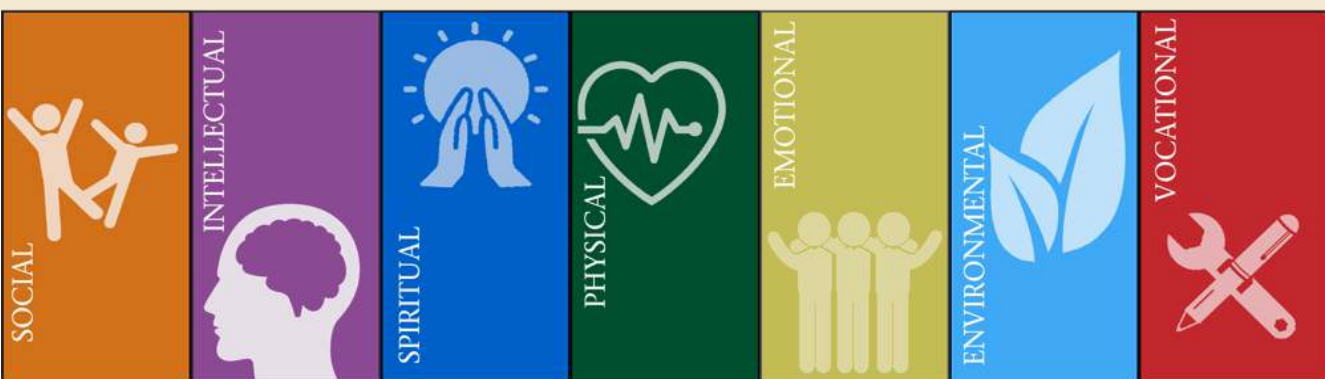
Focus on Wellness

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 – 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.



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



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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			Calendar Key: ** Registration Required \$\$ Cost Involved ML Main Lobby A Activity Room PUB Pub PUBR Rear Room of Pub 3F Third Floor by Chapel CH Chapel DR Small Dining Room OOB Out of Building TB Throughout Building	<h1>April</h1> <h2>2022</h2>		1 9:00 Green Thumbs: Tending Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Entertainment featuring Magician Eddy Ray (PUB) 1:30 Zumba with Michele (PUB) 2:00 Curls for Girls Club ** (2FSL) 3:00 Communion Service (CH) 4:30-6:30 Community Event Food Truck: Forrest Feed Co. (PL) 6:15 Nickel Polish Bingo \$\$ (A)	2 9:00 Shopping Trip: Walmart **\$\$ (OOB) 10:00 Board Games: Yahtzee (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$\$ (OOB) 2:30 Puzzle Club (3F) 3:00 Vagabond Travelers: Micronesia (PUB) 6:15 Card Games: War (PUBR)
			3 9:00 Leave for Men's Club Breakfast: Manheim Diner**\$\$ (OOB) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 1:00 Helping Hands: Setting up the Egg (Front Lawn) 2:00 Children's Egg Hunt (Front Lawn) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:15 Kings in the Corner (A)	4 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Sunshine Committee Meeting (PUBR) 3:00 Communion Service (CH) 3:00 XBOX Bowling (A) 3:30 Board Games: Connect 4 (PUBR) 6:15 Bridge Club (A)	5 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Balloon Volleyball (PUB) 11:00 P ² Foodies Prep for Luncheon (A) 12:00 Souper Tuesday Luncheon ** (A) 2:00 Dining Committee Meeting (DR) 3:00 Community Life Planning Meeting (PUB) 6:15 Nickel Bingo \$\$ (A)	6 9:00 Breakfast Club: Strawberry Cream Cheese Stuffed French Toast ** (A) 10:00 Board Games: Scrabble (PUBR) 10:30 Light & Lively (PUB) 11:00 Easy Listening (A) 1:00 Puzzle Club (3F) 2:00 Acrylic Paints with Shannon ** (A) 3:00 National Beer Day Social Hour (PUB) 6:15 Nickel Po-Ke-No \$\$ (A)	7 9:00 Walking Warriors (ML) 9:30 Puzzle Club (3F) 10:00 Craft Corner: Easter Silhouette Jar (A) 11:00 Diner's Caravan: The Wheel**\$\$ (OOB) 1:00 Card Games: War (PUBR) 2:00 Chef's Table (DR) 3:00 Coffee Talk: Spring Festivities (PUB) 6:15 Prize Bingo (A)
10 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 1:00 Popcorn & a Movie: Bruce Almighty (PUB) 2:00 Springtime Country Ride ** (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:15 Kings in the Corner (A)	11 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Brain Games: Name That Plant & Tea Cart (PUB) 3:00 Communion Service (CH) 3:30 Hallway Ring Toss (A) 6:15 Bridge Club (A)	12 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Keep Kicking Kickball (PUB) 11:00 P ² Foodies: Prep for Luncheon (A) 12:00 Souper Tuesday Luncheon ** (A) 2:00-4:00 Manicures & Mimosas ** (CH) 2:30 Board Games: Yahtzee (PUBR) 6:15 Nickel Bingo \$\$ (A)	13 9:00 Coffee, Donuts, and Discussion (PUB) 10:00 Board Games: Tic Tac Toe (A) 10:30 Strength Training (PUB) 10:30 Worship Service: Pastor Reading (CH) 1:00 Color Me Calm (PUBR) 2:00 Ed-U Presentation: PA Dutch Pow Wow by Porcupine Pat (PUB) 3:00 Grand National Social Hour (PUB) 6:15 Nickel Po-Ke-No \$\$ (A)	14 9:00 Walking Warrior (ML) 9:30 Color Me Calm (PUBR) 10:30 Drum Exercise (PUB) 1:00 Board Games: Checkers (PUBR) 2:00 Significance of The Last Supper by Pastor Chris Rothharp (CH) 3:00 Card Games: 500 Rummy (PUBR) 4:00 Dutch Apple Dinner Theater: Singing in the Rain **\$\$ (OOB) 6:15 Card Games: 500 Rummy (PUBR)	15 Good Friday 9:00 Green Thumbs: Tending to Plants (TB) 10:00 Card Games: UNO (PUBR) 10:30 Life Happens Support Group (CH) 10:30 Gentle Stretching (PUB) 1:30 Zumba with Michele (PUB) 2:00 Curls for Girls Club ** (2FSL) 3:00 Communion Service (CH) 6:15 Nickel Polish Bingo \$\$ (A)	16 9:00 Shopping Trip: Walmart **\$\$ (OOB) 10:00 Board Games: Checkers (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$\$ (PUB) 2:30 Puzzle Club (3F) 3:00 Vagabond Travelers: Easter Island (PUB) 6:15 Card Games: Pinochle (PUBR)	
17 Easter 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 11:45 Easter Lunch Celebration (DR) 1:00 Popcorn & a Movie: The Ten Commandments (PUB) 2:00 Springtime Country Ride ** (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:15 Kings in the Corner (A)	18 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Gentle Stretching (PUB) 1:15 Circle of Friends (CH) 2:00 Welcome Committee Meeting (PUB) 3:00 Communion Service (CH) 3:30 Hallway Bowling (A) 6:15 Bridge Club (A)	19 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Balloon Table Tennis (PUB) 11:00 P ² Foodies: Prep for Luncheon (A) 12:00 Souper Tuesday Luncheon ** (A) 2:00 Musical Entertainment featuring John Bauer (PUB) 3:30 Gratitude Club Meeting (A) 6:15 Nickel Bingo \$\$ (A)	20 9:00 Breakfast Club: Ham & Cheese Quiche Plate ** (A) 10:00 Board Games: Checkers (PUBR) 10:30 Light & Lively (PUB) 1:00 Puzzle Club (3F) 2:00 Fireside Chats with Tracy (PUB) 3:00 Musical Entertainment featuring John Steven's Polka Band (PUB) 6:15 Nickel Po-Ke-No \$\$ (A)	21 9:00 Bank or Post Office Run **\$\$ (OOB) 9:30 Puzzle Club (3F) 10:30 Balance in Action by Genesis Health & Rehab (PUB) 11:00 Diner's Caravan: Tamaqua Train Station Restaurant **\$\$ (OOB) 2:00 Drum Circle with Joe Ciavella (PUB) 3:00 Ed-U Presentation: Native Plants & Pollinators by Master Gardener, Larry Moyer (PUB) 6:15 Prize Bingo (A)	22 Earth Day 9:00 Green Thumbs: Checking on Seeds (A) 10:00 Color Me Calm (PUBR) 10:30 Life Happens Support Group (CH) 10:30 Weight Training (PUB) 1:30 Zumba with Michele (PUB) 2:30 Honoring Earth Day: Butterfly Houses (A) 3:00 Communion Service (CH) 6:15 Nickel Polish Bingo \$\$ (A)	23 9:00 Shopping Trip: Fairlane Village Mall **\$\$ (OOB) 10:00 Board Games: Monopoly (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$\$ (PUB) 2:30 Color Me Calm (PUBR) 3:00 Vagabond Travelers: Mexico (PUB) 6:15 Card Games: UNO (PUBR)	
24 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 1:00 Popcorn & a Movie: Evan Almighty (PUB) 2:00 Springtime Country Ride ** (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:15 Kings in the Corner (A)	25 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Brain Games: Word Within a Word & Tea Cart (PUB) 3:00 Communion Service (CH) 3:30 Hallway Corn Hole (A) 6:15 Bridge Club (A)	26 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Balloon Volleyball (PUB) 11:00 P ² Foodies: Prep for Luncheon (A) 12:00 Souper Tuesday Luncheon ** (A) 2:00-4:00 Manicures & Mimosas ** (CH) 2:30 Board Games: Connect 4 (PUBR) 6:15 Nickel Bingo \$\$ (A)	27 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Presentation of Gratitude (TB) 10:30 Strength Training (PUB) 10:30 Worship Service: Pastor Reading (CH) 1:00 Color Me Calm (PUBR) 2:00 Health Talk by Bayada Home Health: Reducing the Risks of Falling (PUB) 3:00 Twisted Pretzel Social Hour (PUB) 6:15 Nickel Po-Ke-No (A)	28 9:00 Walking Warriors (ML) 9:30 Color Me Calm (PUBR) 10:00 Drumming Exercise (PUB) 11:00 Diner's Caravan: Mt. Fuji Hibachi **\$\$ (OOB) 2:00 Puzzle Club (3F) 2:30 Health Talk by Lehigh Valley Health: Parkinson's Disease (CH) 3:00 Welcome Social (PUB) 6:15 Prize Bingo (A)	29 9:00 Green Thumbs: Tending to Plants (TB) 10:00 Puzzle Club (3F) 10:30 Life Happens Support Group (CH) 10:30 Gentle Stretching (PUB) 1:30 Zumba with Michele (PUB) 2:00 Curls for Girls Club ** (2FSL) 3:00 Communion Service (CH) 6:15 Nickel Polish Bingo \$\$ (A)	30 9:00 Shopping Trip: Renningers Farmer's Market **\$\$ (OOB) 10:00 Board Games: Schuykill-opoly (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$\$ (PUB) 3:00 Vagabond Travelers: Netherlands (PUB) 6:15 Card Games: War (PUBR)	