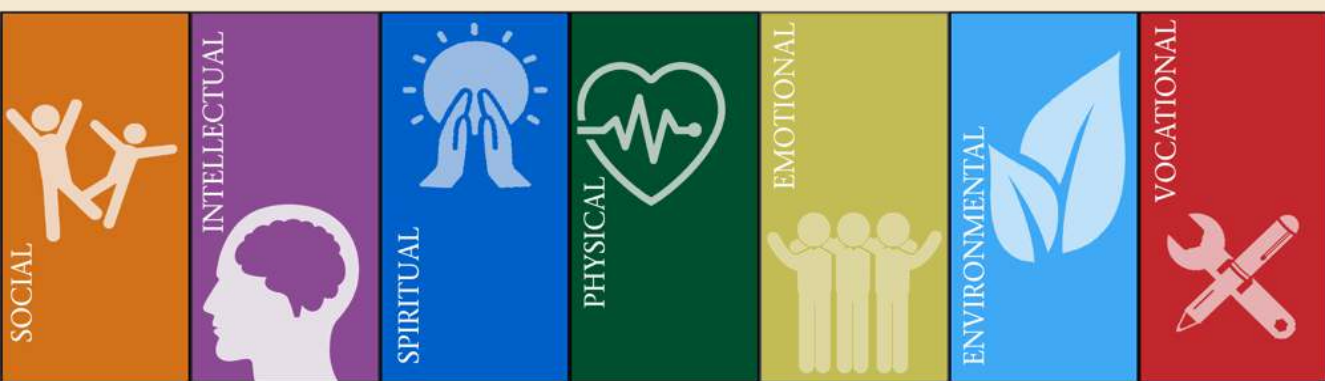


Focus on Wellness

We are finally seeing the beautiful signs of Spring and that means getting outside and enjoying the warming weather. Spending time in natural environments can improve your physical and mental health. Some ways we can enjoy these benefits:

- Walking in nature could improve your short-term memory
- Being outdoors has a destressing effect
- Spending time outdoors reduces inflammation & helps eliminate fatigue
- Outdoor experiences may help fight depression and anxiety
- Spending time outside lowers blood pressure

Please enjoy all of our outdoor walking paths and activities. Check your calendar for spring outings!



Dimensions
of Wellness

Resident Birthdays

May

5 – Dorothy M.
6 – Richard B.
8 – Charmaine W.
10 – Frances C.
18 – Linda A.
21 – Charles M.
22 – Edeltrud P.
26 – Beverly B.
26 – Joel B.
30 – Alice F.
31 – Bennett B.

June

1 – Shirley E.
1 – Delores G.
2 – Donna F.
3 – Nancy B.
6 – Dorothy S.
7 – Esta H.
7 – Peggy D.
19 – Arthur O.
27 – Susanne P.
28 – Alice S.
29 – Miriam G.



Providence Place SENIOR LIVING News

Q2: May 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.

Our 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 excellent outings and events open to families on the calendar – please join us!

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.

Best,

Holly Townsend

Executive Director

Highlighted Events

- 7 – **Capital Theater Outing:** David King @ 2pm
- 10 – **Celebrating Women w/ Tidbits & Tea** @ 10am or 2pm
- 30 – **Memorial Day Picnic** with Live Music by Joe Cristell @ 11am

Welcome New Residents

Donna K.
Marian B.
John R.
Virginia R.
Don B.
Dot H.



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
1 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)	2 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cinco de Mayo Word Match (3A) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 Crafty Creations: Maracas (3A) 3:00 iN2L: Cinco de Mayo Festival (3A) 6:15 Card Club (3A)	3 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Kitchen Creations: Tortilla Chips (C) 1:15 Kitchen Creations: Margarita Cupcakes and Horchata (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Be Social (CN) 3:00 Searching for Mexican Cuisine (3A) 6:15 Game Shows (ch.78)	4 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo(3A) 1:30 Pottery with Nicodemus Center for Ceramics (C) 2:00 Cinco de Mayo Secret Message (3A) 3:00 Drinks on the Deck (P) 6:15 Horseshoes (3E)	5 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:15 Cinco de Mayo Fiesta (CN) 1:30 Art Exploration: Mixed Media (C) 2:30 Poke the Pinata (CN) 3:00 Cinco de Mayo: Margarita Social (P) 6:15 Chit Chat in the Lobby (FL)	6 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Game Club: Member's Choice (3A) 1:30 Flower Oasis (P) 2:00 Crafty Creation: Wrist Corsage (3A) 3:00 Social Hour: Mint Julip (P) 6:15 Movie Night: <i>Seabiscuit</i> (3A)	7 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:15 Place Your Bets (CC) 2:00 Kentucky Derby Cocktails (CC) 2:30 Providence Place Derby Races (CC) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)
8 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809) Mother's Day	9 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 History Behind Mother's Day (3A) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 Time Travel Photo Reminisce & Share: Women in Our Life (C) 3:00 Secret Mother's Day Message (3A) 6:15 Card Club (3A)	10 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Celebrating Mom's Brunch ** (P)(3A) 1:30 Acrylic Canvas Painting (C) 2:30 Mother's Day Tea Time Social (CN) 3:00 Mother's Day Brunch Crossword (3A) 6:15 Game Shows (ch.78)	11 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo(3A) 1:15 Crafty Creation: Floral Letter (CN) 2:30 May Birthday Celebration (CN) 3:00 TV Mom Match (3A) 6:15 Horseshoes (3E)	12 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 May Trivia (3A) 3:00 Mommy Dearest Detective (3A) 6:15 Chit Chat in the Lobby (FL)	13 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Club Activity Meeting (3A) 1:30 Flower Oasis (P) 2:00 Get Caught Reading Crossword (3A) 3:00 Social Hour: Pink Drinks (P) 6:15 Movie Night: <i>Forever My Girl</i> (3A)	14 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Country Bus Ride(3A) 3:00 Hydration on the Deck (PD) 6:15 Puzzle Club (3A)
15 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)	16 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Eisenhower Alphabet Code (3A) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 Adam Leeper Speaker (2A) 3:00 Get to Know Your Neighbor: Fact or Fiction (P) 6:15 Card Club (3A)	17 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Kitchen Creation: Brownies (C) 1:15 Day Excursion: Nelly Fox Bowling (OOB) 1:30 Acrylic Canvas Painting (C) 6:15 Game Shows (ch.78)	18 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 11:00 Diners Caravan: Burger King (3A) 1:15 Kitchen Creation: Patriotic Brownie R-W-B Kabobs (CN) 2:00 Sip and Taste (CN) 3:00 Fresh Fried Funnel Cakes (P) 6:15 Horseshoes (3E)	19 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:15 Crafty Creation: Patriotic Wreath (CN) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Show (CN) 3:00 Brain Games: Military History (3A) 6:15 Chit Chat in the Lobby (FL)	20 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Armed Forces Crossword (3A) 1:30 Flower Oasis (P) 2:00 Military Search and Solve (3A) 3:00 Social Hour: Copycat Frosty's (P) 6:15 Movie Night: <i>Top Gun</i> (3A)	21 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Celebrating Armed Forces Day (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A) Armed Forces Day
22 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)	23 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Game Club: Horseshoes (3A) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 Searching for May (3A) 3:00 Sip and Be Social (PD) 6:15 Card Club (3A)	24 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 1:15 Kitchen Creations: Summer Berry Icebox Cake (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Taste (CN) 3:00 Good Weather Message (3A) 6:15 Game Shows (ch.78)	25 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Day Excursion & Lunch at Caledonia (OOB) 2:00 Musical Entertainment with Tom Shultz (2A) 3:00 Popcorn Stand (FL) 6:15 Horseshoes (3E)	26 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:15 Crafty Creation: Race Car (C) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Show (CN) 3:00 The History of Inventions (3A) 6:15 Chit Chat in the Lobby (FL)	27 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 The Origins of Memorial Day (3A) 1:15 Pretty Pink: Peeps Race Cars (CN) 2:30 Sip and Tate (CN) 3:00 Social Hour: Checkers and Flags (P) 6:15 Movie Night: <i>Grand Prix</i> (3A)	28 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Flower Oasis (P) 2:00 Country Bus Ride (OOB) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)
29 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)	30 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Memorial Day Puzzles (3A) 11:00-2:00 Memorial Day Lunch (DR)(LD) 2:00 Outdoor Musical Entertainment with Joe Cristell (LD) 3:00 Table Topics (3A) 6:15 Card Club (3A) Memorial Day	31 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 War Movies Word Search (3A) 1:15 Grand Prix Races (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Celebrate the Winners (3A) 3:00 In the Military Word Match (3A) 6:15 Game Shows (ch.78)	<h1>May</h1> <h1>2022</h1>		Calendar Key: ** Registration Required \$\$ Cost Involved <h1>THE</h1> <h1>Club</h1>	