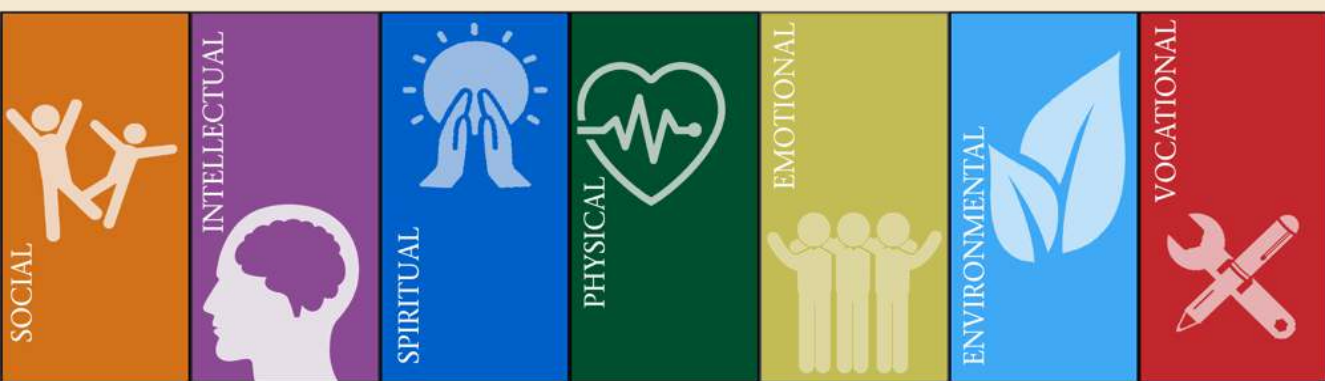


Focus on Wellness

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 Light & Lively Exercise (3E) 9:30 Trivia Handouts (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Chaplain Filling In (2A) 3:00 Scrabble (C) 6:30 Song and Scripture (Ch.809)	2 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 iN2L Brain Games (2A) 1:30 iN2L Seated Chair Exercise (2A) 2:00 Birthday Gang Committee Meeting (C) 3:00 Nickel Bingo \$\$ (2A) 6:15 Horseshoes (3E)	3 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Prize Bingo (2A) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 <i>Inside the Gem Trade: Emeralds Of Columbia</i> (2A) 3:00 Craft Corner: Kentucky Derby Hats (P) 6:15 Card Club: Pinochle (2A)	4 9:00 Balloon Ball Exercise (3E) 10:00 Cooking Creation: 3 Ingredient Churros (C) 1:30 Benefits for Exercise with Vickie From Genesis Rehab (2A) 1:30 Pottery with Nicodemus Center for Ceramics (C) 2:00 Blood Pressure Clinic (2A) 3:00 National Bird Day with Sophia (P) 6:15 Game Club: Sequence (2A)	5 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 3:00 Cinco De Mayo: Margarita Social (P) 6:15 Card Club: Rummy (2A)	6 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 9:30 Wii Bowling League (3E) 10:00 Breakfast Club (C) 1:30 Garden Club Check Up (C) 2:00 Craft Creation: Derby Hats (C) 3:00 Social Hour: Mint Julips (P) 6:15 Movie Night: <i>Seabiscuit</i> (3A)	7 9:30 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 10:00 Horseshoes (3E) 1:00 Broadcast of Kentucky Derby (P) 2:00 Potting Porch Flowers with Executive Director, Holly (FL) 2:00 David King's Elvis Gospel Concert **\$(OOB) 3:00 Horseshoes (3E) 6:15 Blitz with Ruth (2A)		
8 9:00 Light & Lively Exercise (3E) 9:30 Minnie & Pearl Visit (FL) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR)) 2:00 Worship Service (2A) 3:00 Helping Hands Club: Paper Flowers for Brunch Décor (P) 6:30 Song and Scripture (Ch.809) Mother's Day	9 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 Time Travel Photo Reminisce & Share: Women in Our Life (C) 3:00 Helping Hands Club: Paper Flowers for Brunch Décor (P) 6:15 Billiards (3E)	10 9:00 Light & Lively Exercise (3E) 10:00 Celebrating Women with Tidbits \$ Tea ** (P) (3A) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 TED Talk: <i>How Mom's Shape the World</i> (2A) 3:00 Nickel Bingo \$(2A) 6:15 Dart League (P)	11 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Dining Committee Meeting (2A) 1:30 Walk and Roll Walking Club (FL) 2:00 <i>Later in Life, Legal Planning</i> by Patrick Cawley (2A) 3:00 Helping Hands Club: Mother's Day Tear Down (P) 6:15 Blitz with Ruth (2A)	12 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Horseshoes (3E)	13 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 9:30 Wii Bowling League (3E) 10:00 Theresa Waltersdorff (TBD) 1:30 Garden Club Check Up (C) 2:00 Creating Caring Cards Committee (C) 3:00 Social Hour: Pink Drinks (P) 6:15 Movie Night: <i>Forever My Girl</i> (3A)	14 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Game Club: Scrabble (C) 6:15 Musical Entertainment with Tresa Day (2A)		
15 9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordies Handouts (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:30 Song and Scripture (Ch.809)	16 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 Adam Leeper Speaker (2A) 3:00 Neighborhood Social with Fact or Fiction (P) 6:15 Card Club: Dealer's Choice (2A)	17 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: TJ Maxx, Ollies, or Super Shoes **\$(OOB) 10:00 Horseshoes (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Milkshakes Station (LD) 3:00 Outdoor Yard Games (LD) 6:15 Game Club: Sequence (2A)	18 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Prize Bingo (2A) 1:30 Walk and Roll Walking Club (FL) 2:00 Fireside Chat (2A) 3:00 Fresh Fried Funnel Cakes on the Patio (P) 6:15 Card Club: Pinochle (2A)	19 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Card Club: Rummy (2A)	20 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Brunch Social by Jaimie, Bayada Home Health Care (P) 1:30 Garden Club Check Up (C) 2:00 Community Life Planning Committee Meeting (P) 3:00 Social Hour: Copycat Frosty's (P) 6:15 Movie Night: <i>Top Gun</i> (3A)	21 9:30 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Local Fares: Butcher Shop **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Community Outreach: Coupons for Troops (C) 6:15 Horseshoes (3E) Armed Forces Day		
22 9:00 Light & Lively Exercise (3E) 9:00 Minnie & Pearl Visit (FL) 9:30 Puzzling Puzzles Handout (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: UNO (2A) 6:30 Song and Scripture (Ch.809)	23 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 9:30 Wii Bowling League (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 Prize Bingo (2A) 3:00 Helping Hands Club: Memorial Day Set Up (FL) 3:00 6:15 Blitz with Ruth (2A)	24 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Hagerstown Valley Mall **\$(OOB) 10:00 Horseshoes (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Musical Entertainment and Conversations with 2dLt Craig A. Johnson (2A) 3:00 Jeopardy! (2A) 6:15 Dart League (P)	25 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Nickel Bingo \$(2A) 12:00 Strictly Vets Luncheon ** (C) 2:00 Musical Entertainment with Tom Shultz (2A) 2: 30 Walking the Grounds with Scott (FL) 3:00 Popcom Stand (FL) 6:15 Card Club: Dealer's Choice (2A)	26 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Game Club: Sequence (2A)	27 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 9:30 Wii Bowling League (3E) 10:00 iN2L: Roaring Through the Century Indianapolis 500 (2A) 1:30 Garden Club Check Up (C) 2:00 Men's Club: Racing Cars (FL) 3:00 Social Hour: Checkers and Flags (P) 6:15 Movie Night: <i>Grand Prix</i> (3A)	28 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Cooking Creation: Sweet Patriotic Desserts (C) 1:30 Stair Stepper Exercise (3E) 2:00 Community Outreach: Coupons for Troops (C) 3:00 Mexican Train Dominoes (C) 6:15 Card Club: Pinochle (2A)		
29 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 12:30 Broadcast of the Indianapolis 500 (P) 2:00 Worship Service (2A) 3:00 Elephant Ears from Indiana (P) 6:30 Song and Scripture (Ch.809)	30 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 11:00-2:00 Memorial Day Lunch Outdoor Seating Option (DR) (LD) 2:00 Outdoor Musical Entertainment by Joe Cristell (LD) 6:15 Horseshoes (3E) Memorial Day	31 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Wii Bowling League (3E) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Prize Bingo (2A) 3:00 Helping Hands Club: Memorial Day Tear Down (FL) 6:15 Blitz with Ruth (2A)	<h1>May 2022</h1>		Calendar Key: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's) **Registration Required, \$\$ Cost Involved		