

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

3 – Bea B.
5 – Stanley P.
6 – Robert F.
8 – Shirley B.
27 – Irene T.
30 – Dolores C.

June

4 – Eleanor S.
4 – Marion B.
18 – Linda C.
19 – Caryl H.
23 – Sandra F.
25 – Bob B.



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: May 2022

A Note from the Executive Director

Hello Providence Place family!

Warm weather has finally arrived and we have so many great activities planned. The monthly Sunday brunch has been a great success, we plan to take the month of May off to implement some changes based on the great success of our first three events. We will restart the event in June and continue throughout the rest of 2022. We are also looking forward to planning some other great family events this spring & summer.

Although Covid numbers have improved in 2022, there are still new cases. We are encouraging all residents and team members to receive a booster vaccine. Please let our Director of Wellness know if you need assistance with arranging booster doses. Our goal is to keep everyone safe and healthy!

Here's to warmer & longer days as we step into Spring.

Terri Sanelli

Executive Director

Highlighted Events

- 6 – Fred Astaire Ballroom Dance Performance @ 1pm
- 8 – Creating Doughnuts like Colledgeville Italian Bakery @ 2:15pm
- 11 – Musical Entertainment by Bruce Kopp @ 4pm
- 26 – Valley Forge Park Outing @ 1:30pm
- 31 – Valley Forge Casino Outing @ 10am

Drumming Aerobics – see dates throughout month!

Welcome New Residents

Marianne S.
Catherine C.
Jerry M.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 10:00 Billiards (OL) 10:30 Live Mass Service (T) 11:00 Knitting & Crochet Club (AR) 1:00 Worship Service & Communion (T) 2:15 Community Crossword & Word Games (CR) 3:30 Cards Club (P) 6:00 Movie: <i>The Hobbit</i> (T)	2 9:30 Chair Exercises (CR) 10:30 Racko (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Craft: Sun Catchers (AR) 4:00 Happy Hour (P) 6:00 Res. Run: Card Games (P)	3 9:30 Chair Exercises (CR) 10:00 Grocery Run: Ross***\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 Happy Birthday Committee (AR) 1:30 iN2L Family Feud (P) 2:00 Grateful Drumming Session by Joe Ciarvella (CR) 3:30 Circle of Friends (T) 6:00 Movie: <i>Saving Private Ryan</i> (T)	4 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 11:00 Balloon Volleyball (CR) 1:00 Dining Services Committee Mtg (AR) 2:00 Men's Club: Cards (P) 3:00 Mid-Week Worship Service (T) 4:00 Aerobic Exercise Class by <i>Look Who's Dancing</i> (P) 6:00 Res. Run: Board Games (P)	5 9:30 Chair Exercises (CR) 10:00 Games in the Pub (P) 10:30 Diners Caravan Lunch Out: Collegeville Diner***\$\$ (OOB) 1:00 Thankful to You Committee (AR) 2:00 Balloon Volleyball (CR) 3:00 Sunshine Committee (AR) 4:00 Cinco de Mayo Happy Hour (P) 6:30 Card Games Club (P)	6 9:30 Chair Exercises (CR) 10:30 Bible Study & Hymn Sing (T) 11:00 Baking It Easy: Chocolate Chip Cookies (AR) 1:00 Dance Performance featuring Fred Astaire Dance Studio (P) 2:00 Balloon Volleyball (CR) 3:00 Short Stories: Listen & Discuss (CR) 6:00 Res. Run: Billiards (OL)	7 9:30 Walking Club (L) 10:30 Cooking Group (AR) 1:00 Bingo in Glasses (AR) 2:00 Trivia & Games (Outside/P) 3:00 Collectors Club: Stamps, Coins, Antiques, Pictures, Art & More 4:00 Billiards Happy Hour (P) 6:15 Community Puzzle (CR) 6:15 Res. Run: Card Games (P)	
8 Mother's Day 10:00 Walking Club (ML) 10:30 Mass Service (T) 11:00 Garden Club: Mother's Day Flower Planting (AR) 1:00 Worship Service (T) 2:15 Create a Doughnut from the Collegeville Italian Bakery (CR) 3:30 Card Club (P) 6:00 Games & Potluck Snacks (P)	9 9:30 Chair Exercises (CR) 11:00 Woofs of Wisdom by Ellie Mae (CR) 1:00 Nickel Bingo \$\$ (AR) 2:00 Balloon Volleyball (CR) 3:15 Drumming Aerobics (CR) 4:00 Hookey Competition Happy Hour (P) 6:00 Res. Run: Card Games (P)	10 9:30 Chair Exercises (CR) 10:00 Shopping Trip: Boscov's***\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 iN2LTravel Trivia (CR) 2:00 Community Life Planning Committee Meeting (AR) 3:30 Circle of Friends (T) 6:00 Movie: <i>Moonraker</i> (James Bond) (T)	11 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 10:30 Games in the Pub (P) 1:00 Balloon Volleyball (CR) 2:00 Men's Club: Billiards (P) 3:00 Mid-Week Worship Service (T) 4:00 Musical Entertainer featuring Bruce Copp on Keyboard & Vocals (P) 6:00 Res. Run: Board Games (P)	12 9:30 Chair Exercises (CR) 10:00 Games in the Pub (P) 11:00 Lunch In: Penny's Pizza***\$\$ (P) 1:00 Fireside Chat with Terri, E.D. (AR) 2:15 Balance Class with Nadine (CR) 3:00 Scrapbooking Group (AR) 4:00 Name That Tune Happy Hour (P) 6:00 Card games Club (P)	13 9:30 Chair Exercises (CR) 10:30 Bible Study & Hymn Sing (T) 11:00 Baking It Easy: Ghirardelli Chocolate Brownies (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (CR) 3:30 Short Stories: Listen & Discuss (CR) 6:00 Res. Run: Billiards (OL)	14 9:30 Walking Club (L) 10:30 Cooking Group (AR) 1:00 Bingo in Beads (AR) 2:00 Trivia & Games (Outside/P) 3:00 Collectors Club: Stamps, Coins, Antiques, Pictures, Art & More (P) 4:00 Billiards Happy Hour (P) 6:15 Community Puzzle (CR) 6:15 Res. Run: Card Games (P)	
15 10:00 Billiards (OL) 10:30 Mass Service (T) 11:00 Knitting & Crochet Club (AR) 1:00 Worship Service & Communion (T) 2:15 Community Crossword & Word Games (CR) 3:30 Card Club (P) 6:00 Lord of the Rings (T)	16 9:30 Chair Exercises (CR) 10:30 Racko (P) 11:30 Make <i>Dog Treats</i> (AR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Drumming Aerobics (CR) 4:00 Happy Hour (P) 6:00 Res. Run: Card Games (P)	17 9:30 Chair Exercises (CR) 10:00 Deliver Dog Treats to SPCA** (OOB) 11:00 Games at the Pub (P) 1:00 iN2LCrosswords and Word Games (P) 2:00 Drumming Aerobics (CR) 3:30 Circle of Friends (T) 6:00 Movie: <i>Shane</i> (T)	18 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 10:30 Games in the Pub (P) 11:00 Balloon Volleyball (CR) 1:00 Ed-U Presentation: Golden Soul Dogs by Sage, the Dog & Jenny Cochran (CR) 2:00 Ed-U Wellness: <i>Arthritis Awareness</i> by Beth Pope, Physical Therapist from Genesis Health & Rehab (CR) 4:00 Aerobics Exercise Class by <i>Look Who's Dancing</i> (C) 6:00 Res. Run Board Games (P)	19 9:30 Chair Exercises (CR) 10:00 Bach's Lunch Mini Concert Community Music School featuring Chris Macy, Piano with Vocals** (OOB) 1:30 Balloon Volleyball (CR) 3:00 Short Stories: Listen and Discuss (CR) 6:00 Res. Run: Billiards (P)	20 9:30 Chair Exercises (CR) 10:30 Bible Study & Hymn Sing (T) 11:00 Baking It Easy: Create a Doughnut from the Collegeville Bakery (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball/Bocce Outside (CR) 3:00 Drum Aerobics (CR) 6:00 Res. Run: Billiards (OL)	21 Armed Forces Day 9:30 Walking Club (L) 10:30 Cooking Group (AR) 1:00 Bingo in Beads (AR) 2:00 Trivia & Games (Outside/P) 3:00 Collectors Club: Stamps, Coins, Antiques, Pictures, Art & More (P) 4:00 Atlantic City Poker Happy Hour with Casino Entertainer Kevin Crombie (P) 6:15 Community Puzzle (CR) 6:15 Res. Run: Card Games (P)	
22 10:00 Billiards (OL) 10:30 Mass Service (T) 1:00 Worship Service & Communion (T) 2:15 Community Crossword & Word Games (CR) 3:30 Card Club (P) 6:00 Games & Potluck Snacks (P)	23 9:30 Chair Exercises (CR) 11:00 Woofs of Wisdom by Ellie Mae (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Drumming Aerobics (CR) 4:00 Name That Movie Happy Hour (P) 6:00 Res. Run: Card Games (P)	24 9:30 Chair Exercises (CR) 10:00 Shopping Trip: Dollar Store***\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Family Feud (CR) 2:00 Drumming Aerobics (CR) 3:30 Circle of Friends (T) 6:00 Movie: <i>Rocky</i> (T)	25 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 10:30 Games in the Pub (P) 1:00 Balloon Volleyball (CR) 2:00 Men's Club: Billiards (P) 3:00 Mid-Week Worship Service (T) 6:00 Res. Run: Board Games (P)	26 9:30 Chair Exercises (CR) 10:00 Games in the Pub (P) 11:00 Drumming Aerobics (CR) 1:30 Trip Out: Valley Forge National Historical Park***\$\$ (OOB) 4:00 Short Stories: Listen and Discuss (CR) 6:00 Res. Run: Billiards (P)	27 9:30 Chair Exercises (CR) 10:30 Bible Study & Hymn Sing (T) 11:00 Baking It Easy: Blueberry Muffins (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (CR) 3:00 Ed-U Wellness with Izzy Porter (CR) 6:00 Res. Run: Billiards (OL)	28 9:30 Walking Club (L) 10:30 Cooking Group (AR) 1:00 Bingo in Beads (AR) 2:00 Trivia & Games (Outside/P) 3:00 Collectors Club: Stamps, Coins, Antiques, Pictures, Art & More (P) 3:30 Happy Hour: Musical Entertainer featuring Courtney Colletti (P) 6:15 Community Puzzle (CR)	
29 10:00 Billiards (OL) 10:30 Mass Service (T) 11:00 Knitting & Crochet Club (AR) 1:00 Worship Service & Communion (T) 2:15 Community Crossword & Word Games (CR) 3:30 Card Club (P) 6:00 Res. Run Billiards (OL)	30 Memorial Day 9:30 Chair Exercises (CR) 10:30 Racko (P) 11:30--1pm Memorial Day BBQ Picnic (Outside Porch) 1:00 Nickel Bingo \$\$ (AR) 2:00 Balloon Volleyball (CR) 3:15 Drumming Aerobics (CR) 4:00 Memorial Day Happy Hour (P) 6:00 Res. Run: Card Games (P)	31 9:30 Chair Exercises (CR) 10:00 Trip Out: Valley Forge Casino***\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 Spring Craft: Floral Center Piece (AR) 2:00 iN2L Crosswords & Word Games (CR) 3:30 Circle of Friends (T) 6:00 Movie: <i>Field of Dreams</i> (T)	<h1>May</h1> <h1>2022</h1>			Calendar Key: ** Registration Required \$\$ Cost Involved (CR) Community Room (AR) Activity Room (P) Pub, (C) Connections Neighborhood (DR) Dining Room, (OL) Old Lobby (GR) Game Room, (LIB) Library (ML) Main Lobby	

