

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!



Resident Birthdays

May

- | | |
|------------------|------------------|
| 3 – Ginny R. | 19 – Mary K. |
| 3 – Cora E. | 25 – Delores B. |
| 4 – Hannelore R. | 25 – Mary Lou T. |
| 6 – Mary L. | 27 – John H. |
| 7 – Nancy F. | 28 – Shirley G. |
| 7 – Joann B. | 29 – Betty E. |
| 8 – Austin F. | 29 – Truman G. |
| 15 – Marian C. | 31 – Betty R. |
| 15 – Connie J. | |

June

- 8 – Ruth R.
- 11 – June M.
- 13 – Matthew C.
- 15 – Catherine M.
- 15 – Ron T.
- 15 – William M.
- 16 – Wilma Jean M.
- 17 – Rosemary P.
- 18 – Max W.
- 20 – Bernadine T.
- 26 – Dorothy R.



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

At this time, we continue with our community dining and an active Community Life schedule of events and programs – We know what an important role socialization and engagement play in the health and wellness of our residents.

We hope everyone took advantage and enjoyed of our BBQ food truck. The patio located outside the 100-hallway area is set back up and ready for use!

Make sure to check your calendars for the upcoming activities and events. As carpet replacement continues, thank you for your understanding and patience during our ongoing maintenance for our residents.

Hello Spring! Be sure to enjoy our outside walking trail and patios.

Best,
Howard Holben
Executive Director

Highlighted Events

- 3 – **EdU Presentation:** Where We Live by Night Wonders of Astronomy @ 2:30pm
- 6 – **Magic Show & Birthday Luncheon** @ 12pm
- 8 – **Mother's Day Dessert Social** @ 2pm – Families Welcome!
- 27 – **Dining Committee Meeting** With Chef Bruce @ 2pm
- 30 – **Movie Matinee:** Top Gun @ 1:15pm - Connections Club

Welcome New Residents

- Dorothy B.
- Joe A.
- Alecia F.
- Terry F.
- Dorothy R.
- Vera O.
- Charles M.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 9:30 Exercise with Adam (AR) 9:30 Daily Reading (CR) 10:00 Song & Scripture & Hot Beverages (CR) 10:15 History of the Day (CR) 10:30 Menu Review (CR) 1:15 Sun and Shade (FP) 2:00 Table Top Game (AR) 3:00 Church Service (CR) 6:00 Resident Run: Poker (AR)	2 9:30 Exercise with Adam (AR) 9:30 Card Crunch Fitness (CR) 10:00 Bible Study (FS) 10:00 Daily Reading & Famous Siblings (CR) 10:30 Menu Review (CR) 1:00 Catholic Communion (CDR) 1:30 Musical Engagement with Lindsay (AR) 1:30 Movie with Chaplain Shawn (FS) 3:30 Menu Review (AR) 4:00 Dinner Out: Olive Garden**\$\$ (OOB)	3 9:30 Exercise with Adam (AR) 10:00 Daily Reading & Aqua-painting (CR) 10:30 Menu Review (CR) 1:15 Make & Take: Chocolate Custard (CR) 1:30 Circle of Friends (CR) 2:00 Create & Design with Friends (CN) 2:30 Ed-U Presentation <i>Where We Live</i> by Ron & Crystal Bolton, Night Wonders of Astronomy (AR) 3:00 Themed Trivia (CN) 3:30 Menu Review (AR)	4 9:30 Exercise with Adam (AR) 9:30 Working with Words (CR) 10:00 Life Chat with Chaplain Shawn (FS) 10:00 Grocery Run: Weis**\$\$ (OOB) 10:00 Exercise Routine (CR) 10:30 Menu Review (CR) 1:30 Memory Magic with Friends (CN) 1:30 Mid Week Worship (CR) 2:30 Vocations 101: Skilled Trades (CR) 3:30 Menu Review (CR) 6:00 Crosswords & Word Finds (LB)	5 9:30 Exercise with Adam (AR) 10:00 Culinary Creations: Bacon Wrapped Pineapple Bites (AR) 10:30 Menu Review (AR) 10:30 Praying the Rosary (CDR) 1:15 Staff Appreciation Table (FL) 1:30 Hymns with Chaplain Shawn (CR) 2:30 Social Hour (P) 3:30 Menu Review (CR)	6 9:30 Exercise with Adam (AR) 9:30 Fitness Dice (CR) 10:00 Daily Reading (CR) 10:15 Fact of the Day & Menu Review (CR) 12:00 A <i>Magical</i> Birthday Luncheon with Local Guest Magician, Tim Storey (AR) 1:15 iN2L: Space Program (CR) 1:15 Sight & Sound Movie (FS) 2:30 Create: Mothers Day Cards (CR) 3:30 Menu Review (CR) 6:00 Resident Run: Bingo (AR)	7 9:30 Exercise with Adam (AR) 10:00 Donuts & Discussion (AR) 10:30 Menu Review (AR) 1:15 Daily Reading (P) 2:30 Sun and Shade (FP) 3:30 Menu Review (CR) 6:00 Table Royal: UNO (AR)	
8 9:30 Exercise with Adam (AR) 9:30 Daily Reading (CR) 10:00 Song & Scripture & Hot Beverages (CR) 10:30 Menu Review (CR) 11:00 Mother's Day Lunch & Music (DR) 1:15 Sun and Shade (FP) 2:00 Mother's Day Dessert Social (P) 3:00 Church Service (CR) 6:00 Resident Run: Poker (AR) Mother's Day	9 9:30 Exercise with Adam (AR) 9:30 Card Crunch Fitness (CR) 10:00 Bible Study (FS) 10:00 Daily Reading (CR) 10:15 Create & Design: Sock Pets (CR) 10:30 Menu Review (CR) 1:00 Catholic Communion (CDR) 1:30 Musical Engagement with Lindsay (AR) 1:30 Movie with Chaplain Shawn (FS) 3:30 Menu Review (AR)	10 9:30 Exercise with Adam (AR) 10:00 Creating Cupcakes (AR) 10:30 Menu Review (CR) 1:15 Daily Reading (P) 1:30 Circle of Friends (CR) 2:00 Create & Design with Friends (CN) 2:30 Social Hour : Surprise Cupcakes (P) 3:00 Themed Trivia (CN) 3:30 Menu Review (AR)	11 9:30 Exercise with Adam (AR) 9:30 Working with Words (CR) 10:00 Life Chat with Chaplain Shawn (FS) 10:00 Shopping: Dollar Tree**\$\$ (OOB) 10:00 Exercise Routine (CR) 10:30 Menu Review (CR) 1:30 Memory Magic with Friends (CN) 1:30 Mid Week Worship (CR) 2:30 Vocations 101: Receptionists (CR) 3:30 Menu Review (CR) 6:00 Crosswords & Word Finds (LB)	12 9:30 Exercise with Adam (AR) 10:00 Culinary Creations: Bacon Chicken Nugget Bites (AR) 10:30 Praying the Rosary (CDR) 10:30 Menu Review (AR) 1:15 Staff Appreciation Table (FL) 1:30 Hymns with Chaplain Shawn (CR) 2:30 Social Hour (P) 3:30 Menu Review (CR)	13 9:30 Exercise with Adam (AR) 9:30 Fitness Dice (CR) 10:00 Daily Reading (CR) 10:15 Fact of the Day & Menu Review (CR) 12:00 Gentlemen's Cruise Luncheon (AR) 1:15 iN2L: Wheel of Fortune (CR) 3:30 Menu Review (CR) 6:00 Resident Run: Bingo (AR)	14 9:30 Exercise with Adam (AR) 10:00 Donuts & Discussion (AR) 10:30 Menu Review (AR) 1:15 Daily Reading (P) 2:30 Club Country Ride (CY) 3:30 Menu Review (CR) 6:00 Table Royal: Kings in the Corner (AR)	
15 9:30 Exercise with Adam (AR) 9:30 Daily Reading (CR) 10:00 Song & Scripture & Hot Beverages (CR) 10:15 History of the Day (CR) 10:30 Menu Review (CR) 1:15 Sun and Shade (FP) 3:00 Church Service (CR) 6:00 Resident Run: Poker (AR)	16 9:30 Exercise with Adam (AR) 9:30 Card Crunch Fitness (CR) 10:00 Bible Study (FS) 10:00 Daily Reading (CR) 10:15 Create & Design: Tree Art (CR) 10:30 Menu Review (CR) 1:00 Catholic Communion (CDR) 1:30 Musical Engagement with Lindsay (AR) 1:30 Movie with Chaplain Shawn (FS) 3:30 Menu Review (AR)	17 9:30 Exercise with Adam (AR) 10:00 Daily Reading & Junk Drawer Detective (CR) 10:30 Menu Review (CR) 1:15 What Makes a Pack Rat? (CR) 1:30 Circle of Friends (CR) 2:00 Create & Design with Friends (CN) 2:30 Social Hour (P) 3:00 Themed Trivia (CN) 3:30 Menu Review (AR)	18 9:30 Exercise with Adam (AR) 9:30 Working with Words (CR) 10:00 Life Chat with Chaplain Shawn (FS) 10:00 Shopping: Boscov's**\$\$ (OOB) 10:00 Exercise Routine (CR) 10:30 Menu Review (CR) 1:30 Memory Magic with Friends (CN) 1:30 Mid Week Worship (CR) 2:30 Car Creations (AR) 3:30 Menu Review (CR) 6:00 Crosswords & Word Finds (LB)	19 9:30 Exercise with Adam (AR) 10:00 Culinary Creations: Bacon Wrapped Potato Bites (AR) 10:30 Praying the Rosary (CDR) 10:30 Menu Review (AR) 1:15 Staff Appreciation Table (FL) 1:30 Hymns with Chaplain Shawn (CR) 2:00 Ed-U Presentation <i>History Through Folk Music</i> by Jay Smar (P) 3:30 Menu Review (CR)	20 9:30 Exercise with Adam (AR) 9:30 Fitness Dice (CR) 10:00 Daily Reading (CR) 10:15 Fact of the Day & Menu Review (CR) 12:00 White Gloves & Bonnets Ladies Luncheon (AR) 1:15 iN2L: NASCAR Driver Interview (CR) 3:30 Menu Review (CR) 6:00 Resident Run: Bingo (AR)	21 9:30 Exercise with Adam (AR) 10:00 Spring Wreath Crafting (AR) 10:30 Menu Review (AR) 1:15 Daily Reading (P) 2:30 Sun and Shade (FP) 3:30 Menu Review (FP) 6:00 Table Royal: Dominoes (AR) Armed Forces Day	
22 9:30 Exercise with Adam (AR) 9:30 Daily Reading (CR) 10:00 Song & Scripture & Hot Beverages (CR) 10:15 History of the Day (CR) 10:30 Menu Review (CR) 1:15 Sun and Shade (FP) 2:00 Table Top Game (AR) 3:00 Church Service (CR) 6:00 Resident Run: Poker (AR)	23 9:30 Exercise with Adam (AR) 9:30 Card Crunch Fitness (CR) 10:00 Bible Study (FS) 10:00 Daily Reading (CR) 10:15 Knowledge Check: Turtle Facts (CR) 10:30 Menu Review (CR) 1:00 Catholic Communion (CDR) 1:30 Musical Engagement with Lindsay (AR) 1:30 Movie with Chaplain Shawn (FS) 3:30 Menu Review (AR)	24 9:30 Exercise with Adam (AR) 10:00 Daily Reading & UNO game (CR) 10:30 Menu Review (CR) 1:15 Spring Scavenger Hunt (CR) 1:30 Circle of Friends (CR) 2:00 Create & Design with Friends (CN) 2:30 Social Hour (P) 3:00 Themed Trivia (CN) 3:30 Menu Review (AR)	25 9:30 Exercise with Adam (AR) 9:30 Working with Words (CR) 10:00 Life Chat with Chaplain Shawn (FS) 10:00 Grocery Run: Giant**\$\$ (OOB) 10:00 Exercise Routine (CR) 10:30 Menu Review (CR) 1:30 Memory Magic with Friends (CN) 1:30 Mid Week Worship (CR) 2:30 Afternoon Fitness on the Patio (CY) 3:30 Menu Review (CR) 6:00 Crosswords & Word Finds (LB)	26 9:30 Exercise with Adam (AR) 10:00 Culinary Creations: Bacon Wrapped Shrimp Bites (AR) 10:30 Praying the Rosary (CDR) 10:30 Menu Review (AR) 1:15 Staff Appreciation Table (FL) 1:30 Hymns with Chaplain Shawn (CR) 2:30 Social Hour (P) 3:30 Menu Review (CR)	27 9:30 Exercise with Adam (AR) 9:30 Fitness Dice (CR) 10:00 Daily Reading (CR) 10:15 Fact of the Day & Menu Review (CR) 12:00 Taste What We Create Luncheon (AR) 1:15 iN2L: How Wine is Made (CR) 1:15 Sight & Sound Movie (FS) 2:30 Popsicles and Conversation (CR) 3:30 Menu Review (CR) 6:00 Resident Run: Bingo (AR)	28 9:30 Exercise with Adam (AR) 10:00 Donuts & Discussion (AR) 10:30 Menu Review (AR) 1:15 Daily Reading (P) 2:30 Club Country Ride (CY) 3:30 Menu Review (AR) 6:00 Table Royal: Rummy (AR)	
29 9:30 Exercise with Adam (AR) 9:30 Daily Reading (CR) 10:00 Song & Scripture & Hot Beverages (CR) 10:15 History of the Day (CR) 10:30 Menu Review (CR) 1:15 Sun and Shade (FP) 2:00 Table Top Game (AR) 3:00 Church Service (CR) 6:00 Resident Run: Poker (AR)	30 9:30 Exercise with Adam (AR) 9:30 Card Crunch Fitness (CR) 10:00 Bible Study (FS) 10:00 Daily Reading (CR) 10:15 Know Your Stuff: Memorial Day (CR) 10:30 Menu Review (CR) 1:00 Catholic Communion (CDR) 1:15 Matinee: <i>Top Gun</i> featuring Tom Cruse (CR) 3:30 Menu Review (AR) Memorial Day	31 9:30 Exercise with Adam (AR) 10:00 Daily Reading & Paint by Sticker Books (CR) 10:30 Menu Review (CR) 1:15 Make & Take: Coconut Macaroons (CR) 1:30 Circle of Friends (CR) 2:00 Create & Design with Friends (CN) 2:30 Social Hour (P) 3:00 Themed Trivia (CN) 3:30 Menu Review (AR)	<h1>May</h1> <h1>2022</h1>		Calendar Key: ** Registration Required \$\$ Cost Involved Activity Room (AR) Create & Design Room (CDR) Community Room (CR) Connections Neighborhood (CN) 100 Hall Court Yard (CY) Fitness Room (FR) Front Lobby (FL) Front Porch (FP) Pub (P)		<h1>THE</h1> <h1>Club</h1>