

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

June

- | | | |
|------------------|------------------|--------------------|
| 3 – Ginny R. | 19 – Mary K. | 8 – Ruth R. |
| 3 – Cora E. | 25 – Delores B. | 11 – June M. |
| 4 – Hannelore R. | 25 – Mary Lou T. | 13 – Matthew C. |
| 6 – Mary L. | 27 – John H. | 15 – Catherine M. |
| 7 – Nancy F. | 28 – Shirley G. | 15 – Ron T. |
| 7 – Joann B. | 29 – Betty E. | 15 – William M. |
| 8 – Austin F. | 29 – Truman G. | 16 – Wilma Jean M. |
| 15 – Marian C. | 31 – Betty R. | 17 – Rosemary P. |
| 15 – Connie J. | | 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 Morning Exercise (AR) 10:00 House of Café and News (AR) 11:00 & 12:15 Tablemate Riddles (DR) 1:15 Balance Class (FR) 1:45 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)	2 9:30 Morning Exercise (AR) 10:00 Bible Study (FS) 1:00 Catholic Communion (CDR) 1:30 Melodies by Lindsay Amspacher (AR) 1:30 Monday at the Movies with Chaplain Shawn (FS) 2:45 Bingo (AR) 4:00 First Monday Diners Caravan: Olive Garden**\$\$ (OOB)	3 9:30 Morning Exercise (AR) 10:00 Wake Up with Brain Busters and Coffee (AR) 1:15 Table Royal: Kings in the Corner (AR) 1:30 Circle Of Friends (CR) 2:30 Ed-U Presentation <i>Where We Live</i> by Ron & Crystal Bolton, Night Wonders of Astronomy (AR) 4:00 & 5:15 Tablemate Trivia (DR) 6:00 Rummikub (FL)	4 9:30 Morning Exercises (AR) 10:00 Life Chat with Chaplin Shawn (FS) 10:00 Grocery Run: Weis**\$\$ (OOB) 1:30 Prayer & Worship Service (CR) 2:45 Bingo (AR) 6:30 Crosswords and Word Searches (FL)	5 9:30 Morning Exercise (AR) 10:00 Table Royal: Kings in the Corner (AR) 10:30 Praying the Rosary (CDR) 1:30 Hymn Sing with Chaplin Shawn (CR) 2:30 Social Hour (P) 3:15 Game of Trivia (P) 4:00 & 5:15 Wine and Dine (DR)	6 9:30 Morning Exercises (AR) 10:00 Helping Hands: Luncheon Prep (AR) 12:00 A <i>Magical</i> Birthday Luncheon with Local Guest Magician, Tim Storey (AR) 1:15 Theatre Production Showing a Sight and Sound Film (P) 2:30 Manicures (FR) 6:00 Res. Run: Bingo (AR)	7 9:30 Morning Exercise (AR) 10:00 House of Café: Doughnut Mind if I Do (AR) 1:30 Helping Hands: Drink Prep (P) 2:00 Musical Entertainment featuring John (P) 3:00 Take It Easy Trivia (AR) 6:30 Table Royal: Uno (AR)	
8 9:30 Morning Exercise (AR) 10:00 House of Café and News (AR) 11:00 & 12:15 Mother's Day Lunch (DR) 1:15 Balance Class (FR) 1:45 Jingo (AR) 2:00 Community Event: Mother's Day Dessert Social (P) 3:00 Worship Service (CR) 6:00 Poker Night (AR) Mother's Day	9 9:30 Morning Exercise (AR) 10:00 Bible Study (FS) 10:30 Balance Class (FR) 1:30 Melodies by Lindsay Amspacher (AR) 1:30 Monday at the Movies with Chaplain Shawn (FS) 2:00 Shopping Excursion: Ollie's**\$\$ (OOB) 6:10 Bingo (AR)	10 9:30 Morning Exercise (AR) 10:00 Wake Up with Brain Busters and Coffee (AR) 1:15 Table Royal: Kings in the Corner (AR) 1:30 Circle Of Friends (CR) 2:30 Social Hour (P) 4:00 & 5:15 Tablemate Trivia (DR) 6:30 Game of Checkers (FL)	11 9:30 Morning Exercises (AR) 10:00 Life Chat with Chaplin Shawn (FS) 10:00 Shopping Trip: Dollar Tree**\$\$ (OOB) 1:30 Prayer & Worship Service (CR) 2:30 Fireside Chat with Howard, E.D. (AR) 2:45 Bingo (AR) 6:30 Rummy (FL)	12 9:30 Morning Exercise (AR) 10:30 Praying the Rosary (CDR) 1:30 Hymn Sing with Chaplin Shawn (CR) 2:30 Social Hour (P) 3:15 Game of Trivia (P) 4:00 & 5:15 Wine and Dine (DR)	13 9:30 Morning Exercises (AR) 10:00 Cooking Demo with Chef Bruce (P) 12:00 Gentlemen's Cruise Luncheon** (AR) 1:30 Stroll Around the Path (FL) 2:30 Nature Appreciation (CY) 3:15 The Fine Wines (P) 6:00 Res Run: Bingo (AR)	14 9:30 Morning Exercise (AR) 10:00 House of Café: Doughnut Mind if I Do (AR) 1:30 Musical Entertainment featuring Holly (P) 3:00 Drinks in the Courtyard (CY) 6:30 Table Royal: Kings in the Corner (AR)	
15 9:30 Morning Exercise (AR) 10:00 House of Café and News (AR) 11:00 & 12:15 Tablemate Riddles (DR) 1:15 Balance Class (FR) 1:45 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)	16 9:30 Morning Exercise (AR) 10:00 Bible Study (FS) 10:00 Ed-U Wellness: <i>Cognitive Health</i> by Bethany, Genesis Health and Rehab (AR) 1:30 Melodies by Lindsay Amspacher (AR) 1:30 Monday at the Movies with Chaplain Shawn (FS) 2:00 Country Ride** (OOB) 6:10 Bingo (AR)	17 9:30 Morning Exercise (AR) 10:00 Wake Up with Brain Busters and Coffee (AR) 1:15 Table Royal: Kings in the Corner (AR) 1:30 Circle Of Friends (CR) 2:30 Social Hour (P) 4:00 & 5:15 Tablemate Trivia (DR) 6:30 Connect Four (FL)	18 9:30 Morning Exercises (AR) 10:00 Life Chat with Chaplin Shawn (FS) 10:00 Shopping Trip: Boscov's**\$\$ (OOB) 1:30 Prayer & Worship Service (CR) 2:45 Bingo (AR) 6:30 Crosswords and Word Searches (FL)	19 9:30 Morning Exercise (AR) 10:30 Praying the Rosary (CDR) 1:30 Hymn Sing with Chaplin Shawn (CR) 2:00 Ed-U Presentation: <i>History Through Folk Music</i> by Jay Smar (P) 3:15 Game of Trivia (P) 4:00 & 5:15 Wine and Dine (DR)	20 9:30 Morning Exercises (AR) 10:00 Helping Hands: Luncheon Prep (AR) 12:00 Ladies Luncheon: White Gloves and Bonnets** (CR) 1:30 Social Prep (P) 2:00 Musical Entertainment featuring Thomas Shultz (P) 3:00 Manicures (FR) 6:00 Res Run: Bingo (AR)	21 9:30 Morning Exercise (AR) 10:00 Spring Wreath Making (AR) 1:30 Drink Prep (P) 2:00 Musical Entertainment featuring Tom and Randy (P) 3:15 Armed Forces Discussion (AR) Armed Forces Day	
22 9:30 Morning Exercise (AR) 10:00 House of Café and News (AR) 11:00 & 12:15 Tablemate Riddles (DR) 1:30 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)	23 9:30 Morning Exercise (AR) 10:00 Bible Study (FS) 10:30 Balance Class (FR) 1:30 Melodies by Lindsay Amspacher (AR) 1:30 Monday at the Movies with Chaplain Shawn (FS) 2:30 Manicures (FR) 6:10 Bingo (AR)	24 9:30 Morning Exercise (AR) 10:00 Wake Up with Brain Busters and Coffee (AR) 1:15 Table Royal: Kings in the Corner (AR) 1:30 Circle Of Friends (CR) 1:30 Ed-U Wellness: <i>Benefits of Exercise</i> By Wendy, DOW (G) 2:30 Social Hour (P) 4:00 & 5:15 Tablemate Trivia (DR) 6:30 Scrabble (FL)	25 9:30 Morning Exercises (AR) 10:00 Life Chat with Chaplin Shawn (FS) 10:00 Grocery Run: Giant**\$\$ (OOB) 1:30 Prayer & Worship Service (CR) 2:45 Bingo (AR) 6:30 Game of 500 (AR)	26 9:30 Morning Exercise (AR) 10:30 Praying the Rosary (CDR) 1:30 Hymn Sing with Chaplin Shawn (CR) 2:30 Social Hour (P) 3:15 Game of Trivia (P) 4:00 & 5:15 Wine and Dine (DR)	27 9:30 Morning Exercises (AR) 10:00 Culinary Creations: Hamburger Soup (AR) 11:00 Taste What We Create Luncheon** (AR) 1:15 Theatre Production Showing a Sight and Sound Film (P) 2:00 Dining Committee Meeting with Chef Bruce (AR) 6:00 Res Run: Bingo (AR)	28 9:30 Morning Exercise (AR) 10:00 House of Café: Doughnut Mind if I Do (AR) 1:30 Helping Hands: Social Prep (P) 2:00 Create Your Own Sundae Social (P) 3:15 Walk Off That Ice Cream (FL) 6:30 Table Royal: Rummy (AR)	
29 9:30 Morning Exercise (AR) 10:00 House of Café and News (AR) 11:00 & 12:15 Tablemate Riddles (DR) 1:15 Balance Class (FR) 1:45 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)	30 9:30 Morning Exercise (AR) 10:00 Bible Study (FS) 10:30 Balance Class (FR) 1:15 Matinee: <i>Top Gun</i> featuring Tom Cruise (CR) 2:00 Table Royal: Uno (CDR) 3:30 Memorial Day <i>Mini</i> Social (AR) 6:10 Bingo (AR) Memorial Day	31 9:30 Morning Exercise (AR) 10:00 Wake Up with Brain Busters and Coffee (AR) 1:15 Table Royal: Kings in the Corner (AR) 1:30 Circle Of Friends (CR) 2:30 Social Hour (P) 4:00 & 5:15 Tablemate Trivia (DR)	<h1>May</h1> <h1>2022</h1>			Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activities Room, (DR) Dining Room (CR) Community Room (CDR) Create and Design Room (CY) 100 Hall Courtyard (PT) Pool Table Room, (FL) Front Lobby (FS) Fire Side, (CN) Connections (OOB) Out of the Building (P) Pub, (G) Gym	

