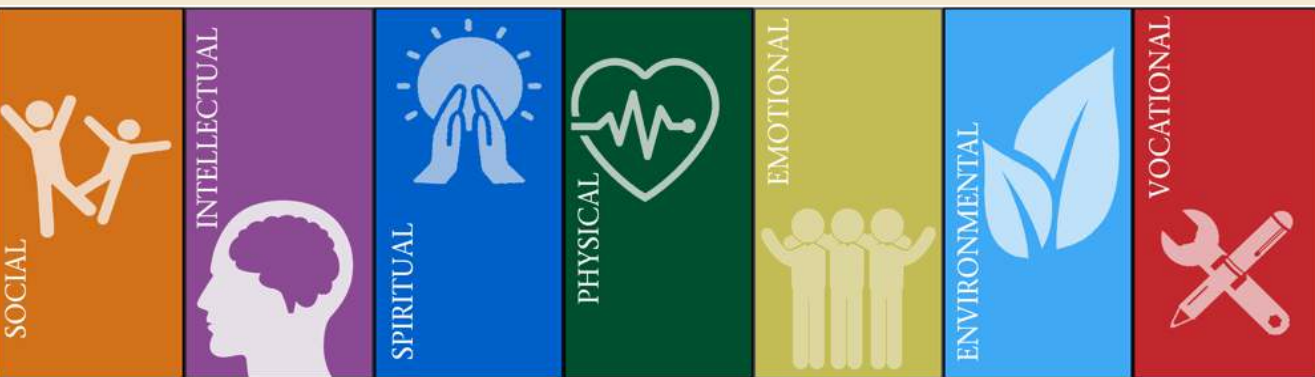


Focus on Wellness

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 – George S.
- 7 – Barbara Z.
- 7 – Patricia M.
- 12 – Anthony T.
- 26 – Eugene T.
- 27 – Violet N.
- 29 – Charles Morris S.
- 31 – Jeanette M.

June

- 2 – Helen G.
- 5 – Joanne B.
- 6 – Vilma S.
- 9 – Alfred C.
- 11 – Sandra S.
- 12 – Grace S.
- 13 – Elizabeth D.
- 15 – Jane Z.
- 15 – Lois E.
- 21 – Joan C.
- 22 – Douglas S.
- 23 – Lillian C.
- 29 – Barbara W.



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.

I'm so overwhelmed with the love our home has brought to our residents. At Providence Place of Drums, my entire team is committed to be sure our residents are treated like family and we will go above and beyond to find ways to say "YES". Our Community Life team has even begun to make some "Wishes" come true. We want to know what is on your wish list!

On June 25th (2-5pm), we will be hosting a "BEACH" party for our residents, coworkers, and families. We will have food, live entertainment, bounce house, dunk tank, and much more. Please contact Barbara at 570-788-7555 by June 10th to RSVP. We are all looking forward to this event!

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.

Stay healthy and think happy,

Kim Perchak

Executive Director

Highlighted Events

- 3 – **EdU Presentation:** The Life of Benjamin Franklin @ 2:30pm
- 6 – **Theater Trip:** Neil Simon's Barefoot in the Park @ 6pm
- 14 – **Kentucky Derby Day Festivities** – Connections Club
- 16 – **EdU Presentation:** Benefits of Exercise with Melissa @ 2:30pm
- 20 – **Norman Rockwell Presentation** @ 1:30pm - Connections Club
- 25 – **Diner's Lunch Caravan:** Olive Garden @ 10:30am
- 28 – **New Resident Ice Cream Sundae Mixer** @ 2:30pm
- 30 – **Memorial Day Musical Entertainment by Glenn Faul** @ 2:30pm

Welcome New Residents

- Charles Morris S.
- Dorothy B.
- Eric B.
- George S.
- Geraldine M.
- RoseMary 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 9:00 TV Catholic Mass (3rd) 9:30 Psalms for Beginners (2nd) 10:00 Route 66 Celebration Party (3rd) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:00 Metallic May Daisy Craft (2nd) 1:30 Worship Service by Ch. Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L: May Day History & Traditions (3rd) 6:30 Knit & Crochet Club (3rd)	2 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Rosary (Ch) 10:00 ReMemory: Your Story (2nd) 10:00 Yoga Fitness by Bill (Ch) 10:30 TED Talk: <i>Embrace Your Potential</i> (3rd) 1:00 Craft: Balloon Painting (2nd) 1:30 Hymn Sing (Ch) 2:30 Dessert & Discuss with Chef Ashley (C) 3:30 Sunshine Committee (3rd)	3 9:00 Daily Chronicle & Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:00 Guess the Phrase (2nd) 10:30 Stretch Exercise (2nd) 1:30 Music Class by Cynthia (2nd) 2:30 Creative Story Writing (2nd) 2:30 Ed-U Presentation: <i>Benjamin Franklin</i> by Resident Roger Cotteril (3rd) 3:30 iN2L: Happy Birthday, Bing Crosby (3) 6:30 Scrabble (1st)	4 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 9:30 Patriotic Sing A Long (2nd) 10:00 Prayer Service with Ch. Beverly (Ch) 1:00 Mother's Day Mani's & Mocktails (3rd) 2:00 Circle of Friends (SR) 2:30 Anatomy 101: Brains (2nd) 2:45 Bingo (3rd) 3:30 Holiday Celebration Planning Cmt (3rd) 6:30 Dominoes (1st)	5 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Mass with Father Mike (DR) 2:00 Walking Tacos (T) 2:30 Diego Rivera Bio and Coloring (T) 2:30 iN2L Travels to Mexico: History of Cinco de Mayo (3rd) 3:30 Margaritas & Salsa Music (1st) 6:30 Pinochle Players Club (3rd)	6 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 1:30 Dealing with Loss Support Group (SR) 1:30 Science Behind: Supersized Bubbles (T) 2:30 Entertainment by Noreen Gregory (DR) 6:00 Theatre Trip Out: Neil Simon's <i>Barefoot in the Park</i> by Nuremberg Community Players at The Emerson Theater**\$\$ (OOB)	7 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Hangman Word Game (3rd) 1:30 ReMemory: Our Story (2nd) 1:45 Kentucky Derby 2022 (3rd) 2:00 Celleral Dwellarzz Jazz Band (T) 3:30 Mint Julep Super Happy Hour (1st) 6:30 Rummikub (1st)	
8 Mother's Day 9:00 TV Catholic Mass (3rd) 9:30 Songs for Mom & Motherly Humor (2nd) 10:00 Prov-Place Wish Honoring Resident Bernadine Marusak (1st) 10:30 Sit & Be Fit Exercise (2nd) 1:00 iN2L: Funny Babies Videos (2nd) 1:30 Worship Service by Ch. Beverly (Ch) 2:30 Mother's Day Tea Super Social (3rd) 6:30 Music Club: Tony Bennett Classics (1)	9 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Food for Thought: Rhubarb (C) 1:30 Jack Benny Day: Videos & Bio (T) 2:45 Bingo (3rd) 3:00 Guess the Phrase (1st) 3:30 Technology Committee: Hearing Impaired Phones (3rd) 6:30 Pinochle Players Club (3rd)	10 9:00 Daily Chronicle & Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Craft: Paper Butterflies (T) 2:30 Butterfly Guy (T) 3:30 Soul Club: <i>Chicken Soup for the Soul</i> (3rd) 6:30 Musical Entertainment By Pianist Jay Daniels (2nd)	11 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Ch. Beverly (Ch) 10:30 Irving Berlin Sing A Long (2nd) 1:00 Facts About Irving Berlin (2nd) 2:30 Alzheimer's Assoc. Support Group (SR) 2:45 Paparazzi Jewelry Bingo with Kim (3rd) 3:30 Resident Birthday Committee (3rd) 6:30 Ed-U Presentation: <i>Estate Planning</i> By Colbert & Grebas (2nd)	12 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Prayer & Meditation (Ch) 10:00 Finish the Lines Game (3rd) 10:00 Balance in Action Exercise (2nd) 1:00 Nurses Day — Club Presentation () 2:00 Hymn Sing (Ch) 3:30 Brain Games (3rd) 6:30 Pinochle Players Club (3rd)	13 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 10:30 Funny Poetry Reading (2nd) 1:00 Short Story & Tea Social (2nd) 1:30 Dealing with Loss Support Group (SR) 2:00 Drumming Class by Joe Ciarvella (2nd) 3:30 Karaoke Sing A Long (2nd) 6:30 Boggle (1st)	14 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Horse Races & Mint Julep Mocktails (2nd) 1:00 iN2L History of Kentucky Derby (3rd) 1:30 Gardening: Vegetables & Herbs (ML) 2:30 Matinee: <i>Field of Dreams</i> (2nd) 6:30 Uno (1st)	
15 9:00 TV Catholic Mass (3rd) 9:30 Psalms for Beginners (2nd) 10:00 Humorous Poetry Reading (2nd) 10:30 Sit & Be Fit Exercise (2nd) 1:00 iN2L: The Human Nucleus & Structure of the Human DNA (3rd) 1:30 Worship Service by Ch. Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Songs of US Armed Forces (3rd) 6:30 Knit & Crochet Club (3rd)	16 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Favorite Musical Songs (2nd) 10:00 Yoga Fitness by Bill (Ch) 1:30 Movie: <i>An American in Paris</i> (2) 2:30 Ed-U Health: <i>Exercise & Fitness Awareness</i> by Melissa, DOW (3rd) 3:30 Trivia Challenge (1st) 6:30 Pinochle Players Club (3rd)	17 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Honeymooners Early Episodes (3rd) 10:30 Stretch Exercise (2nd) 1:30 Music Class with Cynthia (2nd) 1:30 Craft: Peel and Stick Collage (T) 2:00 Bible Study w/ Deacon Bob Roman (C) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)	18 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Ch. Beverly (Ch) 1:00 Miniature Masterpieces (3rd) 2:00 Circle of Friends (SR) 2:00 Creative Story Writing (T) 2:45 Bingo (3rd) 4:00 Happy May Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	19 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Prayer & Meditation (Ch) 10:00 Balance in Action Exercise (2nd) 10:30 Craft: Coffee Filter Flowers (3rd) 1:30 Hymn Sing (3rd) 2:30 Joe & Dot (T) 3:30 Brain Games (3rd) 6:30 Pinochle Players Club (3rd)	20 9:00 Daily Chronicle & Inspiration (2nd) 9:30 History Blue Jeans Day! (3rd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 1:30 iN2L: Norman Rockwell (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Chef's Pairings with Chef Ashley (DR) 3:30 Finish the Lyrics (1st) 6:30 Boggle (1st)	21 Armed Forces Day 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:15 Short Stories & Tea Social (2nd) 10:30 Craft: Military Appreciation Pins Donated To US Military Recruiter, Scott Swick (3rd) 3:30 Ed-U Wellness: Skin Cancer Awareness (3rd) 6:30 Matinee: <i>The Longest Day</i> (2nd)	
22 9:00 TV Catholic Mass (3rd) 9:30 Psalms for Beginners (2nd) 10:30 Sit & Be Fit Exercise (2nd) 1:00 Classic Comedy: Laurel & Hardy (2nd) 1:30 Worship Service by Ch. Beverly (Ch) 2:45 Bingo w/ Girl Scout Troop #30270 (3rd) 3:00 TED Talk: <i>Secret to Aging Well</i> (2nd) 4:00 iN2L: Fun Facts & Folklore (3rd) 6:30 Music Club: Frank Sinatra Classic (1st)	23 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Rosary (Ch) 10:00 USA Folk Tales (2nd) 10:00 Yoga Fitness by Bill (Ch) 10:30 Finish the Phrase (3rd) 1:30 Bible Study by Deacon Bob Roman (C) 2:30 Get Happy, Improve Your Mood (T) 3:30 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)	24 9:00 Daily Chronicle & Inspiration (2nd) 9:30 USA Folk Song Sing Along (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Hymn Sing (Ch) 2:00 Sponge Ball Bullseye (T) 3:30 Focus On Health: Blood Pressure Checks (3rd) 6:30 Scrabble (1st)	25 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 9:30 Movie: <i>The Egg and I</i> (3rd) 10:00 Egg-Citing Word Puzzles (2nd) 10:00 Prayer Service with Ch. Beverly (Ch) 1:30 Today in History (3rd) 2:00 Community Park Outing**\$\$ (T) 2:45 Bingo (3rd) 4:00 iN2L: Google Earth (3rd) 6:30 Dominoes (1st)	26 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Coffee Filter Flowers (3rd) 10:00 Balance in Action Exercise (2nd) 1:00 Movie: <i>Les Misérables</i> (2nd) 2:30 Ed-U Presentation: <i>Backyard Birds</i> By Terry Neumyer (3rd) 3:45 Sitcom Classic: <i>Honeymooners</i> (2nd) 6:30 Pinochle Players Club (3rd)	27 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 10:00 Spring Flowers Glass Plates (2nd) 1:30 Global Adventure: Czech (3rd) 1:30 Dealing with Loss Support Group (SR) 3:30 Local History: Eckley Brinton Cox, Founder of MMI Preparatory School (3rd) 6:30 Boggle (1st)	28 9:00 Daily Chronicle & Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:15 Craft: Watercolor Pansies (2nd) 10:30 Aromatherapy (2nd) 1:30 iN2L Armchair Traveler: Costa Rica (3rd) 1:45 Matinee: <i>National Treasure</i> (2nd) 2:30 Ice Cream Sundae Mixer (3rd) 3:30 Sunshine Committee (3rd) 6:30 Uno (1st)	
29 9:00 TV Catholic Mass (3rd) 9:30 Psalms for Beginners (2nd) 10:30 Sit & Be Fit Exercise (2nd) 10:30 Games 101: Parcheesi (3rd) 1:30 Worship Service by Ch. Beverly (Ch) 2:00 iN2L: World's Natural Wonders (2nd) 2:45 Bingo (3rd) 4:00 iN2L: Honoring Memorial Day Arlington National Cemetery (3rd) 6:30 Knit & Crochet Club (3rd)	30 Memorial Day 9:00 Memorial Day Inspiration (2nd) 9:30 Rosary (Ch) 10:00 iN2L: Memorial Day Tribute(2) 10:00 Yoga Fitness by Bill (Ch) 10:30 Helping Hands: Picnic Set Up (C) 11:00-1:00 Memorial Day Picnic (DR & FP) 1:30 Memorial Day Service (Ch) 2:30 Musical Entertainment by Glenn Faul (DR) 3:30 iN2L: Hogan's Heroes (3rd) 6:30 Pinochle Players Club (3rd)	31 9:00 Daily Chronicle & Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 ReMemory: Your Story (3rd) 10:30 Stretch Exercise (2nd) 1:30 Music Class by Cynthia (2nd) 2:30 Italian Social: Bocci Ball & Refreshments (T) 6:30 Scrabble (1st)	<h1>May 2022</h1>			<p>Calendar Key: ** Registration Required \$\$ Cost Involved OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, (C) Café (T) Terrace</p> <h1>THE Club</h1>	