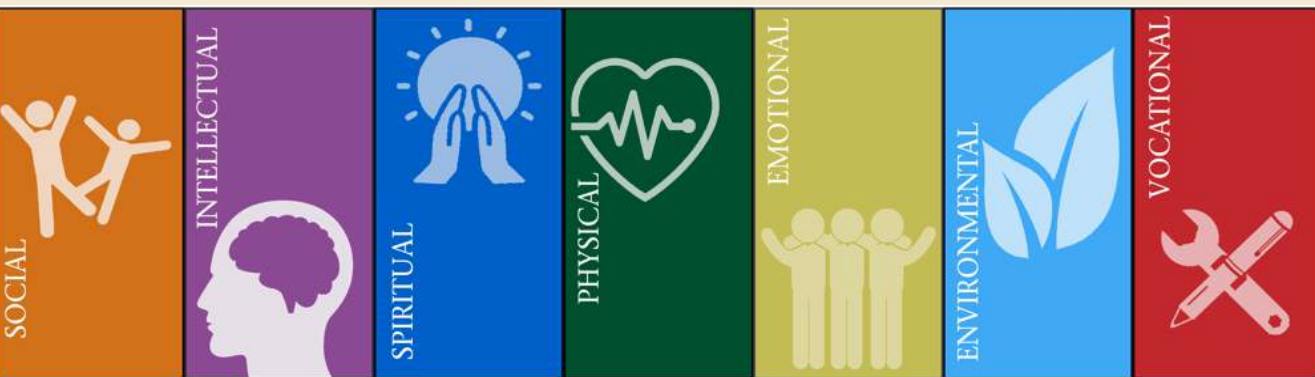


# Focus on Wellness

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 25<sup>th</sup> (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 10<sup>th</sup> 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](http://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](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: May Day History & Traditions (3rd) 6:30 Knit & Crochet Club (3rd)	2 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 TED Talk & Discussion: <i>How To Embrace Your Full Potential</i> (3rd) 1:30 Hymn Sing (Ch) 2:30 Dessert & Discussion with Chef Ashley (C) 3:30 Sunshine Committee (3rd) 6:30 Pinochle Players Club (3rd)	3 9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Ed-U Presentation: <i>The Life of Benjamin Franklin</i> by Prov-Place Resident Roger Cotterill (3rd) 3:30 iN2L Famous Birthday Spotlight: Bing Crosby (3rd) 6:30 Scrabble (1st)	4 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 1:00 Mother's Day Manicures & Mocktails (3rd) 2:00 Circle of Friends (SR) 2:45 Bingo (3rd) 3:30 Holiday Celebration Planning Cmte. (3rd) 6:30 Dominoes (1st)	5 9:30 Balance in Action Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Cooking Club: <i>Taste of the World</i> Pork Carnitas (C) 1:30 Community Life Planning Meeting (3rd) 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 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 10:30 Art Exploration: Bead Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Musical Entertainment featuring Noreen Gregory (DR) 3:30 Famous Moms Crossword Challenge (1st) 6:00 Theatre Trip Out: Neil Simon's <i>Barefoot in the Park</i> by Nuremberg Community Players at The Emerson Theater**\$\$ (OOB)	7 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Men's Club: Assemble Mother's Day Gifts (3rd) 1:45 Kentucky Derby 2022 (3rd) 2:30 Matinee: <i>Seven Brides for Seven Brothers</i> (2nd) 3:30 Mint Julep Super Happy Hour (1st) 6:30 Rummikub (1st)
8 9:00 TV Catholic Mass (3rd) 10:00 Providence Place Wish Celebration Honoring Resident Bernadine Marusak (1st) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Mother's Day Celebration (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:30 Mother's Day Tea Super Social (3rd) 6:30 Music Club: Tony Bennett Classics (1st)	9 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Food for Thought: Rhubarb (C) 1:30 Bible Study with Deacon Bob Roman (C) 2:45 Bingo (3rd) 3:30 Technology Committee: Hearing Impaired Phones (3rd) 6:30 Pinochle Players Club (3rd)	10 9:30 Shopping Trip: Dollar Tree & Aldi's**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Community Outreach: Troopons: Coupons for Troops (3rd) 2:30 Dining Demo with Chef Ashley (DR) 3:30 Soul Club: <i>Chicken Soup for the Soul</i> (3rd) 6:30 Musical Entertainment By Pianist Jay Daniels (2nd)	11 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 1:30 Cooking Club: Rhubarb Upside-Down Cake (C) 2:30 Alzheimer's Assoc. Support Group** (SR) 2:45 Paparazzi Jewelry Bingo with ED Kim (3rd) 3:30 Resident Birthday Committee (3rd) 6:30 Ed-U Presentation: Estate Planning & Protecting Your Financial Assets By Law Office of Colbert & Grebas (2nd)	12 9:30 Daily Prayer & Meditation (Ch) 10:00 Balance in Action Exercise (2nd) 10:30 Craft Club: Ceramic Gnome Figurines (3rd) 1:30 TED Talk & Discussion: <i>10 Ways to Have A Better Conversation</i> (3rd) 2:00 Hymn Sing (Ch) 3:30 Brain Games (3rd) 6:30 Pinochle Players Club (3rd)	13 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 10:30 Art Exploration: Bead Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciarvella (2nd) 3:30 Karaoke Singalong (2nd) 6:30 Boggle (1st)	14 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Garden Club: Plant Vegetables & Herbs (ML) 2:30 Matinee: <i>Field of Dreams</i> (2nd) 3:30 Thankful to You Committee (3rd) 6:30 Uno (1st)
Mother's Day						
15 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Official Songs Of United States Armed Forces (3rd) 6:30 Knit & Crochet Club (3rd)	16 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 TED Talk & Discussion: <i>How To Build Your Confidence</i> & <i>Spark It In Others</i> (3rd) 1:30 X-Box Bowling (2nd) 2:30 Ed-U Health Presentation: <i>Benefits of Exercise &amp; Fitness Awareness</i> by Melissa, DOW (3rd) 3:30 Trivia Challenge (1st) 6:30 Pinochle Players Club (3rd)	17 9:30 Daily Prayer & Meditation (Ch) 10:00 Retail Shopping: Boscov's**\$\$ (OOB) 10:30 Stretch Exercise (2nd) 1:30 Interactive Music Class with Cynthia (2nd) 2:00 Bible Study with Deacon Bob Roman (C) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)	18 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 1:30 Ed-U Day Excursion: Carmelites' Mini Corral, A Miniature Horse Farm** (OOB) 2:00 Circle of Friends (SR) 2:45 Bingo (3rd) 4:00 May Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	19 9:30 Daily Prayer & Meditation (Ch) 10:00 Balance in Action Exercise By Genesis Health & Rehab (2nd) 10:30 Sudoku Challenge (3rd) 1:30 Hymn Sing (3rd) 2:30 Dining Service Committee Meeting (3rd) 3:30 Brain Games (3rd) 6:30 Pinochle Players Club (3rd)	20 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 10:30 Art Exploration: Bead Art (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 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Craft Club: Military Appreciation Pins for Recruiter (3rd) 1:30 Helping Hands Club: Set Up for Presentation (3rd) 2:30 Military Appreciation Pins Donated To US Military Recruiter, Scott Swick (3rd) 3:30 Garden Club: Plant Flowers (ML) 6:30 Matinee: <i>The Longest Day</i> (2nd)
						Armed Forces Day
22 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo with Girl Scout Troop #30270 (3rd) 4:00 iN2L: The Month of May Fun Facts & Folklore (3rd) 6:30 Music Club: Frank Sinatra Classics (1st)	23 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Finish the Phrase (3rd) 1:30 Bible Study with Deacon Bob Roman (C) 2:30 Ed-U Presentation: <i>Covid-19</i> <i>Scams &amp; Fraud</i> by Michelle Nutter, PA Office of Attorney General (3rd) 3:30 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)	24 9:30 Shopping Trip: Big Lots**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Hymn Sing (Ch) 2:30 TED Talk & Discussion: <i>Everything I Need</i> (3rd) 3:30 Focus On Health: Blood Pressure Checks (3rd) 6:30 Scrabble (1st)	25 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Diner's Lunch Caravan: Olive Garden**\$\$ (OOB) 1:30 Today in History (3rd) 2:00 Circle of Friends (SR) 2:45 Bingo (3rd) 4:00 iN2L: Google Earth (3rd) 6:30 Dominoes (1st)	26 9:30 Daily Prayer & Meditation (Ch) 10:00 Balance in Action Exercise (2nd) 10:30 Sudoku Challenge (1st) 1:30 Community Outreach: <i>Literacy for All Ages</i> , Growing Years Child Care Center** (OOB) 2:30 Ed-U Presentation: <i>Backyard Birds &amp; Feeders</i> By Photographer Terry Neumyer (3rd) 3:30 Providence Place Walking Club (ML) 6:30 Pinochle Players Club (3rd)	27 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 10:30 Art Exploration: Bead Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Welcome Ambassador Cmte. Mtg. (3rd) 3:30 Local History: Eckley Brinton Cox, Founder of MMI Preparatory School (3rd) 6:30 Boggle (1st)	28 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Holistic Wellness Aromatherapy (2nd) 1:45 Matinee: <i>National Treasure</i> (2nd) 2:30 New Resident Ice Cream Sundae Mixer (3rd) 3:30 Sunshine Committee (3rd) 6:30 Uno (1st)
29 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Honoring Memorial Day Arlington National Cemetery (3rd) 6:30 Knit & Crochet Club (3rd)	30 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Helping Hands Club: Decorate for Picnic (C) 11:00-1:00 Memorial Day Picnic (DR & FP) 1:30 Memorial Day Service With Chaplain Bev (Ch) 2:30 Patriotic Musical Performance By Glenn Faul (DR) 6:30 Pinochle Players Club (3rd)	31 9:30 Breakfast Caravan: John's Restaurant**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Celebration of Life Service (Ch) 3:30 TED Talk & Discussion: <i>The Art of Starting New</i> (3rd) 6:30 Scrabble (1st)	May 2022	<b>Calendar Key:</b> ** 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		
	Memorial Day					

