

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

1 – Susan L.
12 – John D.
13 – Bernard O.

June

3 – Terrence L.
12 – Twila M.
13 – Mercedes S.
19 – Anna M.
20 – Elva S.
29 – Elizabeth C.

A Note from the Executive Director

It is a breath of fresh air to see the flowers blooming, the weather getting warmer, the days getting longer, and everyone is spending more time outdoors.

As COVID cases decrease, we are opening our communities more and more with each passing day. It truly feels warmer & brighter.

Check out our vibrant calendar of events and join your loved one whenever possible.

We have officially reopened our first floor for memory care residents. If you know of someone who could benefit from our services and a community setting, please reach out to our Director of Sales.

Donna O'Leary

Executive Director

Highlighted Events

- 3 – Pottery Works @ 2:30pm
Connections
- 3 – Resident Conversations with David Leader @ 3pm
- 8 – Mother's Day Tea Social @ 2pm
- 17 – Ceca Celebration @ 3:15pm
- 20 – Musical Entertainment by Bill Rhodes @ 2pm
- 22 – Girl Scout Event @ 12:30pm
- 19 – Celebration of Life: with Trail Life Troop #316 @ 2pm
- 27 – EdU Presentation: Words Matter @ 2pm
- 31 – Cooking with Chef Jermel @ 2pm - *Connections*

Welcome New Residents

Karl G.



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 9:30 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Club: Hawaiian Cupcakes (AR) 1:30 Sunshine Committee (AR) 2:00 Sunday Mixer (GL) 3:00 Worship Service and Communion (CH) 6:15 Movie Club: <i>Steel Magnolias</i> (CH)	2 9:30 Chair Yoga (AR) 10:00 iN2L Armchair Travels (CH) 10:30 iN2L Brain Teasers (CH) 1:30 Book Club: <i>A Dogs Purpose</i> (CH) 2:00 Art Exploration: Pottery Works (AR) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble with Friends (AR)	3 9:15 Shopping Trip: Walmart **\$\$ (OOB) 9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:30 Dining Service Committee Meeting (CH) 2:00 Mother's Special Spa Day (CH) 3:00 Resident Conversations with David Leader, CEO & President of Providence Place Senior Living (CH) 6:15 Movie Club: Hallmark Movie (CH)	4 9:30 Drum Stick Aerobics (CH) 10:00 Midweek Worship (CH) 1:30 Word in a Word (CH) 1:30 Furry Companion Visit from Mia (CH) 2:00 Community Life Planning Committee (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (AR)	5 9:30 Balance in Action by Amy, Genesis Health and Rehab (CH) 10:00 Spiritual Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Cinco de Mayo Social (GL) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring, or Crafting (AR)	6 9:30 Seated Pilates (CH) 10:00 Grief Share and Support Group (CH) 1:30 Examining Bible Prayers (CH) 2:00 Ed-U Presentation <i>Birds Nest, Eggs, and Babies</i> by Lisa Sanchez, Naturalist Lancaster Parks & Rec. (CH) 2:00 The Dime Store (L) 3:15 TED Talks 'n Pina Coladas <i>How Moms Shape The World</i> (CH) 6:15 Community Puzzle (AR)	7 9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (CH) 10:00 Bingo (CH) 2:00 Super Social Hour Kentucky Derby (GL) 3:15 Creative Crafting: Wooden Centerpieces (AR) 6:15 Dominoes (AR)	
8 9:30 Heart Healthy Walking Club (L) 10:00 Team Cuisine Cooking Club: Mom-Mimosas (CH) 1:30 Mothers Day History and Humor (CH) 2:00 Mother's Day Tea Social (GL) 3:00 Worship Service (CH) 6:15 Movie Club: <i>Mother's Day</i> (CH) Mother's Day	9 9:30 Chair Yoga (AR) 10:00 iN2L Armchair Travels 10:30 iN2L Brain Teasers (CH) 1:30 Book Club: <i>A Dogs Purpose</i> (CH) 2:00 Musical Entertainment <i>Time Gone By</i> featuring Craig Johnston (DR) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble with Friends (AR)	10 9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:30 Spring Cleaning Apartments Preparing Community Yard Sale (CH) 2:00 Fireside Chat with Donna O'Leary, E.D. (CH) 3:15 Spelling Bee (CH) 4:30 Dinner Out: Olive Garden**\$\$ (OOB) 6:15 Movie Club: Hallmark Movie (CH)	11 9:30 Drum Stick Aerobics (CH) 10:00 Midweek Worship (CH) 10:30 Shopping Trip: Community Aide**\$\$ (OOB) 1:30 Furry Companion Visit from Mia (CH) 2:00 Ed-U Presentation <i>Backyard Birds and Feeding</i> By Terry Neumyer (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (AR)	12 9:30 Balance in Action (CH) 10:15 Men's Club Outing: Barnstormers Baseball Game** (OOB) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Thankful to You Club (CH) 2:30 Welcome Ambassador Cmte (CH) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (AR)	13 9:30 Seated Pilates (CH) 10:00 Grief Share and Support Group (CH) 1:30 Examining Bible Prayers (CH) 2:00 The Dime Store (L) 3:15 TED Talks 'n Friday Floats <i>Build Your Confidence, Spark It In Others</i> (CH) 6:15 Community Puzzle (AR)	14 9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (L) 10:00 Bingo (CH) 1:30 Finish The Lines (AR) 2:00 Super Social Hour May Favorites (GL) 3:15 Creative Crafting: Butterfly Mason Jar (AR) 6:15 Dominoes (AR)	
15 9:30 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Club: Bread Pudding (AR) 1:30 Jewelry Club: Red, White and Blue Bracelets (AR) 2:00 Sunday Mixer (GL) 3:00 Worship Service (CH) 6:15 Movie Club: <i>Mommie Dearest</i> (CH)	16 9:30 Chair Yoga (AR) 10:00 iN2L Armchair Travels (CH) 10:30 iN2L Brain Teasers (CH) 1:30 Book Club: <i>A Dogs Purpose</i> (CH) 2:00 Women's Red Hot Society Club (GL) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble with Friends (AR)	17 9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 11:00 Musical Entertainment featuring by Pianist, Cindy McGrath (DR) 1:30 Catch Phrase (CH) 2:00 Grateful Drumming with Joe (CH) 3:15 Ceca Celebration Ceremony Honoring Team Members (DR) 6:15 Movie Club: Hallmark Movie (CH)	18 9:00 Early Risers Social Society (CH) 9:30 Drum Stick Aerobics (CH) 10:00 Midweek Worship (CH) 1:30 Word in a Word (CH) 1:30 Furry Companion Visit from Mia (CH) 2:00 iN2L Guided Tour <i>Museums Around the World</i> (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (AR)	19 9:30 Balance in Action (CH) 10:00 Spiritual Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Ed-U Presentation <i>Astronomy and Stars</i> by Crystal and Mike Bolton, Night Wonders of Astronomy (CH) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (AR)	20 9:30 Seated Pilates (CH) 10:00 Greif Share and Support Group (CH) 1:30 Examining Bible Prayers (CH) 2:00 The Dime Store (L) 2:00 Musical Entertainment featuring <i>Name that Tune</i> By Bill Rhodes (CH) 3:15 TED Talk 'n Friday Floats <i>Change Your Mind Set, Change the Game</i> (CH) 6:15 Community Puzzle (AR)	21 8-12 Community Yard Sale** (OOB) 9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (L) 10:00 Bingo (CH) 2:00 Super Social Hour Simply Lemonade (GL) 3:15 Creative Crafting: Yarn Lanterns (AR) 6:15 Dominoes (AR) Armed Forces Day	
22 9:30 Heart Healthy Walking Club (L) 10:15/11:15 Sunday Brunch** (DR) 1:30 Manicure and Mocktails** (S) 2:00 Sunday Mixer (GL) 3:00 Worship Service (CH) 6:15 Movie Club: <i>Mrs. Miniver</i> (CH)	23 9:30 Chair Yoga (AR) 10:00 iN2L Armchair Travels (CH) 10:30 Ed-U Wellness Presentation <i>Benefits of Exercise & Fitness Awareness</i> by Jamie Benedict, Bayada Home Health Care (CH) 1:30 Book Club: <i>A Dogs Purpose</i> (CH) 2:00 Horticulture Club (AR) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble with Friends (AR)	24 9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:30 Creative Cooking with Chef Jermel (CH) 2:00 Men's Club (GL) 3:15 Spelling Bee (CH) 6:15 Movie Club: Hallmark Movie (CH)	25 9:00 Early Risers Social Society (CH) 9:30 Drum Stick Aerobics (CH) 10:00 Midweek Worship (CH) 1:30 Word in a Word (CH) 1:30 Furry Companion Visit from Mia (CH) 2:00 iN2L Family Feud (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons for the Troops (AR)	26 9:30 Balance in Action (CH) 10:00 Spiritual Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Circle of Friends CH) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (AR)	27 9:30 Seated Pilates (CH) 10:00 Grief Share and Support Group (CH) 1:30 Examining Bible Prayers (CH) 2:00 The Dime Store (L) 2:00 Ed-U Presentation <i>Words Matter</i> by Kathleen Cesario, Clear Communications (CH) 3:15 TED Talks and Friday Floats <i>The Secret of Self Motivation</i> (CH) 6:15 Community Puzzle (AR)	28 9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (L) 10:00 Bingo (CH) 1:30 Finish The Lines (AR) 2:00 Super Social Hour Mojito Madness (GL) 3:15 Creative Crafting (AR) 6:15 Dominoes (AR)	
29 9:30 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Club: Strawberry Cake (AR) 1:30 Manicure and Mocktails** (S) 2:00 Sunday Mixer (GL) 3:00 Worship Service (CH) 6:15 Movie Club: <i>On Golden Pond</i> (CH)	30 9:30 Chair Yoga (AR) 10:00 iN2L Armchair Travels (CH) 10:30 iN2L Brain Teasers (CH) 1:30 Book Club: <i>A Dogs Purpose</i> (CH) 2:00 Memorial Day Social (GL) 3:15 Balloon Volleyball Competition (CH) 6:15 Scrabble with Friends (AR) Memorial Day	31 9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 11:00 Lunch Out: Bonefish Grill **\$\$ (OOB) 1:30 Chef's Pairing with Chef Jermel (CH) 2:00 Circle of Friends (CH) 3:15 Jeopardy (CH) 6:15 Movie Club: Hallmark Movie (CH)	<h1>May 2022</h1>			Calendar Key: ** Registration Required \$\$ Cost Involved (CH) Chapel (DR) Dining Room (PT) Pool Table Room (AR) Activity Room (L) Lobby (OOB) Out Of Building (GL) Governor's Lounge (S) Salon	

