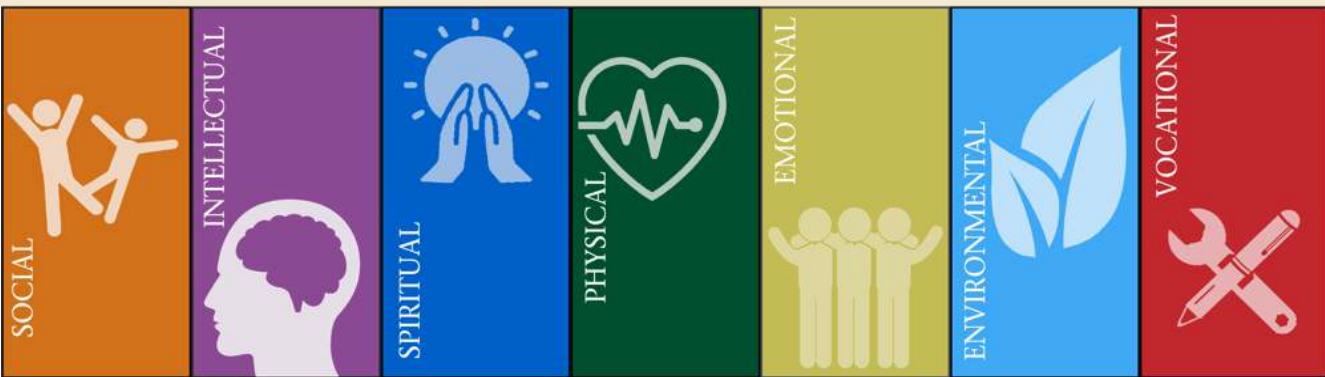


Focus on Wellness

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

4 – Thomas W.
7 – Marie A.
25 – Anna S.
29 – Joyce R.
30 – Gladys W.

June

1 – Fern K.
7 – Elaine L.
7 – Chuck M.
10 – Alice K.
13 – Doris B.
15 – Marilyn H.
17 – Constance D.
21 – Catherine D.
25 – June K.



Providence Place SENIOR LIVING News

Q2: May 2022

A Note from the Executive Director

The Grove is happy to announce that we are COVID-free and that masks are optional for fully-vaccinated residents, staff and visitors.

Spring has sprung and we are gearing up for our more outings and using our awesome patio. The porches are set up for you to enjoy the outdoor weather and please use any for visits with friends and family.

Keep an eye out for our new entrance sign this month.

Hope to see you outside under the awning!



Sincerely,
Julie Wallace
Executive Director

Highlighted Events

- 2 – **Operation Gratitude:** Letters for Military Personnel @ 10am
- 5 – **Mother's Day Tea Party** @ 2pm
- 11 – **EdU Presentation:** Starting up the Business Sweet G's @ 2pm
- 14 – **Centenarian Celebration** with Schaffer's Harley Davidson @ 10am
- 18 – **EdU Presentation:** Antique & Vintage Trip Through History @ 2pm
- 31 – **EdU Presentation:** Open Forum with State Rep. Joe Kerwin @ 2pm

Welcome New Residents

Sally L.
Jackson P.
John S.



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 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Service (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (WP) 6:30 Music And Mindful Colors (1F)	2 9:30 Target Leg Exercise (2F) 10:00 Operation Gratitude: Letters for Military Personnel by Schuykill United Way (RP) 11:00 Confident Cruisers (WP) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:00 Horse Shoe Tournament (RP)	3 9:30 Balance In Action by Lisa, Genesis Health & Rehab (2F) 10:00 Community Life Planning Meeting (2F) 10:30 Helping Hand: Set Up Refreshment Cart For Spring Social (2F) 2:00 Welcome Spring Social Entertainment By Rob Ballonoff (2F) 6:00 Game Club: Sorry (2F)	4 9:30 Move2Music (2F) 10:00 Fireside Chat With ED Julie and Management Team (2F) 10:30 World Briefs (2F) 11:30 Shopping Excursion: Walmart **\$\$ (OOB) 3:00 Card Club: Rummy (1F) 6:00 Social Hour: Big Band Music (2F)	5 9:30 Core Strength Exercise (2F) 10:00 Dining Committee Meeting (2F) 10:30 Resident Life Planning Meeting (2F) 11:00 Letters For Hero's (2F) 1:00 Helping Hands: Set Up for Party (2F) 2:00 Honoring Our Ladies Tea Party (2F) 4:00 Mother Of Invention Puzzle (2F) 6:00 Yahtzee Team (2F)	6 9:30 Target Arms Exercise (2F) 10:00 Our Comfort Dog, Bubba (RP) 10:30 May Trivia (RP) 11:00 Giant Crossword Puzzle (2F) 2:00 Film Fest: <i>Step Mom</i> (2F) 3:30 Prayer Group For Ukraine (2F) 6:00 Card Club: Rummy (1F)	7 9:30 Gentle Moves (2F) 10:00 Men's Club: Trip To Sweet Arrow Lake (OOB) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)	
8 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 2:00 iN2L: Methodist Service (2F) 2:00 iN2L: Catholic Service (2F) 4:00 Confident Cruisers (WP) 6:30 Music And Mindful Colors (1F) Mother's Day	9 9:30 Target Leg Exercise (2F) 10:00 Ted Talk& Discussion: 3 A's Of <i>Awesome</i> By Canadian Author Neil Pasricha (2F) 11:00 Confident Cruisers (WP) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:00 Horse Shoe Tournament (RP)	10 9:30 Target Balance Exercise (2F) 10:00 Brothers In War Veterans Club Breakfast (1F) 11:00 Horseshoes (FP) 2:00 Yoga With Leah (2F) 3:30 Karaoke With Alexa (2F) 4:00 Cool Down With Cool Drinks (2F) 6:00 Game Club: Sorry (2F)	11 9:30 Move2Music (2F) 10:00 Motherly Humor Program (2F) 10:30 World Briefs (2F) 11:00 Scripture Reading (2F) 2:00 Ed-U Presentation: <i>Starting Up the Business, Sweet G's Bakery</i> By Glenda Wilkom (2F) 3:00 Card Club: Rummy (1F) 6:00 Social Hour: Country Music (2F)	12 9:30 Core Strength Exercise (2F) 10:00 Today In History: Recall & Discuss 1981 1st Space Shuttle Columbia (2F) 11:00 Letters For Hero's (2F) 11:30 Diner's Caravan & Shopping: Big Lot's & Cracker Barrel **\$\$ (OOB) 3:00 Card Club: Rummy (2F) 4:00 Confident Cruisers (WP) 6:00 Yahtzee Team (2F)	13 9:30 Target Arms Exercise (2F) 10:00 Ed-U Wellness Presentation: <i>Parkinson's Disease</i> By Megan, DOW (2F) 10:30 May Trivia (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Welcome Ambassador Social (2F) 3:30 Meet & Mingle Ice Breakers (2F) 6:00 Card Club: Rummy (1F)	14 9:00 Helping Hands: Set Up Crew for Celebration (FP) 10:00 Centenarian Celebration Honoring Naomi, Anna & Marie with Special Guests; Schaffer's Harley Davidson (FP) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F)	
15 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Service (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (WP) 6:30 Music And Mindful Colors (1F)	16 9:30 Target Leg Exercise (2F) 10:00 Finish The Lines (2F) 10:30 World Briefs (2F) 11:00 Confident Cruisers (WP) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:00 Horse Shoe Tournament (RP)	17 9:30 Target Balance Exercise (2F) 10:00 iN2L Reminisce: On This Day (2F) 11:00 Confident Cruisers (WP) 1:30 Service In Action: Preparing Vegetables For COMMUNITY Farm To Table Meal (2F) 3:30 Helping Hands: Clean Up Crew (2F) 6:00 Game Club: Sorry (2F)	18 9:30 Move2Music (2F) 10:00 Military Pass It On Puzzle (FP) 10:30 Our Comfort Dog, Bubba (FP) 11:00 Scripture Reading (2F) 2:00 Ed-U Presentation: <i>Antique & Vintage Trip Through History</i> By Higher Learning Traveling Show (2F) 3:00 Card Club: Rummy (1F) 6:00 Social Hour: Inspirational Music (2F)	19 9:30 Core Strength Exercise (2F) 10:00 Garden Committee Meeting (RP) 10:30 Name That Flower Trivia (RP) 11:00 Confident Cruisers (WP) 12:00 Farm To Table Meal (DR) 2:00 Craft N' Creations: Poppies for Veterans (2F) 6:00 Yahtzee Team (2F)	20 9:30 Ed-U Presentation: <i>Veterans Benefits Aid & Attendance</i> By Brenda Zechman (1F) 10:30 Target Arms Exercise (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Film Fest: <i>My Best Friend Anne Frank</i> (2F) 3:30 Prayer Group For Ukraine (2F) 6:00 Card Club: Rummy (1F)	21 9:30 Gentle Moves (2F) 10:30 Armed Forces Day Message Puzzle (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F) Armed Forces Day	
22 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 1:00 Scenic Country Ride (OOB) 2:00 iN2L: Methodist Service (2F) 3:00 iN2L: Catholic Service (2F) 4:00 Confident Cruisers (WP) 6:30 Music And Mindful Colors (1F)	23 9:30 Target Leg Exercise (2F) 10:00 Finish The Lines (2F) 10:30 World Briefs (2F) 11:00 Confident Cruisers (WP) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:00 Horse Shoe Tournament (RP)	24 9:30 Target Balance Exercise (2F) 10:00 iN2L Learning: Word Wheel (2F) 11:00 Confident Cruisers (WP) 2:00 Yoga With Leah (2F) 3:30 Karaoke With Alexa (2F) 4:00 Cool Down With Cool Drinks (2F) 6:00 Outdoor Concert By Lebanon Valley Youth Choir (FP)	25 9:30 Move2Music (2F) 10:00 Military Quotations (2F) 10:30 World Briefs (2F) 11:00 Scripture Reading (2F) 11:30 Diner's Caravan: Sunny Cupboard Restaurant **\$\$ (OOB) 3:00 Card Club: Rummy (1F) 6:00 Social Hour: Jazz Music (2F)	26 9:30 Core Strength Exercise (2F) 10:00 The History Of "Taps" (2F) 10:30 "Heroes & Home Fires WWII" Singalong (2F) 11:00 Confident Cruisers (WP) 2:00 Ed-U Presentation: <i>History Of American Patriotic Songs</i> By Lee Moyer (2F) 6:00 Yahtzee Team (2F)	27 9:30 Target Arms Exercise (2F) 10:00 Military Salute Mining Puzzle (2F) 10:30 Ed-U Presentation: Brain Health By Michele From Bayada (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Kitchen Krew: Red, White & Blueberry Cupcakes (2F) 3:30 Prayer Group For Ukraine (2F) 6:00 Card Club: Rummy (1F)	28 9:30 Gentle Moves (2F) 10:00 May Fact or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)	
29 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Memorial Service (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (WP) 6:30 Music And Mindful Colors (1F)	30 9:30 Target Leg Exercise (2F) 10:00 Memorial Day Program (2F) 10:30 Poetry Session: <i>In Flanders Fields</i> by Resident Robert Hohman (2F) 12:00 Picnic Lunch (RP & DR) 2:00 Outdoor Yard Games (RP) 3:30 Lemonade Cart (RP) 6:00 Horse Shoe Tournament (RP) Memorial Day	31 9:30 Target Balance Exercise (2F) 10:00 iN2L Train Your Brain: List It (2F) 11:00 Confident Cruisers (WP) 2:00 Grateful Drumming Session By Joe Ciavella (2F) 3:30 Patio Trivia (RP) 4:00 Cool Down With Cool Drinks (2F) 6:00 Game Club: Sorry (2F)	<h1>May</h1> <h1>2022</h1>			Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (FP) Front Patio (RP) Rear Patio (WP) Walking Path	

