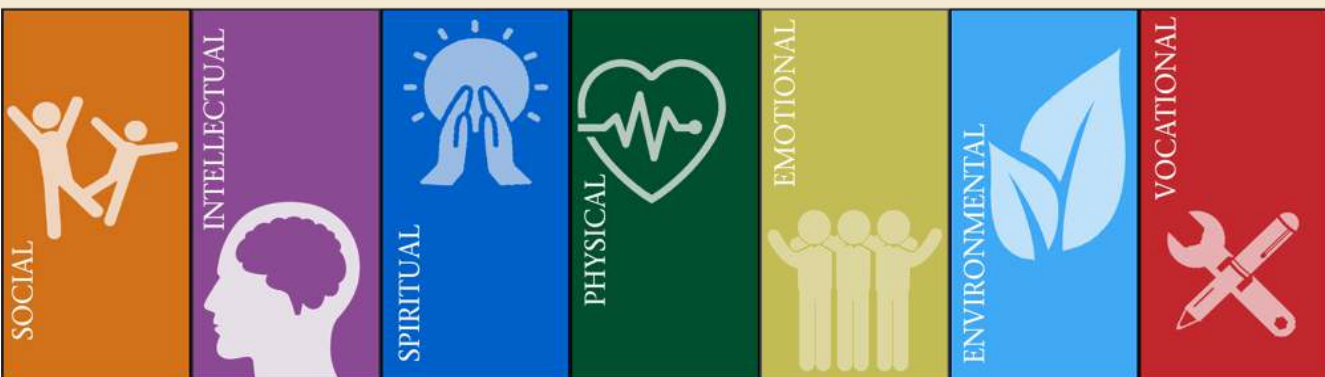


Focus on Wellness

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

2 – Anna D.
4 – Edith H.
5 – Velma B.
6 – Joan S.
13 – Victoria P.
17 – Jean K.
19 – Carolyn C.
29 – Mae B.
31 – Francis P.

June

5 – Lynn K.
16 – John S.
17 – Mary D.
18 – Mary F.
28 – Patrick D.



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

Hello Providence Place family!

I continue to feel overwhelmed with the love and care our home has brought to our residents. At Providence Place of Pottsville, the entire team is committed to be sure our residents are treated like our family and we will go above and beyond to find ways to say “YES”. Thank you to all the staff, residents, and families who have supported us to build a strong compassionate team.

Our Community Life team has even begun to plan out some summer events suggested by our residents. We always welcome new ideas. Please check our community calendar for all upcoming events.

As always, I am available for comments, ideas, and concerns.

Our sincere wishes to you all,

Tracy Mason

Executive Director

Highlighted Events

- 4 – **Kentucky Derby Race & Social Hour** @ 3pm
- 8 – **Mother’s Day Tea** @ 2pm
- 17 – **Danny’s Drive-In Outing** @ 1pm - *Connections*
- 24 – **Wishes Polka Party** @ 2pm *Connections*
- 26 – **Hollywood Casino Outing** @ 10:30am
- 31 – **War Memorials Outing & Picnic Lunch** @ 10am *Connections*

Welcome New Residents

Velma B.
Sally W.
Edwin R.
Marlene R.
Nancy H.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 9:00 Praise Songs & Fellowship (P) 9:30 Live Stream Worship; Trinity Lutheran Church (P) 10:30 Bible Study (P) 11:00 Fuzion Fitness (P) 1:00 Popcorn & Movie (P) 2:00 Manicures and Hand Message (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	2 9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Memory Magic (CN) 10:30 Hospitality Club (CN) 11:15 Heart Healthy Walk (CN) 1:30 Fresh Air Walk (L) 2:00 Sunshine Committee Meeting (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	3 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Traveling Tunes on Terrace (CN) 11:15 Joyfully Walking (CN) 1:30 Hasna Yoga (A) 2:00 Let's Talk It Out Recognizing Self (A) 2:30 Mindful Word Game (A) 3:30 Hand Messages and Manicures (A) 4:00 Real Bible Believers Faith Study (A)	4 9:00 Breakfast Club with Missy (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Finish the Phrase (A) 10:30 Lite and Lively Exercise (P) 11:00 My Life Story (P) 1:30 Swatara State Park (OOB) 3:00 Kentucky Derby Social Hour (P) 4:00 Butterflies & Moths of North America (BAMONA) Project (P)	5 9:00 Word Search & Inspirations (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Name 5 Word Game (P) 11:00 Polka Music & Hydration (P) 1:30 Garden Club: Snails 101 (A) 2:30 Refresh with Refreshments (P) 3:00 Musical Entertainment featuring Bill Minnich (P) 4:00 Drum Stick Exercise (P) 4:30 Walk and Stretch (P)	6 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Patio and Pals Social (CN) 11:15 Walk for Health (P) 1:30 Zumba with Michele (P) 2:15 Helpful Hands: Clean Up (P) 2:30 Coffee Talks: Remembering Mom (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	7 9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Weekly Devotions (A) 10:30 Sip and Snack (A) 10:45 Chair Exercise (A) 1:30 Urban Myth Game (A) 2:00 Game of Quits (A) 3:00 Vagabond Travelers: Albania (P) 4:00 Helping Hands: Clean Up (P)	
8 Mother's Day 9:00 Praise Songs & Fellowship (A) 9:30 Bible Trivia (A) 10:00 Live Stream Worship; New Awakening Church (A) 11:00 Chair Yoga (A) 1:15 Funny Videos (P) 2:00 Mother's Day Tea Party (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	9 9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Memory Magic (CN) 10:30 Hospitality Club (CN) 11:15 Heart Healthy Walk (CN) 1:30 Bake Club: Guacamole (A) 2:30 Discuss and Recall (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	10 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Traveling Tunes on Terrace (CN) 11:15 Joyfully Walking (CN) 1:30 Word Association Game (A) 2:30 Let's Talk It Out Recognizing Self (A) 3:00 Stress Busting Exercise (A) 3:30 Hand Messages and Manicures (A) 4:00 Word Associations (A)	11 9:00 Breakfast Club with Missy (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Finish the Phrase (P) 10:30 Worship Service: Pastor Reading (C) 1:30 Fort Indiantown Gap Military Reservation (OOB) 3:00 Fiesta Social Hour (P) 4:00 Zumba Gold (P)	12 9:00 Word Search & Inspirations (P) 9:30 Am. Meeting & Daily Prayers (P) 10:30 Drum Stick Exercise (P) 11:00 Hydration & Tribal Drum Music (P) 1:30 Garden Club: Tending to Outside Gardens (L) 2:30 Gratitude Journaling (A) 3:00 Musical Entertainment featuring Leon Broskey (P) 4:00 Fellowship with Friends (P)	13 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Patio and Pals Social (CN) 11:15 Walk for Health (P) 1:30 Zumba with Michele (P) 2:15 Helpful Hands and Refreshments (P) 2:30 Hymn Sing Along (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C) 4:30 Praise Walk (C)	14 9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Baking Club: Devil Eggs (A) 11:00 Walk it Off (A) 1:00 Fresh Air Walk (L) 1:30 Humanitarian Project: Women in Crisis 2:00 Mindful Exercises (A) 2:30 Cool Down and Rehydrate (A) 2:45 Expressive Reading & Writing (A) 3:30 Gospel Music from around the World	
15 9:00 Praise Songs & Fellowship (P) 9:30 Live Stream Worship; Trinity Lutheran Church (P) 10:30 Bible Study (P) 11:00 Fuzion Fitness (P) 1:00 Popcorn & Movie (P) 2:00 Manicures and Hand Message (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	16 9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Memory Magic (CN) 10:30 Hospitality Club (CN) 11:15 Heart Healthy Walk (CN) 1:30 Fresh Air Walk (L) 2:00 Welcome Committee Meeting (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	17 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Traveling Tunes on Terrace (CN) 11:15 Joyfully Walking (CN) 1:30 Silent Communication Exercise (A) 2:30 Let's Talk It Out Recognizing Self (A) 3:00 Stress Busting Exercise (A) 3:30 Hand Messages and Manicures (A) 4:00 New Ideas Collaboration (A)	18 9:00 Breakfast Club with Missy (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Finish the Phrase (A) 10:30 Lite & Lively (P) 1:30 My Life Story (P) 2:00 Musical Entertainment featuring Bryan Herber (P) 3:00 Fireside Chat with Tracy Mason (P) 4:00 Finish the Lyrics (P)	19 9:00 Word Search & Inspirations (P) 9:30 Am. Meeting & Daily Prayers (P) 9:45 Women in the Military Video (P) 10:30 Balance in Action with Genesis Health & Rehab Services (P) 11:00 Cool Down and Hydration (A) 1:15 Garden Club: Water Plants (L) 2:00 Drum Circle with Joe (P) 3:00 Cards for Troops (P) 4:00 Fellowship with Friends (P)	20 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Patio and Pals Social (CN) 11:15 Walk for Health (A) 1:30 Zumba with Michele (P) 2:00 Ed-U Presentation: How to Grow a Cutting Flower Garden, Penn State Master Gardeners (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	21 Armed Forces Day 9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Weekly Devotions (A) 10:30 Sip and Snack (A) 10:45 Chair Exercise (A) 1:30 Air Show Presentation (A) 2:00 Military Trivia (A) 3:00 Vagabond Travelers: Turkey (P) 4:00 Helping Hands: Clean Up (P)	
22 9:00 Praise Songs & Fellowship (A) 9:30 Bible Trivia (A) 10:00 Live Stream Worship; New Awakening Church (A) 11:00 Chair Exercise (A) 1:00 Popcorn & Movie (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	23 9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Memory Magic (CN) 10:30 Hospitality Club (CN) 11:15 Heart Healthy Walk (CN) 1:30 Bake Club: Macaroni Salad (A) 2:30 Discuss and Recall (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	24 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Traveling Tunes on Terrace (CN) 11:15 Joyfully Walking (CN) 1:30 Word Association Game (A) 2:30 Let's Talk It Out Recognizing Self (A) 3:00 Stress Busting Exercise (A) 3:30 Hand Messages and Manicures (A) 4:00 Joggin my Noggin (A)	25 9:00 Breakfast Club with Missy (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Finish the Phrase (P) 10:30 Worship Service: Pastor Reading (C) 1:30 The Pennsylvania National Guard Military Museum (OOB) 3:00 Prov-Place Wishes Celebration (P) 4:00 Chair Yoga (P)	26 9:00 Word Search & Inspirations (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Drum Exercise (P) 11:00 Cool Down and Rehydrate (P) 1:30 Garden Club: Outside Gardens (L) 2:30 Bible Study: The Garden (A) 3:30 Charades (A) 4:00 Fellowship with Friends (P)	27 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Patio and Pals Social (CN) 11:15 Walk for Health (P) 1:30 Zumba with Michele (P) 2:15 Helpful Hands and Refreshments (P) 2:30 Hymn Sing Along (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	28 9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Baking Club: Hand Cherry Pies (A) 10:45 Helping Hands: Clean Up (A) 11:15 Walk it Off (A) 1:00 Fresh Air Walk (L) 1:30 A Look at Faith (A) 2:30 Mindful Exercises (A) 3:00 Cool Down and Rehydrate (A) 3:30 Expressive Reading & Writing (A)	
29 9:00 Praise Songs & Fellowship (P) 9:30 Live Stream Worship; Trinity Lutheran Church (P) 10:30 Bible Study (P) 11:00 Fuzion Fitness (P) 1:00 Popcorn & Movie (P) 2:00 Manicures and Hand Message (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	30 Memorial Day 9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Memorial Day Social (CN) 10:30 Hospitality Club (CN) 11:15 Heart Healthy Walk (CN) 1:30 Fresh Air Walk (L) 2:00 Soldiers Walk: War Monuments Virtual Tour (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	31 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 War Memorials of Schuylkill County and Picnic (OOB) 1:00 Blooper Reels (P) 1:30 Hasna Yoga (A) 2:00 Let's Talk It Out Recognizing Self (A) 3:00 Welcome Social (P) 3:30 Faith Penny Stones (P) 4:00 Sit and Stretch Exercise (P)	<h1>May</h1> <h1>2022</h1>		Calendar Key: (P)-Pub, 1st Floor (A)-Activity Room, 2nd Floor (CN)-Connections, Terrace Lvl (C)-Chapel, 3rd Floor (OOB)- Out of Building		<h1>THE</h1> <h1>Club</h1>