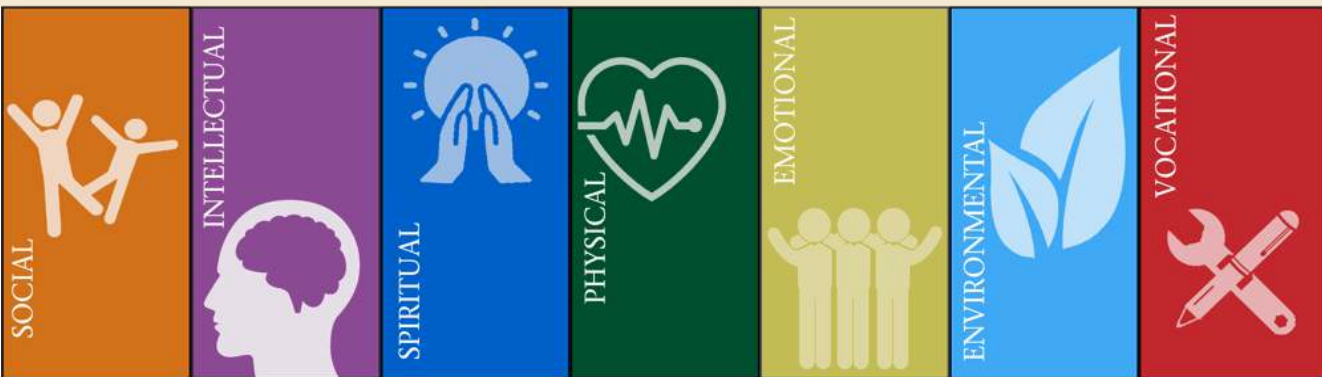


# Focus on Wellness

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.



# 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.



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 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Quibley Down Under</i> (PUB) 2:00 Springtime Country Ride **(ML) 3:00 Communion Service (CH) 3:30 Short Story Book Club (L) 6:30 Kings in the Corner (A)	2 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Sunshine Committee Meeting (PUB) 3:00 Communion Service (CH) 3:30 Hallway Ring Toss (A) 6:30 Board Games: Monopoly (PUBR)	3 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Balloon Volleyball (PUB) 11:00 P <sup>2</sup> Foodies: Cupcakes (A) 12:00 Pottsville Pizzeria Pizza Party **(A) 2:00 Dining Committee Meeting (DR) 3:00 Manicures & Mimosas **(CH) 6:15 Nickel Bingo \$(A)	4 9:00 Breakfast Club: Breakfast Slider Sandwich & Fruit **(A) 10:00 Board Games: Monopoly (PUBR) 10:30 Lite & Lively (PUB) 2:00 Acrylic Painting with Shannon (A) 2:30 Community Life Planning Mtg (PUB) 3:00 Kentucky Derby Social Hour (PUB) 3:30 Puzzle Club (3F) 6:15 Nickel Po-Ke-No \$(A)	5 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Craft Corner: Prayer Beads (A) 11:00 Diner's Caravan: La Dolce Casa **\$(OOB) 2:00 Card Games: Solitaire (PUB) 3:00 Musical Entertainment featuring Bill Minnich (PUB) 4:00 Drum Stick Exercise (PUB) 6:15 Prize Bingo (A)	6 9:00 Green Thumbs: Tending Plants (TB) 10:00 Puzzle Club (3F) 10:30 Life Happens Support Group (CH) 10:30 Ed-U Presentation: <i>Birds of Prey</i> , Hawk Mountain Sanctuary (PUB) 1:30 Zumba with Michele (PUB) 2:30 Coffee Talks: Remembering Mom (PUB) 3:00 Communion Service (CH) 6:15 Nickel Polish Bingo \$(DR)	7 9:00 Shopping Trip: Walmart **\$(OOB) 10:00 Board Games: Monopoly (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 2:30 Color Me Calm (PUBR) 3:00 Vagabond Travelers: Albania (PUB) 6:15 Card Games: War (PUBR)	
8 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 1:00 Puzzle Club (3F) 2:00 Mother's Day Tea Party (PUB) 3:00 Communion Service (CH) 3:30 Card Games: UNO (PUBR) 6:30 Kings in the Corner (A)  Mother's Day	9 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Gratitude Club Meeting (PUB) 3:00 Communion Service (CH) 3:30 Hallway Bowling (A) 6:30 Board Games: Connect 4 (PUBR)	10 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Keep Kicking Kickball (PUB) 11:00 P <sup>2</sup> Foodies: Coleslaw (A) 12:00 BBQ Slider Luncheon **(A) 2:00-4:00 Manicures & Mimosas **(CH) 2:30 Card Games: UNO (PUBR) 6:15 Nickel Bingo \$(A)	11 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Board Games: Scrabble (PUBR) 10:30 Strength Training (PUB) 10:30 Worship Service with Pastor Reading (CH) 2:00 Chef's Table (DR) 2:30 Color Me Calm (PUBR) 3:00 Fiesta Social Hour (PUB) 6:15 Nickel Po-Ke-No \$(A)	12 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Drum Stick Exercise (PUB) 11:00 Diner's Caravan: Cracker Barrel**\$(OOB) 2:00 Board Game: Monopoly (PUBR) 3:00 Musical Entertainment featuring Leon Broskey (PUB) 4:00 Craft Corner: Mineral Lip Gloss & Nail Polish (A) 6:15 Prize Bingo (A)	13 9:00 Green Thumbs: Tending Plants (TB) 10:00 Color Me Calm (PUBR) 10:30 Life Happens Support Group (CH) 10:30 Brain Games: Word Within a Word (PUB) 1:30 Zumba with Michele (PUB) 2:00 Curls for Girls (3FSL) 3:00 Communion Service (CH) 6:15 Nickel Polish Bingo (DR)	14 9:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 10:00 Board Games: Bunco (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 2:30 Puzzle Club (3F) 3:00 Vagabond Travelers: Peru (PUB) 6:15 Card Games: Rummy (PUBR)	
15 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Golden Pond</i> (PUB) 2:00 Springtime Country Ride **(ML) 3:00 Communion Service (CH) 3:30 Short Story Book Club (L) 6:30 Kings in the Corner (A)	16 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Welcome Committee Meeting (PUB) 3:00 Communion Service (CH) 3:30 Hallway Cornhole (A) 6:30 Board Games: Checkers (PUBR)	17 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Balloon Tennis (PUB) 11:00 P <sup>2</sup> Foodies: Pretzel Salad (A) 12:00 Pork & Sauerkraut Luncheon **(A) 2:00 Manicures & Mimosas **(CH) 3:00 Brain Games: Word Play (ML) 6:15 Nickel Bingo \$(A)	18 9:00 Breakfast Club: Fruit Crepe** (A) 10:00 Board Games: Checkers (PUBR) 10:30 Lite & Lively (PUB) 1:00 Card Games: Solitaire (PUBR) 2:00 Musical Entertainment featuring Bryan Herber (PUB) 2:30 Board Games: Connect 4 (PUBR) 3:00 Fireside Chat with Tracy Mason, E.D. (PUB) 6:15 Nickel Po-Ke-No \$(A)	19 8:30 Errand Run: Bank & Post Office** (OOB) 10:00 Color Me Calm (PUBR) 10:30 Balance in Action with Genesis Health & Rehab Services (PUB) 11:00 Diner's Caravan: Ruby Tuesday**\$(OOB) 2:00 Board Game: Yahtzee (PUBR) 2:00 Drum Circle with Joe (PUB) 3:00 Fashion Focus: Scarf Tying Class (A) 6:15 Prize Bingo (A)	20 9:00 Green Thumbs: Tending Plants (TB) 10:00 Card Games: UNO (PUBR) 10:30 Life Happens Support Group (CH) 10:30 Cards for Troops (PUB) 1:30 Zumba with Michele (PUB) 2:00 Ed-U Presentation: <i>How to Grow a Cutting Flower Garden</i> , Penn State Master Gardeners (PUB) 3:00 Communion Service (CH) 6:15 Nickel Polish Bingo (DR)	21 9:00 Shopping Trip: Walmart **\$(OOB) 10:00 Board Games: Chinese Checkers (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 2:30 Color Me Calm (PUBR) 3:00 Vagabond Travelers: Turkey (PUB) 6:15 Card Games: Pinochle (PUBR) Armed Forces Day	
22 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Driving Miss Daisy</i> (PUB) 2:00 Springtime Country Ride **(ML) 3:00 Communion Service (CH) 3:30 Short Story Book Club (L) 6:30 Kings in the Corner (A)	23 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Flower Arranging with Earl Kemfort, Bella Floral **(A) 3:00 Communion Service (CH) 3:30 XBOX Bowling (A) 6:30 Board Games: Chinese Checkers (PUBR)	24 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Balloon Volleyball (PUB) 2:00 Polka Party for Nancy Palamar (FP) 2:30 Card Games: War (PUBR) 3:30 Puzzle Club (3F) 3:30 Brain Games: Name 5 (PUB) 6:15 Nickel Bingo \$(A)	25 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Couponing for the Troops (PUB) 10:30 Strength Training (PUB) 10:30 Worship Service with Pastor Reading (CH) 2:00 Health Talk by Bayada Home Health & Rehab (PUB) 2:30 Board Games: Scrabble (PUBR) 3:00 Prov-Place Wishes Celebration (PUB) 6:15 Nickel Po-Ke-No \$(A)	26 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Day Excursion: Hollywood Casino **\$(OOB) 2:00 Color Me Calm (PUBR) 3:00 Card Games: UNO (PUBR) 5:00 Resident Birthday Dinner (PUB) 6:15 Prize Bingo (A)	27 9:00 Green Thumbs: Tending Plants (TB) 10:00 Board Games: Schuylkill-opoly (PUBR) 10:30 Life Happens Support Group (CH) 10:30 Ed-U Wellness: <i>Benefits of Exercise</i> , Lehigh Valley Health Network (PUB) 1:30 Zumba with Michele (PUB) 2:00 Curls for Girls (3FSL) 3:00 Communion Service (CH) 6:15 Nickel Polish Bingo (DR)	28 9:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 10:00 Board Games: Checkers (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 2:30 Puzzle Club (3F) 3:00 Vagabond Travelers: Italy (PUB) 6:15 Card Games: Solitaire (PUBR)	
29 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>3 Men &amp; a Baby</i> (PUB) 2:00 Springtime Country Ride **(ML) 3:00 Communion Service (CH) 3:30 Short Story Book Club (L) 6:30 Kings in the Corner (A)	30 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Yoga with Michele (PUB) 12:00 Memorial Day Picnic (DR& 1FP) 2:00 Soldiers Walk: War Monuments Virtual Tour (PUB) 3:00 Communion Service (CH) 3:30 Lawn Darts (1FP) 6:30 Board Games: Scrabble (PUBR) Memorial Day	31 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Keep Kicking Kickball (PUB) 11:00 P <sup>2</sup> Foodies: Lemon Crinkle Cookies (A) 12:00 Pierogie Luncheon (A) 1:30 Manicures & Mimosas **(CH) 2:00 Card Games: Pinochle (PUBR) 3:00 Welcome Social (PUB) 6:15 Nickel Bingo \$(A)	<h1>May</h1> <h1>2022</h1>			<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved      OOB Out of Building CH Chapel                3F 3rd Floor A Activity Room 3FSL 3rd Floor South Lounge TB Throughout the Building DR Dining Room PUBR Rear Room of Pub PUB Pub ML Main Lobby	

