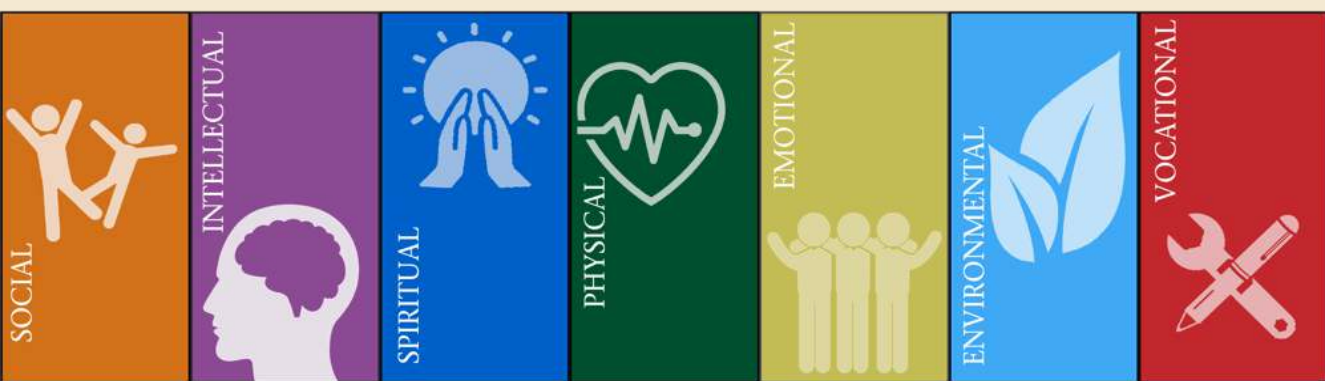


Focus on Wellness

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

June

Shirley Eberly
Delores Gilbert
Donna Faherty
Nancy Black
Dorothy Simms
Esta Hammond
Arthur Ott
Susanne Proulx
Alice Stilts
Miriam Gilland



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: June 2022

A Note from the Executive Director

When I started working as the Executive Director of Providence Place in the fall of 2018, several residents and coworkers suggested adding a store to our community. This project had been on the back burner for quite some time due to the pandemic. With the help of our interior designer and contractor, the drawings and ideas began to take shape earlier this year. A lot of work went into planning before we were able to open the doors.

During our fireside chat meetings and individual conversations, a list of items the residents wished to see available in the store was created, shopping began and the inventory increased. Our official "grand opening" of the store took place on April 18th with a ribbon cutting ceremony. Sparkling cider and cookies were enjoyed by a large group while Rick Barley (COO) cut the ribbon and eager shoppers entered the store for the first time. The general store is located in the rear right corner of the first-floor lobby. It is being run by a group of resident volunteers and is open six days a week.

The general store is a great example of how our residents help our Chambersburg community thrive. Thank you to everyone who has contributed to the store in one way or another – whether suggesting what items should be sold, putting price stickers on goods, stocking the shelves or volunteering as a cashier. The dream of a store has become a reality for our Chambersburg Providence Place friends and family to enjoy!

Blessings,

Holly Townsend

Executive Director



Highlighted Events

2 – **Norlo Park Picnic** @ 11am

21 – **The Longest Day** @ 2pm

Bridging all care levels

25 – **Roy Justice Presents** @ 2pm

Welcome New Residents

Lorraine B.

Delores D.

Jim P.

Evelyn S.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">THE <i>Club</i></p>		<p>Calendar Key: ** Registration Required \$\$ Cost Involved</p>	1 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Kitchen Creation: Fruit Loop Treats (C) 1:15 S.T.E.M: Walking Rainbow (CN) 2:30 Sip and Show (CN) 3:00 Tammy Wentz Presents Alzheimer's and Brain Change Awareness (2A) 6:15 Horseshoes (3E)	2 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Crafty Creations: Rainbow Hangers (3A) 3:00 Rainbow Detective (3A) 6:15 Chit Chat on the Front Porch (FP)	3 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Good News Match (3A) 1:30 Flower Oasis (P) 2:00 Social Experiment: Living with Alzheimer's (P) 3:00 Social Hour: Literal Blind Tasting (P) 6:15 Movie Night: Discovering Nature's Beauty (3A)	4 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Junk Drawer Detective (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)
		5 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: All About Our 5 Senses (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Musical Entertainment featuring Pianist Bryan Herber (2A) 6:15 Songs and Scripture (Ch. 809) Pentecost	6 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Sense of Hearing: Guess That Sound (3A) 2:00 Ed-U Presentation: <i>Human Interest Stories</i> from Antietam with Scott Mingus (2A) 3:00 Dairy Foods Scramble (3A) 6:15 Card Club (P)	7 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Diners Caravan: Cracker Barrel (OOB) 1:15 Sense of Taste : Cheese Tasting (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Taste (CN) 3:00 Social Hour: Taste of Australia (P) 6:15 Game Shows (CH.78)	8 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dinning Committee (2A) 1:15 Sense of Smell: Mind Scent (CN) 2:00 Sip and Be Social (CN) 3:00 Novelty Ice Cream Station (LD) 6:15 Horseshoes (3E)	9 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Sense of Sight: Optical Illusions (3A) 3:00 Famous June Birthdays (3A) 6:15 Chit Chat on the Front Porch (FP)
12 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 History of the Star- Spangled Banner (3A) 6:15 Songs and Scripture (Ch. 809)	13 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Flag Day Trivia (3A) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 Crafty Creation: Ribbon Flag (3A) 3:00 Sip and Show (3A) 6:15 Card Club (P)	14 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Flag Day Word Search (3A) 1:30 Acrylic Canvas Painting (C) 2:00 Musical Entertainment featuring Tom Shultz (2A) 3:00 Social Hour: Flags Around the World featuring Treats from Around the World (P) 6:15 Game Shows (CH.78) Flag Day	15 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:15 Crafty Creation: Betsy Five Point Star Door Hanger (CN) 1:30 Seated Soccer Kicks (2A) 2:30 Sip and Show (CN) 3:00 Hydration and Chit chat on the Deck (PD) 6:15 Horseshoes (3E)	16 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 1:30 Members Choice Movie: The Glenn Miller Story 3:00 Table Topics (P) 6:15 Chit Chat on the Front Porch (FP)	17 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Decompress from Stress with Theresa Waltersdorff from Humana (2A) 1:30 Flower Oasis (P) 2:00 .E.D Talk: <i>You Don't Find Happiness</i> <i>You Create It</i> (2A) 3:00 Social Hour: Lemon Shake Ups (P) 6:15 Movie Night: Flags of Four Fathers (3A)	18 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:15 Bingo (CN) 2:30 June Birthday Celebration (CN) 3:00 Brain Game: Who Am I? (3A) 6:15 Puzzle Club (3A)
19 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service with Guest Speakers David and Anna Lee Kopp(2A) 3:00 Root Beer Floats (P) 6:15 Songs and Scripture (Ch. 809) Father's Day	20 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 2:00 iN2L Ed-U Documentary: Struggle and Triumph the Legacy of George Washington Carver (2A) 3:00 Things Dad Loves Crossword (3A) 6:15 Card Club (P)	21 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Renfrew Park and Museum Tour and Picnic (OOB) 1:30 Acrylic Canvas Painting (C) 2:00 The Longest Day (CN) 3:00 Friends Greeting Friends Social (CN) 6:15 Game Shows (CH.78)	22 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Crafty Creations: Button- Up Shirt Pillows (3A) 1:30 Walk and Stroll Club (HW) 2:00 Father's Day Guess a Letter (3A) 3:00 Antique Road Show Chambersburg (2A) 6:15 Horseshoes (3E)	23 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Father's Day Jeopardy (3A) 3:00 Famous Fathers (3A) 6:15 Chit Chat on the Front Porch (FP)	24 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Fatherly Wit and Wisdom (3A) 1:15 Gardening Club (CN) 2:00 Iced Tea Hour (CN) 3:00 Social Hour: Sweet and Salty Mix (P) 6:15 Movie Night:: The Music Man (3A)	25 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Saturday Sitcom (3A) 2:00 Musical Entertainment with Roy Justice (2A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)
26 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Ice Cream Detective (3A) 6:15 Songs and Scripture (Ch. 809)	27 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Kitchen Creation: Chocolate Pudding Dessert (C) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 Crafty Creation: Design Your Own Sunglasses (3A) 3:00 Sip and Show (P) 6:15 Card Club (P)	28 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Passport to Alaska (3A) 1:30 Acrylic Canvas Painting (C) 1:30 Musical Entertainment w/ Lester Hirsh (CN) 2:30 Sip and Dance (CN) 3:00 Would You Rather (3A) 6:15 Game Shows (CH.78)	29 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Dollar Tree (OOB) 1:15 Crafty Creation: Satin Ribbon Rose Flowers (CN) 2:30 Sip and Show (CN) 3:00 Chi Tea and Cinnamon Bites (P) 6:15 Horseshoes (3E)	30 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Windy Knoll Ice Cream (CN) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Time Slip: Creative Storytelling (3A) 6:15 Chit Chat on the Front Porch (FP)	<h1>June 2022</h1>	