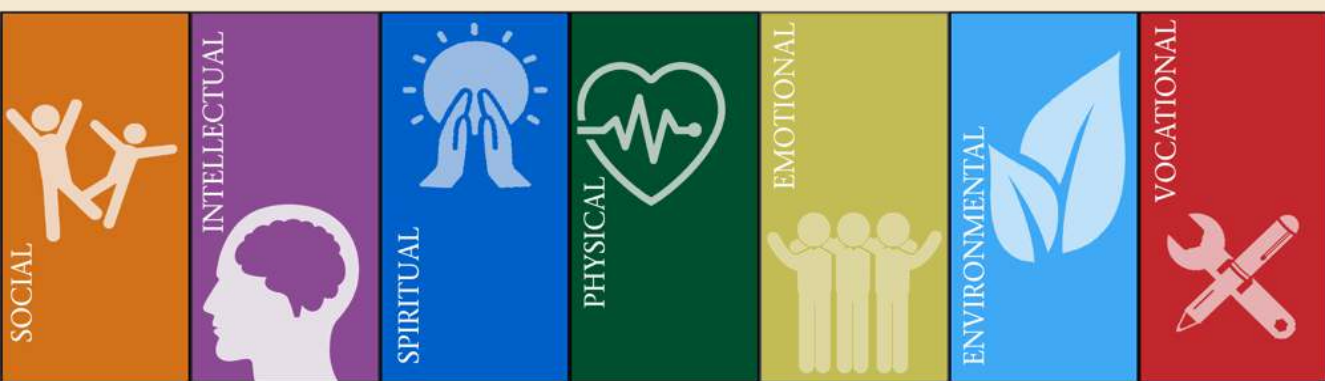


Focus on Wellness

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		
		Calendar Key: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Back Yard (BY) **Registration Required, \$\$ Cost Involved	1 9:00 Balloon Ball Exercise (3E) 10:00 Nickel Bingo \$\$ (2A) 1:30 Genesis Workout with Vickie (3E) 1:30 Pottery with Nicodemus Center for Ceramics (C) 2:00 Blood Pressure Clinic (2A) 3:00 Tammy Wentz Presents Alzheimer's and Brain Change Awareness (2A) 6:15 Blitz with Ruth (2A)	2 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 9:30 Wii Bowling League (3E) 10:00 Norlo Park Picnic **(OOB) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Game Club: Sequence (2A)	3 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Brunch Club**(C) 2:00 Social Experiment: Living with Alzheimer's (P) 3:00 Social Hour: Literal Blind Tasting (P) 6:15 Movie Night: <i>Discovering Natures Beauty</i> (3A)	4 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Mexican Train Dominoes (C) 6:15 Card Club: Pinochle (2A)		
		5 9:00 Light & Lively Exercise (3E) 9:30 Trivia Handouts (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Musical Entertainment featuring Pianist Bryan Herber (2A) 6:30 Song and Scripture (Ch.809) Pentecost	6 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 2:00 Ed-U Presentation: <i>Human Interest Stories</i> from Antietam with Scott Mingus (2A) 3:00 Birthday Gang Committee Meeting (C) 6:15 Card Club: Dealers Choice (2A)	7 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 iN2L Travels: Australia (3A) 3:00 Social Hour: Taste of Australia (P) 6:15 Card Club: Rummy (2A)	8 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Dining Committee Meeting (2A) 1:30 Seated Soccer Kicks (2A) 2:00 Coworker Vs. Resident Water Balloon Toss (LD) 3:00 Novelty Ice Cream Station (LD) 6:15 Card Club: UNO (2A)	9 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 9:30 Wii Bowling League (3E) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Card Club: Pinochle (2A)	10 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Stoke Awareness & Prevention by Jaimie from Bayada Home Healthcare (2A) 2:00 Community Life Planning Committee Meeting (P) 3:00 Social Hour on the Deck: Honeysuckle Tea and Cookies (PD) 6:15 Movie Night: <i>Julie & Julia</i> (3A)	11 9:30 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Local Fares: Jim's Farmers Market **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$\$ (2A) 3:00 Card Club: Spades (2A) 6:15 Blitz with Ruth (2A)
		12 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Aromatherapy and Nails (2A) 12:00 Chambersburg Mall Movie Matinee TBD **\$(OOB) 2:00 Worship Service (2A) 3:00 Helping Hands Club: Flag Day Centerpieces for Dining (C) 6:30 Song and Scripture (Ch.809)	13 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Cooking Creation: Red, White, Blue Cool Whip Dessert (C) 1:30 iN2L © Seated Chair Exercise (2A) 2:00 Prize Bingo (2A) 3:00 Birthday Gang Committee Meeting (C) 6:15 Blitz with Ruth (2A)	14 9:00 Light & Lively Exercise (3E) 10:00 Shopping Trip: Target **\$(OOB) 1:30 Acrylic Canvas Paintings (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 Club: Sequence (2A) Flag Day	15 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Horseshoes Outdoors (BY) 1:30 Seated Soccer Kicks (2A) 2:00 Fireside Chat (2A) 3:00 Hydration and Chit Chat on the Deck (PD) 6:15 Card Club: Pinochle (2A)	16 9:00 Sit & Be Fit Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Worship Service with Guest Speaker Rick Barthel (2A) 3:00 Bible Study (PDR) 6:15 Horseshoes (3E)	17 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Decompress from Stress with Theresa Waltersdorff from Humana (2A) 2:00 T.E.D Talk: <i>You Don't Find Happiness You Create It</i> (2A) 3:00 Social Hour: Lemon Shake Ups (P) 6:15 Movie Night: <i>Flags of Four Fathers</i> (3A)	18 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 1:30 Projector Movie with Popcorn and Theatre Candy (2A) 6:15 Card Club: Dealers Choice (2A)
		19 9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordies Handouts (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service with Guest Speakers David and Anna Lee Kopp(2A) 3:00 Root Beer Floats (P) 6:30 Song and Scripture (Ch.809) Father's Day	20 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 11:15 Father's Day Brunch ** (P) (3A) 2:00 iN2L Ed-U Documentary: Struggle and Triumph The Legacy of George Washington Carver (2A) 6:15 Game Club: Sequence (2A) Mexican Train Dominoes (C)	21 9:00 Light & Lively Exercise (3E) 10:00 Renfrew Park and Museum Tour and Picnic **\$(OOB) 1:30 Acrylic Canvas Paintings (C) 2:00 The Longest Day (CN) 3:00 Friends Greeting Friends Social (CN) 6:15 Game Club: Mexican Train Dominoes (C)	22 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 <i>Birding Cape May New Jersey</i> with Terry Neumyer (2A) 1:30 Men's Club: Ice Cream at the Meadows** (OOB) 3:00 Antique Road Show Chambersburg (2A) 6:15 Blitz with Ruth (2A)	23 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 9:30 Wii Bowling League (3E) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Card Club: Pinochle (2A)	24 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Appreciate & Thank Club (C) 1:30 Magazine Kiosk (L) 2:00 Prize Bingo (2A) 3:00 Social Hour: Sweet & Salty Mix (P) 6:15 Movie Night: <i>The Music Man</i> (3A)	25 9:30 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 11:00 Local Fares: Windy Knoll **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Musical Entertainment with Roy Justice (2A) 3:00 Game Club: Scrabble (C) 6:15 Horseshoes (3E)
		26 9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:30 Song and Scripture (Ch.809)	27 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L © Seated Chair Exercise (2A) 2:00 Prize Bingo (2A) 3:00 Corn Hole (3E) 6:15 Card Club: Rummy (2A)	28 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 3:00 Musical Entertainment featuring Lester Hirsh (2A) 6:15 Blitz with Ruth (2A)	29 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Horseshoes Outdoors (BY) 11:00 Lunch Out: Olive Garden **\$(OOB) 2:00 Magazine Kiosk (L) 3:00 Chai Tea and Cinnamon Bites (P) 6:15 Billiards (3E)	30 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 9:30 Wii Bowling League (3E) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Card Club: Rummy (2A)	