

# 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*

Eleanor Stehman  
Marion Bush  
Gerald Matalavich  
Linda Conaway  
Caryl Horrocks  
Sandra Flaharty  
Bob Berlin  
Ladislao Aguila



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)



# Providence Place SENIOR LIVING News

Q2: June 2022

## A Note from the Executive Director

Hello Providence Place family!

Warm weather has finally arrived and we have so many great activities planned. The monthly Sunday brunch has been a great success, we hope you can join us for the June event. These will continue throughout the rest of 2022. We are also looking forward to planning some other great family events this spring & summer.

Although Covid numbers have improved in 2022, there are still new cases. We are encouraging all residents and team members to receive a booster vaccine. Please let our Director of Wellness know if you need assistance with arranging booster doses. Our goal is to keep everyone safe and healthy!

Stay tuned as our progress in building our secondary flood wall continues – we apologize for the “mess” as we ensure that the Perkimoen Creek is to be enjoyed without worry.

Here's to warmer & longer days as we step into Summer.

*Terri Sanelli*

*Executive Director*

## Highlighted Events

- 3 – Elvis visit @ 2pm
- 11 – Collector's Club @ 3pm
- 15 – Phillies Baseball Game Outing @ 11am
- 16 – CMS Lunch Concert @ 10am
- 21 – EdU Presentation: Art History with Steve Pollack @ 1pm
- 23 – Scoupe de Ville: 50's music, ice cream & fun outing @ 1pm

## Welcome New Residents

Gerald M.  
Robert P.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>June</h1> <h2>2022</h2>		<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved <b>Calendar Key:</b> (CR) Community Room (AR) Activity Room (P) Pub, (C) Connections Neighborhood (DR) Dining Room, (OL) Old Lobby (GR) Game Room, (LIB) Library (ML) Main Lobby, (OS) Outside	1 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 11:00 Balloon Volleyball (CR) 1:00 Dining Services Committee Mtg (AR) 2:00 Men's Club: Cards (P) 3:00 Mid-Week Worship Service (T) 4:00 Aerobic Exercise Class by <i>Look Who's Dancing (P)</i>	2 9:30 Chair Exercises (CR) 10:30 Diners Caravan Lunch Out: Collegetown Diner*** (OOB) 1:00 Thankful to You Committee (AR) 2:00 Balloon Volleyball (CR) 2:15 Balance Class with Nadine (CR) 4:00 Name That Movie Happy Hour (P) 6:30 Card Games Club (P)	3 9:30 Chair Exercises (CR) 10:30 Bible Study & Hymn Sing (T) 11:00 Baking It Easy: Black Bottom Cupcakes (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Elvis played by Bob Hamel (P) 3:30 Short Stories: Listen & Discuss (CR) 6:00 Res. Run: Billiards (OL)	4 9:30 Walking Club (L) 10:30 Cooking Group (AR) 1:00 Bingo in Glasses (AR) 2:00 Trivia & Games (OS/P) 3:00 Collectors Club: Stamps, Coins, Antiques, Pictures, Art & More (P) 4:00 Billiards Happy Hour (P) 6:15 Res. Run: Card Games (P)
5 10:00 Billiards (OL) 10:30 Live Mass Service (T) 11:00 Knitting & Crochet Club (AR) 1:00 Worship Service & Communion (T) 2:15 Community Crossword & Word Games (CR) 3:30 Cards Club (P) 6:00 Godfather 1 (P)	6 9:30 Chair Exercises (CR) 11:00 Woofs of Wisdom by Ellie Mae (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Craft: Yarn Craft (AR) 4:00 Happy Hour (P) 6:00 Res. Run: Card Games (P)	7 9:30 Chair Exercises (CR) 10:30 Racko (P) 1:00 iN2L Trivia and Games (P) 2:00 Cigar Box Clock Craft (AR) 3:30 Circle of Friends (T) 4:00 Performer: Tony Lombardi (P) 6:00 Movie: <i>Shane (T)</i>	8 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 10:30 Games in the Pub (P) 1:00 Balloon Volleyball (CR) 2:00 Ed-U Wellness: <i>Arthritis Awareness</i> by Beth Pope, Physical Therapist from Genesis Health & Rehab (CR) 3:00 Mid-Week Worship Service (T) 4:00 Drumming Aerobics (CR) 6:00 Res. Run: Board Games (P)	9 9:30 Chair Exercises (CR) 10:00 Games in the Pub (P) 11:00 Ordering Lunch In: Penny's Pizza*** (P or outside if weather permits) 1:00 Hospice 101 (CR) 2:15 Balance Class with Nadine (CR) 4:00 Happy Hour 6:00 Card games Club (P)	10 9:30 Chair Exercises (CR) 10:30 Bible Study & Hymn Sing (T) 11:00 Baking It Easy: Carrot Cake (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (CR) 3:30 Short Stories: Listen & Discuss (CR) 6:00 Res. Run: Billiards (OL)	11 9:30 Walking Club (L) 10:30 Cooking Group (AR) 1:00 Bingo in Glasses (AR) 2:00 Trivia & Games (OS/P) 3:00 Collectors Club: Stamps, Coins, Antiques, Pictures, Art & More (P) 4:00 Billiards Happy Hour (P) 6:15 Res. Run: Card Games (P)
12 10:00 Billiards (OL) 10:30 Live Mass Service (T) 11:00 Knitting & Crochet Club (AR) 1:00 Worship Service & Communion (T) 2:15 Community Crossword & Word Games (CR) 3:30 Card Club (P) 6:00 Godfather 2 (P)	13 9:30 Chair Exercises (CR) 10:30 Racko (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:00 Fred Astaire Dance Performance (P) 4:00 Happy Hour (P) 6:00 Res. Run: Card Games (P)	14 9:30 Chair Exercises (CR) 10:00 Shopping Trip: Produce Junction*** (OOB) 11:00 Games at the Pub (P) 2:00 Ed-U Wellness: Autism from a personal and professional perspective by Sarah Swarr OTR/L (CR) 2:00 iN2L Trivia and Games (P) 3:30 Circle of Friends (T) 6:00 Movie: <i>Ivanhoe (T)</i>	15 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 11:00 Outing: Phillie Phanatic*** (OOB) 4:00 Aerobics Exercise Class by <i>Look Who's Dancing (C)</i> 6:00 Res. Run: Board Games (P)	16 9:30 Chair Exercises (CR) 10:00 CMS Bach's Lunch Concert featuring Emilily Kosasih on Piano 1:30 Balloon Volleyball (CR) 2:30 Lorri Woodward and James Hummel 3:30 Happy Hour 6:00 Res. Run: Billiards (P)	17 9:30 Chair Exercises (CR) 10:30 Bible Study & Hymn Sing (T) 11:00 Baking It Easy: Chocolate Chip Cookies (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (CR) 3:30 Short Stories: Listen & Discuss (CR) 6:00 Res. Run: Billiards (OL)	18 9:30 Walking Club (L) 10:30 Cooking Group (AR) 1:00 Bingo in Glasses (AR) 2:00 Cards in the Pub (P) 3:00 Collectors Club: Stamps, Coins, Antiques, Pictures, Art & More (P) 4:00 Billiards Happy Hour (P) 6:15 Res. Run: Card Games (P)
19 10:00 Billiards (OL) 10:30 Live Mass Service (T) 11:00 Knitting & Crochet Club (AR) 1:00 Worship Service & Communion (T) 2:15 Games in the Pub or Outside (P) 3:30 Balloon Volleyball (CR) Fathers vs (sons/mothers/grandsons) 6:00 Movie: <i>Father's Day (T)</i> Father's Day	20 9:30 Chair Exercises (CR) 10:30 Racko (P) 11:00 Woofs of Wisdom by Ellie Mae (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Drumming Aerobics (CR) 4:00 Happy Hour (P) 6:00 Res. Run: Card Games (P)	21 9:30 Chair Exercises (CR) 10:00 Shopping Trip: Giant*** (OOB) 11:00 Games at the Pub (P) 1:00 Ed-U Presentation: Art History with Steve Pollack (CR) 2:00 iN2L Trivia and Games (P) 3:30 Circle of Friends (T) 6:00 Movie: <i>Field of Dreams (T)</i>	22 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 10:30 Games in the Pub (P) 1:00 Ed-U Presentation: Golden Soul Dogs by Sage by Jenny Cochran (CR) 2:00 Balloon Volleyball (CR) 3:00 Mid-Week Worship Service (T) 4:00 Card Games in the Pub (P) 6:00 Res. Run: Board Games (P)	23 9:30 Chair Exercises (CR) 11:00 Balloon Volleyball (CR) 1:00 Outing: Scoupe de Ville for 50's Music, Memorabilia, Ice Cream & Fun (OOB) 3:00 Short Stories: Listen and Discuss (CR) 6:00 Res. Run: Billiards (P)	24 9:30 Chair Exercises (CR) 10:30 Bible Study & Hymn Sing (T) 11:00 Baking It Easy: Cherry Pie Cups (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (CR) 3:30 Short Stories: Listen & Discuss (CR) 6:00 Res. Run: Billiards (OL)	25 9:30 Walking Club (L) 10:30 Cooking Group (AR) 1:00 Bingo in Glasses (AR) 2:00 Trivia & Games (Outside/P) 3:00 Collectors Club: Stamps, Coins, Antiques, Pictures, Art & More (P) 4:00 Billiards Happy Hour (P) 6:15 Res. Run: Card Games (P)
26 10:00 Billiards (OL) 10:30 Live Mass Service (T) 11:00 Knitting & Crochet Club (AR) 1:00 Worship Service & Communion (T) 2:15 Community Crossword & Word Games (CR) 3:30 Card Club (P) 6:00 Godfather 3 (P)	27 9:30 Chair Exercises (CR) 10:30 Racko (P) 11:00 Make Dog Treats (AR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Music & Meditation with Nadine (CR) 3:15 Drumming Aerobics (CR) 4:00 Happy Hour (P) 6:00 Res. Run: Card Games (P)	28 9:30 Chair Exercises (CR) 10:00 Take Dog Treats to Montgomery County SPCA (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (P) 3:30 Circle of Friends (T) 6:00 Movie: <i>Indiana Jones and The Temple            of Doom (T)</i>	29 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 10:30 Games in the Pub (P) 1:00 Bocce / Balloon Volleyball (OS/CR) 2:00 Men's Club: Billiards (P) 3:00 Mid-Week Worship Service (T) 4:00 Card Games in the Pub (P) 6:00 Res. Run: Board Games (P)	30 9:30 Chair Exercises (CR) 10:30 Racko (P) 1:00 Bocce / Balloon Volleyball (OS/CR) 2:15 Balance Class with Nadine (CR) 4:00 Short Stories: Listen and Discuss (L) 6:00 Res. Run: Billiards (P)		