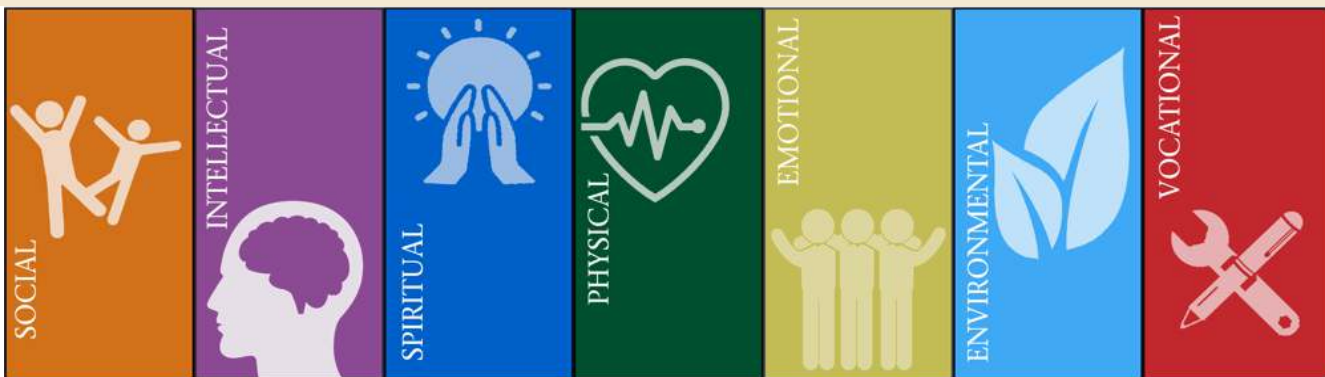


# Focus on Wellness

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

Ruth Rohrbaugh  
June May  
Matthew Coughlin  
Catherine Miller  
Ron Toomey  
William Myers  
Wilma Jean Myers

Rosemary Polons  
Bernadine Tomlinson  
Dorothy Ruf



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

As we continue to face new variants of the COVID virus, we are all working together to keep our community a safe environment while maintaining active programming. We thank you for playing your part by continuing to cooperate with our masking requirements, sign-in process and social distancing during visits.

At this time, we continue with our community dining and an active Community Life schedule of events and programs -- we are hopeful that this will not change recognizing what an important role socialization and engagement play in the health and wellness of our residents.

With the nicer temperatures upon us, please take advantage of the front porch and patio area. Please make sure on the warm days to help yourself to beverages located in the front lobby to keep yourself hydrated! Make sure to check your calendars for the upcoming activities and events. As carpet replacement continues, thank you for your understanding and patience during our ongoing carpet replacement.

Enjoy our outside walking trail and patios!

Best,  
*Howard Holben*  
Executive Director

Dover | 3377 Fox Run Road | Dover, PA 17315 | 717-767-4500

## Highlighted Events

- 1 – **Brown's Orchard & Lunch Outing** @ 10:30am
- 7 – **EdU Presentation:** Every Backyard Counts @ 2:30pm
- 9 – **Grateful Drumming with Joe** @ 2pm
- 10 – **Gentlemen's Lunch** @ 12pm
- 11 – **Theatre Lunch & Show:** Great Balls of Fire @ Dutch Apple @ 10:15am
- 13 – **Tie Dying Fun** @ 2:30pm – Connections & Connections Club
- 17 – **Ladies Luncheon** @ 12pm
- 19 – **Father's Day Lunch** @ 11:30am
- 21 – **Live Alpaca Presentation** with Hart-So-Big Alpacas @ 2:30pm

## Welcome New Residents

Karen H.  
Robert H.  
Phyllis H.  
Margaret F.  
Esther H.  
Mary "Kathy" S.  
Evaline C.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p style="text-align: center;"><b>THE</b> <i>Club</i></p>		<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (LB) Lobby (P) Pub (CY) 100 Hall Court Patio (FP) Front Porch (FR) Fitness Room	1 9:30 Morning Exercise (AR) 10:00 Daily Reading (CR) 10:15 Nail Polish Facts & Menu Review (CR) 1:30 Prayer & Worship Service (CR) 1:30 Memory Magic with Friends (CN) 2:30 Bingo (AR) 3:45 Afternoon Discussion (CR) 6:30 Crosswords and Word Finds (FL)	2 9:30 Morning Exercise (AR) 10:00 Culinary Creations: Fruit Salad (AR) 10:30 Daily Reading & Menu Review (AR) 12:45 Employee Appreciation Table (LB) 1:30 Hymns with Chaplain Shawn (CR) 2:30 Social Hour (P) 3:00 Reminiscing (P) 6:00 iN2L: Memory (AR)	3 9:30 Morning Exercise (AR) 10:00 Daily Reading & Menu Review (CR) 10:30 Air Fryer Donuts & Trivia (CR) 2:30 Fondues & Fine Wines Social (P) 3:30 Menu Review (CR) 6:30 Resident Run: Bingo (AR)	4 9:30 Morning Exercise (AR) 10:00 Donuts & Discussion (AR) 10:30 Menu Review & Brain Teasers (CR) 1:00 Daily Reading (LB) 1:15 Sun Kissed Stroll (FP) 2:00 Wall Jeopardy & Floats (P) 3:30 Menu Review (P) 6:30 Cards Club (AR)		
		5 9:30 Morning Fitness (AR) 10:00 Song & Scripture (P) 10:30 Menu Review (P) 1:15 Daily Reading (P) 1:30 Taste Test: Veggie Burgers (AR) 2:00 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)  Pentecost	6 9:30 Morning Fitness (AR) 9:30 Card Crunch (CR) 10:00 Daily Reading & Yoyo History (CR) 10:00 Bible Study (FS) 10:30 Menu Review (CR) 1:30 Music with Lindsay (AR) 1:30 Faith Films with Chaplain Shawn (F) 2:15 Create a Yoyo (CR) 2:45 Bingo (AR) 3:30 Menu Review (CR)	7 9:30 Morning Exercise (AR) 10:00 Daily Reading (CR) 10:15 Rainbow Detective (CR) 10:30 Menu Review (CR) 1:15 Create & Design with Friends (CN) 2:30 Ed-U Presentation <i>Every Backyard Counts</i> by Krista Callear, PennState Extension, Master Gardener Edu. (AR) 3:30 Social Hour (P) 6:00 Rummikub (FL)	8 9:30 Morning Exercise (AR) 10:00 Daily Reading (CR) 10:15 Working with Words (CR) 1:30 Prayer & Worship Service (CR) 1:30 Memory Magic with Friends (CN) 2:30 Bingo (AR) 3:45 Afternoon Discussion (CR) 6:15 Movie: <i>Dog Pound Shuffle</i> (CR) 6:30 Crosswords and Word Finds (FL)	9 9:30 Morning Exercise (AR) 10:00 Culinary Creations: Nana's Easy Creamy Coconut Balls (AR) 10:30 Daily Reading & Menu Review (AR) 12:45 Employee Appreciation Table (LB) 1:30 Hymns with Chaplain Shawn (CR) 2:00 Grateful Drumming Session with Joe Ciarvella (AR) 3:00 Reminiscing (P) 6:00 iN2L: Tic-Tac-Toe (AR)	10 9:30 Morning Exercise (AR) 10:00 Cooking Demo with Chef Bruce (P) 10:45 Daily Reading & Menu Review (CR) 12:00 Gentlemen's Luncheon: Gone Fishin' (AR) 2:00 Dessert Caravan: Sarah's Creamery (OOB) 3:30 Menu Review (CR) 6:30 Resident Run: Bingo (AR)	11 9:30 Morning Exercise (AR) 10:00 Donuts & Discussion (AR) 10:15 Theatre Lunch & Show: <i>Great Balls of Fire</i> , Dutch Apple Dinner Theatre**\$\$ (OOB) 10:45 Menu Review & Cranium Crunches (AR) 1:15 Club Country Ride (CY) 2:30 Corn Dogs & Corn Hole (CY) 3:30 Menu Review (P)
		12 9:30 Morning Fitness (AR) 10:00 Song & Scripture (P) 10:30 Menu Review (P) 2:00 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)	13 9:30 Morning Fitness (AR) 9:30 Card Crunch (CR) 10:00 Bible Study (FS) 10:15 Finish the Phrase (CR) 10:30 Menu Review (CR) 1:30 Music with Lindsay (AR) 1:30 Faith Film with Chaplain Shawn (F) 2:30 Tie Dye Shirts & Socks (CN) 3:30 Menu Review (CR) 6:00 Bingo (AR)	14 9:30 Morning Exercise (AR) 10:00 Daily Reading (CR) 10:15 History Spotlight: Betsy Ross (CR) 10:30 Menu Review (CR) 1:15 Create & Design with Friends (CN) 2:30 Ed-U Presentation <i>Faith &amp; Family: PA German Heritage, York Co Fraktur</i> by June Lloyd, Historical Researcher (CR) 3:30 Social Hour (P) 6:00 Rummikub (FL)  Flag Day	15 9:30 Morning Exercise (AR) 10:00 Daily Reading (CR) 10:15 Short Story <i>Day at the Deli</i> (CR) 1:30 Prayer & Worship Service (CR) 1:30 Memory Magic with Friends (CN) 2:30 Bingo (AR) 3:45 Afternoon Discussion (CR) 6:15 Movie: <i>Oklahoma!</i> (CR) 6:30 Crosswords and Word Finds (FL)	16 9:30 Morning Exercise (AR) 10:00 Culinary Creations: No Bake Oatmeal Choc. & PB Cookies (AR) 10:30 Daily Reading & Menu Review (AR) 12:45 Employee Appreciation Table (LB) 1:30 Celebration of Life Service (CR) 2:30 Social Hour (P) 3:00 Reminiscing (P) 6:00 iN2L: Price is Right (AR)	17 9:30 Morning Exercise (AR) 10:00 Daily Reading & Menu Review (CR) 10:30 Air Fryer Cake (CR) 12:00 Ladies Luncheon: Strawberry & Blueberry Picnic (AR) 2:00 Speed Friending Social (P) 3:30 Menu Review (CR) 6:30 Resident Run: Bingo (AR)	18 9:30 Morning Exercise (AR) 10:00 Donuts & Discussion (AR) 10:30 Menu Review & Trivia (AR) 1:00 Daily Reading (LB) 1:15 Sun Kissed Stroll (FP) 2:00 Musical Entertainment featuring Tom & Randy (P) 3:30 Menu Review (P) 6:30 Cards Club (AR)
		19 9:30 Morning Fitness (AR) 10:00 Song & Scripture (P) 10:15 Famous Pets in Film (P) 10:30 Menu Review (P) 11:30 Father's Day Lunch (DR) 1:15 Daily Reading (P) 2:00 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)  Father's Day	20 9:30 Morning Fitness (AR) 9:30 Card Crunch (CR) 10:15 Time Slips (CR) 10:30 Menu Review (CR) 1:30 Music with Lindsay (AR) 1:30 Faith Films with Chaplain Shawn (F) 2:30 Afternoon Show & Refreshment (CN) 3:30 Menu Review (CR) 6:00 Bingo (AR)	21 9:30 Morning Exercise (AR) 10:00 Daily Reading (CR) 10:15 Ice Cream Detective (CR) 10:30 Menu Review (CR) 1:15 Create & Design with Friends (CN) 2:30 Ed-U Presentation <i>Hart-So-Big Alpaca Farm</i> by Barb Hartsough, Owner (100 Hall CY) 3:30 First Day of Summer Fling (100 CY) 6:00 Rummikub (FL)	22 9:30 Morning Exercise (AR) 10:00 Daily Reading (CR) 10:15 Working with Words (CR) 1:30 Prayer & Worship Service (CR) 1:30 Memory Magic with Friends (CN) 2:30 Bingo (AR) 3:45 Afternoon Discussion (CR) 6:15 Movie: <i>Moondance Alexander</i> (CR) 6:30 Crosswords and Word Finds (FL)	23 9:30 Morning Exercise (AR) 10:00 Culinary Creations: Monkey Bread (AR) 10:30 Daily Reading & Menu Review (AR) 12:45 Employee Appreciation Table (LB) 1:30 Hymns with Chaplain Shawn (CR) 2:30 Social Hour (P) 3:00 Reminiscing (P) 6:00 iN2L: Trivial Pursuit (AR)	24 9:30 Morning Exercise (AR) 10:00 Daily Reading & Menu Review (CR) 10:15 Gardening Club (AR) 2:00 Meet with Chef Bruce - Dining Committee Meeting (AR) 3:30 Menu Review (CR) 6:30 Resident Run: Bingo (AR)	25 9:30 Morning Exercise (AR) 10:00 Donuts & Discussion (AR) 10:30 Menu Review (AR) 1:15 Club Country Ride (CY) 2:00 Wall Jeopardy & Floats (P) 3:30 Menu Review (P) 6:30 Cards Club (AR)
		26 9:30 Morning Fitness (AR) 10:00 Song & Scripture (P) 10:30 Menu Review (P) 1:15 Daily Reading (P) 2:00 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)	27 9:30 Morning Fitness (AR) 9:30 Card Crunch (CR) 10:15 Read Round (CR) 10:30 Menu Review (CR) 1:30 Movie Matinee: 2:30 Bubbly "Wine" Social (CN) 3:30 Menu Review (CR) 6:00 Bingo (AR)	28 9:30 Morning Exercise (AR) 10:00 Daily Reading (CR) 10:15 History Spotlight: Daniel Boone (CR) 10:30 Menu Review (CR) 1:15 Create & Design with Friends (CN) 2:30 Ed-U Wellness: Stroke Awareness & Prevention by Wendy, DOW (AR) 3:30 Social Hour (P) 6:00 Rummikub (FL)	29 9:30 Morning Exercise (AR) 10:00 Daily Reading (CR) 10:15 EZ Random Trivia (CR) 1:30 Prayer & Worship Service (CR) 1:30 Memory Magic with Friends (CN) 2:30 Bingo (AR) 3:45 Afternoon Discussion (CR) 6:15 Movie: <i>Night Sky</i> (CR) 6:30 Crosswords and Word Finds (FL)	30 9:30 Morning Exercise (AR) 10:00 Culinary Creations: Blueberry Muffins (AR) 10:15 Daily Reading & Menu Review (AR) 12:45 Employee Appreciation Table (LB) 1:30 Hymns with Chaplain Shawn (CR) 2:30 Social Hour (P) 3:00 Reminiscing (P) 6:00 iN2L: Resident Choice (AR)	<h1>June 2022</h1>	