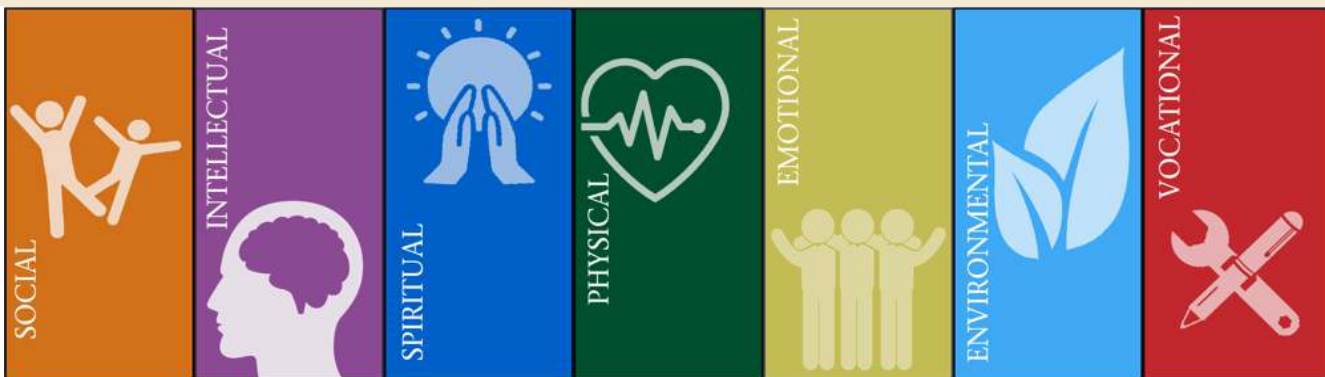


Focus on Wellness

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.



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

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		
		Calendar Key: (AR) Activities Room, (DR) Dining Room (CR) Community Room (CY) 100 Hall Court Yard (FP) Front Patio (FL) Front Lobby, (FS) Fire Side (FR) Fitness Room (L) Lobby (OOB) Out of the Building (PT) Pool Table Room, (P) PUB (CN) Connections Neighborhood ** Registration Required \$\$ Cost Involved	1 9:30 Morning Exercise (AR) 10:00 Life Chat with Chaplin Shawn (FS) 10:30 Shopping Trip: Browns Orchard and Lunch*** (OOB) 1:30 Prayer & Worship Service (CR) 2:30 Bingo (AR) 5:00 Table Mate Trivia (DR) 6:30 Crosswords and Word Finds (FL)	2 9:30 Morning Exercise (AR) 10:00 Comm Life Planning Ctme (CR) 10:30 Praying the Rosary (CR) 1:30 Hymn Sing with Chaplin Shawn (CR) 2:30 Social Hour (P) 3:15 Putt Putt and Pool (PT) 5:00 Wine and Dine (DR) 6:00 IN2L: Memory (AR)	3 9:30 Morning Exercise (AR) 10:00 Baking It Easy: Strawberry Shortcakes (AR) 1:00 Helping Hands: Social Prep (P) 2:30 Fondues & Fine Wines Social (P) 3:30 Patio Fellowship (FP) 6:30 Resident Run: Bingo (AR)	4 9:30 Morning Exercise (AR) 10:00 House Of Café: Donut Mind If I Do! (AR) 10:30 Brain Teasers (AR) 1:30 Helping Hands: Floats Prep (P) 2:00 Wall Jeopardy & Floats (P) 3:00 Balance Class (AR) 6:30 Cards Club (AR)		
		5 9:30 Morning Exercise (AR) 10:00 House Of Café & Daily News (AR) 11:30 Table Mate Riddles (DR) 1:15 Balance Class (FR) 2:00 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)	6 9:30 Morning Exercise (AR) 10:00 Bible Study (FS) 1:00 Catholic Communion (CDR) 1:30 Melodies by Lindsay Amspacher (AR) 1:30 At the Movies with Ch. Shawn (FS) 2:45 Bingo (AR) 4:00 First Monday Diners Caravan: Hoss's *** (OOB) 6:00 Cards (FL)	7 9:30 Morning Exercise (AR) 10:00 Walk & Stroll Nature Enthusiasts (FL) 1:30 Circle of Friends with Chaplain (CR) 2:30 Ed-U Presentation Every <i>Backyard Counts</i> by Krista Callear, PennState Extension, Master Gardener Edu. (AR) 3:30 Social Hour (P) 5:00 Tablemate Trivia (DR) 6:00 Rummikub (FL)	8 9:30 Morning Exercise (AR) 10:00 Balance and Action by Lora, Genesis Health & Rehab (AR) 10:15 Shopping Trip: Aldi*** (OOB) 1:30 Prayer & Worship Service (CR) 2:30 Bingo (AR) 5:00 Table Mate Trivia (DR) 6:15 Movie: Dog Pound Shuffle (CR) 6:30 Crosswords and Word Finds (FL)	9 9:30 Morning Exercise (AR) 10:00 Thankful to You Cmte (CR) 10:30 Praying the Rosary (CR) 1:30 Hymn Sing with Chaplin Shawn (CR) 2:00 Grateful Drumming Session with Joe Ciarvella (AR) 3:15 Putt Putt and Pool (PT) 5:00 Wine and Dine (DR) 6:00 IN2L: Tic-Tac-Toe (AR)	10 9:30 Morning Exercise (AR) 10:00 Cooking Demo with Chef Bruce (P) 12:00 Gentlemen's Luncheon: Gone Fishin*** (AR) 1:00 Helping Hands: Social Cleanup (AR) 2:00 Dessert Caravan: Mack's *** (OOB) 3:30 Patio Fellowship (FP) 6:30 Resident Run: Bingo (AR)	11 9:30 Morning Exercise (AR) 10:00 House Of Café: Donut Mind If I Do! (AR) 10:15 Theatre Lunch & Show: <i>Great Balls of Fire</i> , Dutch Apple Dinner Theatre*** (OOB) 1:30 Musical Entertainment: Holly Auchenbaugh (P) 3:00 Balance Class (AR) 6:30 Cards Club (AR)
		12 9:30 Morning Exercise (AR) 10:00 House Of Café (AR) 10:30 Welcoming Garden Club (AR) 11:30 Table Mate Riddles (DR) 1:15 Balance Class (FR) 2:00 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)	13 9:30 Morning Exercise (AR) 10:00 Bible Study (FS) 10:30 Balance Class (FR) 1:00 Catholic Communion (CR) 1:30 Melodies by Lindsay Amspacher (AR) 1:30 At the Movies with Ch. Shawn (FS) 2:30 Shopping Trip: Target *** (OOB) 6:00 Bingo (AR)	14 9:30 Morning Exercise (AR) 10:00 Walk & Stroll Nature Enthusiasts (FL) 1:30 Circle of Friends with Chaplain (CR) 2:30 Ed-U Presentation <i>Faith & Family: PA German Heritage, York Co Fraktur</i> by June Lloyd, Historical Researcher (CR) 3:30 Social Hour (P) 5:00 Tablemate Trivia (DR) 6:00 Rummikub (FL) Flag Day	15 9:30 Morning Exercise (AR) 10:00 Grocery Run: Giant*** (OOB) 1:30 Prayer & Worship Service (CR) 2:30 Bingo (AR) 5:00 Table Mate Trivia (DR) 6:15 Movie: Oklahoma! (CR) 6:30 Crosswords and Word Finds (FL)	16 9:30 Morning Exercise (AR) 10:00 Welcome Ambassador Ctme (CR) 10:30 Praying the Rosary (CR) 1:30 Celebration of Life Service (CR) 2:30 Social Hour (P) 3:15 Putt Putt and Pool (PT) 5:00 Wine and Dine (DR) 6:00 IN2L: Price is Right (AR)	17 9:30 Morning Exercise (AR) 10:30 Helping Hands: Social Prep (AR) 12:00 Ladies Luncheon: Strawberry & Blueberry Picnic** (AR) 1:15 Manicures (FR) 2:00 Musical Entertainment: Tom Shultz (P) 3:30 Patio Fellowship (FP) 6:30 Resident Run: Bingo (AR)	18 9:30 Morning Exercise (AR) 10:00 House Of Café: Donut Mind If I Do! (AR) 10:30 TED Talk & Discuss: Inside the Mind of a Master Procrastinator (AR) 1:30 Helping Hands: Drink Prep (P) 2:00 Musical Entertainment featuring Tom & Randy (P) 3:00 Balance Class (AR) 6:30 Cards Club (AR)
		19 9:30 Morning Exercise (AR) 10:00 House Of Café & Daily News (AR) 11:30 Father's Day Lunch (DR) 1:15 Balance Class (FR) 2:00 Father's Day Social (P) 3:00 Worship Service (CR) 6:00 Poker Night (AR)	20 9:30 Morning Exercise (AR) 10:00 Brain Games with Bethany, Genesis Health & Rehab (AR) 10:00 Bible Study (FS) 1:00 Catholic Communion (CR) 1:15 Country Ride** (OOB) 1:30 Melodies by Lindsay Amspacher (AR) 1:30 At the Movies with Ch. Shawn (FS) 6:00 Bingo (AR)	21 9:30 Morning Exercise (AR) 10:00 Walk & Stroll Nature Enthusiasts (FL) 1:30 Circle of Friends (CR) 2:30 Ed-U Presentation <i>Hart-So-Big Alpaca Farm</i> by Barb Hartsough, Owner (100 CY) 3:30 First Day of Summer Fling with Musical Entertainment by Sweetlife (100 CY) 5:00 Tablemate Trivia (DR) 6:00 Rummikub (FL)	22 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Boscov's*** (OOB) 1:30 Prayer & Worship Service (CR) 2:00 Bingo (AR) 3:00 Fireside Chat with Howard, E.D. (AR) 5:00 Table Mate Trivia (DR) 6:15 Movie: Moondance Alexander (CR) 6:30 Crosswords and Word Finds (FL)	23 9:30 Morning Exercise (AR) 10:00 Finish the Lines (FL) 10:30 Praying the Rosary (CR) 1:30 Hymn Sing with Chaplin Shawn (CR) 2:30 Social Hour (P) 3:15 Putt Putt and Pool (PT) 5:00 Wine and Dine (DR) 6:00 IN2L: Trivial Pursuit (AR)	24 9:30 Morning Exercise (AR) 10:00 Manicures (FR) 12:00 Birthday Luncheon (AR) 2:00 Meet with Chef Bruce - Dining Committee Meeting (AR) 3:30 Patio Fellowship (FP) 6:30 Resident Run: Bingo (AR)	25 9:30 Morning Exercise (AR) 10:00 House Of Café: Donut Mind If I Do! (AR) 10:30 Name That Tune (AR) 1:30 Helping Hands: Floats Prep (P) 2:00 Wall Jeopardy & Floats (P) 3:00 Balance Class (AR) 6:30 Cards Club (AR)
26 9:30 Morning Exercise (AR) 10:00 House Of Café (AR) 10:30 Welcoming Garden Club (AR) 11:30 Table Mate Riddles (DR) 1:15 Balance Class (FR) 2:00 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)	27 9:30 Morning Exercise (AR) 10:00 Bible Study (FS) 10:30 Balance Class (FR) 1:00 Catholic Communion (CR) 1:30 Melodies by Lindsay Amspacher (AR) 1:30 At the Movies with Ch. Shawn (FS) 2:30 Manicures & Mockmosas (FR) 6:00 Bingo (AR)	28 9:30 Morning Exercise (AR) 10:00 Walk & Stroll Nature Enthusiasts (FL) 1:30 Circle of Friends (CR) 2:30 Ed-U Wellness: <i>Stroke Awareness & Prevention</i> by Wendy, DOW (AR) 3:30 Social Hour (P) 5:00 Tablemate Trivia (DR) 6:00 Rummikub (FL)	29 9:30 Morning Exercise (AR) 10:00 Grocery Run: Weis*** (OOB) 1:30 Celebration of Life Service (CR) 2:30 Bingo (AR) 5:00 Table Mate Trivia (DR) 6:15 Movie: Night Sky (CR) 6:30 Crosswords and Word Finds (FL)	30 9:30 Morning Exercise (AR) 10:00 Finish the Lyrics (FL) 10:30 Praying the Rosary (CR) 1:30 Hymn Sing with Chaplin Shawn (CR) 2:30 Social Hour (P) 3:15 Putt Putt and Pool (PT) 5:00 Wine and Dine (DR) 6:00 IN2L: Resident Choice (AR)	<h1>June 2022</h1>			