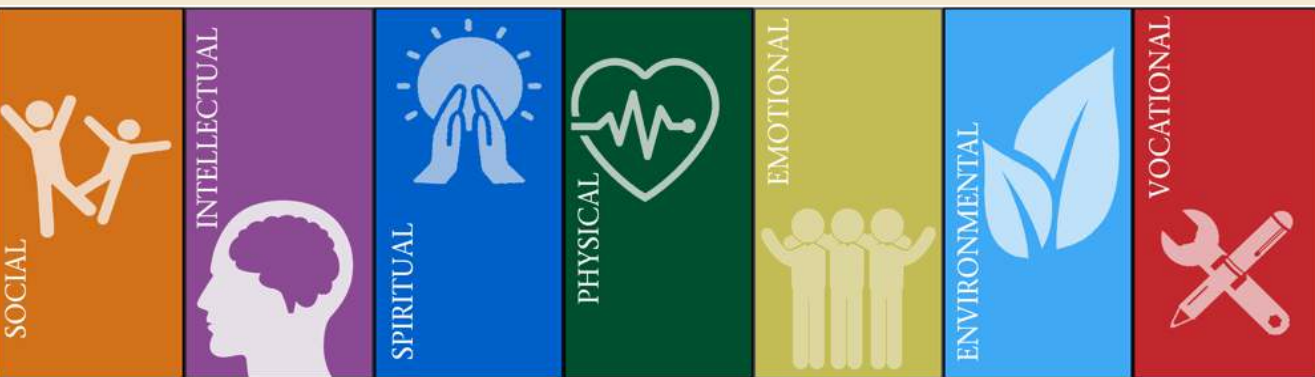


# Focus on Wellness

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

Helen George  
Joanne Bard  
Vilma Scaran  
Alfred Carl  
Sandra Seymour  
Grace Suda  
Elizabeth Duffy  
Raymond Niedzwiecki

Jane Zinn  
Lois Ecker  
Joan Conway  
Douglas Skene  
Lillian Curry  
Barbara Warakomski



# Providence Place SENIOR LIVING News

Q2: June 2022

## A Note from the Executive Director

We are welcoming sunny days here in our community. Our residents are enjoying sitting out on our porches and decks, walking around our beautiful walking path, and breathing some fresh air.

I'm so overwhelmed with the love our home has brought to our residents. At Providence Place of Drums, my entire team is committed to be sure our residents are treated like family and we will go above and beyond to find ways to say "YES". Our Community Life team has even begun to make some "Wishes" come true. We want to know what is on your wish list!

On June 25<sup>th</sup> (2-5pm), we will be hosting a "BEACH" party for our residents, coworkers, and families. We will have food, live entertainment, bounce house, dunk tank, and much more. Please contact Barbara at 570-788-7555 by June 10<sup>th</sup> to RSVP. We are all looking forward to this event!

Thank you to all the staff, residents, and families who have supported us to build a strong compassionate team. As always, I am available for comments, ideas, and concerns.

Stay healthy and think happy,

*Kim Perchak*

*Executive Director*

## Highlighted Events

- 3 – **EdU Presentation:** Online Pharmacies @ 2:30pm
- 6 – **Musical Entertainment:** John Stevens Polka Band @ 2:30pm
- 9 – **Strawberry Picking** @ Pumpkin Hill Farms @ 9:30am
- 13 – **EdU Presentation:** Summer Floral Arrangements with Mary K. @ 2:30pm
- 15 – **Homemade Waffles & Ice Cream** with Kim @ 1:30pm
- 25 – **BEACH PARTY PICNIC** @ 2-5pm – *Families Welcome!*
- 28 – **EdU Presentation:** Butterfly Demo & Super Social @ 2pm

## Welcome New Residents

Emma S.  
Edmund P.  
Cecelia Z.  
George R.  
Gloria Y.  
Cynara M.



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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>THE</b> <i>Club</i></p>		<p>Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor,</p>	<p>1 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Concentration Puzzles 10:00 Prayer Service /Chaplain Beverly(Ch) 10:30 Sit &amp; Be Fit Exercise (2nd) 1:00 Manicures &amp; Mocktails: Club Members(3rd) 2:00 Hazelnut Happening! (T) 2:45 Bingo (3rd) 3:30 ReMemory: Your Story (1st) 6:30 Dominoes (1st)</p>	<p>2 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:00 Wacky Wordies! (3rd) 10:30 Old Time Trivia (3rd) 1:30 Outing: Rock Road Day: Trip to Valley Scoops (T) 3:30 All About Julia Trivia (1st) 6:30 Pinochle Players Club (3rd)</p>	<p>3 9:00 Daily Chronicle &amp; Gratitude's (2nd) 10:00 Bible Study with Chaplain Bev (ch) 10:30 1:30 Dealing with Loss Support Group (SR) 2:30 ReMemory: Your Story (2nd) 2:00 Donut Day! Donuts &amp; Demo (T) 3:00 Timeless Trivia: Cartoons &amp; Comic Books (2nd) 6:30 Boggle (1st)</p>	<p>4 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Art Across the Ages: Lecture 1 What is Art? (2nd) 1:30 iN2L: Hymn Sing (Ch) (3rd) 2:00 Matinee: The Greatest Showman (2nd) 3:30 "Surf's Up" Happy Hour (1st) 6:30 Rummikub (1st)</p>
		<p>5 Pentecost 9:00 TV Catholic Mass (3rd) 9:30 Psalms for Beginner's (2nd) 10:30 Sit &amp; Be Fit Exercise (2nd) 1:30 Pentecost Service- Chaplain Beverly (Ch) 2:00 Dean Martin Roasts: Jimmy Stewart (2nd) 2:45 Bingo (3rd) 4:00 iN2L: World Environment Day (3rd) 6:30 Dean Martin's Top Hits (1st)</p>	<p>6 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Rosary (Ch) 10:00 iPad: Amazing Bird of Paradise!(2nd) 1:30 PP Walking Club (ML) 1:30 /2:00 Experience Balloon Painting! (T) 2:30 John Steven's Polka Band (DR) 3:30 Guess the Phrase! (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>7 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Calculation Crisscross (2nd) 1:30 Olive Celebration: Olive Appetizers, Olive History, Refreshments (Café) 1:30-3:30 Vendor Sale: Coastal Creations (1st) 2:30 Music Class with Cynthia (T) 3:00 Hymn Sing (Ch) 4:00 Dean Martin Celebrity Roast: (2nd) 6:30 Scrabble (1st)</p>	<p>8 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Sit &amp; Be Fit Exercise (2nd) 10:00 Prayer Service/Chap. Beverly (Ch) 1:00 Ocean in a Bottle Craft (2nd) 2:00 John Stevens Polka Band (T) 2:30 Alzheimer's Support Group**(SR) 3:00 The Honeymooners: The Lost Episodes (2nd) 6:30 Dominoes (1st)</p>	<p>9 9:00 Daily Chronicle &amp; Gratitude's (2nd) 10:00 Daily Prayer and Meditation (Ch) 10:00 Route 66 Trivia and Crosswords Challenge! (3rd) 10:30 Balance in Action Exercise (2nd) 2:30 Joe &amp; Dot Sweet (T) 2:45 Bingo (3rd) 3:00 The Decade You Were Born: The 40's Pt 1(3rd) 6:30 Pinochle Players Club (3rd)</p>
<p>12 9:00 TV Catholic Mass (3rd) 9:30 Psalms for Beginner's (2nd) 10:00 ReMemory: Your Story (2nd) 10:30 Chair Zumba with Alyson (2nd) 1:30 Worship Service -Chaplain Bev (Ch) 2:00 Brain Game: Think Twice! (2nd) 2:45 Bingo (3rd) 4:00 iN2L: History of American Flag (3rd) 6:30 Knit &amp; Crochet Club (3rd)</p>	<p>13 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Rosary (Ch) 10:00 Glass Plates: Flowers Your Way (2nd) 1:30 Bible Study/ Deacon Bob Roman (Café) 2:30 Paper Daisies Craft (T) 3:30 White Board: Hangman!! (1st) 6:30 Pinochle Players Club (3rd)</p>	<p>14 Flag Day 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 History of the Star-Spangled Banner (2) 10:00 Daily Prayer &amp; Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Music Class / Cynthia (2nd) 2:30 Entertainment: Elvis Impersonator!! (T) 3:30 Red,White&amp; Blue Snacks/ singalong (3) 6:30 Scrabble (1st)</p>	<p>15 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Sit &amp; Be Fit Exercise (2nd) 10:00 Prayer Service/ Chap Beverly (Ch) 11:30—1:00 Pizza Picnic \$\$ (T) 1:30 Homemade Waffles&amp; Ice Cream/ ED Kim (FP) 2:00 Circle of Friends (SR) 3:00 Honeymooners: Lost Episodes (2nd) 3:45 Bingo (3rd) 6:30 Dominoes (1st)</p>	<p>16 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Daily Prayer &amp; Meditation (Ch) 10:00 Balance in Action Exercise (2nd) 10:00 GROUCH DAY! Video, Snacks, Discussion and Games!! (3rd) 1:30 Hymn Sing (Ch) 2:00 3D Cow Painting (2nd) 3:00 The Decade You Were Born: More of the 40's Pt 2 (2nd) 6:30 Pinochle Players</p>	<p>17 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study/ Chaplain Beverly (Ch) 10:30 ReMemory: Your Story(2nd) 1:30 Dealing with Loss Support Group (SR) 1:30 Entertainment: Noreen Gregory (T) 2:30 iN2L: Rick Steves: Your Choice (3rd) 3:30 iN2L: Sing A Long: Your Pick!! (3rd) 6:30 Boggle (1st)</p>	<p>18 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Art Across the Ages: Lecture 3 PreClassical Greek Art (2nd) 1:30 Classics: The Red Skelton Show (3rd) 2:30 Adult Coloring with Classical Music Ice Tea / Snacks (3rd) 3:30 PP Walking Club (ML) 6:30 Rummikub (1st)</p>
<p>19 Father's Day 9:00 TV Catholic Mass (3rd) 10:00 Father's Day Jeopardy Trivia (3rd) 10:30 Sit &amp; Be Fit Exercise (2nd) 1:30 Worship Service -Chaplain Bev (Ch) 2:00 Dean Martin Roasts: Bob Hope &amp; Ronald Reagan (2nd) 2:30 Father's Day Beer Super Social (1st) 4:00 Corn Hole Tournament (FP) 6:30 Music: Best of the Big Bands (3rd)</p>	<p>20 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Rosary (Ch) 10:00 Milk Bottle Vases! (2nd) 1:30 Bible Study/ Deacon Bob Roman (Café) 2:00 Stretch Your Cranium Games!! (T) 2:45 Bingo (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>21 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Daily Prayer &amp; Meditation (Ch) 10:30 Stretch Exercise (2nd) 10:00 Ducky Duck Tape Fun! (2nd) 1:00 ReMemory: Your Story (3rd) 2:30 Dining Demo / Chef Ashley (DR) 3:30 Today in History (3rd) 6:30 Scrabble (1st)</p>	<p>22 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Sit &amp; Be Fit Exercise (2nd) 10:00 Prayer Service / Chap.Beverly (Ch) 10:30 Brain Games! (2nd) 1:30 Circle of Friends (SR) 2:00 Caribbean Heritage Day Celebration!! Harry Belafonte Tribute, Pina Coladas (T) 3:30 iN2L: Google Earth (3rd) 6:30 Dominoes (1st)</p>	<p>23 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Daily Prayer &amp; Meditation (Ch) 10:00 Balance in Action Exercise (2nd) 10:00 Dollar Tree \$\$\$ (ML) 1:30 Hymn Sing (Ch) 2:30 Joe &amp; Dot Sweet (T) 3:00 The Decade You Were Born: More of the 40's Pt 3 (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>24 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study/ Chaplain Beverly (Ch) 10:30 ReMemory: Your Story(2nd) 1:30 Dealing with Loss Support Group (SR) 1:30 Ask My Coordinator! (3rd) 2:30 iN2L: Rick Steves: Your Choice (2nd) 3:30 iN2L: Sing A Long: Your Pick!! (2nd) 6:30 Boggle (1st)</p>	<p>25 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Art Across the Ages: Lecture 4 The Classical Athenian Moment (2nd) 1:00 Help Out! Picnic Prep (ML) 2:00-5:00 PP Beach Party Day (T) 6:30 Rummikub)</p>
<p>26 9:00 TV Catholic Mass (3rd) 9:30 Psalms for Beginner's (2nd) 10:30 Chair Zumba with Alyson (2nd) 1:30 Worship Service -Chaplain Bev (Ch) 2:00 Finish Lines (2nd) 3:00 Paper Butterflies (2nd) 2:45 Bingo (3rd) 4:00 iN2L: Pennsylvania Butterflies (3rd) 6:30 Knit &amp; Crochet Club (3rd)</p>	<p>27 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Rosary (Ch) 10:00 Small Glass Plate Painting: Your Choice! (2nd) 1:30 Pool Noodle Games (T) (Please Check) 2:30 New Resident Peach Pie Social (3rd) 3:30 Finish the Phrase!(1st) 6:30 Pinochle Players Club (3rd)</p>	<p>28 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Daily Prayer &amp; Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Butterfly Craft (T) 1:30 Korey Warshine - Inspirational Speaker (DR) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)</p>	<p>29 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Sit &amp; Be Fit Exercise (2nd) 10:00 Prayer Service / Chap.Beverly (Ch) 10:30 Brain Games! (2nd) 2:00 Circle of Friends (SR) 2:00 Campfire Memories Celebration: Sing A Long, Smores, Cocktail Weiners(T) 6:30 Dominoes (1st)</p>	<p>30 9:00 Daily Chronicle &amp; Gratitude's (2nd) 9:30 Daily Prayer &amp; Meditation (Ch) 1:30 Strawberry Shortcake Celebration (Please Check with Haley) (T) 2:30 Paparazzi Jewelry Bingo (2nd) 3:00 The Decade You Were Born: More of the 40's Pt 4 (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p><b>June 2022</b></p>	