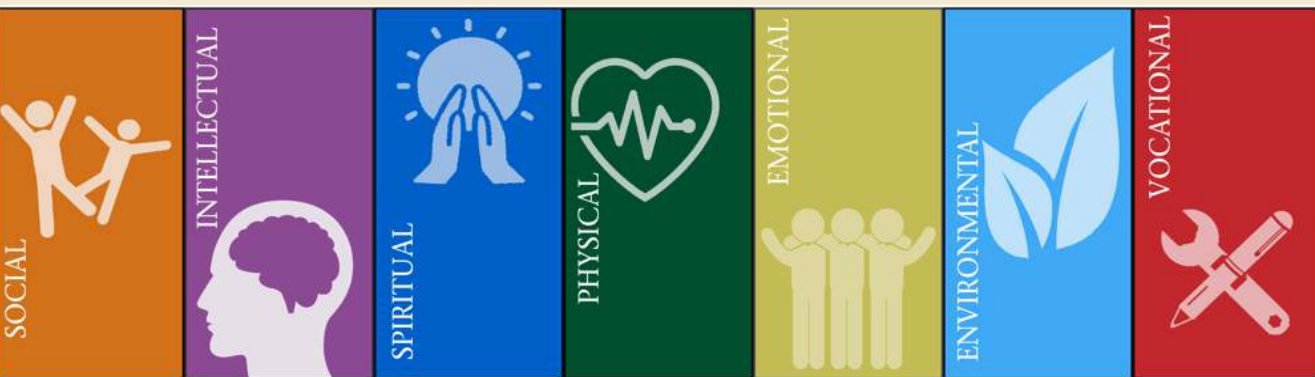


Focus on Wellness

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 25th (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 10th 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.



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		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, (ML) Meet in Lobby, Café (C)	1 9:30 Men's Club Outing: Dunkin Donuts*** (OOB) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Sit & Be Fit Exercise (2nd) 1:30 Manicures & Mocktails (2nd) 2:00 Circle of Friends (SR) 2:45 Bingo (3rd) 3:30 Holiday Celebration Planning Cmte. (3rd) 6:30 Dominoes (1st)	2 9:30 Balance in Action Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Cooking Club: Zucchini "Crab" Cakes (C) 1:30 Community Life Planning Meeting (3rd) 2:30 Dessert & Discussion With Chef Ashley (DR) 3:30 All About June Trivia (1st) 6:30 Pinochle Players Club (3rd)	3 9:30 Hands Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Stone Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Ed-U Presentation: <i>Online Pharmacies - What Consumers Need to Know</i> By Michelle Nutter, PA Office of AG (3rd) 3:30 Soul Club: <i>Chicken Soup for the Soul</i> (3rd) 6:30 Boggle (1st)	4 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable/Flower Planters (ML) 1:30 Holistic Wellness Aromatherapy (2nd) 2:00 Matinee: <i>The Greatest Showman</i> (2nd) 3:30 "Surfs Up" Super Happy Hour (1st) 6:30 Rummikub (1st)		
		5 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Pentecost Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: World Environment Day (3rd) 6:30 Music Club: Dean Martin Top Hits (1st)	6 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 TED Talk & Discussion: <i>Helping Others Makes Us Happier</i> (3rd) 1:30 Providence Place Walking Club (ML) 2:30 Musical Entertainment By John Stevens Polka Band (DR) 3:30 Men's Club: X-Box Fishing (2nd) 6:30 Pinochle Players Club (3rd)	7 9:30 Shopping Trip: Walmart*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30-3:30 Vendor Sale: Claudine's Coastal Creations By Claudine Kurtz (1st) 3:00 Hymn Sing (Ch) 4:00 iN2L: Famous Birthday Spotlight: Dean Martin (3rd) 6:30 Scrabble (1st)	8 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Craft Club: Summer Clothespin Wreath (3rd) 1:30 Community Outreach: <i>Troopons - Coupons for Troops</i> (3rd) 2:30 Alzheimer's Assoc. Support Group** (SR) 4:00 June Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	9 9:30 Trip Out: Strawberry Picking at Pumpkin Hill Farms*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Cooking Club: Fresh Strawberry Shortcake Puffs (C) 2:45 Bingo (3rd) 3:30 Brain Games (2nd) 6:30 Pinochle Players Club (3rd)	10 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Stone Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciarvella (2nd) 3:30 Karaoke Singalong (3rd) 6:30 Boggle (1st)	11 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable/Flower Planters (ML) 12:30 Providence Place Wish Honoring Resident Roger Cotterill (OOB) 2:30 Matinee: <i>Oklahoma</i> (2nd) 3:30 Welcome Ambassador Cmte. Mtg. (3rd) 6:30 Rummikub (1st)
		Pentecost		Flag Day				
		12 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: History of the American Flag (3rd) 6:30 Knit & Crochet Club (3rd)	13 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Food for Thought & Tasting: Swiss Chard (C) 1:30 Bible Study with Deacon Bob Roman (C) 2:30 Ed-U Presentation & Demo: <i>Summer Floral Arrangement Tutorial</i> By PP Resident Mary Konschnik (3rd) 3:30 Technology Committee: Senior Apps (3rd) 6:30 Pinochle Players Club (3rd)	14 9:30 Shopping Trip: Dollar Tree/Aldi's*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Flag Folding Ceremony (3rd) 3:30 Red, White & Blue Singalong & Snacks (3rd) 6:30 Scrabble (1st)	15 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Ed-U Day Excursion: Electric City Aquarium*** (OOB) 1:30 Homemade Waffles & Ice Cream With Kim, ED (FP) 2:00 Circle of Friends (SR) 2:45 Bingo (3rd) 3:30 Resident Birthday Committee (3rd) 6:30 Dominoes (1st)	16 9:30 Daily Prayer & Meditation (Ch) 10:00 Balance in Action Exercise By Genesis Health & Rehab (2nd) 10:30 Famous Fathers Crosswords (1st) 1:30 Hymn Sing (Ch) 2:30 Dining Service Committee Meeting (3rd) 3:30 TED Talk & Discussion: <i>The Habits of Happiness</i> (3rd) 6:30 Pinochle Players Club (3rd)	17 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Stone Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Chef's Pairings with Chef Ashley (DR) 3:30 Finish the Lyrics (1st) 6:30 Boggle (1st)	18 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable/Flower Planters (ML) 1:45 Holistic Wellness Aromatherapy (2nd) 2:30 Matinee: <i>Because of Winn-Dixie</i> (2nd) 3:30 Providence Place Walking Club (ML) 6:30 Rummikub (1st)
		19 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Father's Day Celebration (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:30 Father's Day Craft Beer Super Social (1st) 4:00 Corn Hole Tournament (FP) 6:30 Music Club: Best of Big Bands (3rd)	20 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 TED Talk & Discussion: <i>What Makes A Good Life?</i> (3rd) 1:30 Bible Study with Deacon Bob Roman (C) 2:45 Bingo (3rd) 4:00 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)	21 9:30 Daily Prayer & Meditation (Ch) 10:00 Retail Shopping: Boscov's*** (OOB) 10:30 Stretch Exercise (2nd) 1:30 Red or Black Card Game (2nd) 2:30 Dining Demo with Chef Ashley (DR) 3:30 Today in History (3rd) 6:30 Scrabble (1st)	22 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Diner's Lunch Caravan: Alfredo's Brick Oven Pizza*** (OOB) 1:30 Circle of Friends (SR) 2:30 Ed-U Health Presentation: <i>Stroke Awareness</i> by Melissa, DOW (3rd) 3:30 iN2L: Google Earth (3rd) 6:30 Dominoes (1st)	23 9:30 Daily Prayer & Meditation (Ch) 10:00 Balance in Action Exercise (2nd) 10:30 Local History: <i>The Old Jail</i> <i>Jim Thorpe, PA</i> (2nd) 1:30 Hymn Sing (Ch) 2:00 Ed-U Presentation: <i>Birding in Cape May County NJ</i> By Photographer Terry Neumyer (3rd) 3:30 Providence Place Walking Club (ML) 6:30 Pinochle Players Club (3rd)	24 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Stone Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Thankful to You Committee (3rd) 3:30 iN2L: Live Animal Watch - Fawns (3rd) 6:30 Boggle (1st)	25 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable/Flower Planters (ML) 1:00 Helping Hands Club: Picnic Prep (ML) 2:00-5:00 Community Event Beach Party Outdoor Picnic: Great Food, Bounce House, Dunk Booth, DJ (OOB) 6:30 Rummikub (1st)
Father's Day								
26 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Pennsylvania Butterflies (3rd) 6:30 Knit & Crochet Club (3rd)	27 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Helping Hands Club: Decorate for Pie Social (3rd) 1:30 TED Talk & Discussion: <i>What Makes You Special?</i> (3rd) 2:30 New Resident Peach Pie Social (3rd) 3:30 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)	28 9:30 Trip Out: Ochs Farm Market*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Ed-U Live Butterfly Demo & Super Social By Rick Mikula (3rd) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)	29 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Community Outreach: Snack Bags For Valley East Little League Teams (3rd) 2:00 Circle of Friends (SR) 2:45 Dessert Caravan: Milkhouse Creamery*** (OOB) 3:30 Providence Place Walking Club (ML) 6:30 Dominoes (1st)	30 9:30 Balance in Action Exercise (2nd) 10:00 Trip Out: Deliver Snack Bags To Valley East Little League Stand** (OOB) 10:30 Sudoku Challenge (3rd) 1:30 Sunshine Committee (3rd) 2:30 Paparazzi Jewelry Bingo With Kim, ED (2nd) 3:30 Focus on Health: Blood Pressure Checks (3rd) 6:30 Pinochle Players Club (3rd)	<h1>June 2022</h1>			