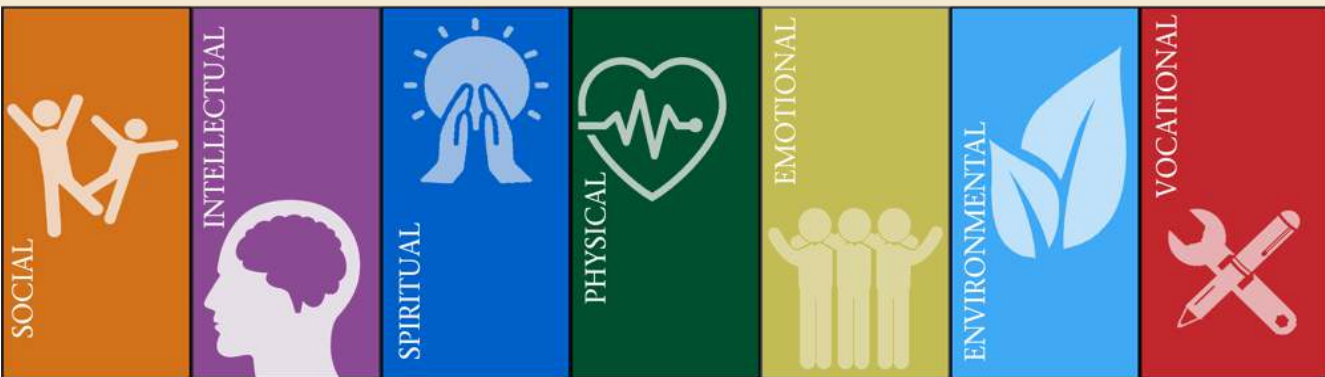


# Focus on Wellness

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

Terrence Leonard  
Twila Mark  
Mercedes Sadler  
Anna Myers  
Elva Schmidt  
Elizabeth Crawford



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

It is a breath of fresh air to see the flowers blooming, the weather getting warmer, the days getting longer, and everyone is spending more time outdoors.

As COVID cases decrease, we are opening our communities more and more with each passing day. It truly feels warmer & brighter.

We hosted our first official Sunday Brunch on May 22<sup>nd</sup> for residents. We can't wait to invite families in to join this summer. Check out our vibrant calendar of events and join your loved one whenever possible.

We have officially reopened our first floor for memory care residents. If you know of someone who could benefit from our services and a community setting, please reach out to our Director of Sales.

*Donna O'Leary*


*Executive Director*

## Highlighted Events

- 2 – **Balance in Action with Amy**  
@ 9:30am
- 5 – **Musical Entertainment**  
with Lee Moyer @ 2pm
- 6 – **Pottery Works @ 2:30pm –**  
*Connections*
- 11 – **Servant Stage Outing: Newsies**  
@ 2pm – *Community Life & Connections*
- 17 – **Picnic in the Park**  
Long's Park @ 11am
- 19 – **Father's Day Social @ 2pm**

## Welcome New Residents

Nancy B.  
Vera F.  
Dan L.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (CH) Chapel (DR) Dining Room (PT) Pool Table Room (AR) Activity Room (L) Lobby (OOB) Out of Building (GL) Governor's Lounge (S) Salon	1 9:00 Early Risers Social Society (CH) 9:30 Resistance Band Workout (CH) 10:15 Shopping Trip: Community Aid **\$(OOB) 10:00 Midweek Worship (CH) 1:30 Word in a Word (CH) 1:30 Furry Companion Visit From Mia (CH) 2:00 iN2L: Would You Rather Game (CH) 3:00 iN2L Bingo (CH) 6:15 Movie Club: Hallmark Movie (CH)	2 9:30 Balance in Action by Amy, Genesis Health and Rehab (CH) 10:00 Spiritual Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Community Life Planning Committee (CH) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring, or Crafting (AR)	3 9:30 Seated Pilates (CH) 10:00 Grief Share and Support Group (CH) 1:30 Examining Bible Prayers (CH) 2:00 The Dime Store (L) 3:15 TED Talks 'n Friday Floats <i>Where does Creativity Hide</i> (CH) 6:15 Community Puzzle (AR)	4 9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (CH) 10:00 Bingo (CH) 2:00 Super Social Hour Welcoming New Friends (GL) 3:15 Creative Crafting: June Sky Canvas Art (AR) 6:15 Dominoes (AR)		
		5 9:30 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Club: Apple Crisp (AR) 1:30 Sunshine Committee (CH) 2:00 Musical Entertainment: <i>June is Busting Out all Over</i> Featuring Lee Moyer (DR) 3:00 Worship and Communion (CH) 6:15 Movie Club: <i>Father of the Bride</i> (CH) Pentecost	6 9:30 Chair Yoga (AR) 10:00 iN2L Armchair Travels (CH) 10:30 iN2L Brain Teasers (CH) 1:30 Book Club (CH) 2:00 Art Exploration: Pottery Works (AR) 3:15 Balloon Volleyball Competition (CH) 6:15 Resident Ran Bingo (AR)	7 9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 11:00 Lunch Out: El Rodeo Mexican Restaurant **\$(OOB) 1:30 Dining Service Committee Meeting (CH) 2:00 Men's Club (GL) 3:15 Spelling Bee Official Words of Spring 2022 (CH) 6:15 Pen to Paper Writers Club	8 9:30 Resistance Band Workout (CH) 10:00 Midweek Worship (CH) 1:30 Word in a Word (CH) 1:30 Furry Companion Visit From Mia (CH) 2:00 Ed-U Presentation: <i>Birding Cape May County, New Jersey</i> By: Local Retired Educator Terry Neumyer (CH) 3:00 iN2L Bingo (CH) 6:15 Movie Club: Hallmark Movie (CH)	9 9:30 Balance in Action (CH) 10:00 Spiritual Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Circle of Friends (CH) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (AR)	10 9:30 Seated Pilates (CH) 10:00 Grief Share and Support Group (CH) 1:30 Examining Bible Prayers (CH) 2:00 The Dime Store (L) 2:00 Ed-U Presentation: <i>Life in and around ponds and creeks</i> by Lisa Sanchez, Naturalist from Lancaster Parks and Rec. (CH) 3:15 TED Talks 'n Friday Floats <i>Stories Cut from the Paper</i> (CH) 6:15 Community Puzzle (AR)	11 9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (CH) 10:00 Bingo (CH) 2:00 Musical Outting: <i>Newsies The Broadway Musical</i> by Servant Stage Company **\$(OOB) 6:15 Dominoes (AR)
		12 9:30 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Club: Blueberry Cobbler (AR) 1:30 Jewelry Club (AR) 2:00 Sunday Mixer (GL) 3:00 Worship Service (CH) 6:15 Movie Club: The Expendables (CH)	13 9:30 Chair Yoga (AR) 10:00 iN2L Armchair Travels (CH) 10:30 iN2L Brain Teasers (CH) 1:30 Book Club (AR) 2:00 Ed-U Presentation By Stephan Shaw from Lancaster County Speakers Association (CH) 3:15 Balloon Volleyball Competition (CH) 6:15 Resident Ran Bingo (AR)	14 9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:00 Shopping Trip: Boscov's **\$(OOB) 10:30 Hymn Sing (CH) 1:30 Catch Phrase (CH) 2:00 Discuss and Recall: History of the Star-Spangles Banner (CH) 3:15 Jeopardy (CH) 6:15 Coupons for the Troops (CH)	15 9:00 Early Risers Social Society (CH) 9:30 Resistance Band Workout (CH) 10:00 Midweek Worship (CH) 1:30 Word in a Word (CH) 1:30 Furry Companion Visit From Mia (CH) 2:00 iN2L: Have You Ever (CH) 3:00 iN2L Bingo (CH) 6:15 Movie Club: Hallmark Movie (CH)	16 9:30 Balance in Action (CH) 10:00 Spiritual Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Musical Entertainment Easy Listening with Nick Viscuso (DR) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (AR)	17 9:30 Seated Pilates (CH) 10:00 Grief Share and Support Group (CH) 1:30 Examining Bible Prayers (CH) 11:00 Picnic in the Park Long's Park Walk in the Park **\$(OOB) 2:00 The Dime Store (L) 2:15 Fireside Chat with E.D Donna O'Leary (CH) 3:15 TED Talks 'n Friday Floats <i>The life Long Learner</i> (CH) 6:15 Community Puzzle (AR)	18 9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (CH) 10:00 Bingo (CH) 2:00 Super Social Hour Ice Cream Sunday Bar (GL) 3:15 Creative Crafting: Tie Dye T's (AR) 6:15 Dominoes (AR)
		19 9:30 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Club: Shoefly Pie (AR) 2:00 Fathers Day Social (GL) 3:00 Worship Service (CH) 6:15 Movie Club: Indiana Jones (CH)	20 9:30 Chair Yoga (AR) 10:00 iN2L Armchair Travels (CH) 10:30 iN2L Brain Teasers (CH) 1:30 Country Side Ride (OOB) 3:15 Balloon Volleyball Competition (CH) 6:15 Resident Ran Bingo (AR)	21 9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:15 Shopping Trip: Aldi's Grocery Outlet **\$(OOB) 10:30 Hymn Sing (CH) 1:30 Creative Cooking with Chef Jermel (CH) 2:00 Men's Club (GL) 3:15 Spelling Bee (CH) 6:15 Pen to Paper Writers Club	22 9:00 Early Risers Social Society (CH) 9:30 Resistance Band Workout (CH) 10:00 Midweek Worship (CH) 1:30 Word in a Word (CH) 1:30 Furry Companion Visit From Mia (CH) 2:00 iN2L True Confessions (CH) 3:00 iN2L Bingo (CH) 6:15 Movie Club: Hallmark Movie (CH)	23 9:30 Balance in Action (CH) 10:00 Spiritual Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Circle of Friends (CH) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (AR)	24 8:00 Early Morning Outing: West Shore Farmers Market **\$(OOB) 9:30 Seated Pilates (CH) 10:00 Grief Share and Support Group (CH) 1:30 Examining Bible Prayers (CH) 2:00 The Dime Store (L) 3:15 TED Talks 'n Friday Floats <i>My Life as a work of Art</i> (CH) 6:15 Community Puzzle (AR)	25 9:00 Music and Coffee (L) 9:30 Puzzles and Riddles (CH) 10:00 Bingo (CH) 2:00 Super Social Hour Red, White and Blue Drinks (GL) 3:15 Creative Crafting: Sand Art Creations (AR) 6:15 Dominoes (AR)
		26 9:30 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Club: Hawaiian Macaroni Salad (AR) 1:30 Manicures and Mocktails (S) 2:00 Sunday Mixer (GL) 3:00 Worship Service (CH) 6:15 Movie Club: Queen Bees (CH)	27 9:30 Chair Yoga (AR) 10:00 iN2L Armchair Travels (CH) 10:30 iN2L Brain Teasers (CH) 1:30 Country Side Ride (OOB) 3:15 Balloon Volleyball Competition (CH) 6:15 Resident Ran Bingo (AR)	28 9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:30 Chef's Pairing with Chef Jermel (CH) 2:00 Horticulture Club (AR) 3:15 Jeopardy (CH) 4:30 Dinner Out Columbia Diner **\$(OOB) 6:15 Coupons for the Troops (CH)	29 9:00 Early Risers Social Society (CH) 9:30 Resistance Band Workout (CH) 10:00 Midweek Worship (CH) 1:30 Word in a Word (CH) 1:30 Furry Companion Visit From Mia (CH) 2:00 Musical Entertainment Patriotic Music Featuring Pianist Bryan Herber (DR) 3:00 iN2L Bingo (CH) 6:15 Movie Club: Hallmark Movie (CH)	30 9:30 Balance in Action (CH) 10:00 Spiritual Support Group (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Circle of Friends (CH) 3:00 LCR with Chaplain (CH) 6:15 Cards, Coloring or Crafting (AR)	<h1>June 2022</h1>	