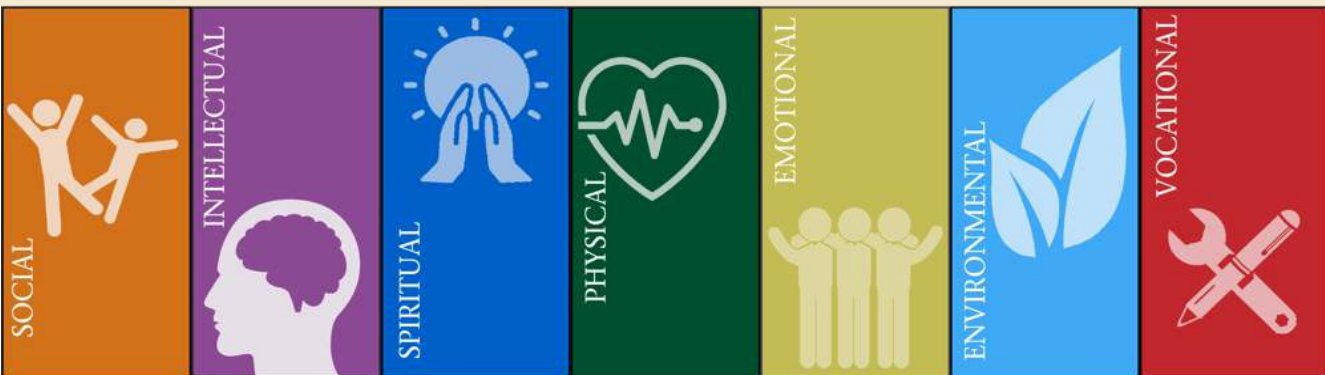


Focus on Wellness

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

Fern Krause
Elaine Long
Chuck Marquette
Alice Kimmel
Doris Brown
Marilyn Herb
Constance Danatzko
Catherine Dinko
June Kiebach



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

The Grove has had a set back with COVID. We currently have a few positive individuals. We are asking all guests to wear masks regardless of their vaccination status. We will continue to remain open for visitation as well as dining and small group activities at this time. Testing will be ongoing until all cases have cleared.

On a happier note, we celebrated our Centenarians, Naomi (103), Anna (100) and Marie (100) last month. What a blessing to be able to spend time with these wonderful ladies and help them enjoy this momentous occasion along with Schaeffer Harley Davidson.

Summer is right around the corner come out and join us on the porch for a cold drink.




*Sincerely,
Julie Wallace
Executive Director*

Highlighted Events

- 2 – **EdU Presentatioin:** Survey of American Traditions @ 2pm
- 6 – **Brothers In War Veterans Club Cookout** @ 12pm
- 15 – **EdU Tour:** Waterfall & History of Sweet Arrow Lake @ 11am
- 19 – **Dutch Apple Theatre Outing** @ 9am

Welcome New Residents

Charles M.
Helen S.
David M.
Helen P.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (FP) Front Patio (RP) Rear Patio (WP) Walking Path	1 9:30 Move2Music (2F) 10:00 Fireside Chat with Julie, E.D. and Leadership Team (2F) 10:30 World Briefs (2F) 11:00 Shopping Excursion: Walmart **\$\$ (OOB) 2:00 Memory Magic (2F) 3:30 Tend The Garden Club (RP) 4:00 Confident Cruisers (WP) 6:00 Social Hour: Opry Music Features (2F)	2 9:30 Core Strength Exercise (2F) 10:00 Community Life Planning Committee Meeting (1F) 11:00 Giant Crossword Puzzle (2F) 2:00 Ed-U Presentation: <i>Survey Of American Traditions</i> By Henry Koretzky (DR) 4:00 Lemonade Cart (RP) 6:00 Game Of Yahtzee (RP)	3 9:30 Target Arms Exercise (2F) 10:00 June Trivia (2F) 10:30 Dinning Committee Meeting (2F) 11:00 Psalm 35 Reading & Discuss (2F) 2:00 Resident Planning Committee (RP) 3:00 Film Fest: <i>Blue Miracle</i> (2F) 6:00 Card Club: Rummy (1F)	4 9:30 Gentle Moves (2F) 10:00 Men's Club Outing: Trip To Buddies Log Cabin **\$\$ (OOB) 10:30 Coffee Cache And Daily Chronicles (RP) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)
		5 9:30 Whole Body Stretch (2F) 10:00 The History Of Shavuot (2F) 10:30 Why Is Pentecost Important To Christianity? (2F) 12:00 Wine & Dine (DR) 1:30 Scenic Country Ride (OOB) 3:00 iN2L: Catholic Service (2F) 4:00 Confident Cruisers (WP) Pentecost	6 9:00 Brothers In War Veterans Club Breakfast (2F) 10:00 Target Leg Exercise (2F) 11:00 Confident Cruisers (WP) 1:30 Shirley's Aromatherapy Hand Massage (2F) 3:00 Manicures (2F) 6:00 Outdoor Flickin' Chicken Game (RP)	7 9:30 Balance In Action by Lisa, Genesis Health & Rehab (2F) 10:00 iN2L Learning: Great Art Explained <i>Starry Night</i> (2F) 10:30 Beach Ball Volley Ball (2F) 11:00 Scripture Reading (FP) 2:00 Yoga With Leah (2F) 3:00 Karaoke With Alexa (2F) 4:00 Cool Down With Cool Drinks (2F) 6:00 Dart-Throwing Competition (2F)	8 9:30 Move2Music (2F) 10:00 Reminisce: The Good Old Days (2F) 10:30 World Briefs (2F) 11:00 Things Dad Loves Puzzle (FP) 2:00 Ed-U Presentation: <i>Antique & Vintage Trip Through History</i> by Higher Learning Traveling Show Part 2 (2F) 4:00 Confident Cruisers (WP) 6:00 Social Hour: R&B Music Featured (2F)	9 9:30 Core Strength Exercise (2F) 10:00 Famous Fathers Trivia (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Ed-U Presentation: <i>Behind the Scenes of Promoting & Marketing Providence Place</i> by Stacie Renninger, Dir of Sales (2F) 4:00 Lemonade Cart (RP) 6:00 Game Of Yahtzee (RP)
12 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (WP) 6:00 Music & Mindful Colors (2F)	13 9:30 Target Leg Exercise (2F) 10:00 Community Outreach: Coupons For The Troops (RP) 11:00 Confident Cruisers (WP) 1:30 Ed-U Presentation: Making Father's Day Cards With Die Cut Machine By Bev Spittler (2F) 3:00 Manicures (2F) 6:00 Outdoor Flickin' Chicken Game (RP)	14 9:30 Target Balance Exercise (2F) 10:00 iN2L Poetry: <i>The Flag Of Our Union</i> By Katharine Lee Bates (2F) 10:30 History Of Flag Day (2F) 11:00 Scripture Reading (2F) 2:00 Yoga With Leah (2F) 4:00 Cool Down With Cool Drinks (2F) 6:00 Dart-Throwing Competition (2F) Flag Day	15 9:30 Move2Music (2F) 10:00 Reminisce: Waterfalls of Pa. (2F) 10:30 World Briefs (2F) 11:00 Ed-U Tour: Waterfall & History Of Sweet Arrow Lake **\$\$ (OOB) 4:00 Confident Cruisers (WP) 6:00 Social Hour: Jazz Music Featured (2F)	16 9:00 Sight & Sound Theatre Lancaster Newest Original Stage Production <i>David</i> **\$\$ (OOB) 10:00 Core Strength Exercise (2F) 11:00 Confident Cruisers (WP) 2:00 Lawn Games (FP) 4:00 Lemonade Cart (FP) 6:00 Game Of Yahtzee (RP)	17 9:30 Target Arms Exercise (2F) 10:30 Ed-U Presentation: Stroke Awareness & Prevention by Megan, D.O.W. (2F) 2:00 Father's Day Social: Entertainment By Jazz Guitarist Robert Banks (DR) 3:00 Cold Brew and Soft Pretzels (RP) 6:00 Card Club: Rummy (1F)	18 9:30 Gentle Moves (2F) 10:00 June Fact Or Fiction (RP) 10:30 Coffee Cache And Daily Chronicles (RP) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)
19 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 1:30 Scenic Country Ride (OOB) 3:00 iN2L: Catholic Service (2F) 4:00 Confident Cruisers (WP) 6:00 Music & Mindful Colors (2F) Father's Day	20 9:30 Target Leg Exercise (2F) 10:00 Community Outreach: Coupons For The Troops (RP) 11:00 Confident Cruisers (WP) 1:30 Shirley's Aromatherapy Hand Massage (2F) 3:00 Manicures (2F) 6:00 Outdoor Flickin' Chicken Game (RP)	21 9:30 Target Balance Exercise (2F) 10:00 iN2L Learning: Great Art Explained <i>David</i> (2F) 10:30 Beach Ball Volley Ball (2F) 11:00 Scripture Reading (FP) 2:00 Yoga With Leah (2F) 4:00 Cool Down With Cool Drinks (2F) 6:00 Dart-Throwing Competition (2F)	22 9:30 Move2Music (2F) 10:00 Helping Hands: Preparing Lunch For Picnic (2F) 10:30 World Briefs (2F) 11:00 Picnic At Stoyers Dam (OOB) 3:30 Jigsaw Puzzle Team (2F) 4:00 Confident Cruisers (WP) 6:00 Social Hour: Blues Music Featured (2F)	23 9:30 Core Strength Exercise (2F) 10:00 Ed-U Documentary: <i>14 Peaks Nothing Is Impossible</i> (2F) 11:00 Confident Cruisers (WP) 2:00 Scenic Country Ride (OOB) 4:30 Helping Hands: Set Up Team For Concert (FP) 6:00 Outdoor Concert: Pine Grove Area Marching Band (FP)	24 9:30 Target Arms Exercise (2F) 10:00 World Briefs (2F) 10:30 Ed-U Presentation: Fall Prevention By Michelle From Bayada (2F) 2:00 Outdoor Lawn Games (RP) 3:00 Lemonade Cart (RP) 6:00 Card Club: Rummy (1F)	25 9:30 Gentle Moves (2F) 10:00 June Fact Or Fiction (RP) 10:30 Coffee Cache And Daily Chronicles (RP) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)
26 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (WP) 6:00 Music & Mindful Colors (2F)	27 9:30 Target Leg Exercise (2F) 10:00 Community Outreach: Coupons For The Troops (RP) 11:00 Confident Cruisers (WP) 1:30 Shirley's Aromatherapy Hand Massage (2F) 3:00 Manicures (2F) 6:00 Outdoor Flickin' Chicken Game (RP)	28 9:30 Target Balance Exercise (2F) 10:00 iN2L Learning: Great Art Explained <i>Mona Lisa</i> (2F) 10:30 Beach Ball Volley Ball (2F) 11:00 Scripture Reading (FP) 2:00 Grateful Drumming Session By Joe Ciavella (2F) 4:00 Patio Trivia (FP) 6:00 Dart-Throwing Competition (2F)	29 9:30 Move2Music (2F) 10:00 Webcam Viewing: Humming Birds (2F) 10:30 World Briefs (2F) 11:00Patio Trivia (FP) 1:30 Kitchen Krew: Humming Bird Cake (2F) 4:00 Confident Cruisers (WP) 6:00 Social Hour: Pop Music Featured (2F)	30 9:30 Core Strength Exercise (2F) 10:00 Kitchen Krew: Vegan Charcuterie Board (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Welcome Ambassador Social With Ice Breaker Games (2F) 4:00 Confident Cruisers (WP) 6:00 Game Of Yahtzee (RP)	<h1>June 2022</h1>	