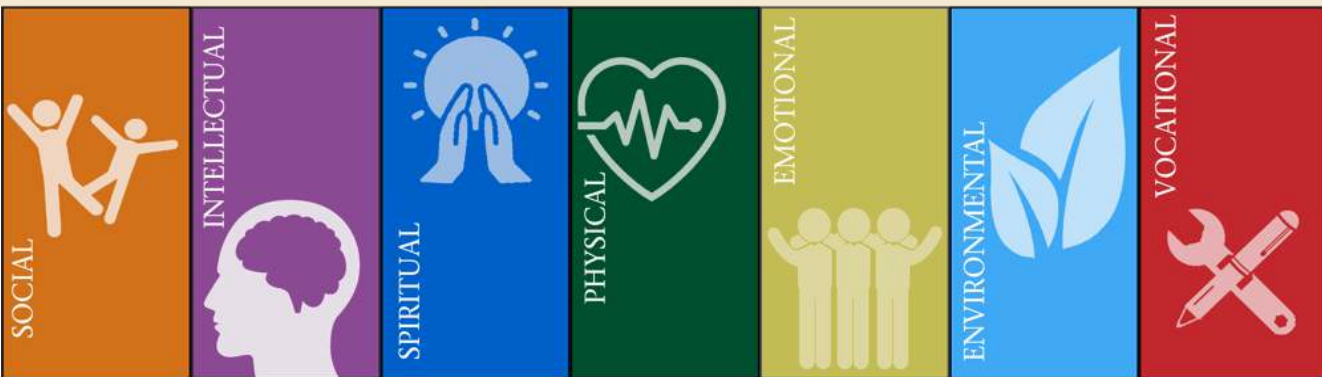


Focus on Wellness

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

Lynn Korn
George Brown
John Sinisi
Mary D'Allessandro
Mary Flanagan
Patrick Dowd



Providence Place SENIOR LIVING News

Q2: June 2022

A Note from the Executive Director

It is officially Spring, or is it Summer? I don't know based on the warm weather recently, but is certainly nice to see our residents inspired to be outside enjoying themselves during our "Walking Warriors" program!

There are many nice events going on a Providence Place during this time of year. I hope everyone takes the time to try them out. Please check our community calendar for all upcoming events. Many residents are taking the opportunity to go out with family – we do ask that residents sign out at the reception desk and inform staff when they return.

The staff of Providence Place continue to be committed to supporting our residents in leading interesting and satisfying lives. We will work with our residents and families to ensure everyone's experience at Providence Place is meaningful. If there is anything more we can do to serve you or your loved one, please let us know. I am always available for comments, ideas, and concerns.

Our sincere wishes to you all,

Tracy Mason

Executive Director

Highlighted Events

- 6 – **Pet Pal Visit with Chloe**
@ 10:30am - *Connections Club*
- 12 – **Popcorn & a Movie** @ 1pm
- 14 – **Outing to Island Park & Kite Flying** @ 1:30pm - *Connections*
- 15 – **Summer Concert Series:**
M&J Band @ 7pm
- 18 – **Entertainment by John Cosentini** @ 3pm – *Connections Club*
- 19 – **Dads & Donuts** @ 10am
Dad's Western Hootenanny @ 2pm
- 22 – **Fireside Chat with Tracy**
@ 2pm
- 28 – **PP Wishes: Jean Kabana** @ 2pm
- 28 – **Heisler's Dairy Outing**
@ 1:30pm - *Connections*

Welcome New Residents


Adele L.
George B.
Elene W.
Ruth B.



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 FP Front Porch \$\$ Cost Involved A Activity Room PUB Pub PUBR Rear Room of Pub 3F 3rd Floor by Elevator OOB Out of Building CH Chapel DR Dining Room 1FP 1st Floor Patio	1 9:00 Breakfast Club: Egg Scramble Casserole & Strawberry Crumb Muffin ** (A) 10:00 Board Games: Checkers (PUBR) 10:30 Lite & Lively (PUB) 1:00 Card Games: UNO (PUBR) 2:00 Acrylic Paint Class with Shannon (A) 2:30 Joggin Your Noggin (PUBR) 3:00 Belmont Stakes Social Hour (PUB) 6:15 Nickel Po-Ke-No \$\$ (A)	2 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Drum Stick Exercise (PUB) 11:00 Diner's Caravan: La Dolce Casa **\$\$ (OOB) 1:00 Easy Listening (A) 2:00 Color Me Calm (PUBR) 3:00 Craft Corner: Dry Erase Memo Board (A) 6:15 Prize Bingo (A)	3 9:00 Green Thumbs: Tend to Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Musical Entertainment by Rob Ballonoff (PUB) 1:00 Board Games: Checkers (PUBR) 1:30 Zumba with Michele (PUB) 2:30 Chinese Dragon Boat Race (1FP) 3:00 Communion Service (CH) 6:30 Nickel Polish Bingo (DR)	4 9:00 Shopping Trip: Walmart **\$\$ (OOB) 10:00 Card Games: UNO (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo (PUB) 2:30 Color Me Calm (PUBR) 3:00 Vagabond Travelers: Guernsey (PUB) 6:30 Board Games: Bunco (PUBR)
		Pentecost 5 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Look Who's Talking</i> (PUB) 2:00 Summertime Country Ride: Ice Cream Caboose **\$\$ (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:30 Kings in the Corner (A)	6 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Sunshine Committee Meeting (PUB) 3:00 Communion Service (CH) 3:30 Ring Toss & Lemonade (1FP) 6:30 Board Games: Scattergories (PUBR)	7 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Balloon Volleyball (PUB) 11:00 P2 Foodies: Ice Cream Dessert (A) 12:00 Picnic on the Patio ** (1FP) 2:00 Dining Committee Meeting (DR) 3:00 Manicures & Mimosas (CH) 6:15 Nickel Bingo \$\$ (A)	8 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Card Games: UNO (PUBR) 10:30 Strength Training (PUB) 10:30 Worship Service with Pastor Reading (CH) 1:30 Board Games: Checkers (PUBR) 2:00 Brain Games: Word Play (ML) 3:00 Oceanic Social Hour (PUB) 6:15 Nickel Po-Ke-No \$\$ (A)	9 9:00 Walking Warriors (ML) 10:00 Board Games: Scrabble (PUBR) 10:30 Drum Stick Exercise (PUB) 11:00 Diners Caravan: Heisler's Dairy Bar **\$\$ (OOB) 1:00 Puzzle Club (3F) 2:00 Funny Animal Videos (PUB) 3:00 Craft Corner: Cow Parade Painting (A) 6:15 Prize Bingo (A)
12 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Look Who's Talking Too</i> (PUB) 2:00 Summertime Country Ride ** (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (1FP) 6:30 Kings in the Corner (A)	13 9:00 Walking Warriors (ML) 9:30 America's Funniest Videos (PUB) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Gratitude Committee (PUB) 3:00 Communion Service (CH) 3:30 Lawn Darts & Fruity Ice Tea (1FP) 6:30 Board Games: Bunco (PUBR)	Flag Day 14 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Keep Kicking Kickball (PUB) 11:00 P2 Foodies: Making a Red, White, & Blue Dessert (A) 12:00 Picnic on the Patio ** (1FP) 2:00-4:00 Manicures & Mimosas (CH) 2:30 iN2L: History of the U.S. Flag (PUB) 6:15 Nickel Bingo \$\$ (A)	15 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Board Games: Monopoly (PUBR) 10:30 Lite & Lively (PUB) 1:30 Cranium Crunches (PUBR) 2:00 Cutting Strawberries for Summer Concert (A) 2:30 Puzzle Club (3F) 3:00 Auto Racing Social Hour (PUB) 7:00 Summer Concert: M&J Band (FP)	16 8:30 Errand Day: Banks & Post Office ** (OOB) 9:30 Card Games: Rummy (PUBR) 10:30 Balance in Action with Genesis Health & Rehab (PUB) 11:00 Picnic to Stoyer's Dam ** (OOB) 2:00 Drumming with Joe (PUB) 2:30 Word Puzzles (PUBR) 3:00 Brain Games: Wall Scrabble (PUB) 6:15 Prize Bingo (A)	17 9:00 Green Thumbs: Tend to Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Craft Corner: Summer Door Décor (A) 1:30 Zumba with Michele (PUB) 2:30 Ed-U presentation: History of PA Canals by Dr. Harold Aurand (PUB) 3:00 Communion Service (CH) 3:30 Puzzle Club (3F) 6:30 Nickel Polish Bingo \$\$ (DR)	18 9:00 Shopping Trip: Walmart **\$\$ (OOB) 10:00 Card Games: Pinochle (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$\$ (PUB) 2:30 Word Puzzles (PUBR) 3:00 Entertainment by John Cosentini (FP) 6:30 Board Games: Schuykill-opoly (PUBR)
Father's Day 19 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 2:00 Dads & Dudes Western Hootenanny (PUB) 3:00 Communion Service (CH) 3:30 Cranium Crunches (PUBR) 6:30 Kings in the Corner (A)	20 9:00 Walking Warriors (ML) 9:30 Card Games: War (PUBR) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Welcoming Committee Meeting (PUB) 3:00 Communion Service (CH) 3:30 Yard Bowling & Popsicles (1FP) 6:30 Board Games: Connect 4 (PUBR)	21 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Table Top Balloon Tennis (PUB) 11:00 P2 Foodies: Making Peanut Butter Pie (A) 12:00 Picnic on the Patio ** (1FP) 2:00 Brain Games: Word Play (PUB) 3:00 Manicures & Mimosas (CH) 6:15 Nickel Bingo \$\$ (A)	22 9:00 Breakfast Club: Coffee Shop Breakfast (A) 10:00 Men's Club Meeting (PUBR) 10:30 Worship Service: Pr Reading (CH) 10:30 Strength Training (PUB) 1:00 Funny Videos (PUB) 2:00 Fireside Chats with Tracy Mason, E.D. (PUB) 3:00 Ed-U Presentation: <i>Butterflies</i> by Rick Makula (C) 6:15 Nickel Po-Ke-No \$\$ (A)	23 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Drum Stick Exercise (PUB) 11:00 Diner's Caravan: Tamaqua Train Station **\$\$ (OOB) 2:00 Board Games: Checkers (PUBR) 3:00 Craft Corner: Making Hats for the Mad Hatter Tea Social (A) 3:30 Funny Videos (PUB) 6:15 Prize Bingo (A)	24 9:00 Green Thumbs: Tend to Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Gentle Stretching (PUB) 1:30 Zumba with Michele (PUB) 2:00 Curls for Girls (3FSL) 3:00 Communion Service (CH) 3:30 Brain Games: Name 5 (PUB) 6:30 Nickel Polish Bingo \$\$ (DR)	25 9:00 Shopping Trip: Fairlane Village Mall **\$\$ (OOB) 10:00 Board Games: Scrabble Sentences (PUB) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$\$ (PUB) 2:30 Puzzle Club (3F) 3:00 Vagabond Traveler's: Spain (PUB) 6:30 Card Games: Solitaire (PUBR)
26 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Splash</i> (PUB) 2:00 Summertime Country Ride: Ice Cream Caboose **\$\$ (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (1FP) 6:30 Kings in the Corner (A)	27 9:00 Walking Warriors (ML) 9:30 Color Me Calm (PUBR) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Ed-U presentation: <i>John O'Hara</i> by Schuykill Co Historical Society (PUB) 3:00 Communion Service (CH) 3:30 Dominos & Fruit Smoothies (1FP) 6:30 Board Games: Checkers (PUBR)	28 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Balloon Volleyball (PUB) 11:00 P2 Foodies: Strawberry Shortcake (A) 12:00 Picnic on the Patio ** (1FP) 2:00 Resident Wish Celebration (PUB) 3:00 Men's Group Outing **\$\$ (OOB) 6:15 Nickel Bingo \$\$ (A)	29 9:00 Coffee, Donuts, and Discussion (PUB) 10:00 Card Games: War (PUBR) 10:30 Light & Lively (PUB) 1:00 Funny Animal Videos (PUB) 2:00 Health Talks by Bayada Home Health: <i>Fall Prevention</i> (PUB) 2:30 Puzzle Club (3F) 3:15 Welcoming Social (PUB) 6:15 Nickel Po-Ke-No \$\$ (A)	30 9:00 Walking Warriors (ML) 10:00 Board Games: Connect 4 (PUBR) 10:30 Drum Stick Exercise (PUB) 11:00 Diner's Caravan: Palermo's Italian Restaurant **\$\$ (OOB) 2:00 Helping Hands: Setting Up Tea Party Social (PUB) 2:30 Mad Hatter Tea Social (PUB) 3:30 Brain Games: Literary Trivia (PUB) 6:15 Prize Bingo (PUB)	<h1>June 2022</h1>	