

# Focus on Wellness

April is Stress Awareness Month. Learning to cope with our stress and finding healthy ways to deal with situations can go a long way in living a healthy and positive life. After all, stress can impact many aspects of your body – physically, mentally and emotionally.

Some ways we can aim to better cope with everyday stressors include:

- Learn to overcome issues you cannot change
  - Realize when you do or do not have control
- Take care of yourself physically (diet, exercise, sleep, schedule, etc.)
- Recognize when you need more help & talk to a trusted source

*Providence Place has resources for team members & residents, talk to your manager for information.*



## Resident Birthdays

### April

June Cinciripino  
Karin Hengst  
Donald Dorman  
Mary Tepedino  
Mary Gambino  
Marilyn Altschull

### May

Betty Shannon  
Thomas White  
Stanley Plicinski  
Robert Fox  
Joan Bacchi  
Ruth Ledger  
Rita Flederbach  
Irene Tarloski  
Roberta Machese  
Dolores Conrod

### June

Richard Ameigh  
Marion Bush  
Hilda D'Andrea  
Antoinette Cardosi  
Linda Conaway  
Gary Breckley  
Sandra Flaharty  
Bob Berlin



# Providence Place SENIOR LIVING News

Q2: April 2023

## A Note from the Executive Director

Beautiful sunshine and flowers have arrived! Our entire community is looking forward to sitting out on our porches and deck, walking our beautiful walking path, and breathing some fresh crisp air. We encourage you to spend these upcoming beautiful days enjoying our outdoor areas. In just a few short weeks we will be enjoying gardening and much awaited outdoor activities and outings.

I would like to welcome Dr. Daniel Andrews, our Chaplain. Dan was our very popular chaplain at Collegeville previously. He returned from Arizona recently to rejoin us as Spiritual Life Coordinator for the Providence Place organization. Dan will be spending most of his time in Collegeville but will have responsibilities guiding the chaplain programs at our other campuses. We are so excited that he has returned to our Providence Place Family!

Please stay tuned for upcoming announcements for our monthly brunch, entertainment, dementia support group, and family night. Our Community Life team has excellent outings and events open to families on the calendar – please join us!

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.

Warmly,

*Terri Sanelli*

*Executive Director*

## Highlighted Events

- 4 – **EdU Presentation:** French Impressionists Art @ 3pm
- 6 – **Lunch Outing to Annamarie's** @ 10:30am
- 12 – **Picnic Outing:** Evansburg State Park @ 11am
- 13 – **Entertainment:** Courtney Colletti @ 3:30pm
- 25 – **Reading Phillies Outing** @ 9:30am
- 29 – **Ballet Performance:** PA Academy of Dance @ 2pm

## Welcome New Residents

Peg E.  
Pasquale P.  
Jim R.  
Daniel T.



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 [Info@Prov-Place.com](mailto:Info@Prov-Place.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <p>10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Non-Denominational Worship (T) 2:00 Bible Study (T) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie (T)</p>	<p>Calendar Key: ** Registration Required \$\$ Cost Involved (CR) Community Room (AR) Activity Room (P) Pub, (C) Connections Neighborhood (DR) Dining Room, (OL) Old Lobby, (LIB) Library, (ML) Main Lobby, (OS) Outside, (T) Theater</p>	<p>THE</p> <h1>Club</h1>			<h1>April</h1> <h1>2023</h1>	<p>1</p> <p>9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 11:00 Bake Chocolate Glazed Raspberry Eclairs (AR) 1:00 Bingo in Green (AR) 2:00 Aerobic Drumming (P) 3:30 French Music Happy Hour (P)</p>
<p>2</p> <p>10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Non-Denominational Worship (T) 2:00 Bible Study (T) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>Gigi</i> (T)</p>	<p>3</p> <p>9:15 Morning Meeting (P) 10:00 April Detective (AR) 10:30 Weekly Weather &amp; News (AR) 11:00 Sit &amp; Be Fit (P) 1:00 Bingo (AR) 2:15 Nadine's Music &amp; Meditation (P) 3:00 Creative Craft (CR) 4:00 Foosball (CR)</p>	<p>4</p> <p>9:15 Morning Meeting (P) 9:30 Sit &amp; Be Fit (P) 10:00 Rhyming Dominoes (CR) 11:00 Gardening Club (CN) 1:30 Manicures &amp; Relaxation (CR) 3:00 Ed-U French Impressions Art Lecture by Martin Bradfield (T) 4:00 Balloon Volleyball (CR)</p>	<p>5</p> <p>9:15 Morning Meeting (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Outing: Uno Pizzeria \$\$**(OOB) 1:30 Look Who's Dancing (CN) 2:15 Ker Plunk (AR) 3:30 Aerobic Drumming (P)</p> <p style="text-align: center;">Passover</p>	<p>6</p> <p>9:15 Morning Meeting (P) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Easter Egg Dying (AR) 1:30 Activities Committee Meeting (AR) 2:30 Aerobic Drumming (P) 3:30 Karaoke Happy Hour (P)</p>	<p>7</p> <p>9:15 Morning Meeting (P) 10:00 Weekly Grateful &amp; Chat (P) 10:30 Sit &amp; Be Fit (P) 11:00 Bunny Bait (P) 1:00 Bingo Bucks Bingo (AR) 2:30 Men's Club (OL) 3:30 Jelly Bean Social (CN) 4:00 Puzzles (CR)</p> <p style="text-align: center;">Good Friday</p>	<p>8</p> <p>9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Bake French Butter Cookies (AR) 1:00 Bingo in Hats (AR) 2:00 Book Club &amp; Hot Chocolate (T) 3:00 Aromatherapy &amp; Hand Massage (AR) 3:30 Finish That Lyric Happy Hour (P)</p>
<p>9</p> <p>10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Non-Denominational Worship (T) 2:00 Bible Study (T) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>An American in Paris</i> (T)</p> <p style="text-align: center;">Easter</p>	<p>10</p> <p>9:15 Morning Meeting (P) 10:00 Litter Bug Detective (AR) 10:30 Weekly Weather &amp; News (AR) 11:00 Sit &amp; Be Fit (P) 1:00 Bingo (AR) 2:15 Nadine's Music &amp; Meditation (P) 3:00 Canvas Painting (CR) 3:00 Memory Magic (CN)</p>	<p>11</p> <p>9:15 Morning Meeting (P) 9:30 Sit &amp; Be Fit (P) 10:00 Wakey Woodies (CR) 11:00 Music and Relaxation (CR) 1:30 Outing: Zimmer's Pet Shop**(OOB) 3:00 Cooking Club: Cheese Fondue (CN) 4:00 Balloon Party Exercise (CR)</p>	<p>12</p> <p>9:15 Morning Meeting (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Picnic Out: Sebastian Riding Assoc. **(OOB) 1:00 Bowling (AR) 2:15 Sweet Treat &amp; Conversate (OS) 3:30 Aerobic Drumming (P)</p>	<p>13</p> <p>9:15 Morning Meeting (P) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Word Scrambles (AR) 11:00 Who Am I? (AR) 12:00 Lunch Order In: Panera Bread**\$\$ (P) 1:30 Family Feud (P) 3:30 Entertainer: Courtney Colletti (P)</p>	<p>14</p> <p>9:15 Morning Meeting (P) 10:00 Weekly Grateful &amp; Chat (P) 10:30 Sit &amp; Be Fit (P) 11:00 Table Tennis (CR) 1:00 Bingo Bucks Bingo (AR) 2:00 History: National Dolphin Day (T) 3:00 Plays: Night Must Fall/ Arsenic and Old Lace (P) 4:00 Word Searches &amp; Coloring (CR)</p>	<p>15</p> <p>9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Bake Very blueberry Clafouti (AR) 11:00 Community Crossword (P) 1:00 BINGO (AR) 2:00 Lord of the Dance on Screen (T) 3:30 French Wine Happy Hour (P)</p>
<p>16</p> <p>10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Non-Denominational Worship (T) 2:00 Bible Study (T) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>Amelie</i> (T)</p>	<p>17</p> <p>9:15 Morning Meeting (P) 10:00 Can You Spot the Difference? (AR) 10:30 Weekly Weather &amp; News (AR) 11:00 Sit &amp; Be Fit (P) 1:00 Bingo (AR) 2:15 Nadine's Music &amp; Meditation (P) 3:00 Recyclable Crafting (CR) 3:30 Fly A Kite (CN)</p>	<p>18</p> <p>9:15 Morning Meeting (P) 9:30 Sit &amp; Be Fit (P) 10:00 Brain Teasers (AR) 11:00 Gardening Club (CN) 1:30 Outing: Painting w/ A Twist **\$\$ (OOB) 3:00 Baking Club: Spring Cupcakes (CR) 4:00 Balloon Volleyball (CR)</p>	<p>19</p> <p>9:15 Morning Meeting (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Sandbag Toss (AR) 1:30 Look Who's Dancing (P) 2:15 Popcorn &amp; A Movie (T) 4:00 Aerobic Drumming (P)</p>	<p>20</p> <p>9:15 Morning Meeting (P) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Word Searches (AR) 11:00 Call It Out! (AR) 1:00 Outing: Starbucks **\$\$ (OOB) 2:30 Corn Hold (CN) 3:30 Patio Time (OS) 4:00 Happy Hour (P)</p>	<p>21</p> <p>9:15 Morning Meeting (P) 10:00 Weekly Grateful &amp; Chat (P) 10:30 Sit &amp; Be Fit (P) 11:00 Jeopardy (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Cloudy with A Chance Of Chuckles (CR) 3:00 Plays: Night Must Fall/ Arsenic and Old Lace (P) 4:00 Ballet Dancers From Paris (T)</p>	<p>22</p> <p>9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Bake Meringue Snowballs in Custard (AR) 11:00 Community Crossword (P) 1:00 Bingo in Hats (AR) 2:00 Book Club: <i>The Judge's List</i> by John Grisham (T) 3:00 Barrack Hebrew Academy Pen Pals (P)</p>
<p>23</p> <p>10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Non-Denominational Worship (T) 2:00 Bible Study (T) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>La Grande Illusion</i> (T)</p>	<p>24</p> <p>9:15 Morning Meeting (P) 10:00 Mix &amp; Match (AR) 10:30 Weekly Weather &amp; News (AR) 11:00 Sit &amp; Be Fit (P) 1:00 Bingo (AR) 2:15 Nadine's Music &amp; Meditation (P) 3:00 Stencil Art (CR) 4:00 Wii Sports (CR)</p>	<p>25</p> <p>9:15 Morning Meeting (P) 9:30 Outing: Reading Phillies **\$\$ (OOB) 9:30 Sit &amp; Be Fit (P) 10:00 Pool (OL) 11:00 Rocket Ship Landing (CR) 1:30 Outing: Country Ride ** (OOB) 3:00 Cooking Club: Zucchini Bread (CR) 4:00 Aerobic Drumming (P)</p>	<p>26</p> <p>9:15 Morning Meeting (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Shuffleboard (AR) 1:30 Food Demo with Chef Ed (AR) 2:00 French Games: Scattergories &amp; Qui Suis Je? (P) 3:30 Balloon Party Exercise (CR)</p>	<p>27</p> <p>9:30 Morning Meeting (P) 10:00 Sit and Be Fit (P) 10:30 Story Telling w/ a Babe Ruth (AR) 11:00 Finish The Lines (AR) 1:00 Fireside Chat w/ Terri (AR) 3:00 Catholic Mass St. Eleanor Church (T) 4:00 French Champagne Happy Hour (P)</p>	<p>28</p> <p>9:15 Morning Meeting (P) 10:00 Weekly Grateful &amp; Chat (P) 10:30 Sit &amp; Be Fit (P) 11:00 Would You Rather (P) 1:00 Bingo Bucks Bingo (AR) 2:00 April Humor (CR) 3:00 Plays: Night Must Fall/ Arsenic and Old Lace (P) 4:00 Breath Of Fresh Air (OS)</p>	<p>29</p> <p>9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Bake Tart &amp; Tangy Lemon Tarts (AR) 11:00 Community Crossword (P) 1:00 Bingo in Hats (AR) 2:00 Book Club: <i>The Judge's List</i> by John Grisham (T) 3:00 Barrack Hebrew Academy Pen Pals (P) 4:00 Name That Tune Happy Hour (P)</p>