

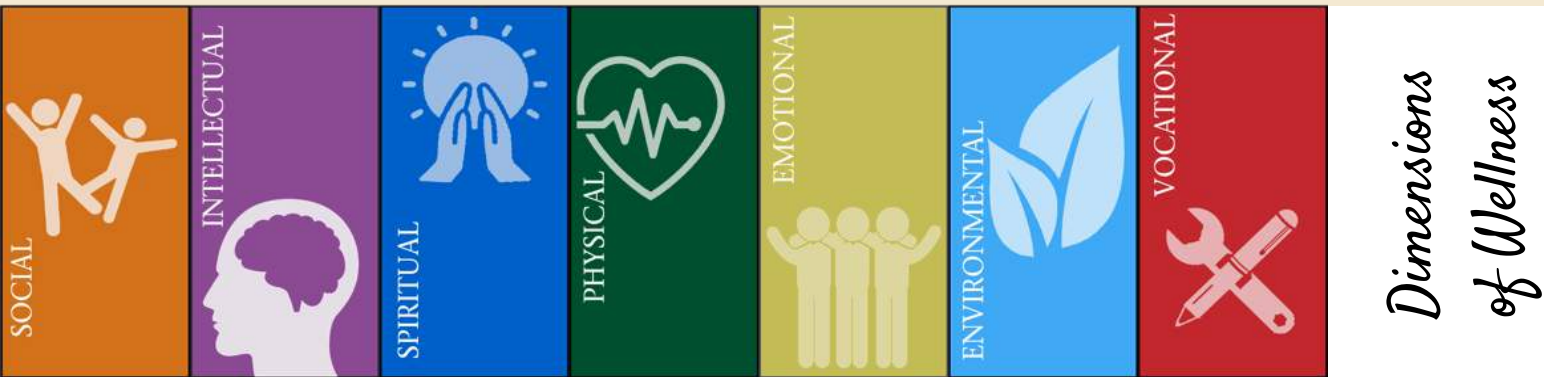
Focus on Wellness

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

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.



To sign up to receive this quarterly newsletter and monthly events calendar via email, please contact us to subscribe at Info@Prov-Place.com.



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 Ecumenical Worship (T) 2:00 Garden Club (CR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>Gigi</i> (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>			<h1>April 2023</h1>		<p>1</p> <p>9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 11:00 Choc. Glazed Rasp. Eclairs (AR) 1:00 BINGO (AR) 2:00 Barrack Hebrew Academy Pen Pals (P) 3:30 French Music Happy Hour (P) 6:15 Res. Run Dominoes (AR)</p>
<p>2</p> <p>Palm Sunday 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Palm Sunday Services (T) 2:00 Garden Club (CR) 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>10:00 Woofs of Wisdom with Harper (P) 11:00 Sit and Be Fit (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Bible Study (T) 4:00 Creative Crafting (CR) 6:00 Happy Hour (P)</p>	<p>4</p> <p>9:30 Sit and Be Fit (P) 10:00 Shopping Trip: Boscov's**\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 Tai Chi & Guided Meditation (CR) 2:00 Circle of Friends (T) 2:15 Book Mobile (OS) 3:00 Ed-U French Impressionists Art Lecture with Martin Bradfield (T) 6:00 Community Board Games (P)</p>	<p>5</p> <p>Passover 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 iN2L Tour of France: Eiffel Tower, Louvre, Versailles, Montmartre (P) 1:30 <i>Look Who's Dancing</i> Dancercise (C) 2:30 Midweek Services with Ch. Daniel (T) 6:00 Res. Run Billiards (OL)</p>	<p>6</p> <p>9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Diners Caravan Lunch Out: Annamarie's**\$\$ (OOB) 1:30 Activities Committee Meeting (AR) 2:30 Aerobic Drumming (P) 3:30 Karaoke Happy Hour (P) 6:00 Easter Egg Hunt with Troop 230 (P)</p>	<p>7</p> <p>10:30 Sit and Be Fit (P) 11:00 Crosswords, Word Searches, Coloring (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (P) 3:00 Rehearsal: <i>Arsenic and Old Lace</i> (P) 6:00 Res. Run: Billiards (OL)</p>	<p>8</p> <p>9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 10:30 Bake French Butter Cookies (AR) 1:00 BINGO (AR) 2:00 Book Club & Hot Chocolate (T) 3:00 Aromatherapy & Hand Massage (AR) 3:30 Finish That Lyric Happy Hour (P) 6:15 Res. Run Dominoes (P)</p>
<p>9</p> <p>Easter 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Easter Services (T) 2:00 Garden Club (CR) 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>10</p> <p>10:00 Grief Share with Chaplain Daniel (T) 11:00 Sit and Be Fit (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Hymn Sing (T) 4:00 Creative Crafting (CR) 6:00 Happy Hour (P)</p>	<p>11</p> <p>9:30 Sit and Be Fit (P) 10:00 Shopping Trip: Target**\$\$ (OOB) 11:00 Games in the Pub (P) 1:00 BINGO (AR) 2:00 Circle of Friends (T) 3:00 Aerobic Drumming (P) 3:30 Games in the Pub (P) 6:15 Community Board Games (P)</p>	<p>12</p> <p>9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Crossword & Word Searches (P) 11:00 Picnic: Evansburg State Park Sebastian Riding Assoc.** (OOB) 1:00 Thankful To You Committee (AR) 2:00 Midweek Services by Ch. Daniel (T) 3:30 Paris Moulin Rouge Cabaret Show (T) 6:00 Res. Run Card Games (P)</p>	<p>13</p> <p>9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 11:00 Community Crossword (P) 12:00 Lunch In: Panera Bread**\$\$ (P) 1:00 Balance In Action Class by Powerback Rehab (P) 1:30 Matinee: <i>Pink Panther</i> (T) 3:30 Entertainer: Courtney Colletti (P) 6:00 Nighttime Nickel BINGO (AR)</p>	<p>14</p> <p>10:30 Sit and Be Fit (P) 11:00 Crosswords, Word Searches, Coloring (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (P) 3:00 Rehearsal: <i>Arsenic and Old Lace</i> (P) 6:00 Res. Run: Billiards (OL)</p>	<p>15</p> <p>9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 10:30 Bake Very Blueberry Clafoutis (AR) 11:00 Community Crossword (P) 1:00 BINGO (AR) 2:00 Book Club & Hot Chocolate (T) 3:30 French Wine Happy Hour (P) 6:15 Res. Run Dominoes (AR)</p>
<p>16</p> <p>10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship (T) 2:00 Garden Club (CR) 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>10:00 Woofs of Wisdom with Harper (P) 11:00 Sit and Be Fit (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Bible Study (T) 4:00 Creative Crafting (CR) 6:00 Happy Hour (P)</p>	<p>18</p> <p>9:30 Sit and Be Fit (P) 10:00 Shopping: Dollar Store**\$\$ (OOB) 11:00 Games in the Pub (P) 1:00 Trip: Scoupe De Ville**\$\$ (OOB) 2:00 Circle of Friends (T) 3:00 Aerobic Drumming (P) 4:00 Balloon Volleyball (CR) 6:15 Community Board Games (P)</p>	<p>19</p> <p>9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 10:30 Brenda with Wreaths (AR) 11:00 Bake Dog Biscuits (AR) 11:30-1 French Luncheon with French Wine (DR) 1:30 <i>Look Who's Dancing</i> Dancercise (P) 2:30 Midweek Services by Ch. Daniel (T) 3:30 Ed-U: French Traditions (T) 6:00 Res. Run Card Games (P)</p>	<p>20</p> <p>9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Wii Bowling (CR) 10:30 Service: Montgomery Co. SPCA**(OOB) 1:00 Fireside Chat with Terri (AR) 2:00 Ed-U Presentation: Parkinson's Beth Pope, PT Powerback Rehab (T) 3:00 Rehearsal: <i>Arsenic and Old Lace</i> (P) 4:00 French Cheese & Crackers Happy Hour (P) 6:00 Nighttime Nickel BINGO (AR)</p>	<p>21</p> <p>10:30 Sit and Be Fit (P) 11:00 Crosswords, Word Searches, Coloring (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (P) 3:00 Performance: <i>Arsenic and Old Lace</i> by the Providence Players Acting Residents (P) 4:00 Paris Ballet on Screen (T) 6:00 Res. Run: Billiards (OL)</p>	<p>22</p> <p>9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 10:30 Bake Meringue Snowballs in Custard (AR) 11:00 Community Crossword (P) 1:00 BINGO (AR) 2:00 Book Club & Hot Chocolate (T) 3:00 Barrack Hebrew Academy Pen Pals (P) 4:00 Trivia Happy Hour (P) 6:15 Res. Run Dominoes (AR)</p>
<p>23</p> <p>10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship (T) 2:00 Garden Club (CR) 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>10:00 Grief Share with Chaplain Daniel (T) 11:00 Sit and Be Fit (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Hymn Sing (T) 4:00 Creative Crafting (CR) 6:00 Happy Hour (P)</p>	<p>25</p> <p>9:30 Sit and Be Fit (P) 9:30 Reading Phillies Game**\$\$ (OOB) 11:00 Games in the Pub (P) 1:00 Balloon Volleyball (CR) 2:00 Circle of Friends (T) 3:30 Hand Bell Music Program (P) 6:15 Community Board Games (P)</p>	<p>26</p> <p>9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Artful Coloring to Music (P) 1:30 Food Demo by Chef Ed (AR) 2:30 Midweek Services by Ch. Daniel (T) 3:30 French Games: Scattergories & Qui Suis Je? (P) 6:00 Res. Run Card Games (P)</p>	<p>27</p> <p>10:00 Sit and Be Fit (P) 10:30 Wii Bowling (CR) 10:30 Shopping Trip: Walmart**\$\$ (OOB) 1:00 Dining Room Cmte Meeting (AR) 1:30 iN2L Family Feud / Word Games (P) 3:00 Catholic Mass St. Eleanor (T) 4:00 French Champagne Happy Hour (P) 6:00 Nighttime Nickel BINGO (AR)</p>	<p>28</p> <p>10:30 Sit and Be Fit (P) 11:00 Crosswords / Word Searches / Coloring (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (P) 3:00 Ed-U Art and the French Revolution Lecture with Martin Bradfield (T) 6:00 Res. Run: Billiards (OL)</p>	<p>29</p> <p>9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 10:30 Bake Tart & Tangy Lemon Tart (AR) 11:00 Community Crossword (P) 1:00 BINGO (AR) 2:00 Ballet Demonstration by the PA Academy of Dance (P) 3:00 Barrack Hebrew Academy Pen Pals (P) 4:00 Name That Tune Happy Hour (P) 6:15 Res. Run Dominoes (AR)</p>