

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.



Dimensions
of Wellness

Resident Birthdays

April

Cheryl Kephart
Mark Heim
Arlene Mack
Flavia McGovern
Dorothy Zangari
Barb Woll
Marcia Evans
Bill Speary
Sally Weisacosky
Margot Marks
Gloria Hummel
Leona Buber

May

Elsie Fragale
Frances Quirk
Velma Breidigan
Robert Antanavage
Joan Grapsy
Francis Purcell
Pauline Dunkelberger

June

Ruth Terwilliger
Lynn Korn
John Sinisi
Judith Thomas
Mary D'Allessandro
Mary Flanagan
Phyllis Shoener
Margarat Antanavage



Providence Place SENIOR LIVING News

Q2: April 2023

A Note from the Executive Director

We are looking forward to sunny days here in our Pottsville community. Our residents are looking forward to sitting out on the porches and decks and breathing some fresh crisp air.

Connections South (Memory Care) recently expanded, we had a great time at our Easter Bunny Brunch (including the Easter Bunny bringing the gender of my baby) and everyone is having fun tracking their March Madness Brackets here in our community.

Our entire team is committed to be sure our residents are treated like our families and we will go above and beyond to find ways to say "YES". We have a cookie bake off, different outings, activities for the horse races along with many other activities for both staff and residents to enjoy this month.

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.

All the best,
Melissa Melnick
Executive Director

Highlighted Events

- 3 – **NCAA Championship Party**
@ 6pm
- 5 – **Acrylic Art Class** @ 2pm
- 9 – **Easter Sunday Service** @ 3pm
- 12 – **CECA Celebration** @ 2:30pm
- 15 – **Intergenerational Gardening:**
Sowing Seeds @ 10am
- 27 – **Day Excursion:** Olive Garden &
Reading Market @ 11am
- 27 – **Dementia Support Group**
@ 6pm

Welcome New Residents

Junaita R.
Pauline D.
Phyllis S.
Herman 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 Info@Prov-Place.com.



www.Providence-Place.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <p>9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>The Guernsey Literary & Potato Peel Pie Society</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)</p>	<p>Calendar Key: ** Registration Required \$\$ Cost Involved (P) Pub (ML) Main Lobby (CH) Chapel (3FSL) 3rd Floor South Lounge (TB) Throughout Building (OOB) Out of Building (DR) Dining Room</p>				<h1>April 2023</h1>	<p>1</p> <p>9:00 Brain Games: Word Play (ML) 10:00 Gentle Stretching (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: British Castles with Tea & Scones (P)</p>
<p>2</p> <p>9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>Calendar Girls</i> (P) 3:00 Palm Sunday Service (CH) 3:30 Bible Study (P)</p>	<p>3</p> <p>9:00 Walking Warriors (ML) 10:30 Yoga with Michele (P) 1:00 Sunshine Committee (P) 2:00 Providence Place Choir (P) 3:00 Holy Monday Service (CH) 3:30 XBOX Bowling (P) 6-9 NCAA Championship Party (ML)</p>	<p>4</p> <p>9:00 Brain Games: British Interpretation (ML) 10:00 Ed-U Presentation: <i>American History Through Music</i> with Lester Hirsh (P) 12:00 Souper Tuesday Luncheon: London Particular Soup ** (P) 2:00 Dining Committee Meeting (DR) 2:00-4:00 Manicures & Mimosas ** (P) 6:00 Nickel Bingo \$\$ (P)</p>	<p>5</p> <p>9:00 Coffee, Donuts, & Current Events (P) 10:00 Protestant Worship Service (CH) 10:30 Lite & Lively Exercise (P) 1:00 Ed-U Presentation: <i>A Tale of Two Soldiers</i> by Joseph McDevitt (P) 2:00 Acrylic Art Class with Shannon Haley (P) 3:00 Sing-A-Long Social Hour (P)</p>	<p>6</p> <p>9:00 Walking Warriors (ML) 10:30 Errand Run: Banks & Post Office **\$\$ (OOB) 1:00 Shopping Trip: Walmart **\$\$ (OOB) 2:00 Card Games with Community Life: UNO (P) 3:00 Craft Corner: Making Tea Hats (P) 7:00 Gospel Singers (CH)</p>	<p>7</p> <p>9:00 Brain Games: Bible Trivia (ML) 10:00 Good Friday Service (CH) 1:30 Zumba with Michele (P) 3:00 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)</p>	<p>8</p> <p>9:00 Walking Warriors (ML) 10:00 Short Story Book Club (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Stonehenge with a London Fog (P)</p>
<p>9</p> <p>9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>The Ten Commandments</i> (P) 3:00 Easter Sunday Service (CH) 3:30 Bible Study (P)</p>	<p>10</p> <p>9:00 Brain Games: Name 5 (ML) 10:30 Yoga with Michele (P) 1:00 Gratitude Club Meeting (P) 2:00 Ed-U Presentation: <i>Teas of the World</i> by Hydrangea Tea Cottage (P) 3:00 Communion Service (CH) 3:30 Bean Bag Toss (P)</p>	<p>11</p> <p>9:00 Walking Warriors (ML) 10:30 Hand Bell Players (P) 1:00 Penny Pitching (P) 2:00-4:00 Manicures & Mimosas ** (P) 6:00 Nickel Bingo \$\$ (P)</p>	<p>12</p> <p>9:00 Coffee, Donuts, & Current Events (P) 10:30 Gentle Stretching (P) 1:00 Musical Entertainment featuring Bryan Herber (P) 2:30 CECA Celebration Supporting Team Members (P)</p>	<p>13</p> <p>9:00 Brain Games: Finish My Line (ML) 10:30 Pet Visit (P) 1:00 Shopping Trip: Fairlane Village Mall **\$\$ (OOB) 2:00 P² Foodies: Making Cornish Pasties (P) 3:00 Craft Corner: Embroidery (P) 6:00 Prize Bingo (P)</p>	<p>14</p> <p>9:00 Green Thumbs: Tending the Plants (TB) 10:30 Curls for Girls ** (3FSL) 1:30 Zumba with Michele (P) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)</p>	<p>15</p> <p>9:00 Brain Games: Word Within a Word (ML) 10:00 Intergenerational Gardening: Sowing Seeds (1FP) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Buckingham Palace with Tea & Crumpets (P)</p>
<p>16</p> <p>9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>London Has Fallen</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)</p>	<p>17</p> <p>9:00 Walking Warriors (ML) 10:30 Yoga with Michele (P) 1:00 Welcoming Committee Meeting (P) 2:00 Providence Place Choir (P) 3:00 Communion Service (CH) 3:30 Darts (P)</p>	<p>18</p> <p>9:00 Brain Games: Alphabet Game (ML) 10:30 Balloon Volleyball (P) 11:00 P² Foodies: Prepping for Lunch (P) 12:00 Souper Tuesday Luncheon: Cornish Pasties ** (P) 2:00-4:00 Manicures & Mimosas ** (P) 6:00 Nickel Bingo \$\$ (P)</p>	<p>19</p> <p>9:00 Coffee, Donuts, & Current Events (P) 10:00 Protestant Worship Service (CH) 10:30 Strength Training (P) 11-1 Cookie Bake Off (ML) 1:00 Pet Visit (P) 2:00 Fireside Chats with Management (P) 3:00 Tea Party Social (P)</p>	<p>20</p> <p>9:00 Walking Warriors (ML) 10:30 Ed-U Wellness: Parkinson's by Brittany Gaffney, L.P.N, DOW (P) 1:00 Creative Corner with Community Life (P) 2:00 Drum Circle with Joe (P) 3:30 Diners Caravan: Rt. 61 Roadhouse **\$\$ (OOB)</p>	<p>21</p> <p>9:00 Green Thumbs: Tending the Plants (TB) 10:30 TED Talk: <i>Exercises Affect on the Brain</i> by Wendy Suzuki (P) 1:30 Zumba with Michele (P) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)</p>	<p>22</p> <p>9:00 Walking Warriors (ML) 10:00 Wall Scrabble (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: The History of Big Ben with Tea & Mushrooms on Toast (P)</p>
<p>23</p> <p>9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>Diana the Musical</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)</p>	<p>24</p> <p>9:00 Brain Games: April Trivia (ML) 10:30 Yoga with Michele (P) 1:00 Men's Club Meeting (P) 2:00 Providence Place Hand Bell (P) 3:00 Communion Service (CH) 3:30 Cornhole (P)</p>	<p>25</p> <p>9:00 Walking Warriors (ML) 10:30 Keep Kicking Kickball (P) 1:00 Punch Your Luck (P) 2:00-4:00 Manicures & Mimosas ** (P) 6:00 Nickel Bingo \$\$ (P)</p>	<p>26</p> <p>9:00 Coffee, Donuts, & Current Events (P) 10:30 Low Intensity Seating Dance Workout (P) 1:00 Wheel of Fortune (P) 2:00 Artist In Depth: Eileen Agar (P) 3:00 Welcome Social Hour (P)</p>	<p>27</p> <p>9:00 Brain Games: Fact or Fiction (ML) 10:30 Drum Stick Exercise (P) 11:00 Day Excursion: Olive Garden & Reading Market **\$\$ (OOB) 2:00 A Virtual History: Queen Victoria & Victorian Era (P) 3:00 Craft Corner: Paper Flowers (P) 5:00 Resident Birthday Dinner (P)</p>	<p>28</p> <p>9:00 Green Thumbs: Tending the Plants (TB) 10:30 Curls for Girls ** (3FSL) 1:30 Zumba with Michele (P) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)</p>	<p>29</p> <p>9:00 Brain Games: Finish the Lyric (ML) 10:00 Lite & Lively (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Touring West England with a London Fog (P)</p>