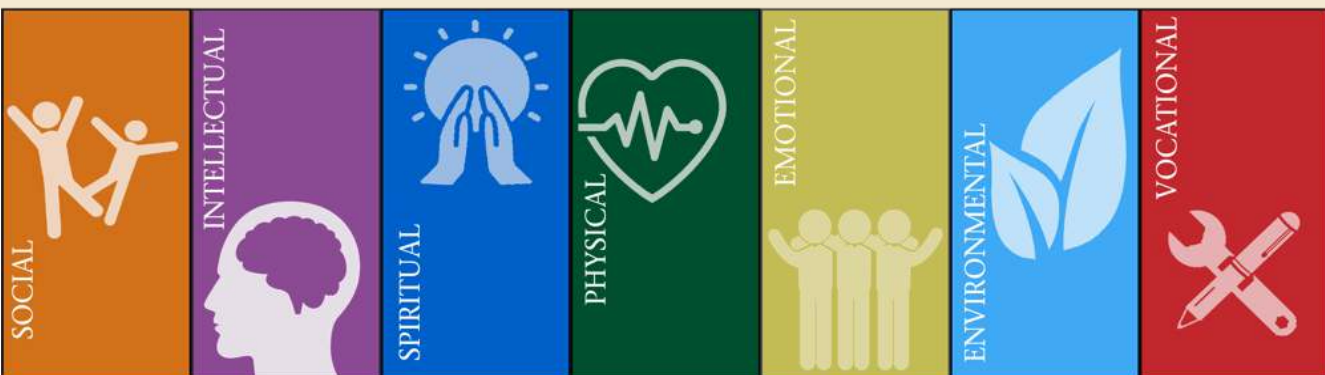


# Focus on Wellness

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

### May

Dorothy Miley  
Charmaine West  
Elvia Kemper  
Martha Fleming  
Linda Adcock  
Charles Metzgar  
Edeltrud Polk

### June

Judith McIntyre  
Beverly Brackbill  
Mildred Psak  
Bennett Bittinger

Delores Gilbert  
Donna Faherty  
Suzanne Rice  
Nancy Black  
Dorothy Simms  
Esta Hammond  
Nadine Clemens  
Don Funk  
Glenn Sanders

Arthur Ott  
Carol Wine  
Susanne Proulx  
Alice Stilts  
Richard Rice  
Beulah Woods

## A Note from the Executive Director

We continue to work on improvements throughout our community for our residents & team -- and our latest project is happening on the third floor. The Third Floor Exercise room (3E) is undergoing updates and should re-open in early May. The project includes a new floor, brighter lighting, and additional storage for the games. The other portion of this project includes improving our Veteran's wall. We are requesting photos from current residents who have served in the armed forces. If you have served our country, please provide a photo to either Community Life or myself. We can assist with getting a photo enlarged if needed. An 8x10 portrait style, framed photo will be placed on floating shelves that will adorn the wall in the newly renovated room to honor those who have served.

We will be hosting our Mother's Day tea on May 10<sup>th</sup> as well, we hope you can join to honor the mothers in our community.

Enjoy the beautiful spring weather and stay safe!

Blessings,

*Holly Townsend*

*Executive Director*

## Highlighted Events

- 10 – **Mother's Day Tea**  
@ 11am or 3pm – *Families Welcome!*
- 10 – **Dementia Support Group**  
@ 3pm or 6pm – *Connections*
- 20 – **Musical Entertainment**  
The Starlights @ 2pm
- 31 – **Lunch Outing: Fiesta Maya**  
@ 11am

## Welcome New Residents

Theresa W.  
Beulah W.  
Lillian "Deloyce" W.




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
<h1>May 2023</h1>	1	2	3	4	5	6
	9:00 Light & Lively Exercise (3E) 9:30 Men's Will Bowling League (3E) 10:00 Appreciate & Thank Club ( C ) 11:00 Recycling Collection (LR's, C, P) 2:00 Prize Bingo (2A) 3:00 iN2L Documentary: History of Cinco de Mayo (2A) 6:00 Resident Run Game Club: Sequence (2A)	9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Circle of Friends w/ Chaplain Rick (PDR) 11:00 Horseshoes (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Musical Entertainment Featuring Tom Shultz (2A) 3:00 Taste & Trivia: Cinco De Mayo (P) 6:00 Blitz with Ruth (2A)	9:00 Balloon Ball Exercise (3E) 10:00 Nickel Bingo \$(2A) 1:30 Workout with Vickie From Powerback Rehabilitation (3E) 2:00 Craft Creation: Derby Hats ( C ) 3:00 Jeopardy! (2A) 4:00 Out on the Town: Café del Sol **\$(OOB) 6:00 Front Porch Fellowship (Front Porch)	9:00 Sit & Be Fit Exercise (3E) 9:30 "Belonging" with Chaplain Rick (2A) 10:00 Cooking Creation: Horchata ( C ) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 4:00 Never Have I Ever (BL) 6:00 Resident Run Rummy (2A)	9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Cooking Creation: Horchata #2 ( C ) 11:00 Design Club: Cinco de Mayo Set Up (P) 2:30 Spring Fling Familiar Sing-a-long with Lester Hirsh (3A) 3:00 Social Hour: Cinco de Mayo (P) 6:00 Movie & Popcorn: <i>Seabiscuit</i> (3A)	9:00 Light & Lively Exercise (3E) 9:30 Shuffleboard (3E) 10:00 Kentucky Derby Broadcast (P) 11:00 Design Club: Cinco de Mayo Tear Down (P) 1:30 Stair Stepper Exercise (3E) 2:00 Game of Horse (P) 3:00 Virgin Mint Julip Social (P) 6:00 Shuffleboard (3E)
7	8	9	10	11	12	13
9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Chai Tea Cooler And Mexican Train Dominoes ( C ) 6:30 Not Forgotten Ministries (2A)	9:00 Light & Lively Exercise (3E) 9:30 Woman's Bowling League (3E) 10:00 Birthday Gang Committee Meeting ( L ) 11:00 Recycling Collection (LR's, C, P) 2:00 Kindly Canines (2A) 2:00 Craft Creation: Mother's Day Centerpieces ( C ) 3:00 iN2L Documentary: <i>Women Who Changed History- The People Profiles</i> (2A) 6:00 Resident Run: Pinochle (2A)	9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Hobby Lobby **\$(OOB) 10:00 Circle of Friends w/Chaplain Rick (PDR) 11:00 Cornhole (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Life Chats with Chaplain Rick (PDR) 3:00 Taste & Trivia: Mexico ( P ) 4:00 Design Club: Mother's Day Tea (P) 6:00 Bridge Club (2A)	9:00 Balloon Ball Exercise (3E) 10:00 Dining Committee Meeting (2A) 11:00 Mother's Day Tea #1 ** (P) (3A) 2:00 Horseshoes (3E) 3:00 Mother's Day Tea #2 ** (P) (3A) 6:00 Dementia Care Partner Support Group (CN) 6:30 Musical Entertainment Featuring Calvary Mennonite Church (2A)	9:00 Yoga with Beth (3E) 9:30 "Belonging" with Chaplain Rick (2A) 10:00 Community Life Planning Meeting (P) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 4:00 Moral Dilemma & Discussion: Women in the Military (BL) 6:00 Front Porch Fellowship (Front Porch)	9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Providence Place Chambersburg Antique Road Show (2A) 11:00 Balance & Action (3E) 2:00 Prize Bingo (2A) 3:00 Rosary with Corpus Christie Church (2A) 3:00 Social Hour: Pink Drink (P) 6:00 Movie & Popcorn: Resident Pick Night (3A)	9:00 Light & Lively Exercise (3E) 10:00 Local Fares: Butcher Shoppe **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$( 2A) 3:00 Game Club: Scrabble ( C ) 4:00 Best Story Wins! (BL) 6:00 Resident Run: Bunko (2A)
14	15	16	17	18	19	20
9:00 Light & Lively Exercise (3E) 9:30 Trivia Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mother's Day Strawberry Floats And Mexican Train Dominoes ( C ) 6:00 Song & Scripture's (Channel 609)	9:00 Light & Lively Exercise (3E) 9:30 Men's Will Bowling League (3E) 10:00 Federal, County Employee & Veterans Only Club (P) 11:00 Recycling Collection (LR's, C, P) 2:00 Hymn Sing with Jodi Corbett (2A) 3:00 iN2L Documentary: Travel Mexico (2A) 6:00 Resident Run: Rummy (2A)	9:00 Light & Lively Exercise (3E) 9:45 Parx Casino **\$(OOB) 10:00 Circle of Friends w/Chaplain Rick (PDR) 11:00 Billiards (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Life Chats with Chaplain Rick (PDR) 3:00 Taste & Trivia: Mother's Day (P) 6:00 Blitz with Ruth (2A)	9:00 Balloon Ball Exercise (3E) 10:00 Ed-U Presentation: Mexican Land with Terry Neumyer (2A) 11:00 Community Outreach: Coupons for Troops ( C ) 1:30 Blood Pressure Clinic (2A) 2:00 Fireside Chat (2A) 3:00 Coffee & Questions: Fireside Chat Follow Up (P) 6:00 Bridge Club (2A)	9:00 Sit & Be Fit Exercise (3E) 9:30 "Belonging" with Chaplain Rick (2A) 10:00 Prize Bingo (2A) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Celebration of Life (2A) 3:00 Bible Study (PDR) 4:00 Table Topics (BL) 6:00 Horseshoes (3E)	9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Benefits of Exercise with Jaime from Bayada Home Healthcare (2A) 10:00 Bible Study with Sharon (PDR) 2:00 TED Talk: <i>What Makes A Good Life Lessons From the Longest Study of Happiness</i> by Robert Waldinger. (2A) 3:00 Social Hour: Salsa Vs. Guacamole (P) 6:00 Movie & Popcorn: <i>Frida</i> (3A)	9:00 Light & Lively Exercise (3E) 10:00 Local Fares: Jim's Farmers Market **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Musical Entertainment Featuring The Starlites (2A) 3:00 Nickel Bingo \$(2A) 4:00 Fact Vs. Fiction: Life History (BL) 6:00 Shuffleboard (3E)
Mother's Day						Armed Forces Day
21	22	23	24	25	26	27
9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordie Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Drinks with Little Debbie And Mexican Train Dominoes ( C ) 6:00 Song & Scripture's (Channel 609)	9:00 Light & Lively Exercise (3E) 9:30 Woman's Bowling League (3E) 10:00 Media Club (L) 11:00 Recycling Collection (LR's, C, P) 2:00 Design Club: Memorial Day Centerpieces In Dining ( DR ) 3:00 iN2L Documentary: <i>60 Minutes Presents Honoring Our Soldiers</i> (2A) 6:00 Blitz with Ruth (2A)	9:00 Light & Lively Exercise (3E) 9:45 Shopping Trip: Ollies, TJ Maxx **\$(OOB) 10:00 Community Outreach: Coupons for Troops ( C ) 11:00 Horseshoes (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Prize Bingo (2A) 3:00 Taste & Trivia: Memorial Day BBQ's (P) 6:00 Card Club: Pinochle (2A)	9:00 Balloon Ball Exercise (3E) 10:00 Nickel Bingo \$(2A) 11:00 National Tiara Day Photo Booth (FL) 2:00 Ed-U Presentation: <i>Charcuterie Board Class</i> with Caroline from The Carving Board Chambersburg** ( C ) 3:00 Food Play: Salami Rose ( C ) 6:45 Gospel Hymns with Antrim Mennonite Church (2A)	9:30 Chambersburg Hearing Clinic Free Cleaning and Checks ** (PDR) 10:00 Design Club: Memorial Day & Indianapolis 500 (P) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service with Special Guest Steve & Jan Trossle (2A) 3:00 Bible Study (PDR) 4:00 Tales Told by Residents: Mexico (P) 6:00 Front Porch Fellowship (Front Porch)	9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Cooking Creation: Patriotic Brownies ( C ) 2:00 Catholic Mass with Corpus Christie Catholic Church (2A) 3:00 Social Hour: Dress to Impress Red, White, & Blue (P) 6:00 Movie & Popcorn: <i>Grand Prix</i> (3A)	9:00 Walk & Roll Walking Club Outside Walking Path 10:00 Cooking Creation: Memorial Day Desserts ( C ) 1:30 Stair Stepper Exercise (3E) 2:00 Magic at the Midway with Phil Crosson (2A) 3:00 Get to Know Your Neighbor with 5 Questions (BL) 6:00 Bridge Club (2A)
28	29	30	31			<b>Calendar Key:</b> Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Back Lobby (BL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY)  **Registration Required, \$\$ Cost Involved
9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service with Special Guest The Kopps (2A) 3:00 Memorial Day Eve Frozen Ice Social And Mexican Train Dominoes ( C ) 6:00 Song & Scripture's (Channel 609)	9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Men's Will Bowling League (3E) 11:30-1:30 Memorial Day BBQ (DR) 2:00 Musical Entertainment Featuring Joe Crispell (3A) (P) 3:00 Cornhole Tournament (BL) 6:00 Front Porch Fellowship (Front Porch)	9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Circle of Friends w/ Chaplain Rick (PDR) 11:00 Ladder Ball (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Life Chats with Chaplain Rick (PDR) 3:00 Welcome New Resident Social ( C ) 6:00 Resident Run: Dart League (P)	9:00 Balloon Ball Exercise (3E) 10:00 Nickel Bingo \$(2A) 11:00 Out on the Town: Fiesta Maya **\$(OOB) 2:00 Mens Club: Painting Gazebo (FL) 3:00 Friends Hosting Friends: Ice Cream Sundae Bar (CN) 6:00 Horseshoes (3E)			