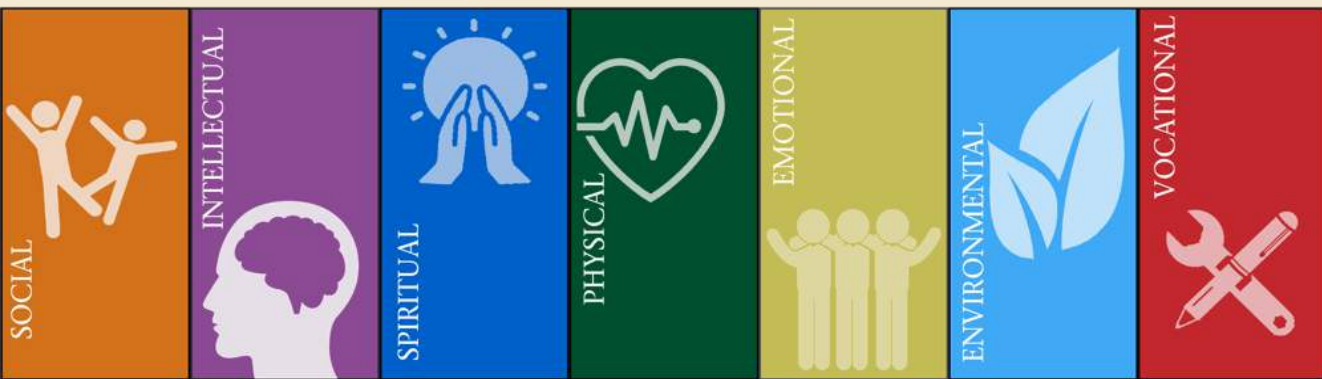


Focus on Wellness

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

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

June

Richard Ameigh
Marion Bush
Hilda D'Andrea
Joan Werc
Antoinette Cardosi
Linda Conaway
Gary Breckley
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. We look forward to 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 – **Diner's Caravan:** Plaza Azteca @ 10:30am
- 5 – **Cinco de Mayo Luncheon** @ 11:30am
- 9 – **Outing to Elmwood Zoo** @ 10am
- 18 – **Entertainment:** Steve Ritrovato @ 3:30pm
- 19 – **Live Animal Presentation** @ 2pm
- 25 – **Valley Forge Casino Outing** @ 10:30am
- 26 – **Entertainment:** Don Bonanno @ 3:30pm

Welcome New Residents

Joseph P.
Marianne L.
Mary B.
Joan W.
Arlene H.




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
<h1>May</h1> <h1>2023</h1>	1	2	3	4	5	6
	9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Creative Crafting (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Bible Study (T) 4:00 Happy Hour (P) 6:00 Res. Run Shuffle Board (AR)	9:30 Sit and Be Fit (P) 10:00 Shopping Trip: Boscov's*** (OOB) 11:00 Games in the Pub (P) 1:00 Golden Sneakers with Teresa (P) 2:00 Circle of Friends (T) 2:15 Book Mobile (OS) 3:00 Ed-U: Cinco De Mayo and other Mexican Holidays and Traditions (T) 6:00 Community Board Games (P)	9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 iN2L Tour of Mexico: Cancun, Holbox Island, Chichen Itza, Merida, Bacalar, Tulum, Playa del Carmen (P) 1:30 <i>Look Who's Dancing</i> Dancercise (C) 2:30 Midweek Services with Chaplain Daniel (T) 6:00 Res. Run Billiards (OL)	9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Diners Caravan Lunch Out: Plaza Azteca*** (OOB) 1:30 Activities Committee Meeting (AR) 2:30 Play Reading: <i>Night Must Fall</i> (P) 3:30 Karaoke Happy Hour (P) 6:00 Nighttime Nickel Bingo (AR)	10:00 Sit and Be Fit (P) 10:30 Hand Chime Music Program (P) 11:30-1pm Cinco De Mayo Luncheon with Mexican Beer (DR) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (P) 3:00 Mexican Dancer and Guitarist (P) 6:00 Res. Run: Billiards (OL)	9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 11:00 Make Caramel Flan (AR) 1:00 Bingo (AR) 2:00 Barrack Hebrew Academy Pen Pals Create Video (P) 3:30 Trivia Happy Hour (P) 6:15 Res. Run Dominoes (AR)
10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (T) 2:00 Garden Club (CR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>Spectre</i> (T)	7	8	9	10	11	12
	9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Creative Crafting (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Hymn Sing (T) 4:00 Happy Hour (P) 6:00 Res. Run Shuffle Board (AR)	9:30 Sit and Be Fit (P) 10:00 Trip Out: Elmwood Zoo*** (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: Crosswords, Word Searches and Coloring (P) 6:15 Community Board Games (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) 1:00 Thankful To You Committee (AR) 2:00 Midweek Services with Chaplain Daniel (T) 3:30 Play Reading: <i>Night Must Fall</i> (P) 6:00 Res. Run Billiards (OL)	9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 11:00 Community Crossword (P) 12:00 Lunch Brought In: Qdoba*** (P) 1:00 Balance In Action Class by Powerback Rehab (P) 1:30 Movie Matinee: Pink Panther (T) 3:30 Entertainer: Courtney Colletti (P) 6:00 Nighttime Nickel Bingo (AR)	10:00 Sit and Be Fit (P) 10:30 Hand Chime Music Program (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (P) 3:00 Mexican Train Game with Dominoes (P) 3:30 Week in Review News Stories (P) 6:00 Res. Run: Billiards (OL)	9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Bake Mexican Wedding Cakes (AR) 1:00 Bingo (AR) 2:00 Perkiomen Trail Walk*** (OOB) 3:30 Finish That Lyric Happy Hour (P) 6:15 Res. Run Dominoes (P)
Mother's Day	14	15	16	17	18	19
10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (T) 2:00 Garden Club (CR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>Divine Secrets of the Ya-Ya Sisterhood</i> (T)	9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 11:00 Creative Crafting (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Bible Study (T) 4:00 Happy Hour (P) 6:00 Res. Run Shuffle Board (AR)	9:30 Sit and Be Fit (P) 10:00 Shopping: Dollar Store*** (OOB) 11:00 Games in the Pub (P) 1:00 Golden Sneakers with Teresa (P) 2:00 Circle of Friends (T) 3:00 Ed U: <i>The Benefits of Exercise</i> by Jodi Stump, Director of Wellness (T) 4:00 Balloon Volleyball (CR) 6:15 Community Board Games (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) 1:30 <i>Look Who's Dancing</i> Dancercise (P) 2:30 Midweek Services with Chaplain Daniel (T) 3:30 Entertainer: Stave Ritrovato (P) 6:00 Res. Run Card Games (P)	9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 CMS Bach's Lunch featuring Chris Macy on Piano & Vocals** (OOB) 1:00 Dining Room Committee Meeting (AR) 2:00 Cooking Demonstration (AR) 3:00 Balloon Volleyball (CR) 4:00 Mexican Music Happy Hour (P) 6:00 Nighttime Nickel Bingo (AR)	10:00 Sit and Be Fit (P) 10:30 Hand Chime Music Program (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Perkiomen Trail Walk** (OOB) 3:00 Ed U: Tulum Mayan Ruins, Chichen Itza in Mexico (T) 3:30 Week in Review News Stories (P) 6:00 Res. Run: Billiards (OL)	Armed Forces Day
	20	21	22	23	24	25
	9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 11:00 Creative Crafting (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Hymn Sing (T) 4:00 Happy Hour (P) 6:00 Res. Run Shuffle Board (AR)	9:30 Sit and Be Fit (P) 10:00 Shopping: Giant*** (OOB) 11:00 Games in the Pub (P) 1:00 Balloon Volleyball (CR) 2:00 Circle of Friends (T) 3:00 Aerobic Drumming (CR) 6:15 Community Board Games (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) 1:00 Dining Room Committee Meeting (AR) 1:30 Food Demo by Chef Ed (AR) 2:30 Midweek Services with Chaplain Daniel (T) 3:30 Mexico (A Dice Game) (P) 6:00 Res. Run Card Games (P)	Shavuot	26	10:00 Sit and Be Fit (P) 10:30 Hand Chime Music Program (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (P) 3:00 Play Reading: <i>Night Must Fall</i> (P) 6:00 Res. Run: Billiards (OL)
	27	28	29	30	31	
	9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 11:00 Creative Crafting (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Bible Study (T) 4:00 Memorial Day Social (P) 6:00 Res. Run Shuffle Board (AR)	9:30 Sit and Be Fit (P) 10:00 Shopping Trip: Walmart*** (OOB) 11:00 Games in the Pub (P) 1:00 Golden Sneakers with Teresa (P) 2:00 Circle of Friends (T) 3:00 Aerobic Drumming (P) 3:30 Entertainer: (P) 6:00 Dementia Care Partner Support Group (CN) 6:15 Community Board Games (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) 1:00 Bingo (AR) 2:00 Midweek Services with Chaplain Daniel (T) 3:30 Ed U: Day Of The Dead (T) 6:00 Res. Run Card Games (P)			
Pentecost	28	Memorial Day	29	30	31	
10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (T) 2:00 Garden Club (CR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>Three Amigos</i> (T)	9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 11:00 Creative Crafting (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Bible Study (T) 4:00 Memorial Day Social (P) 6:00 Res. Run Shuffle Board (AR)	9:30 Sit and Be Fit (P) 10:00 Shopping Trip: Walmart*** (OOB) 11:00 Games in the Pub (P) 1:00 Golden Sneakers with Teresa (P) 2:00 Circle of Friends (T) 3:00 Aerobic Drumming (P) 3:30 Entertainer: (P) 6:00 Dementia Care Partner Support Group (CN) 6:15 Community Board Games (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) 1:00 Bingo (AR) 2:00 Midweek Services with Chaplain Daniel (T) 3:30 Ed U: Day Of The Dead (T) 6:00 Res. Run Card Games (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