

# 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

Ginny Robertson  
Cora Ebersole  
Hannelore Royer  
Joann Bollinger  
Connie Johnston  
Delores Brillhart  
John Harman  
Shirley Gross  
Betty Eveler

### June

Glenn Funk  
Matthew Coughlin  
Catherine Miller  
Ron Toomey  
Charles Murphy  
Bill Myers  
Wilma Jean Myers  
Rosemary Polons  
Bernadine Tomlinson  
Dorothy Ruf



# Providence Place SENIOR LIVING News

Q2: May 2023

## A Note from the Executive Director

May will feature our Mother's Day morning tea. Please call the front desk to reserve a spot with your loved one. We are also hosting our Memorial Day Picnic on the 29<sup>th</sup>, all are welcome.

Be sure to check out the activity calendar to keep up with all our exciting events for the month and to enjoy the spring weather.

I would like to welcome all new residents and co-workers that have joined us here at Providence Place of Dover – we are glad you are a part of our family. If anyone is interested in joining our Ambassador program, please see Paul in the sales department!

Best,  
*Howard Holben*  
Executive Director

## Highlighted Events

- 6 – **Kentucky Derby Super Fancy Social** @ 2pm
- 9 – **National Civil War Museum Outing** @ 1pm
- 14 – **Mother's Day Morning Tea & Entertainment** @ 10:30am
- 23 – **EdU Presentation:**  
CompARiTive Art @ 2pm
- 23 – **Dementia Support Group**  
@ 3pm - *Connections*
- 29 – **Memorial Day Picnic** @ 11:30am

## Welcome New Residents

Leila B.  
Loris C.  
Nancy Ann J.  
Phyllis S.



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</h1> <h1>2023</h1>	1	2	3	4	5	6
	9:30 Morning Fitness (AR) 10:00 Memory Magic (CN) 10:15 Dining Room Committee Meet. (CR) 1:00 Daily Reading (AR) 1:00 Catholic Communion (CR) 1:30 Music with Katie (AR) 2:30 Mocktail Monday (CR) 3:00 May Day Baskets (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	9:30 Morning Fitness (AR) 10:00 Club Country Ride (00B) 10:00 Name the Tune (AR) 1:00 Daily Reading & Menu Review (AR) 1:15 Kentucky Derby Game (CN) 1:30 Circle of Friends (CR) 2:00 Happy Hour (AR) 3:00 Faith Studies (P) 3:00 Finish the Phrase (CR) 6:00 Evening Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Life Chats with Chaplain (P) 10:30 Ghost of Gettysburg (CR) 11:00 Menu Review (CR) 1:30 Mid-Week Worship (CR) 2:00 Music with Lee Moyer (AR) 3:15 Refreshments & Reminisce (CR) 4:00 Menu Review (P) 6:00 Popcorn and a Movie (AR)	9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 10:45 Daily Reading & Menu Review (CR) 1:00 Bible Study (P) 1:15 Cranium Crunch & Punch (CN) 2:00 Show and Gloat Day (AR) 3:00 Bingo (AR) 6:00 Front Porch Fellowship (FP)	9:30 Morning Fitness (AR) 10:00 Manicures and Music (CR) 10:00 Culinary Creations: Edible Light Sabers (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Cinco De Mayo Celebration (AR) 3:00 Friday Fitness with Friends (CN) 6:00 Resident Run Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Coffee and Donut Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Nurse Appreciation Card making (CR) 2:00 Kentucky Derby Fancy Social (AR) 3:15 Crafters Corner (AR) 6:00 Card Club (AR)
7	8	9	10	11	12	13
9:30 Morning fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 World Laughter Day (CR) 11:00 Menu Review (CR) 1:15 Ladies Tea (AR) 2:00 Jingo (AR) 3:00 Church Service (CR) 6:00 Poker Club (AR) 6:00 Front Porch Fellowship (FP)	9:30 Morning Fitness (AR) 10:00 Memory Magic (CN) 1:00 Daily Reading (AR) 1:00 Catholic Communion (CR) 1:30 Music with Katie (AR) 2:30 Afternoon Fitness (CR) 3:00 Coke Floats (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	9:30 Morning Fitness (AR) 10:00 Club Country Ride (00B) 10:00 Ed-U Wellness Presentation (AR) 1:00 Daily Reading & Menu Review (AR) 1:00 Day Excursion: Civil War Museum** \$\$ (OOB) 1:15 Bingo with Friends (CN) 2:00 Happy Hour (AR) 3:00 Faith Studies (P) 3:00 Purposeful Painting (CR) 6:00 Evening Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Life Chats with Chaplain (P) 10:30 Junk Drawer Detective (CR) 11:00 Menu Review (CR) 1:30 Mid-Week Worship (CR) 2:45 Walk and Roll to the Patio (100 P) 3:00 Refreshments & Reminisce (100 P) 4:00 Menu Review (P) 6:00 Popcorn and a Movie (AR)	9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 10:45 Daily Reading & Menu Review (CR) 1:00 Bible Study (P) 1:15 Cranium Crunch & Punch (CN) 2:00 Drumming with Joe (CR) 3:00 Bingo (AR) 6:00 Front Porch Fellowship (FP)	9:30 Morning Fitness (AR) 10:00 Manicures and Music (CR) 10:00 Culinary Creations: Mini Apple Pies (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Music with Scuba Steve (AR) 3:00 Friday Fitness with Friends (CN) 6:00 Resident Run Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Coffee and Donut Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Afternoon Apple Pie (CR) 2:00 Famous Mothers Trivia (AR) 3:15 Crafters Corner (AR) 6:00 Card Club (AR)
14	15	16	17	18	19	20
9:30 Morning fitness (AR) 10:30 Mothers Day Tea (AR) 1:30 Daily Reading (CR) 2:00 <i>Mama Mia</i> Movie Special (AR) 3:00 Church Service (CR) 6:00 Poker Club (AR) 6:00 Front Porch Fellowship (FP)  Mother's Day	9:30 Morning Fitness (AR) 10:00 Memory Magic (CN) 1:00 Daily Reading (AR) 1:00 Catholic Communion (CR) 1:30 Music with Katie (AR) 2:30 Mocktail Monday (CR) 3:00 Family Pictures Reminisce (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	9:30 Morning Fitness (AR) 10:00 Club Country Ride (00B) 10:00 Name the Tune (AR) 1:00 Daily Reading & Menu Review (AR) 1:15 Create & Design (CN) 2:00 Ed-U Presentation (AR) 3:00 Faith Studies (P) 3:00 Famous Faces (CR) 6:00 Evening Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Life Chats with Chaplain (P) 10:30 Cherry Cobbler making (AR) 11:00 Menu Review (CR) 1:30 Mid-Week Worship (CR) 2:45 Cobbler and Conversation (CR) 4:00 Menu Review (CR) 6:00 Popcorn and a Movie (AR)	9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 10:45 Daily Reading & Menu Review (CR) 1:00 Bible Study (P) 1:15 Cranium Crunch & Punch (CN) 2:00 Virtual Visit to a Museum (CR) 3:15 Bingo (AR) 6:00 Front Porch Fellowship (FP)	9:30 Morning Fitness (AR) 10:00 Manicures and Music (CR) 10:00 Culinary Creations (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 What are Endangered Species (CR) 3:00 Friday Fitness with Friends (CN) 6:00 Resident Run Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Coffee and Donut Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Walk & Roll to the Patio (100 P) 1:45 Sunshine and Songs (100 P) 2:45 Menu Review (100 P) 3:15 Crafters Corner (AR) 6:00 Card Club (AR)  Armed Forces Day
21	22	23	24	25	26	27
10:00 Exercise on the Patio (100P) 10:20 Daily Reading & Drinks (100 P) 11:00 Menu Review (100 P) 1:15 Music by the Mennonite Church (FL) 3:00 Church Service (CR) 6:00 Poker Club (AR) 6:00 Front Porch Fellowship (FP)	9:30 Morning Fitness (AR) 10:00 Memory Magic (CN) 1:00 Daily Reading (AR) 1:00 Catholic Communion (CR) 1:30 Music with Katie (AR) 2:30 Afternoon Fitness (CR) 3:00 Themed Trivia (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	9:30 Morning Fitness (AR) 10:00 Club Country Ride (00B) 10:00 Name the Tune (AR) 1:00 Daily Reading & Menu Review (AR) 1:15 Create & Design: Turtles (CN) 2:00 Ed-U Pres: Art History (AR) 3:00 Faith Studies (P) 3:00 Walk & Roll with Refreshments (FL) 6:00 Evening Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Life Chats with Chaplain (P) 10:30 Junk Drawer Detective (CR) 11:00 Menu Review (CR) 1:30 Mid-Week Worship (CR) 2:45 Walk and Roll to the Patio (100 P) 3:00 Refreshments & Reminisce (100 P) 4:00 Menu Review (100 P) 6:00 Popcorn and a Movie (AR)	9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 10:45 Daily Reading & Menu Review (CR) 1:00 Bible Study (P) 1:15 Cranium Crunch & Punch (CN) 2:00 Celebration of Life Service (CR) 3:15 Bingo (AR) 6:00 Front Porch Fellowship (FP)  Shavuot	9:30 Morning Fitness (AR) 10:00 Manicures and Music (CR) 10:00 Culinary Creations (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Table (FL) 1:30 Mens Club Poker (P) 2:00 Airplane Challenge (CR) 3:00 Friday Fitness with Friends (CN) 6:00 Resident Run Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Coffee and Donut Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Walk & Roll to the Patio (100 P) 1:45 Sunshine and Songs (100 P) 2:45 Menu Review (100 P) 3:15 Crafters Corner (AR) 6:00 Card Club (AR)
28	29	30	31	<div style="display: flex; align-items: center; justify-content: center;"> <div style="font-size: 2em; margin-right: 10px;">THE</div>  </div>		<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (FP) Front Porch (FL) Front Lobby (100 P) 100 Hall Patio (00B) Out Of Building
9:30 Morning fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Build your own Burger (CR) 11:00 Menu Review (CR) 1:15 Read Round & Iced Tea ( 100 P) 3:00 Church Service (CR) 6:00 Poker Club (AR) 6:00 Front Porch Fellowship (FP)  Pentecost	9:30 Morning Fitness (AR) 10:00 Memory Magic (CN) 1:00 Daily Reading (AR) 1:00 Catholic Communion (CR) 1:30 Music with Katie (AR) 2:30 Patriotic Mocktails (CR) 3:15 Table Top Games (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)  Memorial Day	9:30 Morning Fitness (AR) 10:00 Club Country Ride (00B) 1:00 Daily Reading & Menu Review (AR) 1:15 Create & Design: Wooden Birds (CN) 2:00 Happy Hour (AR) 3:00 Faith Studies (P) 3:30 Cooking with Chef Joe (AR) 6:00 Evening Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Life Chats with Chaplain (P) 10:30 Smoking through History (CR) 11:00 Menu Review (CR) 1:30 Mid-Week Worship (CR) 2:00 Creatures Great and Small (AR) 3:00 Animal Jingo (CR) 4:00 Menu Review (P) 6:00 Popcorn and a Movie (AR)			