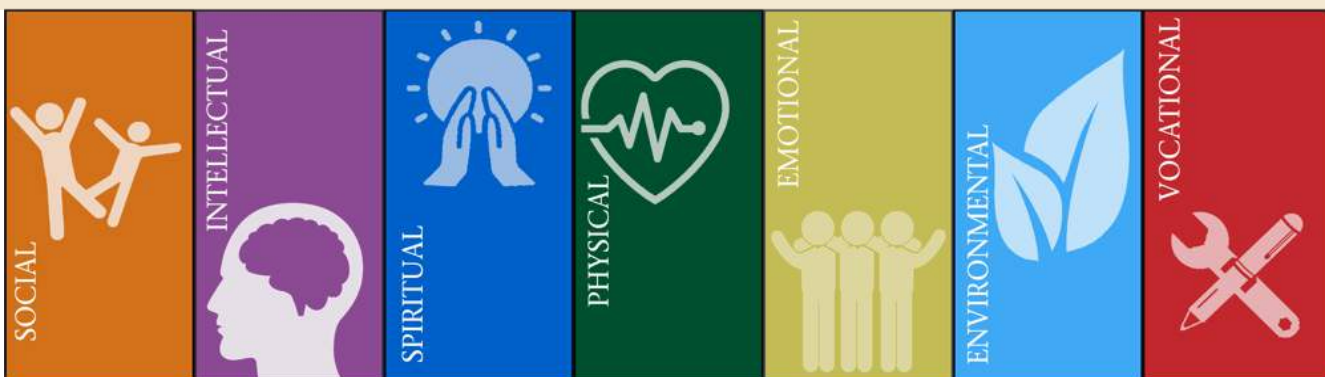


Focus on Wellness

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 29th, 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.



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 2023</h1>	1	2	3	4	5	6
	9:30 Morning Exercise (AR) 10:00 Dining Room Committee Meeting (CR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie (AR) 2:30 May Day Around the World (AR) 6:00 Rummikub (FL)	9:30 Morning Exercise (AR) 10:00 Name that Tune (AR) 1:30 Circle of Friends (CR) 2:00 Happy Hour (AR) 3:00 Faith Studies (P) 3:15 Create & Design: Care Packages for Local Firefighters (AR) 6:00 Evening Bingo with Adam (AR)	9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplain Shawn (AR) 10:30 Community Outreach Firefighter Care Package Delivery **(OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Musical Entertainment Featuring Lee Moyer (AR) 3:15 History Buffs <i>The Great Stone Face</i> (AR) 6:00 Popcorn & Movie <i>Top Gun</i> (CR)	9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Bible Study (P) 2:00 Show and Gloat <i>Favorite Photo Day</i> (AR) 3:00 Bingo (AR) 4:30/5 Wine and Dine (DR) 6:00 Pool Games (PT)	9:30 Morning Exercise (AR) 10:00 Manicure and Music (CR) 10:30 Cranium Crunches (CR) 1:30 History of Mariachi (AR) 2:00 Let's Discuss Cinco de Mayo (AR) 3:00 Cinco de Mayo Celebrations (AR) 6:00 Resident Run Bingo (AR)	9:30 Morning Exercise (AR) 10:00 Doughnut Mind if I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 Kentucky Derby Traditions (AR) 2:00 Kentucky Derby Super Fancy Social (AR) 3:00 Crafters Corner Horseshoe Door Décor (AR) 6:00 Cards Club (AR)
9:30 Morning Exercise (AR) 10:00 Making it Easy Cooking Club (AR) 1:15 Ladies Hot Tea Circle (AR) 2:00 Jingo (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship	8	9	10	11	12	13
	9:30 Morning Exercise (AR) 10:00 Providence Place Cookbook This Months Residents Recipe (AR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie (AR) 2:30 Country Side Ride **(OOB) 6:00 Rummikub (FL)	9:30 Morning Exercise (AR) 10:00 Ed-U Wellness Presentation <i>Benefits of Exercise</i> with Laura Lambert Bayada Home Health Care (AR) 1:00 Day Excursion The National Civil War Museum \$\$**(OOB) 1:30 Circle of Friends (CR) 2:00 Happy Hour (AR) 3:00 Faith Studies (P) 6:00 Evening Bingo with Adam (AR)	9:30 Morning Exercise (AR) 10:00 Balance in Action With Lora, Powerback Rehab (AR) 10:15 Life Chats with Chaplain Shawn (P) 1:30 Mid-Week Worship Service (CR) 2:00 Appreciate & Thank You Club Treats for 3rd Shift Workers & Receptionist (AR) 3:15 Helping Hands Mother's Day Centerpieces (AR) 6:00 Movie <i>Top Gun Maverick</i> (CR)	9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Bible Study (P) 2:00 Grateful Drumming With Joe Ciavella (CR) 3:00 Bingo (AR) 4:30/5 Wine and Dine (DR) 6:00 Pool Games (PT)	9:30 Morning Exercise (AR) 10:00 Manicure and Music (CR) 10:30 Cranium Crunches (CR) 1:00 Military Spouse Appreciation Day (AR) 2:00 Musical Entertainment Featuring Scuba Steve n The Swinging Sax (AR) 3:00 Creative Crafters <i>Mother's Day Planters</i> (AR) 6:00 Resident Run Bingo (AR)	9:30 Morning Exercise (AR) 10:00 Doughnut Mind if I Do (AR) 10:30 Moral Dilemma & Discussion (AR) 1:15 Mother's Day Shopping Game (AR) 2:00 Famous Mothers Trivia (AR) 3:00 Mothers Day Self Appreciations (AR) 6:00 Cards Club (AR)
Mother's Day 14	15	16	17	18	19	20
9:30 Morning Exercise (AR) 10:30 Mother's Day Morning Tea with Musical Entertainment Featuring Pianist Justin Adams (DR) 1:15 Mother of All Humor (AR) 2:00 Special Matinee <i>Mamma Mia!</i> (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR)	9:30 Morning Exercise (AR) 10:00 Brain Games with Bethany With Powerback Rehab (AR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie (AR) 2:30 Art Exploration Painting Pottery With Alana, Glazing Sun **(AR) 6:00 Rummikub (FL)	9:30 Morning Exercise (AR) 10:00 Name that Tune (AR) 1:30 Circle of Friends (CR) 2:00 Ed-U Presentation <i>The Man Who Would Be King</i> by Joe & Delores McDevitt (AR) 3:00 Faith Studies (P) 6:00 Evening Bingo with Adam (AR)	9:30 Morning Exercise (AR) 10:00 Shopping Trip <i>Boscov's</i> **\$\$ (OOB) 10:15 Life Chats with Chaplain Shawn (P) 1:30 Mid-Week Worship Service (CR) 2:00 Science Secrets: Creating Volcanos (100P) 3:15 History Buffs <i>Mt. St Helens</i> (AR) 6:00 Game Night with Dover Women of Today (AR)	9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Bible Study (P) 2:00 Providence Place Cookbook (AR) 3:00 Bingo (AR) 4:30/5 Wine and Dine (DR) 6:00 Pool Game (PT)	9:30 Morning Exercise (AR) 10:00 Manicure and Music (CR) 10:30 Cranium Crunches (CR) 1:30 Mens Club Fun Darts (AR) 2:00 Planet Earth <i>Endangered Species</i> (AR) 3:00 Armed Forces Day <i>Knowing the Branches of the Military</i> (AR) 6:00 Resident Ran Bingo (AR)	9:30 Morning Exercise (AR) 10:00 Doughnut Mind if I Do (AR) 10:30 Moral Dilemma & Discussion (AR) 1:15 Armed Forces Day Fun Facts (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafters Corner <i>Red, White and Blue Easy Star Wreath</i> (AR) 6:00 Cards Club (AR) Armed Forces Day
21	22	23	24	25	26	27
9:30 Morning Exercise (AR) 10:00 Making it Easy Cooking Club (AR) 1:15 Musical Entertainment with Hershey Mennonite Church (FL) 2:00 Jingo (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship	9:30 Morning Exercise (AR) 10:00 Celebrating Victoria Day With Victorian Slang Trivia (AR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie (AR) 2:30 Country Side Ride **(OOB) 6:00 Rummikub (FL)	9:30 Morning Exercise (AR) 10:00 Name that Tune (AR) 1:30 Circle of Friends (CR) 2:00 Ed-U Art Presentation <i>CompARiTiVe Art: Impulses behind the Images with Martin Bradfield</i> (AR) 3:00 Faith Studies (P) 3:30 Flight Club with Chef Joe (AR) 6:00 Evening Bingo with Adam (AR)	9:30 Morning Exercise (AR) 10:00 Community Aide **\$(OOB) 10:15 Life Chats with Chaplain Shawn (P) 1:30 Mid-Week Worship Service (CR) 2:00 Fireside Chat with Howard, E.D. (AR) 3:15 History Buffs <i>Shavuot</i> 6:00 Popcorn & Movie: <i>Steel Magnolias</i> (CR)	9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Shavuot True or False (AR) 1:30 Welcome Ambassador Committee (P) 2:00 Celebration of Life (CR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) Shavuot	9:30 Morning Exercise (AR) 10:00 Manicure and Music (CR) 10:30 Cranium Crunches (CR) 1:30 Mens Club Poker (P) 2:00 Intro to Painting with Bob Ross (AR) 3:00 Heat and Sun Safety Day (AR) 6:00 Resident Ran Bingo (AR)	9:30 Morning Exercise (AR) 10:00 Doughnut Mind if I Do (AR) 10:30 Moral Dilemma & Discussion (AR) 1:15 TED Talks Medical Miracle on Everest By Ken Kamler Director of the Science Advisory Board w/ The Explores Club (AR) 3:00 Crafters Corner <i>Patriotic Balloon Lanterns</i> (AR) 6:00 Cards Club (AR)
28	29	30	31			
9:30 Morning Exercise (AR) 10:00 Making it Easy Cooking Club (AR) 1:15 Which War Was It Trivia Game (AR) 2:00 Pokeno (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship Pentecost	9:30 Morning Exercise (AR) 10:00 Memorial Day in Arlington (AR) 10:30 Grief Share and Support Group (P) 11:30/12 Memorial Day Picnic (DR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie (AR) 2:30 Country Side Ride **(OOB) 6:00 Rummikub (FL) Memorial Day	9:30 Morning Exercise (AR) 10:00 Name that Tune (AR) 1:30 Circle of Friends (CR) 2:00 Musical Entertainment Featuring Joe Crispell (AR) 3:00 Faith Studies (P) 3:30 Cooking Creations with Chef Joe (AR) 6:00 Evening Bingo with Adam (AR)	9:30 Morning Exercises (AR) 10:00 Shopping Trip Walmart **\$(OOB) 10:15 Life Chats with Chaplain Shawn (P) 1:30 Mid-Week Worship Service (CR) 2:00 Creatures Great and Small (AR) 3:15 History Buffs <i>Morse Code</i> (AR) 6:00 Popcorn & Movie: <i>My Best Friend's Wedding</i> (CR)			

Calendar Key:
 ** Registration Required
 \$\$ Cost Involved
 (AR) Activity Room
 (P) Pub
 (CR) Community Room
 (DR) Dining Room
 (FL) Front Lobby
 (100P) 100 Hall Patio
 (CN) Connections