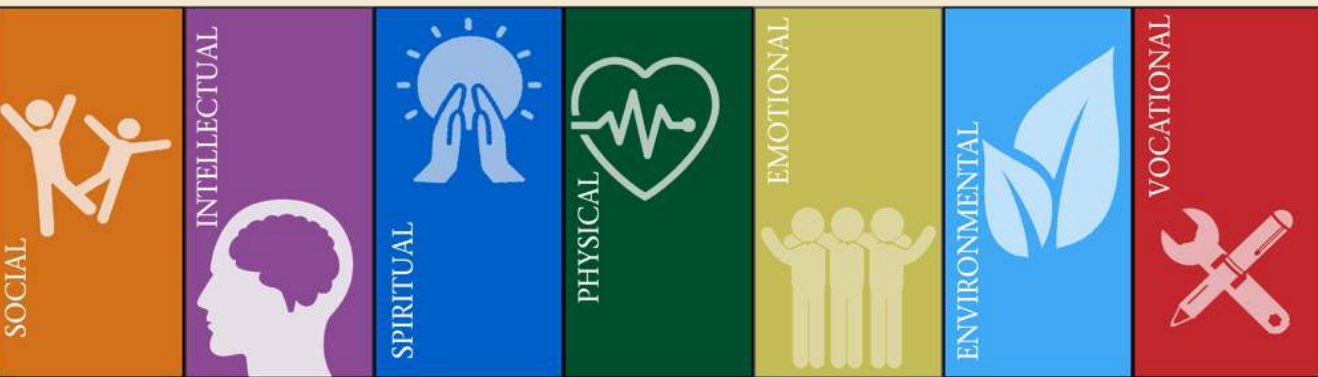


Focus on Wellness

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

Barbara Zahay
Judith Schraeder
Gary Edick
Dorothe Schmerfeld
Anthony Tomaselli
Rosemary Acri
Violet Nicholas
Charles Morris Swartley
Jeanette Micene

June

Helen George
Joanne Bard
Alfred Carl
Sandra Seymour
Grace Suda
Elizabeth Duffy
Raymond Niedzwiecki
Jane Zinn

Lois Ecker
Joan Conway
Lillian Curry
Barbara Warakomski



Providence Place SENIOR LIVING News

Q2: May 2023

A Note from the Executive Director

They say April showers bring May flowers, so we should be headed for a beautiful May! Our grounds have been cleared from all winter debris, our awning is up, and we are officially ready for summer to arrive.

We have a lot to look forward to this month. We will celebrate our mothers with brunch on Sunday, May 14th from 10:30-12:30pm. Be sure to make a reservation with the receptionist if your family will be attending -- the menu is posted, and it looks amazing! Our dining team will be working hard to make this brunch extra special for you.

Don't forget to mark your calendars for June 24th, the date of our annual summer party. Preparations are underway to make it the biggest and best one yet, we hope to see you and your families there. We will have plenty of food and fun for everyone to enjoy!

Thank you to all residents, families, and staff for your continued support. Each of you is a valued part of our community. As always, I am available for any ideas or concerns.

Sincerely,

Melissa Jacoby

Executive Director

Highlighted Events

- 2 – **Dining Demo with Chef Ashley**
Homemade Empanadas @ 3pm
- 6 – **Kentucky Derby Super Social**
@ 2:30pm
- 14 – **Mother's Day Brunch**
@ 10:30am–12:30pm – *Families Welcome!*
- 20 – **Tip Tap Toe Dance Recital**
@ 1:45pm – *Connections*
- 24 – **Railriders Baseball Game**
Outing @ 11am
- 25 – **Dementia Support Group**
@ 6pm – *Connections*
- 29 – **Memorial Day Picnic & Entertainment** @ 11am
- 31 – **Diner's Lunch Caravan:**
Moe's Southwest Grill @ 10:30am

Welcome New Residents

Carla S.
Joseph S.
Nancy S.
Mary M.
Jane B.
Jim B.
Dorothe 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</h1> <h1>2023</h1>	1 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 Mother Goose Day Trivia (CN) 2:30 May Day Around the World (3rd) 3:30 Movie Matinee Committee (3rd) 6:30 Pinochle Players Club (3rd)	2 9:00 Daily Chronicle/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 3:00 Dining Demo with Chef Ashley (DR) 6:30 Scrabble (1st)	3 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 iN2L Destination Discovery: Mexico Great Pyramid of Cholula (2nd) 2:30 Craft Club: Kentucky Derby Hats (CN) 4:00 Junk Drawer Detective (1st) 6:30 Dominoes (1st)	4 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Cooking Club: Guacamole (C) 1:30 Dance 101: Learn the Macarena (2nd) 2:30 Memory Magic (2nd) 3:30 Dot Doodles (3rd) 6:30 Pinochle Players Club (3rd)	5 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Craft Club: Pinch Pots (2nd) 12:30 History of Cinco De Mayo (CN) 2:30 Cinco de Mayo Celebration (3rd) 3:30 Soul Club: Chicken Soup for the Soul (2nd) 6:30 Boggle (1st)	6 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 TED Talk & Discussion: <i>The Puzzle of Motivation</i> (2nd) 1:30 Crossword Puzzles (CN) 2:30 Kentucky Derby Super Social (3rd) 3:30 Hymn Sing (Ch) 6:00 Kentucky Derby on TV (3rd)	
	7 9:00 Daily Chronicle/Inspiration (2nd) 9:00 TV Catholic Mass (3rd) 10:00 Finishing Lines (2nd) 10:30 Hand Weights Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Jenga (1st)	8 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 12:30 iN2L: Would You Rather (CN) 2:30 Cooking Club: Cupcake Decorating (CN) 3:30 Craft Club: Paint Pinch Pots (2nd) 6:30 Pinochle Players Club (3rd)	9 9:00 Daily Chronicle/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Manicures & Mocktails (3rd) 2:30 Brain Crunches (2nd) 3:00 Food for Thought & Tasting: Rhubarb (C) 6:30 Scrabble (1st)	10 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 iN2L Destination Discovery: Mexico San Ignacio Lagoon (2nd) 12:30 National Pet Month: Reminiscing (CN) 2:30 Craft Club: Spring Flower Suncatchers 4:00 May Birthday Celebration (DR) 6:30 Dominoes (1st)	11 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 1:30 iN2L: May Trivia Challenge (CN) 2:30 Junk Drawer Detective (CN) 1:30 Hymn Sing (Ch) 2:45 Bingo (3rd) 4:00 TV Moms Word Puzzle (1st) 6:30 Pinochle Players Club (3rd)	12 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Cooking Club: Quesadillas (C) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciarella (2nd) 3:30 Focus on Health: Blood Pressure Checks (3rd) 6:30 Boggle (1st)	13 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable Gardens (C) 1:30 Karaoke (3rd) 2:30 Musical Entertainment By George Rittenhouse (DR) 3:30 Margaritas & Maracas Super Happy Hour (1st) 6:30 Rummikub (1st)
	14 9:00 Daily Chronicle/Inspiration (2nd) 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Zumba with Alyson Cara (2nd) 10:30-12:30 Mother's Day Brunch (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Mother's Day Paparazzi Jewelry Bingo (3rd) 6:30 Jenga (1st) Mother's Day	15 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 "Campus Store" Cart (2nd) 2:30 Cooking Club: Cookies for National Chocolate Chip Cookie Day 3:30 Famous Birthday Spotlight: L. Frank Baum (3rd) 6:30 Matinee: <i>The Wizard of Oz</i> (2nd)	16 9:00 Daily Chronicle/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:30 Walking with Friends (CN) 6:30 Scrabble (1st)	17 9:00 Daily Chronicle/Inspiration (2nd) 9:30 <i>All About May</i> Trivia (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise By Carrie of Powerback Rehab (2nd) 12:30 Ball Toss (CN) 2:30 iN2L: Family Feud (CN) 4:00 Destination Discovery Dinner: Tastes of Mexico (DR) 6:30 Dominoes (1st)	18 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 iN2L: Destination Discovery: Monarch Butterfly Biosphere Reserve (2nd) 1:30 Stained Glass Butterflies (2nd) 6:30 Pinochle Players Club (3rd)	19 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 1:00 Ed-U Trip: Hazleton Art League Gallery** (OOB) 3:30 Armed Forces Crossword Challenge (1st) 6:30 Boggle (1st)	20 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Military Branch Trivia (2nd) 1:45 Community Outreach: Spring Recital: Tip Tap Toe Dance Academy (CN) 3:00 PP Retired Servicemen Salute (3rd) 3:30 Patriotic Singalong (3rd) 6:30 Rummikub (1st) Armed Forces Day
	21 9:00 Daily Chronicle/Inspiration (2nd) 9:00 TV Catholic Mass (3rd) 10:00 Finishing Lines (2nd) 10:30 Hand Weights Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Jenga (1st)	22 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 Bible Study with Deacon Bob (DR) 2:30 Universal Yums (CN) 3:30 Red or Black Card Game (2nd) 6:30 Pinochle Players Club (3rd)	23 9:00 Daily Chronicle/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 iN2L: This or That (CN) 2:30 Cooking Club: Root Beer Floats (CN) 6:30 Scrabble (1st)	24 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Balance in Action Exercise (2nd) 9:45 Sports Trip: PNC Field: Scranton/WB Railriders Baseball Game**\$\$\$ (OOB) 10:00 Prayer Service with Chap. Bev (Ch) 3:30 iN2L Destination Discovery: Mexico Catedral Metropolitana (2nd) 6:30 Dominoes (1st)	25 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Shavuot: The Festival of Weeks (C) 2:30 Craft Club: Paper Butterfly's (CN) 6:30 Pinochle Players Club (3rd) Shavuot	26 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Craft Club: Poppies (2nd) 12:30 Time Slips (CN) 2:30 Celebration of Life Service (Ch) 3:30 Cranium Crunches (1st) 6:30 Boggle (1st)	27 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable Gardens (C) 1:30 Walking with Friends (ML) 3:30 Tequila Sunrise Super Happy Hour (1st) 6:30 Rummikub (1st)
	28 9:00 Daily Chronicle/Inspiration (2nd) 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Zumba with Alyson Cara (2nd) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo 6:30 Jenga (1st) Pentecost	29 9:00 Daily Chronicle/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 Thank You Notes For <i>Operation Gratitude</i> (3rd) 2:30 Musical Entertainment by Glenn Faul (DR) 6:30 Pinochle Players Club (3rd) Memorial Day	30 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:45 Bingo (3rd) 6:30 Scarbble (1st)	31 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Strength Nation (CN) 1:30 Ice Cream Social (CN) 2:30 Manicures and Hand Massages 3:30 iN2L Destination Discovery: Mexico Guanajuato (2nd) 6:30 Dominoes (1st)	<div style="text-align: center;"> <h1>THE</h1> <h1>Club</h1> </div>		Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C), Connections (CN)