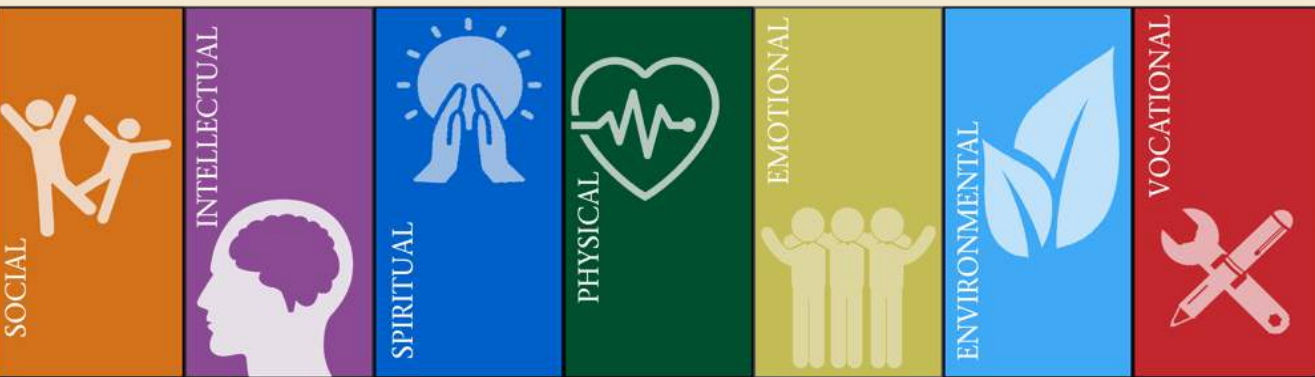


# Focus on Wellness

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



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)



# 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 14<sup>th</sup> 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 24<sup>th</sup>, 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>May</h1> <h1>2023</h1>	1	2	3	4	5	6
	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:45 Today in History (2nd) 2:30 May Day Around the World (3rd) 3:30 Movie Matinee Committee (3rd) 6:30 Pinochle Players Club (3rd)	9:30 Shopping Trip: Walmart***\$\$ (OOB) 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)	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) 1:30 Circle of Friends (SR) 2:45 Bingo (3rd) 4:00 Junk Drawer Detective (1st) 6:30 Dominoes (1st)	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 Ed-U Presentation: <i>Freedom &amp; Liberty Through Art:                French &amp; Mexican Revolutions</i> By Martin Bradfield (3rd) 3:30 Dot Doodles (3rd) 6:30 Pinochle Players Club (3rd)	9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Craft Club: Pinch Pots (2nd) 1:30 Dealing with Loss Support Group (SR) 2:30 Cinco de Mayo Celebration (3rd) 3:30 Soul Club: Chicken Soup for the Soul (2nd) 6:30 Boggle (1st)	9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 TED Talk & Discussion: <i>The Puzzle of Motivation</i> (2nd) 1:30 Community Life Planning Mtg. (2nd) 2:30 Kentucky Derby Super Social (3rd) 3:30 Hymn Sing (Ch) 6:00 Kentucky Derby on TV (3rd)
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	10	11	12	13
	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob (DR) 3:00 Sunshine Committee (2nd) 3:30 Craft Club: Paint Pinch Pots (2nd) 6:30 Pinochle Players Club (3rd)	9:30 Retail Shopping: Bosco's***\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Manicures & Mocktails (3rd) 3:00 Food for Thought & Tasting: Rhubarb (C) 6:30 Scrabble (1st)	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) 1:30 Circle of Friends (SR) 2:30 Ed-U Presentation: <i>Unsung Women of the 18th Century</i> By Joe & Dolores McDevitt (3rd) 4:00 May Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Men's Club Trip: "Clips & Pitz" Full Klips Barber Shop Lunch at Fratelli's Pizzeria***\$\$ (OOB) 1:30 Hymn Sing (Ch) 2:45 Bingo (3rd) 4:00 TV Moms Word Puzzle (1st) 6:30 Pinochle Players Club (3rd)	9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Cooking Club: Quesadillas (C) 1:30 Dealing with Loss Support Group (SR) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciavella (2nd) 3:30 Focus on Health: Blood Pressure Checks (3rd) 6:30 Boggle (1st)	9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable Gardens (C) 1:30 X-Box Bowling (2nd) 2:30 Musical Entertainment By George Rittenhouse (DR) 3:30 Margaritas & Maracas Super Happy Hour (1st) 6:30 Rummikub (1st)
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 <i>Paparazzi Jewelry Bingo</i> (3rd) 6:30 Jenga (1st) Mother's Day	15	16	17	18	19	20
	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 "Campus Store" Cart (2nd) 2:30 Craft with ED, Melissa (3rd) 3:30 Famous Birthday Spotlight: L. Frank Baum (3rd) 6:30 Matinee: <i>The Wizard of Oz</i> (2nd) 6:30 Pinochle Players Club (3rd)	9:30 Shopping Trip: Dollar Tree/Aldi's***\$\$ (OOB) 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 Scrabble (1st)	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) 1:30 Circle of Friends (SR) 2:45 Book Club (3rd) 4:00 Destination Discovery Dinner: Tastes of Mexico (DR) 6:30 Dominoes (1st)	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 Hymn Sing (Ch) 2:45 Bingo (3rd) 3:30 Men's Club: Billiards Tournament (2nd) 6:30 Pinochle Players Club (3rd)	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) 1:30 Dealing with Loss Support Group (SR) 2:30 Chef's Pairings with Chef Ashley (DR) 3:30 Armed Forces Crossword Challenge (1st) 6:30 Boggle (1st)	9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Military Branch Trivia (2nd) 1:45 Community Outreach: Spring Recital for Performance from 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
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	23	24	25	26	27
	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob (DR) 2:30 Celebrating Victoria Day: The Secret Language of Fans (2nd) 3:30 Red or Black Card Game (2nd) 6:30 Pinochle Players Club (3rd)	9:30 Shopping Trip: TJ Maxx***\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:45 Welcome Ambassador Committee Meeting (2nd) 2:45 Bingo (3rd) 6:30 Scrabble (1st)	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) 1:30 Circle of Friends (SR) 2:30 Dessert & Discussion With Chef Ashley (DR) 3:30 iN2L Destination Discovery to Mexico: <i>Catedral Metropolitana</i> (2nd) 6:30 Dominoes (1st)	9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Shavuot: The Festival of Weeks (C) 1:30 Hymn Sing (Ch) 2:30 Ed-U Health Presentation: <i>Exercise &amp; Fitness Awareness</i> By DOW, Danielle 6:00 Dementia Support Group (3rd) 6:30 Pinochle Players Club (3rd) Shavuot	9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Craft Club: Memorial Day Poppies (2nd) 1:30 Dealing with Loss Support Group (SR) 2:30 Celebration of Life Service (Ch) 3:30 Cranium Crunches (1st) 6:30 Boggle (1st)	9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable Gardens (C) 1:30 X-Box Bowling (2nd) 2:30 Ed-U Presentation: America-Nation of Immigrants By Lester Hirsh (DR) 3:30 Tequila Sunrise Super Happy Hour (1st) 6:30 Rummikub (1st)
9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Jenga (1st) Pentecost	29	30	31			<b>Calendar Key:</b> ** 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)
	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 11:00-1:00 Memorial Day Picnic (DR & FP) 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	9:30 Trip Out: Ochs Farm Market***\$\$ (OOB) 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 Scrabble (1st)	9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Diner's Lunch Caravan: Moe's Southwest Grill***\$\$ (OOB) 1:30 Circle of Friends (SR) 2:30 Dining Service Committee Mtg. (3rd) 3:30 iN2L Destination Discovery to Mexico: <i>Guanajuato</i> (2nd) 6:30 Dominoes (1st)			