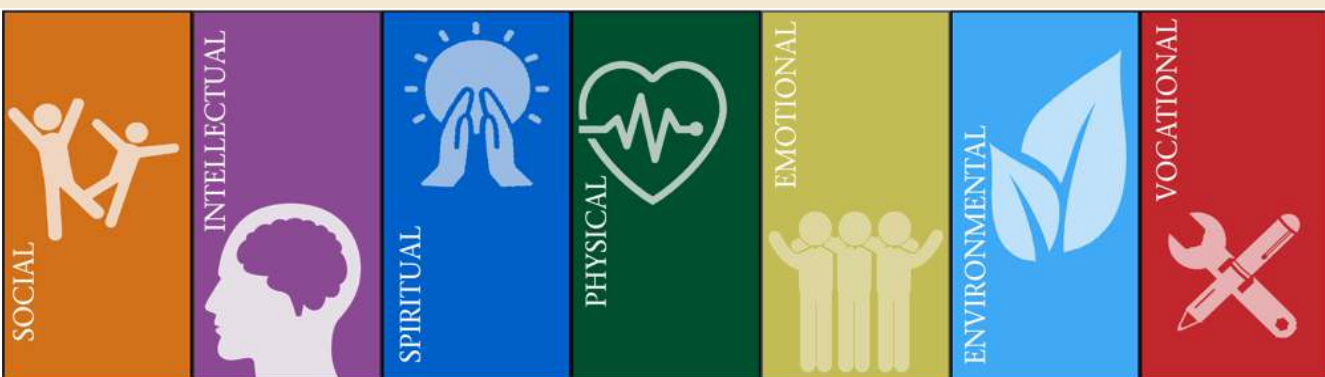


Focus on Wellness

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

Elsie Fragale
Velma Breidigan
Ann O'Connell
Robert Antanavage
Joan Grapsy
Francis Purcell
Pauline Dunkelberger

June

John Luchanin
Ruth Terwilliger
Lynn Korn
John Sinisi
Judith Thomas
Mary D'Allessandro
Mary Flanagan
Phyllis Shoener
Margarat Antanavage



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



Providence Place SENIOR LIVING News

Q2: May 2023

A Note from the Executive Director

We are looking forward to sunny days here in our Pottsville community. Our residents are looking forward to sitting out on the porches and decks and breathing some fresh spring air.

Our team is getting ready for our Triple Crown Events planned at our community – join in on the fun! We continue to host our monthly dementia support group (May 25th is our next meeting) and we are proud to be hosting our annual Mother's Day Tea Social. Please RSVP to reserve a spot with your loved one for 2pm or 3pm.

Our highly anticipated Summer Concert Series will be starting in June as well – these outdoor events are fantastic for the entire family and greater community members. *Save the dates.*

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.

All the best,

Melissa Melnick

Executive Director

Highlighted Events

- 14 – **Mother's Day Tea Social**
@ 2pm-4pm – *Families Welcome*
Please RSVP to reception!
- 24 – **EdU Presentation:** The Unsung Women of History @ 2pm
- 25 – **Hollywood Casino Outing**
@ 11am
- 25 – **Dementia Support Group**
@ 6pm

Welcome New Residents

Ann O.
John B.
Marcie G.
John L.
Phillip P.
Elwood M.
Fay D.
Herman B.
Helen S.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>May 2023</h1>	1 9:00 Walking Warriors (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Reminiscing w/ Music (P) 2:30 Brain Games: May Trivia (P) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Porch Fellowship (FP)	2 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Picket Fence Flower Arrangements (A) 12:00 Souper Tuesday Luncheon: Gazpacho (P) 1:00 Junk Drawer Detective (1FP) 2:00 Craft: Painting Frames (1FP) 3:00 Walk for Heart Health (PL) 6:00 Nickel Bingo \$\$ (P)	3 9:00 Coffee, Donuts, & Discussion (P) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Lite & Lively (A) 11:00 Reading Republican & Menu (L) 1:00 Country Ride (OOB) 2:30 Acrylic Art w/ Shannon Haley (P) 3:00 Kentucky Derby Social for Staff & Residents (P) 4:00 Walk for Heart Health (TB) 6:00 Porch Fellowship (FP)	4 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Clay Flower Impressions with Watercolors (A) 11:00 Reading Republican & Menu (L) 1:30 Seated Exercise w/ Michele (CN) 2:00 Bingo (CN) 3:00 Humm...ble Melodies Game (CN) 3:30 Hydration & Humor (CN) 4:00 Walk for Heart Health (TB)	5 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Easy Listening (A) 10:30 Manicures & Warm Towel Hand Massages (A) 11:00 Reading Republican & Menu (L) 1:30 Zumba with Michele (P) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 4:00 Walk for Heart Health (TB)	6 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Morning Fitness (A) 10:00 Auto Racing (P) 11:00 Reading Republican & Menu (L) 1:00 Helping Hands: Bingo Set Up (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Running of the Bulls in Pamplona (P) 4:00 Walk for Heart Health (TB) 6:00 Porch Fellowship (FP)
7 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:00 Popcorn & Movie: <i>Stepmom</i> (P) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB)	8 9:00 Fact or Fiction (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Clor Me Calm (1FP) 2:00 Bean Bag Toss (1FP) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Porch Fellowship (FP)	9 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Culinary Creations: Honey Lime Fruit Salad (A) 11:00 Reading Republican & Menu (L) 1:00 Penny Pitching (P) 2:00 Gazebo Games (PL) 3:00 Walk for Heart Health (PL) 6:00 Nickel Bingo \$\$ (P)	10 9:00 Coffee, Donuts, & Discussion (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Protestant Worship Service (CH) 10:30 Strength Training (P) 1:00 Country Ride (OOB) 2:00 Reminiscing w/ Music (P) 3:00 Hamburger Social Hour (P) 4:00 Walk for Heart Health (TB) 6:00 Porch Fellowship (FP)	11 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Craft: Ocean Themed Coasters (A) 11:00 Reading Republican & Menu (L) 1:30 Seated Exercise w/ Michele (CN) 2:30 Music Engagement w/ Cynthia (CN) 3:00 Garden Club: (1FP) 3:30 Hydration & Humor (1FP) 4:00 Walk for Heart Health (TB)	12 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Curls for Girls ** (P) 11:00 Reading Republican & Menu (L) 1:30 Zumba w/ Michele (P) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 4:00 Walk for Heart Health (TB) 6:30 Life Happens Support Group (CH)	13 9:00 Morning Meeting & Daily Chronicle (P) 9:30 Morning Fitness (P) 10:00 Garden Club & Pet Visit 11:00 Reading Republican & Menu (L) 1:30 Craft Corner: Coffee Filter Butterflies (CN) 2:30 Happy Hour (CN) 3:30 Trivia (CN) 4:00 Walk for Heart Health (TB)
14 9:00 Morning Meeting & Daily Chronicle (A) 9:30 St. John's UCC: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:30 Mother's Day Tea Social (CN) 2:30 Puzzles & Ponderings (CN) 3:00 Memory Magic (CN) 4:00 Walk for Heart Health (TB) Mother's Day	15 9:00 Brain Games (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Welcome Committee Meeting (P) 2:00 "Shut the Box" (P) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Porch Fellowship (FP)	16 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Craft: Painting Rocks (A) 12:00 Souper Tuesday Luncheon: Albondigas (P) 1:30 Golden Girls (A) 2:00 White Board Challenge (A) 3:00 Art: Watercolors (A) 4:00 Walk for Heart Health (TB) 6:00 Nickel Bingo \$\$ (P)	17 9:00 Coffee, Donuts, & Discussion (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Seated Exercise (P) 11:00 Reading Republican & Menu (L) 1:00 Country Ride (OOB) 2:00 Fireside Chats (P) 3:00 Preakness Social Hour for Staff & Residents (P) 4:00 Walk for Heart Health (TB) 6:00 Porch Fellowship (FP)	18 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Decoupage Vintage Girl Plates (P) 11:00 Reading Republican & Menu (L) 1:30 Appreciation Club: Armed Forces Gift Box (P) 2:00 Drum Circle w/ Joe (P) 3:00 Craft: Spanish Tile Coaster (P) 4:00 Walk for Heart Health (TB) 6:00 Parachute: Popping Blossoms (P)	19 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:15 Easy Listening (A) 10:30 Manicures & Warm Towel Hand Massages (A) 11:00 Reading Republican & Menu (L) 1:30 Zumba w/ Michele (P) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 4:00 Walk for Heart Health (TB)	20 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Morning Fitness (A) 10:00 Patriotic Sing-A-Long (P) 11:00 Reading Republican & Menu (L) 1:30 Helping Hands; Bingo Set Up (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Bull Fight (P) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L) Armed Forces Day
21 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 2:00 Musical Entertainment: John Cosentini (P) 3:00 Communion Service (CH) 3:30 Bible Study (P) 4:00 Walk for Heart Health (TB)	22 9:00 Brain Games (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga with Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Word Search (CH) 2:00 Urban Myth Game (CH) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 3:30 Pet Visit (P) 4:00 Walk for Heart Health (TB)	23 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Culinary Creations: Banana & Chocolate Chip Muffins (A) 11:00 Reading Republican & Menu (L) 1:00 Afternoon in Saville w/ Flamenco (P) 2:00 Root Beer Floats (1FP) 3:00 Word In Word (1stFP) 4:00 Walk for Heart Health (TB) 6:00 Nickel Bingo \$\$ (P)	24 9:00 Coffee, Donuts, & Discussion (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Protestant Worship Service (P) 10:30 Drum Stick Exercise (P) 11:00 Reading Republican & Menu (L) 1:30 Reminiscing w/ Music (P) 2:00 Ed-U Presentation: <i>Unsung Women of History</i> by Joe & Delores Mc Devitt (P) 3:00 Strawberry Social Hour (P) 4:00 Walk for Heart Health (TB)	25 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 UNO (A) 11:00 Day Excursion: Hollywood Casino (OOB) 1:30 Seated Exercise w/ Michele (CN) 3:00 Craft: Flamenco Sculpture (P) 3:30 Hydration & Humor (P) 5:00 Resident Birthday Party (P) Shavuot	26 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Curls for Girls ** (P) 11:00 Reading Republican & Menu (L) 1:30 Zumba with Michele (P) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 4:00 Walk for Heart Health (TB)	27 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Morning Fitness (A) 10:00 Memory Magic (A) 11:00 Reading Republican & Menu (L) 1:30 Bingo (CN) 2:00 Sweet Tea & Trivia (CN) 3:00 Reminiscing: Serving Our Country (CN) 4:00 Walk for Heart Health (TB)
28 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:30 Balloon Volley (CN) 2:00 Hydration Station (CN) 3:00 Name That Tune (CN) 4:00 Walk for Heart Health (TB) Pentecost	29 9:00 Brain Games (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:00 Helping Hands: Set Up for Picnic (1FP) 11:00 Reading Republican & Menu (L) 12:00 Memorial Day Picnic (1FP) 3:00 Communion Service (CH) 3:30 Patriotic Sing-A-Long & Changing of The Guard at ANC (P) Memorial Day	30 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Catching Questions (P) 11:00 Reading Republican & Menu (L) 1:00 Afternoon Tour of Barcelona (P) 2:00 Watermelon Social (1FP) 3:00 Springtime Songs & Trivia (1FP) 4:00 Walk for Heart Health (TB) 6:00 Nickel Bingo \$\$ (P)	31 9:00 Coffee, Donuts, & Discussion (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Seated Dance Workout (P) 11:00 Reading Republican & Menu (L) 1:30 Word Search (P) 2:00 Ed-U Presentation: <i>The Importance of Bees</i> by Molly Goslin of Cedar Hill Homestead (P) 3:00 Wildflower Social Hour (P) 4:00 Walk for Heart Health (TB)	<h1>THE Club</h1>		Calendar Key: ** Registration Required \$\$ Cost Involved First Floor Patio (1FP) Front Porch (FP) Chapel (CH) Parking Lot (PL) Activity Room (A) Connections (CN) Throughout Building (TB) Lobby (L) Out of Building (OOB) Third Floor South Lounge (3FSL)