

APRIL 2026

# THE PROVIDENCE POST

THE OFFICIAL NEWSLETTER OF PROVIDENCE PLACE & THE GARDENS

SPRING HAS SPRUNG AT PROVIDENCE PLACE & THE GARDENS!



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"In the springtime, the heart regrows hope." — Angie Weiland-Crosby

# STELLAR STAFF!

WE LOVE TO HAVE FUN WITH OUR  
WONDERFUL RESIDENTS!  
CAN YOU TELL?



## JILL'S JOLLY

We're not fooling this April! Our community is on track to reach 100% occupancy by the end of the month! While April 1<sup>st</sup> may bring a few playful surprises, the excitement here is very real as more residents choose to call our community home. Thank you for helping us grow such a vibrant, welcoming place to live. Here's to a full house and a wonderful Spring ahead!





### **JESSICA'S JUICE**

April is here, bringing the perfect opportunity to focus on health and enjoy the season! Here are some simple tips to keep you feeling your best:

1. Get Active Outdoors:

Enjoy the warmer weather with a walk, garden time, or gentle exercise outside. Fresh air and movement boost energy and mood.

2. Stay Hydrated:

As temperatures rise, drink plenty of water and eat water-rich foods like cucumbers and oranges to stay refreshed.

3. Eat Fresh Spring Foods:

Take advantage of seasonal veggies like spinach and peas, which are packed with vitamins to keep you feeling energized.

4. Prioritize Sleep:

Aim for 7-9 hours each night to support your overall health and well-being.

5. Stay Connected:

Spend time with loved ones or join group activities—social connections boost happiness and reduce stress.

Here's to a healthy and happy April!

### **TIME WITH TIERNEY**

Welcome to April! As the new Activities Director at Providence Place Assisted Living, I am so excited to bring some vitality back into our residents' everyday lives! I have lots of beautiful crafts, fun, unique games, and exciting new performers on the schedule for April. We will be creating lovely Easter Egg suncatchers on Good Friday and having an interactive storytime led by The Gardens' AD, Kim, on Easter Sunday. Entertainers Tim Moore and Taylor Harris will be gracing our community with their talents. Make sure to check the calendar for dates! We have also rescheduled our Senior Prom Family Night for Friday, April 24<sup>th</sup>, from 4:30-6:00 pm at Providence Place. Dress in your best and join us for a night of fun! We hope to see you there!

I would also like to ask everyone to say hello to Angela, who has taken over at the front desk. I know you all will make her feel welcome at Providence Place!



### **KIM'S KEEP UP**

"He is not here; He has risen!" Luke 24:6

Spring is a beautiful reminder of new life and hope, and nothing reflects that more than the joy of Easter. As flowers bloom and the days grow brighter, we are reminded of the greatest gift of all: Jesus' love and sacrifice for us.

Easter is not just a holiday- it is the celebration of the resurrection of Jesus Christ, who conquered death so that we may have eternal life. His story is one of grace, forgiveness, and unending hope.

This month, we will be celebrating on Sunday, April 5<sup>th</sup> at 2 pm. All families are welcome to join us at the Gardens, as I will be presenting "The Resurrection Eggs" interactive storytime and singing hymns. Throughout this month, we will be doing Easter crafts and decorating, as well as Bible readings and devotional time. Spring-themed games and music are also on the calendar for April, as well as our daily exercises. As usual, we will be taking frequent bus rides to the barn to see the horses. I know Tokota is looking forward to shedding his Winter coat and getting ready for the upcoming shows he will participate in. Getting in the show ring with Tokota is always special for me. Whether we win or not, I always tell him we are winners just by showing up.

I also wanted to take a moment to sincerely thank all of the families for the trust you place in me each day. It is truly an honor to spend time with your loved ones and be a part of their lives.

And as always,  
See you down the trail,  
Kim



## CANDACE'S CORNER

Spring is finally upon us, and that means the menu will adapt to reflect more seasonal fare. Spring greens, strawberries, leeks, rhubarb, cauliflower, asparagus, and much more are at their peak this time of year. In case you missed our culinary council meeting last month, here are a few changes that happened based on residents' input.



- Hazelnut and French vanilla creamer pumps are available at the coffee station.
- Ketchup bottles are now available on the tables
- Peach ice cream is available while supplies last
- Honey packets have been made available to residents upon request
- More cream corn added to menu rotation

These are just some of the changes made at the behest of our residents, and we are excited to hear feedback. Remember to fill out an alternative meal ticket if you want something other than the special, or even if you change your mind. We want you to enjoy your meal experience.

## ROBERT'S REPORT

Due to some recent events, we need to remind everyone that wet wipes, whether they claim to be "flushable" or not, need to be disposed of in a trash can and not the commode/toilet. Thank you for your attention to this matter.



## EVAN'S EMPOWERMENT

April marks the start of National Stress Awareness Month – a perfect time to focus on simple and healthy habits to help us feel calmer and more in control. One of the most powerful tools for managing stress is something we all can easily add to our daily routines: exercise. As we age, life can bring new stressors. While we can't eliminate stress completely, we can change how our bodies respond to it. Exercise helps release natural "feel-good" chemicals in the body called endorphins. Endorphins help to improve mood, lower anxiety, promote better sleep, reduce muscle tension, and boost overall energy. Exercise also helps lower levels of the stress hormone, cortisol, to help your body return to a calmer state. Exercise doesn't need to be intense to feel these benefits. Try going around the halls daily, do some light seated exercises in your room or with a friend, and take advantage of Providence Place's morning exercise program. If you start slow and build gradually, this April, you can celebrate that movement is medicine. Your well-being is important – it's never too late to start a new healthy habit.



# **APRIL BIRTHDAYS**

## **THE GARDENS**

4/4 - Jerry Farmer  
4/13 - Joanne Boyle  
4/26 - Barbara Lawson

## **PROVIDENCE PLACE**

4/1 - Betty Henson  
4/2 - Clarence Johnson  
4/26 - Joe Scarpelli

# **MEET YOUR NEW NEIGHBORS**

## **PROVIDENCE PLACE**

Valerie Kibler

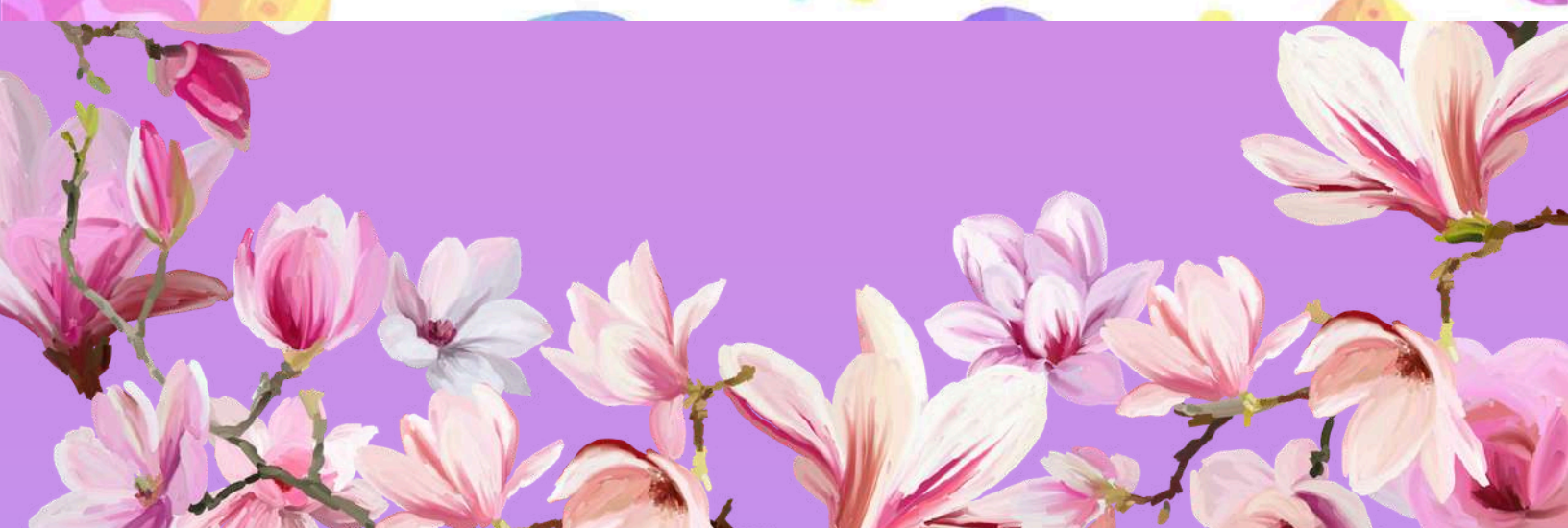
## **THE GARDENS**

Ann Keller  
James Haney

# PROVIDENCE PLACE APRIL CALENDAR

April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Providence Place Assisted Living</b>			<b>April Fools Day</b> 1 9:30 Activities Survey (Individual Activity in Rooms) 10:30 Bible Study with Connie 1:00 Scenic Bus Ride 3:30 Granny Pants Ball Toss  Happy Birthday, Betty H!	9:30 Activities Survey (Individual Activity in Rooms) 11:00 *New Game* Hot Potato 1:00 BINGO 3:00 Word Scramble  Happy Birthday, Clarence J!	<b>Good Friday</b> 3 9:30 Activities Survey (Individual Activity in Rooms) 11:00 Easter Trivia 1:30 Easter Egg Suncatcher Craft 3:00 Peter Rabbit (Movie)	Rest & Relaxation 4
<b>Easter</b> 5 1:00 Resurrection Eggs - Interactive Story of Easter with Kim 3:00 Music with Fred	9:30 Exercise/Word Games with 6 Chris 11:00 *New Game* Would You Rather? 1:00 BINGO 3:00 Night at the Museum (movie)	9:30 Exercise/Word Games with 7 Chris 10:30 Worship with Rev. Vogtner 1:00 Resident Council Meeting 2:00 Tim Moore Music - NEW PERFORMER	9:30 Exercise/Word Games with 8 Chris 10:30 Bible Study with Connie 1:00 Scenic Bus Ride 3:30 Connect 4 Game	9:30 Exercise/Word Games with 9 Chris 11:00 *New Game* Animal Ring Toss 1:00 BINGO 2:30 Walk to Charlie Daniels Park	<b>National Hug Your Dog Day</b> 10 9:30 Exercise/Word Games with Chris 11:00 Out to Lunch: Homegrown Taproom & Kitchen 2:00 Visit from Winston the Saint Bernard 3:00 Dog Suncatcher Craft	Rest & Relaxation 11
3:00 Music with Fred 12	9:30 Exercise/Word Games with 13 Chris 11:00 *New Game* Velcro Darts 1:00 BINGO 2:30 Taylor Harris Music - NEW PERFORMER	<b>National Garden Day</b> 14 9:30 Exercise/Word Games with Chris 10:30 Worship with Rev. Vogtner 1:30 Wildflower Planting 3:30 Walk to Charlie Daniels Park	<b>World Art Day</b> 15 9:30 Exercise/Word Games with Chris 10:30 Bible Study with Connie 1:00 Scenic Bus Ride 3:00 Paint Your Neighbor Arts & Crafts	<b>World Elephant Day</b> 16 9:30 Exercise/Word Games with Chris 11:00 *New Game* Feed the Elephant 1:00 BINGO 2:30 The Elephant Whisperers (Documentary)	9:30 Exercise/Word Games with 17 Chris 11:00 World Trivia 1:00 Charades with Chris 3:00 *New Game* Catchphrase	Rest & Relaxation 18
3:00 Music with Fred 19	9:30 Exercise/Word Games with 20 Chris 10:30 String Painting Arts & Crafts 1:00 BINGO 3:00 Shopping Boutique	9:30 Exercise/Word Games with 21 Chris 10:30 Worship with Rev. Vogtner 2:00 Resident Kitchen Meeting 3:00 Unbroken Circle Music Performance	<b>Earth Day</b> 22 9:30 Exercise/Word Games with Chris 10:30 Bible Study with Connie 1:00 Scenic Bus Ride 2:00 Disney's Earth (Documentary)	<b>World Book Day</b> 23 9:30 Exercise/Word Games with Chris 10:30 Nail Salon 1:00 BINGO 3:00 Trip to Wilson Co. Library	<b>Arbor Day</b> 24 9:30 Exercise/Word Games with Chris 11:00 Ball of Questions Game 1:00 Cornhole with Chris 4:30-6 Senior Prom Family Night	Rest & Relaxation 25
3:00 Music with Fred 26  Happy Birthday, Joe S!	9:30 Exercise/Word Games with 27 Chris 11:00 Walk to Charlie Daniels Park 1:00 BINGO 3:00 April Birthday Party	<b>Great Poetry Reading Day</b> 28 9:30 Exercise/Word Games with Chris 10:30 Worship with Rev. Vogtner 1:00 *New Game* Hot Seat 3:00 e.e. cummings Poetry Reading	9:30 Exercise/Word Games with 29 Chris 10:30 Bible Study with Connie 1:00 Scenic Bus Ride 3:00 Spring Picture Frame Painting Arts & Crafts	<b>International Jazz Day Nation</b> 30 Tie Dye Day 9:30 Exercise/Word Games with Chris 11:00 *New Game* Music Man - Jazz Edition 1:00 BINGO 2:30 Tie Dye Party!	<b>*Activities Subject to Change</b>	



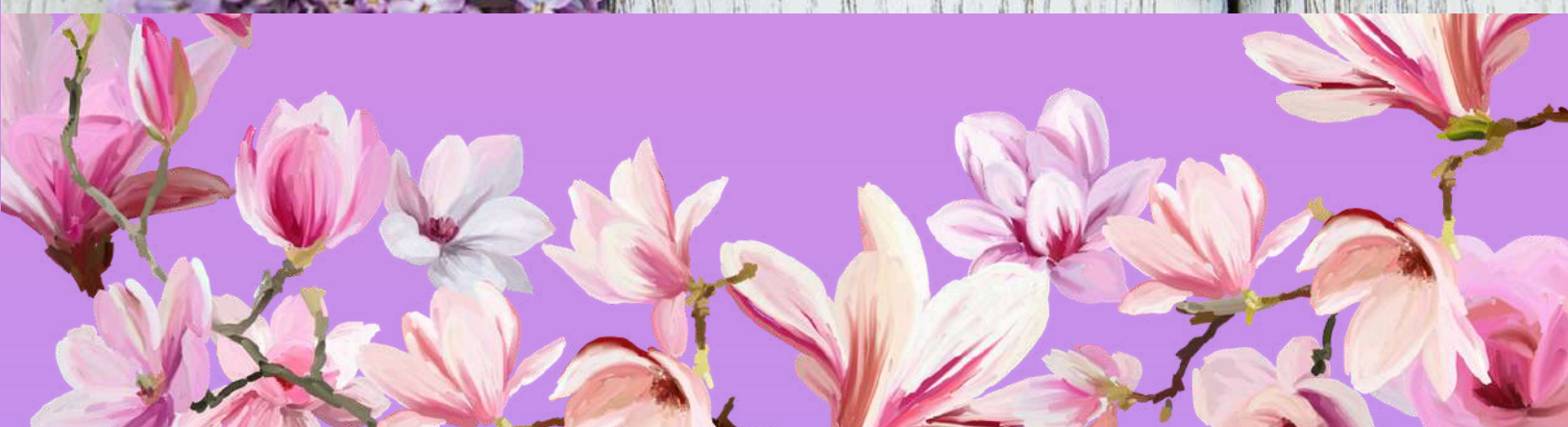
# THE GARDENS

## APRIL CALENDAR

April 2026

### The Garden's Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>April Fool's Day 1</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time/Bus Ride 2:45-3:30 table ball 3:45-4:30 word scramble 4:30-5:30 supper/hydration 6:00-7:00 tv/wind down for night 10:00 Pledge 10:30 Bible study with Pastor Raymond Vogtner	<b>2</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 corn hole 3:45-4:30 making words from words 4:30-5:30 supper/hydration 6:00-7:00 tv/wind down for night	<b>3</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 4 across 3:45-4:30 finish the song 4:30-5:30 supper/hydration	<b>4</b> Family visits  Activities table available  10:00 spring craft with Suzanne
<b>Easter Sunday 5</b> Resurrection Egg's with Kim At 2:00 pm And singing hymns	<b>6</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 fly swatter balloon 3:45-4:30 Memory chess 4:30-5:30 supper/hydration 6:00-7:00 tv/wind down for night	<b>7</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 kick ball 3:45-4:30 dominoes 4:30-5:30 supper/hydration 6:00-7:00 tv/wind down for night	<b>8</b> 11-12 lunch time 1:00-2:30 quiet time/Bus ride 2:45-3:30 balloon toss 3:45-4:30 what's in the box 4:30-5:30 supper/hydration 6:00-7:00 tv / wind down for night	<b>9</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 granny panties game 3:45-4:30 memory chess 6:00-7:00 tv/wind down for night	<b>10</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:30 visit from Winston 2:45-3:30 hungry hippo 3:45-4:30 crossword puzzle 4:30-5:30 supper/hydration 6:00-7:00 tv wind down for night	<b>11</b> Family visits  Activities table available  Puzzles Cross words Pictures to color
Family visits  Bible study with Butch  Activities tables available	<b>12</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 bowling 3:45-4:30 dominos 4:30-5:30 supper/hydration 6:00-7:00 tv/wind down for night	<b>13</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 table hungry hippo 3:45-4:30 craft 4:30-5:30 supper/hydration 6:00-7:00 tv/ wind down for night	<b>14</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 bowling 3:45 -4:30 Bingo 4:30-5:30 supper/hydration 6:00-7:00 tv/wind down for night	<b>15</b> 10:00 Music with Billy Tarkington 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 kick ball 3:45-4:30 Jenga 4:30-5:30 supper/hydration 6:00-7:00 tv/wind down for night	<b>16</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 craft 3:45-4:30 Go Fish 4:30-5:30 supper/hydration 6:00-7:00 tv/wind down for night	<b>17</b> Family visits  Activities table available Puzzles Cross words Pictures to color
Family visits  Activities table available	<b>19</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 beach ball 3:45-4:30 puzzles 4:30-5:30 supper/hydration 6:00-7:00 tv/wind down for night	<b>20</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 pass the ball 3:45-4:30 dominos 4:30-5:30 supper/hydration 6:00-7:00 tv/wind down for night	<b>21</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time/ Bus ride 2:45-3:30 water guns 3:45-4:30 wooden stacking game 4:30-5:30 supper/hydration 6:00-7:00 tv/wind down for night	<b>22</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 ball toss 3:45-4:30 memory chess 4:30-5:30 supper/hydration 6:00-7:00 tv/wind down for night	<b>23</b> Arbor Day 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 bowling 3:45-4:30 dominos 4:30-5:30 supper/hydration	<b>24</b> Family visits  Activities table available Puzzles Cross words Pictures to color
family visits and enjoy the activities table Bible Study With Butch	<b>26</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 corn hole 3:45-4:30 name that song 4:30-5:30 supper/hydration 6:00-7:00 tv/wind down for night	<b>27</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 balloon toss 3:45-4:30 puzzles 4:30-5:30 supper/hydration 6:00-7:00 tv/wind down for night	<b>28</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time/ Bus ride 2:45-3:30 Hungry Hippo 3:45-4:30 Bingo 4:30-5:30 supper/hydration 6:00-7:00 tv/wind down for night	<b>29</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 Dominoes 3:45-4:30 catch phrases 4:00-5:30 supper/hydration 6:00-7:00 tv/ wind down for night	<b>30</b> 10:00 Pledge 10:15 exercise 10:30 orientation of the day 11-12 lunch time 1:00-2:30 quiet time 2:45-3:30 Dominoes 3:45-4:30 catch phrases 4:00-5:30 supper/hydration 6:00-7:00 tv/ wind down for night	Activities are subject to change



# APRIL ANNOUNCEMENTS

Our Senior Prom Family Night has been rescheduled for Friday, April 24<sup>th</sup> from 4:30-6pm! Put on your dancing shoes and come join us for a night of live music, tasty bites, and great fun! Time to break out that dress you never have an excuse to wear and iron out those slacks!

If you have gently used formal wear that our residents could borrow for the occasion, please email our Activities Director, Tierney, at [tierney@pplacemj.com](mailto:tierney@pplacemj.com)

We can't wait to see you out on the dance floor!

# APRIL DATES TO REMEMBER

- April 1<sup>st</sup> - April Fools Day/National Have Fun at Work Day
- April 3<sup>rd</sup> - Good Friday
- April 4<sup>th</sup> - National Pillowfight Day
- April 5<sup>th</sup> - Easter Sunday
- April 9<sup>th</sup> - National Unicorn Day
- April 11<sup>th</sup> - National Grilled Cheese Day
- April 14<sup>th</sup> - National Gardening Day
- April 22<sup>nd</sup> - Earth Day
- April 25<sup>th</sup> - World Penguin Day
- April 30<sup>th</sup> - International Jazz Day