

JUNE 2026

THE PROVIDENCE POST

THE OFFICIAL NEWSLETTER OF PROVIDENCE PLACE & THE GARDENS

SUMMERTIME FUN AT PROVIDENCE PLACE & THE GARDENS!



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"Dads are most ordinary men turned by love into heroes, adventurers, story-tellers, and singers of song." — Pam Brown

CINDI'S CHECK-IN

As we welcome the month of June and the start of summer, I want to take a moment to express how grateful I am to be a part of such a warm and caring community.

During my first month as Executive Director, I have truly enjoyed getting to know many of our residents, families, and dedicated team members. One of the highlights from May was our Family Meet & Greet and Magic Show, where I had the opportunity to spend time speaking with family members and learning more about the special connections that make our community feel like home. I also thoroughly enjoyed celebrating our wonderful mothers during the Mother's Day Tea and seeing so many smiling faces.

As we move into June, we look forward to honoring our fathers at our Father's Day Family Game Night and continuing to create an atmosphere of love and fellowship for families and all who live here. Thank you for the kindness and support you have shown during my transition. I am excited for all that lies ahead for our community!

"To care for those who once cared for us is one of the highest honors." — Tia Walker



JILL'S JOLLY

June brings sunshine, celebration, and meaningful connection throughout our community. As we prepare to honor the fathers and father figures in our lives this Father's Day, it's interesting to note that Father's Day became an official holiday in 1972, although families had been celebrating dads for decades prior. Studies show that seniors who stay socially engaged through community activities, shared dining, and events experience improved emotional well-being and overall health. From festive gatherings to family visits and summer socials, we look forward to creating joyful moments and lasting memories together all month long.





JESSICA'S JUICE

As summer begins, the Nursing Department would like to thank all staff members for their continued dedication and compassionate care for our residents. Your hard work helps create a safe, supportive, and positive environment every day.

With warmer temperatures arriving, we want our residents to please remember these important summer safety tips:

- Stay Hydrated! Keep a bottle of water with you when you go outside or exercise.
 - Monitor for signs of heat exhaustion or dehydration. These may include a weak/rapid pulse, goosebumps on the skin even when in heat, dizziness, and fatigue.
- Apply sunscreen and wear lightweight clothing and hats when going outdoors.
- Report any unusual symptoms or concerns to the nurse on staff promptly.

Our goal is to keep everyone healthy, comfortable, and safe during the summer months!

TIME WITH TIERNEY

We are halfway through the year, but time flies when you're having fun! And boy, do we have some fun activities planned for June! In addition to new games and performers, we are also incorporating exciting new outings to our agenda! Our regular lunch outings and scenic bus rides aren't going anywhere, but we will also be taking shopping trips to places like Dollar General and Five Below this month.

But that's not all! On June 15th, we will be celebrating Nashville Day (6/15) by taking an extended trip into Music City and enjoying lunch at Jack's BBQ on Charlotte Pike and a scenic bus ride through Nashville hotspots like Broadway and The Parthenon! Now that the wheelchair lift on our bus is fixed, we're excited to be able to offer this excursion to all residents who would like to participate.

We will also be honoring the men in our community with a Father's Day Family Game Night on Friday, June 19th from 3:30-5:00. This family night is open to all residents and their family members, so come show your competitive side with game stations like card tables, cornhole, darts, and tabletop games!

Check out our June calendar for all the new and exciting activities we have planned here at Providence Place, like our new, limited-time Rent-a-Chicken Hatching Station coming June 4th!



KIM'S KEEP UP

Dear Families and Friends,

As Summer begins, our hearts are full of gratitude for the joy, laughter, and meaningful moments we continue to share together each day. June brings sunshine, blooming flowers, music and opportunities to create comforting memories with those we love the most.

June 4th Winston will be coming in to visit with us and on June 10th we will have a special visit from some baby goats to kick off our summer! On June 18th we will have a monthly birthday party to celebrate all of our June babies, and on the 21st we will have a cookout to celebrate our Fathers. Please check June's calendar for details, and please RSVP if you're planning on attending!

We are especially thankful for the families who entrust us with the care of their loved one. Your visits, encouragement, and support mean so much to our community. Every smile, hug, and conversation helps brighten the days of our residents.

Look for the calendar for our memory care residents; it will have special days on it as well as our "Through Their Eyes" activities that will be done on a daily basis. As always, my goal as the activity director is to provide comfort, dignity, purpose, and joy for each resident.

A scripture for June

"This is the day the Lord has made; let us rejoice and be glad in it" Psalms 118 vs 24

Have an amazing day and as always, I will see you down the trail.

Kim



CANDACE'S CORNER

It's summertime and the kitchen is ready to take advantage of our neighborhood farmer's market. To anyone unfamiliar, the Mt. Juliet Farmer's Market is open Saturdays from 7am - 1 pm just across the street at Charlie Daniels Park. This market will be available until Oct 25th. It's an excellent opportunity to support local businesses and get some locally grown fresh produce among other things. I can't wait to incorporate locally-grown produce and goods into our menu!



Also, the kitchen will be temporarily shut down Wednesday June 17th for a routine deep cleaning where lunch will be outsourced and the dietary team will tackle some extra cleaning, maintenance on equipment, organization, and decluttering. This is something we will be doing quarterly in order to maintain a clean and well-organized kitchen.

Lastly but not least, Father's day is coming up! We want to recognize the awesome dads out there! I personally credit my dad for my first cooking lessons, he taught me to scramble eggs when I was little and how to make some rather crispy cheese toast. He also taught me how NOT to make a steak, but regardless I'm grateful to have an awesome dad even if our tastes don't always align. Happy Father's Day!

ROBERT'S REPORT

We have been noticing some leaks popping up in the community and are actively working to repair them. Please keep an eye on your ceilings for any dark spots that may show up in or around your rooms.



EVAN'S EMPOWERMENT

Everyone likes an occasional little snack after dinner, or between breakfast and lunch. Have you heard of "exercise snacks?" You don't need a long workout to improve your health and wellness. Try doing little 3-5 minute "snacks" throughout the day. Something like marching in place during a TV commercial break. A walk to the front door and back to your room. Standing on one foot while holding on to the counter. Your favorite shoulder exercise from the morning exercise class. Short little bursts of activity can be very beneficial throughout the day, and your body and mind will thank you for it. You never know – you may just get addicted to exercise snacks! Come get an exercise snack out of our exercise pantry in room 400 this month!



JUNE BIRTHDAYS

THE GARDENS

6/10 - Alice Saxon
6/16 - Cynthia Squires
6/21 - Vernella Hennington
6/26 - Doris Jolley

PROVIDENCE PLACE

6/10 - Sally Mobley
6/20 - Joan Ehman
6/21 - Carolyn Jarrett
6/22 - Joyce Orefice
6/28 - Bobbie Lanier

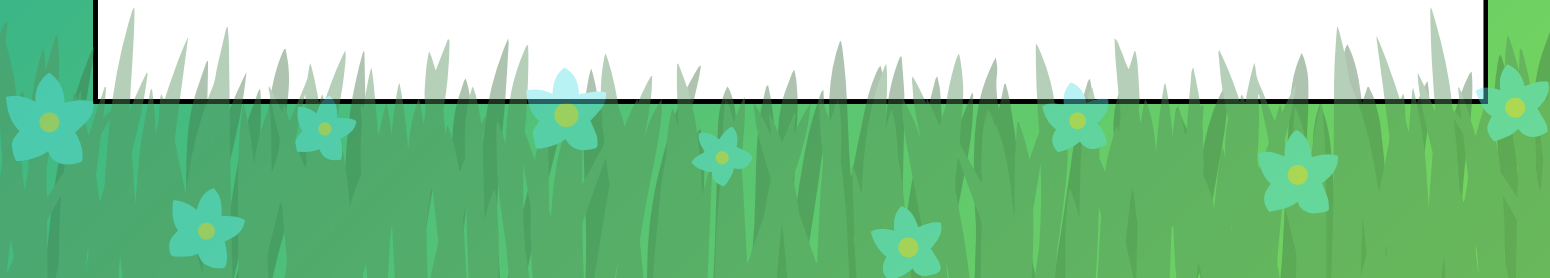
MEET YOUR NEW NEIGHBORS

THE GARDENS

Cynthia Banks

IN LOVING MEMORY

Yvon Boilard



Providence Place Calendar

June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>*Activities Subject to Change</i>	<u>National Say Something Nice Day 1</u> 9:30 Exercise/Brain Games with Chris 11:00 <u>*New Game*</u> What I Love About You 1:00 Bingo 2:30 Pay It Forward - Movie & Popcorn	9:30 Exercise/Brain Games with Chris 10:30 Worship with Rev. Vogtner 1:30 Resident Council Meeting 3:00 Cody Campbell Music	9:30 Exercise/Brain Games with Chris 10:30 Bible Study with Connie 1:00 Scenic Bus Ride 3:00 String Painting Craft	9:30 Exercise/Brain Games with Chris 10:30 Walk to Charlie Daniels Park 1:00 Bingo 3:00 Chicken Hatching Activity Introduction	9:30 Exercise/Brain Games with Chris 11:00 Out to Lunch - The Glade Diner 2:00 <u>*New Game*</u> Show OR Tell 3:30 Velcro Darts	Rest & Relaxation
	3:00 Music With Fred					
	9:30 Exercise/Brain Games with Chris 11:00 <u>*New Game*</u> Word Ladder 1:00 Bingo 2:30 Unbroken Circle Music	9:30 Exercise/Brain Games with Chris 10:30 Worship with Rev. Vogtner 1:00 Shopping Trip - Dollar General 3:00 Bucket Toss Game	<u>Happy Birthday, Sally M!</u> 9:30 Exercise/Brain Games with Chris 10:30 Bible Study with Connie 1:00 Trip to Wilson Co. Library 3:00 <u>*New Game*</u> Two Truths and a Lie	<u>National Get Outdoors Day</u> 9:30 Exercise/Brain Games with Chris 10:30 Walk to Charlie Daniels Park 1:00 Bingo 2:30 <u>*New Performer*</u> Ciara Hagar Music	9:30 Exercise/Brain Games with Chris 11:00 Ball of Questions Game 1:30 Charades with Chris 3:00 Brain Teaser Games	10:30 Farmers Market with Becky
3:00 Music With Fred	<u>Nashville Day!</u> 9:30 Exercise/Brain Games with Chris 11:00 Lunch at Jack's BBQ & Scenic Bus Ride to Nashville 1:00 Bingo (For Those Not on the Trip) 3:30 Memories of Nashville - Documentary	9:30 Exercise/Brain Games with Chris 10:30 Worship with Rev. Vogtner 1:00 Bingo 3:00 <u>*New Game*</u> Words in Words	9:30 Exercise/Brain Games with Chris 10:30 Bible Study with Connie 12:00 Pizza Party! 1:00 Ring Toss Game 3:00 Flower Bookmark Craft	<u>International Picnic Day</u> <u>Wear Blue for Bingo Bucks!</u> 9:30 Exercise/Brain Games with Chris 11:30 Picnic Lunch in the Park 1:00 Bingo 2:00 Kitchen Council Meeting	<u>Juneteenth</u> 9:30 Exercise/Brain Games with Chris 11:00 Juneteenth Trivia 1:30 Cornhole with Chris 3:30-5:00 Father's Day Family Game Night	<u>Happy Birthday, Joan E!</u> Rest & Relaxation
<u>Father's Day</u> <u>First Day of Summer</u> <u>Happy Birthday, Carolyn J!</u> 3:00 Music With Fred	<u>Happy Birthday, Joyce O!</u> 9:30 Exercise/Brain Games with Chris 10:30 Walk to Charlie Daniels Park 1:00 Bingo 3:00 Popsicles on the Porch	<u>Wear Pink for Bingo Bucks!</u> 9:30 Exercise/Brain Games with Chris 10:30 Worship with Rev. Vogtner 1:00 Shopping Trip - Five Below 3:00 Flamingo Snow Globe Craft	9:30 Exercise/Brain Games with Chris 10:30 Bible Study with Connie 1:00 Trip to Wilson Co. Library 3:00 <u>*New Performer*</u> Steven Gary Schlusset Music	<u>Global Beatles Day</u> 9:30 Exercise/Brain Games with Chris 11:00 Music Man Game - Beatles Edition 1:00 Bingo 3:00 A Hard Day's Night - Movie	<u>Take Your Dog to Work Day</u> 9:30 Exercise/Brain Games with Chris 11:00 <u>*New Game*</u> Word Association 1:30 Dog Suncatcher Craft 3:00 Benji - Movie & Popcorn	Rest & Relaxation
<u>Happy Birthday, Bobbie L!</u> 3:00 Music With Fred	9:30 Exercise/Brain Games with Chris 11:00 Can Toss Game 1:00 Bingo 3:00 Shopping Boutique	9:30 Exercise/Brain Games with Chris 10:30 Worship with Rev. Vogtner 1:00 Scenic Bus Ride 3:00 June Birthday Party				

Providence Place Assisted Living



The Gardens Calendar

June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The Garden's Activity Calendar	10:00 Pledge 10:15 orientation of the day 10:30 Billy Tarkington music 11-12 lunch 1:00-2:30 quiet time 2:45-3:30 Granny Pants game 3:40-4:30 Uno 4:30-5:30 supper 6:00 movie "I'll see you in my dreams"	10:00 Pledge 10:15 orientation of the day 10:30 exercise/mind movement 11-12 lunch 1:00-2:30 quiet time 2:45-3:30 kick the can 3:30-4:30 Bingo 4:30-5:30 supper 6:00 movie "The bucket list"	10:00 Pledge 10:15 orientation of the day 10:30 exercise/mind movement 11-12 lunch 1:00-2:30 quiet time 2:45-3:30 balloon toss 3:30-4:30 cards 4:30-5:30 supper 6:00 movie "Secondhand lions"	10:00 Pet therapy WINSTON 10:15 orientation of the day 10:30 exercise/movement 11-12 lunch 1:00-2:30 quiet time 2:45-3:30 kickball 3:30-4:30 pipe cleaner flowers 4:30-5:30 supper 6:00 movie "Queen Bees"	10:00 Pledge 10:15 orientation of the day 10:30 exercise/movement 11-12 lunch 1:00-2:30 quiet time 2:45-4:30 Skee ball 3:30-4:30 pick the same game 4:30-5:30 supper 6:00 movie "On Golden Pond"	Family visits Puzzles Color pages Rest and relaxation
	Church services on tv Family visits Puzzles Color pages	10:00 Pledge 10:15 orientation of the day 10:30 exercise/mind movement 11-12 lunch 1:00-2:30 quiet time 3-4 meet & greet with Cindi Entertainment Delores Hershey Refreshments provided 4:30-5:30 supper 6:00 movie "Rise up together"	10:00 Pledge 10:15 orientation of the day 10:30 exercise / mind movement 11-12 lunch 1:00-2:30 quiet time 2:45-3:30 Trivia 3:30-4:30 wood painting 4:30-5:30 supper 6:00 movie "Casablanca"	10:00 Pet therapy with baby goats 11-12 lunch 1:00-2:30 quiet time 2:45-3:30 Bingo 3:30-4:30 parachute game 5:30 supper PUZZLES AND GAMES PET THERAPY DAY CRAFT TIME WITH KIM	10:00 Pledge 10:15 orientation of the day 10:30 exercise/movement 2:00 quiet time 2:45-3:30 corn hole 3:30-4:30 craft time 4:30-5:30 supper 6:00 movie "An American in Paris"	Family visits Puzzles Color pages Rest and relaxation
	Bible Study with Butch Family visits Puzzles Color pages	10:00 Pledge 10:15 orientation of the day 10:30 exercise/ mind movement 11-12 lunch 1:00-2:30 quiet time 2:45-3:30 water gun fun 3:30-4:30 canvas art 4:30-5:30 supper 6:00 movie "Breakfast at Tiffany's"	10:00 Pledge 10:15 orientation of the day 10:30 exercise/mind movement 11-12 lunch 1:00-2:30 quiet time 2:45-3:30 Chair dancing 3:30-4:30 color page 4:30-5:30 supper 6:00 movie "some like it hot "	10:00 Pledge 10:15 orientation of the day 10:30 exercise/mind movement 11-12 lunch 1:00-2:30 quiet time 2:45-3:30 bowling 3:30-4:30 puzzles 4:30-5:30 supper 6:00 movie " little shop of horrors"	10:00 Pledge 10:15 orientation of the day 10:30 exercise/mind movement 11-12 lunch 1:00-2:00 monthly Birthday party 2:30-3:30 quiet time 3:30-4:30 matching game 4:30-5:30 supper 6:00 movie "saving Mr. Banks"	Family Puzzles Color pages Rest and relaxation
	Father's Day cookout 3-5 pm Join us for a cookout Hotdogs Hamburgers And celebrating daddies on this day!	10:00 Pledge 10:15 orientation of the day 10:30 Music with Cody 11-12 lunch 1:00-2:30 quiet time 2:45-3:30 kick the can 3:30-4:30 paint by number 4:30-5:30 supper 6:00 movie "The parent trap "	10:00 Pledge 10:15 orientation of the day 10:30 exercise/ mind movement 11-12 lunch 1:00-2:30 quiet time 2:45-3:30 parachute ball drop 3:30-4:30 color picture 4:30-5:30 supper 6:00 movie "Nonnas"	10:00 Pledge 10:15 orientation of the day 10:30 exercise/mind movement 11-12 lunch 1:00-2:30 quiet time 2:45-3:30 basketball 3:30-4:30 puzzles 4:30-5:30 supper 6:00 movie "Music Man "	10:00 Pledge 10:15 orientation of the day 10:30 exercise/ mind movement 11-12 lunch 1:00-2:00 Gospel hymns with Joy 2:45-3:30 quiet time 3:30-4:30 trivia 4:30-5:30 supper 6:00 movie "Herby the car"	Family Puzzles Color pages Rest and relaxation
Bible Study with Butch Family visits Puzzles Color pages	10:00 Pledge 10:15 orientation of the day 10:30 exercise/mind movement 11-12 lunch 1:00-2:30 quiet time 2:45-3:30 water guns outside 3:30-4:30 sun catcher craft 4:30-5:30 supper 6:00 movie "The times of their lives"	10:00 Pledge 10:15 orientation of the day 10:30 exercise/ mind movement 11-12 lunch 1:00-2:30 quiet time 2:45-3:30 walk to the park 3:30-4:30 color page of summer 4:30-5:30 supper 6:00 movie "Elsa and Fred"	Happy Birthday Alice Saxon Cynthia Squires Vernella Hennington Doris Jolley			



JUNE ANNOUNCEMENTS

Great news! The wheelchair lift on our bus has been repaired, so more of our residents will have access to the frequent outings on our calendar!

Please remember that your loved one does need to provide their own forms of payment for lunch and shopping trips.

Activities Directors, Kim (The Gardens) and Tierney (Providence Place), are happy to hold on to that for safekeeping if you choose to provide it for your loved ones.

Check the June calendar to see our scheduled trips!

JUNE DATES TO REMEMBER

June 1st - Say Something Nice Day

June 2nd - Leave the Office Early Day

June 4th - National Cheese Day

June 5th - National Donut Day

June 8th - Best Friends Day

June 12th - National Loving Day

June 14th - Flag Day/Army's Birthday

June 18th - International Picnic Day

June 19th - Juneteenth

June 21st - Father's Day/Summer Solstice

June 22nd - World Rainforest Day

June 25th - Global Beatles Day

June 26th - Forgiveness Day

June 27th - National Bingo Day