



Celebrating Birthdays In May

- 5/6 Don D.
- 5/9 Gloria K.
- 5/22 Janet W.

APRIL HIGHLIGHTS



FOREVER FIT TOPIC – Stay the Course

Things are different now. The daily routines that we once held so dear now seem like a distant memory as we struggle to find our new sense of normal. At a time like this when much of the stressful news we're bombarded with each day is out of our control, the one thing we do have control over is the way we take care of ourselves. Staying healthy is more important now than ever before and while the stay at home orders and social distancing edicts definitely impact our exercise routines, they by no means should end them entirely. Regular exercise, a well-balanced diet and adequate rest all work wonders to help bolster our immune system and manage stress that might otherwise feel overwhelming. Whether an at home, in room exercise routine or a daily walk around the community, every bit of physical activity can help in your efforts to stay happy and healthy. As we all work together to find our new normal, remember stay safe, stay active and stay the course because we are one day closer to normal.

PROVIDENCE CONNECT



MAY 2020

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MAY EVENTS

The Life Enrichment team would like to thank our residents for their patience and understanding during this uncertain time. We will continue to provide you with the best possible activities to help you stay engaged and connected. Please feel free to contact the Life Enrichment team to request any additional materials.

We would also like to remind you about our ability to provide a one-on-one video call service to help you stay connected with your loved ones.

COMMUNITY MANAGEMENT

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