

Focus on Wellness: Your New Journey

A “new normal” – we have heard this phrase repeatedly over the last few months to describe the unusual and unprecedented time. Living through this has brought the ability to create new anxieties. And for some, just simply hearing the phrase “a new normal” may even trigger heavy emotion.

What we know to be certain is that changes occur. Changes that are happening in our world now are at a pace that may bring discomfort and struggle. Look at what is different in our lives since the beginning of March – all of our lives have changed how we function day-to-day, how we connect with others, and even how we worship.

Would you be surprised to know that change is part of life’s DNA? All living things must change.

To walk with this change in a healthy way, I encourage you to quiet the distractions around you. Take time to find ways you can have quiet, invite peace and focus on your inner voice that surrounds your purpose.

What does it mean to be made new through change? Regardless of what life’s changes bring, you have the power to enrich your life. Finding a new routine, or someone who can influence you positively, can bring a new breath of vibrancy and refreshment. Maybe it is a new exercise routine, a new focus on better nutrition or it may even be a friendly competition between you and a companion.

It is easy to sit around and talk about the good ole days, especially when the present days seem bleak with little hope of returning to the former.

If you are to have any hope of resetting your path to a glorious future, self-examination is required with careful and earnest consideration of being open to change. Some aspects of your life may require a radical transformation. Let us stop, reflect, and adjust. Your willingness to embrace change can and will affect what you think, how you feel, and what you do. Change comes with renewal of a living hope. Foundational principles of this new living hope comes simply: change is needed, change will take place, and thankfully change can bring a renewed living hope.

-- Chaplain Wilmer



Providence Place SENIOR LIVING News

Q3: July 2020

A Note from the Executive Director

Hello everyone,

As we all know, our county has now gone into the green phase, however our community is going to remain in the red phase at this time. We hope to move forward in the near future to allow the opening of our dining, outside entertainment, and allow for in person visits with your family as well.

Our team members will continue to work hard to keep everyone as safe and healthy as possible. That being said, we will be continuing COVID surveillance testing for both residents and staff.

If you would like to set up a facetime, skype, or phone call with your family, please let us know, we are happy to help.

Kindest regards,

Anna Zuratt
Executive Director

Resident Activities



Welcome New Residents

Judy Miller
Emma Wolfe
Charlie Hess

Resident Birthdays

July

Jean Boltz
Joseph Manbeck
Delphine Reed
Harold Felty
Russell Fidler

August

C. Jane Culley
Molly Daubert
Helen Miller

September

Joan Fede
Emma Wolfe
Dorothy Snell
Nancy Wagner
Jessie Wesner
Warren Klein



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 ProvidenceRetirement@gmail.com.



www.Providence-Place.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar Key: (1F) First Floor Community Room (OOB) Out of Building (RM) Room (H) Hallway	<h1>THE Club</h1>		1 9:30 Fitness with Friends (1F) 10:00 Headlines of the Day (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: USA Trivia (1F) 2:00 Country Rides (OOB) 4:00 Social Gathering (1F) 6:30 Dominos (2F)	2 9:30 Chair Exercises (1F) 10:00 News of the Day (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Brain Games (1F) 2:00 Outdoor Walk (OOB) 4:00 Art Class (1F) 5:00 Board Game (2F)	3 9:30 Fitness Fun (1F) 10:00 Read All About It (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Learning Word Games (1F) 2:00 Bingo (H) 4:00 Room Visits (RM) 5:00 Art Activity (RM)	4 9:00-12:00 Carnival Games: Jumbo Bowling, Ball Toss & Guessing Booth (H) 2:00 Musical Entertainment by Amy Jo (OOB) 3:00-5:00 Carnival Games: Mini Golf, Fishbowl Toss & Nerf Target Game (OOB) Independence Day
5 9:00-12:00 Carnival Games: Pick-a-Pop, Ping Pong Toss & Guessing Booth (H) 2:00 Activity Cart: Carnival Food 3:00-5:00 Carnival Games: Hula Hoop Throw, Fishing Game & Nerf Target Game (OOB)	6 9:30 Morning Moves (1F) 10:00 Read All About It (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Comedy Show (1F) 2:00 Physical Fitness (OOB) 4:00 Social Gathering (OOB) 6:30 Dominos (2F)	7 9:30 Fitness Fun (1F) 10:00 Today's Headlines (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: American Trivia (1F) 2:00 Bingo (1F) 4:00 Patio Gathering (OOB) 6:30 Lets get Crafty (2F)	8 9:30 Move to Music (1F) 10:00 News of the Day (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Road Trip (1F) 2:00 Country Rides (OOB) 4:00 Social Gathering (1F) 6:30 Scrabble (2F)	9 9:30 Morning Moves (1F) 10:00 Current Events (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Memory Magic (1F) 2:00 Outdoor Walk (OOB) 4:00 Art Class (1F) 5:00 Book Club (2F)	10 9:30 Chair Exercises (1F) 10:00 News of the Day (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Listen to the Jukebox (1F) 2:00 Bingo (1F) 4:00 Sweet Treat Social (1F) 5:00 Connect Four (2F)	11 9:30 Move to Music (1F) 10:00 Current Events (1F) 10:30 Daily Chronicle (1F) 11:00 Patio Gathering (OOB) 2:00-4:00 Afternoon Matinee (1F) 5:00 Board Game (2F)
12 9:30 Chair Yoga (1F) 10:00 Read All About It (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Geography Trivia (1F) 2:00 Manicures (1F) 4:00 Word Searches (1F) 6:30 Uno (2F)	13 9:30 Fitness Fun (1F) 10:00 Current Events (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Memory Game (1F) 2:00 Physical Fitness (OOB) 4:00 Social Gathering (OOB) 6:30 Word Search (2F)	14 9:30 Move to Music (1F) 10:00 Today's Headlines (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Brain Fitness (1F) 2:00 Bingo (1F) 4:00 iN2L: Sing-a-Long (1F) 6:30 Junk Drawer Detective (2F)	15 9:30 Morning Stretches (1F) 10:00 Current Events (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Geography Quiz (1F) 2:00 Country Rides (OOB) 4:00 Social Gathering (1F) 6:30 Uno (2F)	16 9:30 Lets Get Moving (1F) 10:00 Read All About It (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: World Travel (1F) 2:00 Outdoor Walk (OOB) 4:00 Art Class (2F) 5:00 Yahtzee (2F)	17 9:30 Morning Stretches (1F) 10:00 Today's Headlines (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L Learning: Word Games (1F) 2:00 Bingo (1F) 4:00 Sweet Treat Social (1F) 5:00 Phase 10 (2F)	18 9:00-12:00 Carnival Games: Jumbo Bowling, Ball Toss & Guessing Booth (H) 2:00 Activity Cart : Carnival Food (H) 3:00-5:00 Carnival Games: Mini Golf, Fishbowl Toss & Nerf Target Game (OOB)
19 9:00-12:00 Carnival Games: Pick-a-Pop, Ping Pong Toss & Guessing Booth (H) 2:00 Activity Cart: Carnival Food 3:00-5:00 Carnival Games: Hula Hoop Throw, Fishing Game & Nerf Target Game (OOB)	20 9:30 Fitness with Friends (1F) 10:00 Today's News (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Animal Trivia (1F) 2:00 Physical Fitness (OOB) 4:00 Social Gathering (OOB) 6:30 Connect Four (2F)	21 9:30 Morning Moves (1F) 10:00 Current Events (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Memory Game (1F) 2:00 Bingo (1F) 4:00 Patio Gathering (OOB) 6:30 Magazine Hunt (2F)	22 9:30 Bodies in Motion (1F) 10:00 Read All About It (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L Learning: Word Games (1F) 2:00 Country Rides (OOB) 4:00 Social Gathering (1F) 6:30 Jigsaw Puzzles (RM)	23 9:30 Morning Exercises (1F) 10:00 Today's Headlines (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: What's That Sound? (1F) 2:00 Outdoor Walk (OOB) 4:00 Art Class (1F) 5:00 Checkers (2F)	24 9:30 Chair Exercises (1F) 10:00 Current Events (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Brain Games (1F) 2:00 Bingo (1F) 4:00 Sweet Treat Social (1F) 5:00 Uno (2F)	25 9:30 Morning Moves (1F) 10:00 News of the Day (1F) 10:30 Daily Chronicle (1F) 11:00 Patio Gathering (OOB) 2:00-4:00 Afternoon Matinee (1F) 5:00 Book Club (2F)
26 9:30 Fitness Fun (1F) 10:00 Headlines of the Day (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Sing-a-Long (1F) 2:00 Manicures (2F) 4:00 Jigsaw Puzzles (1F) 6:30 Dominos (RM)	27 9:30 Morning Exercises (1F) 10:00 News of the Day (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L Learning: Word Games (1F) 2:00 Physical Fitness (OOB) 4:00 Social Gathering (OOB) 6:30 Phase 10(2F)	28 9:30 Move to Music (1F) 10:00 Read All About It (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Comedy Show (1F) 2:00 Bingo (1F) 4:00 iN2L: Sing-a-Long (1F) 6:30 Crossword Puzzles (2F)	29 9:30 Yoga (1F) 10:00 Newspaper Headlines (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Trivia Challenge (1F) 2:00 Country Rides (OOB) 4:00 Art Class (1F) 6:30 Headbands (2F)	30 9:30 Move to Music (1F) 10:00 Current Events (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Learning Games (1F) 2:00 Outdoor Walk (OOB) 4:00 Art Class (1F) 5:00 Solitaire (2F)	31 9:30 Chair Exercises (1F) 10:00 Read All About It (1F) 10:30 Daily Chronicle (1F) 11:00 iN2L: Trivia (1F) 2:00 Bingo (1F) 4:00 Social Hour/Bingo Shopping(1F) 5:00 Checkers (2F)	<h1>July</h1> <h1>2020</h1>