

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

Greetings Residents,

Summer is in full swing! As we approach July, it is time to enjoy the sunshine and cool off with an ice cream cone. If you would like to take a walk to enjoy the sunshine or just sit outside to enjoy the warmth of the sun, please let our Activity Associates or one of the Resident Life Associates know, and they will assist you.

Your family is also invited to schedule an outdoor visit with precautions. We ask that masks be worn at all times, that the visits are scheduled, and that it is only two guests visiting at a time. The COVID virus sure has changed how we gather and see our family during these beautiful seasons, but we can still find ways to connect and that is always a blessing.

Stay safe & healthy. Sincerely,

Tanya Hoy, Executive Director

Resident Activities



Welcome New Residents

Patrick Dowd
Robert McNevech
Michael Sutzko

Resident Birthdays

July

Brian Irslinger
Gladys Mazar
Yvonne Wiscount
Marie Fatzinger
Joseph Monsulich
Jennie Wargo
Gladys Santee
James Antonio
JoAnne McCann

August

Robert Zimmerman
Frances McGrath
Bonnie Llewellyn
Robert McNevech
Margaret Snyder
Mary Visgarda
Nancy Mahall
Jeffery Walters
Loretta Dallazia
Mary Santai
Marie Horner

September

Katherine Lord
Sang O'Reilly
Joanne Kinder
John Rohrbach
Robert Miller
Dave Rich
Mary Leschik
Chester Arnold
Gladys Bachman
Anna Upton
Bill Davidson
Cecelia Muench
Audrey Serrian
Elizabeth Lavenberg
Wilbur Brokenshire
Mary Hillerud
Sandra Coyle




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: (A) Activities, (FP) Floor Patio, (C) Chapel, (AF) All Floors, (1:1) One-on-One, (ML) Main Lobby, (ND) North Dining (SL) South Lounge, (CR) Club Room (FD) Floor Deck, (FH) Floor Hall (OOB) Out of Building \$\$ Cost Involved ** Registration Required			1 8:30 Coffee, Donuts & Discussions 1F(A) 9:30 Coffee, Donuts & Discussions 2F (A) 10:30 Coffee, Donuts & Discussions 3F (A) 1:00 Craft: Making Tulle Patriotic Wreath 1F (A) 2:30 Craft: Making Tulle Patriotic Wreath 2F (A) 6:15 Craft: Making Tulle Patriotic Wreath 3 F (A)	2 9:00 Banks & Post Office Run Deposit Only** (OOB) 12:45 Birthday Parade: Gladys Mazar 102 Birthday (OOB) 2:00 Nickel Polish Bingo\$\$ 1F (SL) 3:00 Nickel Polish Bingo\$\$ 2F (SL) 3:00 Cooking Club: Slicing Strawberries (A) 6:15 Nickel Polish Bingo\$\$ 3F (A)	3 10:00 Rosary & Communion with Deacon Henninger 2F (C) 11:00 Rosary & Communion with Deacon Henninger 3F (C) 1:00 Rosary & Communion with Deacon Henninger 1F (C) 2:30 Patriotic Cocktail Cart (AF)	4 10:00 Walk for Good Health** (ML) 1:00 Community Puzzle Club (3F) 2:00 Musical Entertainment: Vic Boris (OOB) 3:00 Strawberry Sundaes (AL) 3:00 Connect Four (SL) 6:15 Yahtzee (A) Independence Day
5 8:00 Catholic Mass Service - Channel 49 9:00 Facetime Families** (A) 11:00 Wine & Dine (ND) 1:30 Rosary & Communion with Deacon Henninger 2F (C) 2:15 Rosary & Communion with Deacon Henninger 1F (C) 3:00 Rosary & Communion with Deacon Henninger 3F (C) 6:15 Kings in the Corner 1F (A)	6 10:00 Rosary & Communion with Deacon Henninger 2F (C) 2:00 Rosary & Communion with Deacon Henninger 1F (C) 3:00 Rosary & Communion with Deacon Henninger 3F (C) 2:00 Dance Exercise: Chicken Dance 1F & 2F (A) 3:00 Dance Exercise: Chicken Dance 3F (A)	7 9:00 Day Camp Activities 1F (1st FP) 1:00 Day Camp Activities 2F (1st FP) 2:00 Creative Writing Club Sharing Stories (L) 3:00 Camp Games 3F (1st FP) 3:30 Community Puzzle Club (3rd F) 615 Fitness Cart (AF)	8 8:30 Coffee, Donuts & Discussions 1F (A) 9:30 Coffee, Donuts & Discussions 2F (A) 10:30 Coffee, Donuts & Discussions 3F (A) 1:00 iN2L Jeopardy 1F (C) 3:00 iN2L Jeopardy 2F (C) 6:15 iN2L Jeopardy 3F (C)	9 9:00 Banks & Post Office Run Deposit Only** (OOB) 10:00 Walk for Health** 2F (ML) 1:00 Country Ride: Hegin Valley** 1F (OOB) 1:00 Walk for Health** 3F (ML) 2:00 Kings in the Corner 2F (A) 6:15 Walk for Health** 1F (ML) 6:15 Kings in the Corner 3F (A)	10 10:00 Rosary & Communion with Deacon Henninger 1F (C) 1:00 Baseball Cocktail Hour 1F (A) 2:00 Baseball Cocktail Hour 2F (A) 2:00 Rosary & Communion with Deacon Henninger 2F (C) 3:00 Rosary & Communion with Deacon Henninger 3F (C) 3:00 Baseball Cocktail Hour 3F (A)	11 10:00 Think Fast Game 1F (1st FP) 1:00 Think Fast Game 2F (1st FP) 2:00 Think Fast Game 3F (1st FP) 3:00 Daily Chronicle in Hallway 3:30 Community Puzzle Club 1F (3rd FH)
12 8:00 Catholic Mass Service - Channel 49 9:00 Facetime Families** (A) 11:00 Wine & Dine (ND) 1:00 Country Ride: Pine Grove** 2F (OOB) 3:00 Country Ride: Pine Grove** 3F (OOB) 6:15 Kings in the Corner 1F (A)	13 10:00 Trivia 1F & 2nd(A) 1:00 Trivia 3F (A) 1:30 Walk for Good Health** (ML) 2:00 Dance Exercise: Hokey Pokey 1F & 2F (A) 3:00 Dance Exercise: Hokey Pokey 3F (A)	14 10:00 Nickel Bingo\$\$ 1F (A) 10:30 Community Puzzle Club 2F (3rd FH) 1:00 Nickel Bingo\$\$ 2F (A) 2:00 Musical Entertainment: Cindy Robertson (OOB) 2:30 Crocheting Circle (SL) 3:00 Community Puzzle Club 3F (3rd FH) 3:00 Fitness Cart (AF) 6:15 Nickel Bingo\$\$ 3F (A)	15 8:30 Coffee, Donuts & Discussions 1F (A) 9:00 UNO (2nd F) 9:30 Coffee, Donuts & Discussions 2F (A) 10:30 Coffee, Donuts & Discussions 3F (A) 1:00 Finish My Lines 1F (C) 3:00 Finish My Lines 2F (C) 6:15 Finish My Lines 3F (C)	16 9:00 Banks & Post Office Deposits Only** (OOB) 10:00 Dining Services Committee Meeting 1F & 2F (CR) 11:00 Dining Services Committee Meeting 3F (CR) 1:00 Helping Hands: Setting Up Chairs (OOB) 2:00 Musical Entertainment: Shorelines (OOB) 3:00 Helping Hands: Taking Down Chairs 6:15 Nickel Polish Bingo\$\$ (A)	17 10:00 Rosary & Communion with Deacon Henninger 2F (C) 2:00 Rosary & Communion with Deacon Henninger 1F (C) 3:00 Rosary & Communion with Deacon Henninger 3F (C) 1:00 French Cocktail Hour 2F (3rd FD) 2:00 French Cocktail Hour 1F (3rd FD) 3:00 French Cocktail Hour 3F (3rd FD)	18 10:00 Sing-Along to the Oldies 1F(1st FP) 1:00 Connect Four 3F (SL) 1:00 Sing-Along to the Oldies 2F (1st FP) 2:00 Connect Four 1F (SL) 2:00 Sing-Along to the Oldies 3F (1st FP) 3:00 Connect Four 2F (SL)
19 8:00 Catholic Mass Service - Channel 49 9:00 Facetime Families** (A) 11:00 Wine & Dine (ND) 1:30 Rosary & Communion with Deacon Henninger 1F (C) 2:15 Rosary & Communion with Deacon Henninger 3F (C) 3:00 Rosary & Communion with Deacon Henninger 2F (C) 6:15 Kings in the Corner 1F (A)	20 10:00 Rosary & Communion with Deacon Henninger 2F (C) 2:00 Rosary & Communion with Deacon Henninger 1F (C) 3:00 Rosary & Communion with Deacon Henninger 3F (C) 2:00 Dance Exercise: Macarena 1F & 2F (A) 3:00 Dance Exercise: Macarena 3F (A)	21 10:00 Nickel Bingo\$\$ 1F (A) 10:30 Community Puzzle Club 2F (3rd FH) 1:00 Nickel Bingo\$\$ 2F (A) 2:00 Community Puzzle Club 1F (3rd FH) 2:30 Crocheting Circle (SL) 3:00 Community Puzzle Club 3F (3rd FH) 3:00 Nickel Bingo\$\$ 3F (A)	22 8:30 Coffee, Donuts & Discussions 1F (A) 9:30 Coffee, Donuts & Discussions 2F (A) 10:30 Coffee, Donuts & Discussions 3F (A) 1:00 Brain Tease Trivia 1F (C) 2:00 Brain Tease Trivia 2F (C) 3:00 Brain Tease Trivia 3F (C)	23 9:00 Banks & Post Office Run Deposit Only** (OOB) 10:00 Walk for Health** (2nd F) (ML) 1:00 Country Ride: Locust Lake** 1F (OOB) 1:00 Walk for Health** 3F (ML) 2:00 Kings in the Corner 2F (A) 3:00 Kings in the Corner 1F (A)	24 10:00 Rosary & Communion with Deacon Henninger 2F (C) 2:00 Rosary & Communion with Deacon Henninger 1F (C) 3:00 Rosary & Communion with Deacon Henninger 3F (C) 1:00 Cocktail Hour 2F (3rd FD) 2:00 Cocktail Hour 1F (3rd FD) 3:00 Cocktail Hour 3F (3rd FD)	25 10:00 Family Feud Trivia 1F (1st FP) 1:00 Family Feud Trivia 2F (2nd FP) 2:00 Family Feud Trivia 3F (3rd FP) 2:30 Community Puzzle Club 1F (SL) 3:00 Walk for Health** (OOB)
26 8:00 Catholic Mass Service - Channel 49 9:00 Facetime Families** (A) 10:00 Country Ride: Pine Grove** 1F (OOB) 11:00 Wine & Dine (ND) 1:30 Rosary & Communion with Deacon Henninger 2F (C) 2:15 Rosary & Communion with Deacon Henninger 3F (C) 3:00 Rosary & Communion with Deacon Henninger 1F (C)	27 10:00 Rosary & Communion with Deacon Henninger 2F (C) 2:00 Rosary & Communion with Deacon Henninger 1F (C) 3:00 Rosary & Communion with Deacon Henninger 3F (C) 2:00 Dance Exercise: Hoedown 1F & 2F (A) 3:00 Dance Exercise: Hoedown 3F (A)	28 10:00 Nickel Bingo\$\$ 1F(A) 10:30 Community Puzzle Club 2F (3rd FH) 1:00 Nickel Bingo\$\$ 2F (A) 2:00 Community Puzzle Club 1F (3rd FH) 2:30 Crocheting Circle (SL) 3:00 Community Puzzle Club 3F (3rd FH) 6:15 Nickel Bingo\$\$ 3F (A)	29 8:30 Coffee, Donuts & Discussions 1F (A) 9:30 Coffee, Donuts & Discussions 2F (A) 10:30 Coffee, Donuts & Discussions 3F (A) 1:00 iN2L World Travel to India (1F) (C) 3:00 iN2L World Travel to India (2F) (C) 6:15 iN2L World Travel to India (3F) (C)	30 9:00 Banks & Post Office Run Deposit Only** (OOB) 10:00 Walk for Health** 1F (ML) 1:00 Trivia 3F (A) 2:00 Trivia 2F (A) 3:00 Hydration & Small Bites (AF) 6:15 Trivia 1F (A)	31 10:00 Rosary & Communion with Deacon Henninger 2F (C) 2:00 Rosary & Communion with Deacon Henninger 1F (C) 3:00 Rosary & Communion with Deacon Henninger 3F (C) 1:00 Fishing Cocktail Hour (2F) (3rd FD) 2:00 Fishing Cocktail Hour (1F) (3rd FD) 3:00 Fishing Cocktail Hour (3F) (3rd FD)	<h1>July</h1> <h1>2020</h1>