

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,

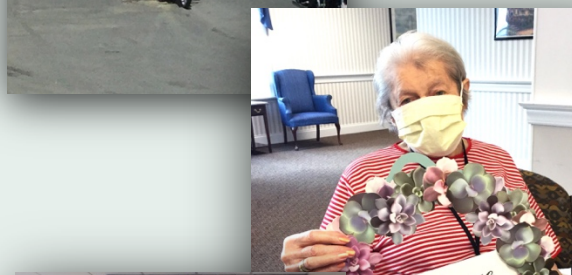
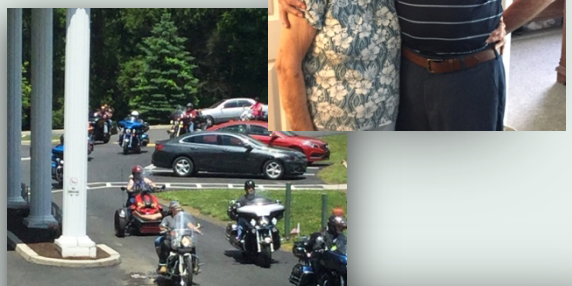
Summer is in full swing! As we approach July, it is time to enjoy the sunshine and cool off with an ice cream cone. If you would like to take a walk to enjoy the sunshine or just sit outside to enjoy the warmth of the sun, please let our Activity Associates or one of the Resident Life Associates know, 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: (AF) All Floors (1:1) 1 on 1, (F) Floor (P) Patio, (A) Activity Room (H) Hallway, (OOB) Out of Building (FR) Florida Room (PL) Parking Lot (FD) Floor Deck \$\$ Cost Involved	<h1>THE Club</h1>		1 9:00 Morning Meeting & Inspirations (1:1) 9:30 Coffee & Donuts (H) 10:30 Coffee & Donuts (H) 12:30 Scenic Rides to Caboose for Ice Cream (OOB) (1st F) 1:30 Scenic Rides: Caboose 2F (OOB) 2:30 Scenic Rides: Caboose 3F (OOB) 3:30 Card Club (A)	2 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Art Class (FR) 12:45 Celebration & Parade for Gladly Mazar turning 102! 2:30 iN2L: Sing-A-Long with Susie (C) 3:30 Hydration & Small Bites (C)	3 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Rosary & Communion with Deacon Henninger 2F (C) 11:00 Rosary & Communion 3F (C) 1:00 Rosary & Communion 1F (C) 2:30 Patriotic Cocktail Cart (AF)	4 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussion (1:1) 10:00 Baking Club (A) 10:30 Hydration & Small Bites (A) 1:00 Helping Hands: Set Up for Music (PL) 2:00 Musical Entertainment by Vic Boris (PL) 3:00 Strawberry Sundaes (PL) Independence Day
5 9:00 Morning Meeting & Inspirations (1:1) 9:15 Daily Chronicle (A) 9:30 Reading the Republican (A) 10:00 Stretches to the Polkas (A) 1:00 Video Chat Families (1:1) 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 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Rosary & Communion with Deacon Henninger 2F (C) 2:00 Rosary & Communion with Deacon Henninger (1st F) (C) 2:30 Banana Smoothie Cart (P) 3:00 Rosary & Communion with Deacon Henninger 3F (C) 3:00 Walk for Heart Health (1:1)	7 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Pastor Josh on iPad 1F (1:1) 10:30 Hydration & Small Bites (1:1) 11:00 Walk for Heart Health (1:1) 2:00 Pastor Josh: iPad 2F (1:1) 2:30 Hydration & Small Bites (1:1) 3:30 Pastor Josh: iPad 3F (1:1)	8 9:00 Morning Meeting & Inspirations (1:1) 9:30 Coffee & Donuts (H) 10:30 Coffee & Donuts (H) 11:30 Pizza from Roma (A) 1:00 Birthday Celebrations (A) 2:00 Reminiscing with Friends (A) 3:30 Card Club (A)	9 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 What Goes Together ? (A) 1:00 Country Ride: Hegins Valley 1F (OOB) 2:00 iN2L Exercise (C) 3:00 Reminiscing with Friends (C) 3:30 Spelling Challenge (C)	10 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Rosary & Communion with Deacon Henninger 1F (C) 2:00 Rosary & Communion 2F (C) 3:00 Rosary & Communion 3F (C) 1:00 Baseball Cocktail Hour 1F (A) 2:00 Baseball Cocktail Hour 2F (A) 3:00 Baseball Cocktail Hour 3F (A)	11 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussion (1:1) 10:00 Baking Club (A) 10:30 Hydration & Small Bites (A) 1:00 Memory Magic 1F (A) 2:00 Memory Magic 2F & 3F (A) 3:30 Reminiscing on Porch (1:1)
12 9:00 Morning Meeting & Spiritual Inspirations (1:1) 9:15 Daily Chronicle (A) 9:30 Reading the Republican (A) 10:00 Kickball to the Polkas (A) 1:00 Video Chat Families (1:1) 1:00 Country Ride: Pine Grove 2F (OOB) 3:00 Country Ride: Pine Grove 3F (OOB)	13 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Trivia (P) 1:00 Manicures (P) 2:30 Upwords Game (C) 3:00 Walk for Heart Health (1:1)	14 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Pastor Josh on iPad 1F (1:1) 10:30 Hydration & Small Bites (1:1) 1:00 Helping Hands: Set Up for Music (PL) 2:00 Musical Entertainment by Cindy Robinson (PL) 3:30 Pastor Josh: iPad 2F & 3F (1:1)	15 9:00 Morning Meeting & Inspirations (1:1) 9:30 Coffee & Donuts (H) 10:30 Coffee & Donuts (H) 1:00 Finish My Lines (1st F) (A) 2:00 Finish My Lines 2F & 3F (A) 3:30 Card Club (A)	16 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Sing-A-Long (A) 1:00 Helping Hands: Set Up for Music (PL) 2:00 Musical Entertainment by Shoreliners (PL) 3:00 Helping Hands: After Party Cleanup Committee (P)	17 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Rosary & Communion with Deacon Henninger 2F (C) 2:00 Rosary & Communion 3F (C) 3:00 Rosary & Communion 1F (C) 1:00 France Cocktail Hour 1F (3rd FD) 2:00 France Cocktail Hour 2F (3rd FD) 3:00 France Cocktail Hour 3F (3rd FD)	18 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussion (1:1) 10:00 Baking Club (A) 10:30 Hydration & Small Bites (A) 1:00 Nickel Bingo \$\$ 1F (A) 2:00 Nickel Bingo \$\$ 2F & 3F (A) 3:30 Nature Exploration: Feeding Birds (P)
19 9:00 Morning Meeting & Inspirations (1:1) 9:15 Daily Chronicle (A) 9:30 Reading the Republican (A) 10:00 Stretches to the Polkas (A) 1:00 Video Chat Families (1:1) 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)	20 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Rosary & Communion with Deacon Henninger 2F (C) 2:00 Rosary & Communion with Deacon Henninger 1F (C) 2:30 Alphabet/Category Game (C) 3:00 Rosary & Communion with Deacon Henninger 3F (C)	21 9:00 Morning Meeting & Spiritual Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Pastor Josh on iPad (1:1) (1st F) 10:30 Hydration & Small Bites (1:1) 11:00 Walk for Heart Health (1:1) 2:00 Pastor Josh: iPad 2F (1:1) 2:30 Hydration & Small Bites (1:1) 3:30 Pastor Josh: iPad 3F (1:1)	22 9:00 Morning Meeting & Inspirations (1:1) 9:30 Coffee & Donuts (H) 10:30 Coffee & Donuts (H) 11:30 Picnic Lunch (P) 1:30 Sticky Catch Game (P) 2:30 Hydration & Small Bites (P) 3:30 Card Club (A)	23 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Trivia (AF) 10:30 Hydration & Small Bites (P) 1:00 Country Ride: Locust Lake 1F (OOB) 2:00 Parachute Balloon Toss (P) 2:30 Hydration & Small Bites (P) 3:00 Dice Game (P)	24 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Rosary & Communion with Deacon Henninger 2F (C) 2:00 Rosary & Communion 3F (C) 3:00 Rosary & Communion 1F (C) 1:00 Cocktail Hour 3F (3rd FD) 2:00 Cocktail Hour 2F (3rd FD) 3:00 Cocktail Hour 3F (3rd FD)	25 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussion (1:1) 10:00 Baking Club (A) 10:30 Hydration & Small Bites (A) 1:00 Memory Magic 1F (A) 2:00 Memory Magic 2F & 3F (A) 3:30 Reminiscing on Porch (1:1)
26 9:00 Morning Meeting & Inspirations (1:1) 9:15 Daily Chronicle (A) 9:30 Reading the Republican (A) 10:00 Country Ride: Pine Grove 1F (OOB) 11:00 Wine & Dine (ND) 1:00 Video Chat Families (1:1) 1:30 Rosary & Communion with Deacon Henninger 2F (C) 2:15 Rosary & Communion with Deacon Henninger 3F (C)	27 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Rosary & Communion with Deacon Henninger 2F (C) 2:00 Rosary & Communion 1F (C) 3:00 Rosary & Communion 3F (C) 2:00 Water Bottle Challenge for Prizes (P) 3:00 Walk for Heart Health (1:1)	28 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Pastor Josh on iPad 1F (1:1) 10:30 Hydration & Small Bites (1:1) 11:00 Walk for Heart Health (1:1) 2:00 Pastor Josh: iPad 2F (1:1) 2:30 Hydration & Small Bites (1:1) 3:30 Pastor Josh: iPad 3F (1:1)	29 9:00 Morning Meeting & Inspirations (1:1) 9:30 Coffee & Donuts (H) 10:30 Coffee & Donuts (H) 12:30 Scenic Rides: Ringtown Valley 1F (OOB) 1:30 Scenic Rides: Ringtown Valley 2F (OOB) 2:30 Scenic Rides: Ringtown Valley 3F (OOB) 3:30 Card Club (A)	30 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Flower Craft 1F (H) 10:30 Hydration & Small Bites 1F (H) 1:00 Flower Craft 2F (H) 1:30 Hydration & Small Bites 2F (H) 2:00 Flower Craft 3F (H) 2:30 Hydration & Small Bites 3F (H) 3:00 Word Search Game (CR)	31 9:00 Morning Meeting & Inspirations (1:1) 9:30 Daily Chronicle & Discussions (1:1) 10:00 Rosary & Communion with Deacon Henninger 2F (C) 2:00 Rosary & Communion 1F (C) 3:00 Rosary & Communion 3F (C) 1:00 Cocktail Hour 1F (3rd FD) 2:00 Cocktail Hour 2F (3rd FD) 3:00 Cocktail Hour 3F (3rd FD)	<h1>July</h1> <h1>2020</h1>