

Focus on Wellness

Updates to our Reopening Guidelines

Pennsylvania has officially ended its mask mandate and other distancing precautions as of the end of June. We have made great progress in combatting COVID and are proud of our residents, team members and families for helping the cause through vaccinations. Now that cases are significantly diminished, we are happy to provide updated procedures as of 7/2/21.

We believe in the importance of socializing and family visits for the well-being of all of our communities.

Welcome Back!

Assisted Living Guidelines

rev. 6/30/21

REQUIRED PRECAUTIONS

- Dining rooms, Community Life Programs & Internal services remain open
- Fully-vaccinated residents may remove masks
 - Team members & visitors to wear masks in the facilities
- Off-campus outings & family visits permitted for residents
 - Open visitation to residents is available in each community
- Testing only for symptomatic residents or staff
 - Non-vaccinated team members surveillance tested monthly
- New residents can receive the vaccine from our pharmacy

Please Note: Above guidelines are subject to Pennsylvania state mandates & procedures. Additional precautions may be taken if any significant outbreak occurs.

A Note from the Executive Director

Summer has arrived! With our campus being fully-vaccinated, please take advantage of the indoor and outdoor spaces when you have visits with family and friends. Don't forget the great walking trail that goes around the building – and be sure to check out and utilize our center courtyard. We have new seating areas and will be holding socials and gardening clubs in the courtyard.

See the activity calendar for details and for some great trips out and about.

We will begin renovations soon on our 100 patio.... completion should be in September. Also, in September we will be holding our annual Luau, be on the lookout for more information to come!

Visits with family and friends are welcomed & encouraged, just make sure guests check in at the front desk.

Our staff would be more than happy to continue to assist with virtual visits such as FaceTime, Zoom, and Skype if you prefer.

Thank you for your cooperation, and enjoy your Summer,

Howard Holben

Executive Director

Highlighted Events

- 7 – **Brown's Orchard Market Outing & Lunch @ 10am**
- 10 – **Happy Hour @ 3pm**
Musical entertainment by Mick Cockran
- 13 – **Park Picnic & Bingo**
Connections Club with Chambersburg
- 13 – **Gentleman's Social @ 2pm**
Bow Ties & Martinis
- 23 – **Bee Presentation & Honey Tasting - Connections Club**
- 23 – **PP Olympics Closing Ceremony Celebration @ 2pm**

Welcome New Residents

- Myke Krout
- Sharon Warnecke
- Virginia Maloy
- Fred Langkam
- Mary Landis
- Harold Rishel
- Carolyn Rishel
- Mary Carolyn Marsh
- Janet Deardorff
- Jean Myers
- John Malsky
- Mary Kibler
- Colleen Ekstrom



Dimensions of Wellness

Resident Birthdays

July	August	September
Roland Garvin Dorothy Limbert Shirley Hursh Marguerite Senft Nelson Zimmerman Charles Peters Pat Strine George Carlson Jr. June Shutt Dolores McCarty Regina Morgan	Eugene Spahr Mariam Warner Helen Byers Margaret Thoman Ann Sheffer Elizabeth Scarsella Eva Wolf Ralph Miller Nancy Gmeiner Jacqueline Landis	Charlotte Rohrbaugh Yvonne Lyter Dale Zinn Russell Grim Louella Schaffer Maryemma Londis Grace Warner Norma Jean Crone Janet Deardorff Eleanor Loftus Mildred Becker Bertha Alwine Sally Messenger Fairy Carver Helen Kathleen Waters Patricia Myers Joann Lehman Deloris Crone J. Morgan Stobie Claire Papenberg Carol Murphy William Wendel




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: (AR) Activities Room, (DR) Dining Room (FR) Fitness Room, (P) PUB (CR) Community Room, (CY) 100 Hall Court Yard (L) Lobby (OOB) Out of the Building ** Registration Required \$\$ Cost Involved	<h1>July</h1> <h2>2021</h2>		1	2	3
		9:30 Chair Exercise (AR) 10:00 Bible Study & Refreshments (P) 1:15 World Religion Trivia (AR) 2:00 Happy Hour (P) 3:00 Hymns with Chaplain Armando (CR) 4:00 Dinner & A Show (P) 6:00 Songs of the Heart (AR)	9:30 Chair Exercise (AR) 10:00 Kings in the Corner (AR) 11:30 Lunch Bunch (AR) 1:15 Table Top Air Hockey (AR) 2:00 Ice Pops Social (P) 3:00 Jingo (AR) 5:30 Tunes & Mingle (AR) 6:00 Rummikub (AR)	9:30 Chair Exercise (AR) 10:00 Pastries & Current Events (L) 1:15 Patriotic Cookie Creation (AR) 2:00 Patriotic Cookie Social (P) 3:00 The American Revolution 1776 Documentary (AR) 5:30 Tunes & Card Games (AR) 6:15 Knit Pickers (AR)			
4	5	6	7	8	9	10	
9:30 Chair Exercise (AR) 10:00 Kind to Our Plants & Refreshments (AR) 1:15 Fourth Of July Trivia (AR) 2:00 Create & Design: Patriotic Rocks (AR) 3:00 Church Service (CR) 6:00 Tabletop Games & Tunes (AR) Independence Day	9:30 Chair Exercise (AR) 9:45 Sing-along by Sunshine Gang (P) 10:30 House Of Café & Daily Devotional (AR) 1:15 Nat'l Pecan Pie Day; Pecan Pie Social 3:00 Pecan Pie Fun Facts 5:30 Mingle Under The Stars (OOB) 6:00 Pen To Paper; Journal Writing (AR)	9:30 Chair Exercise with iN2L (AR) 10:00 Grief Share Support Group (P) 10:00 Dollar Tree*** (OOB) 10:30 Yoga with Alison (FR) 11:00 Gentleman's Lunch (Pub) 2:00 Happy Hour (P) 3:15 Balance Class (FR) 6:00 Evening Drinks & Mingle (P)	9:30 Chair Exercise with iN2L (AR) 10:00 Worship Service (CH) 10:00 Day Excursion & Lunch Out: Brown's Orchard & Farm Market*** (OOB) 1:15 Wii Bowling (AR) 2:00 World Chocolate Day Social (P) 3:00 Bingo (AR) 5:30 Poker 6:15 Knit Pickers (AR)	9:30 Chair Exercise (AR) 10:00 Bible Study & Refreshments (P) 10:00 Gardening With Sue (AR) 11:00 Happy Birthday Celebration Lunch for Residents & Team Members (DR) 1:15 A year of Zen (AR) 2:00 Create & Design (AR) 3:00 Hymns with Chaplain Armando (CR) 4:00 Ladies Dining: Olive Garden*** (P) 6:00 Bingo & Mocktails (P)	9:30 Chair Exercise (AR) 10:00 Kings in the Corner (AR) 1:15 Arm Chair Travel to Spain (AR) 2:00 Snack Crate: Spain (AR) 3:00 Do You Know... All Things Spain (AR) 5:30 Tunes & Mingle (AR) 6:00 Rummikub (AR)	9:30 Chair Exercise (AR) 10:00 House Of Café & Current Events Discussion (AR) 1:15 Sun-Kissed Stroll (OOB) 2:00 Nat'l Pina Colada Day Social (P) 3:00 Happy Hour with Musical Entertainment featuring Mick Cockran (P) 5:30 Tunes & Card Games (AR) 6:15 Knit Pickers (AR)	
11	12	13	14	15	16	17	
9:30 Chair Exercise (AR) 10:00 Daily Devotional & Refreshments (AR) 11:00 Sunrise Stroll (OOB) 1:15 Culinary Creation: Blueberry Muffins (AR) 2:00 Blueberry Muffin & Blueberry Lemonade Social (AR) 3:00 Church Service (CR) 6:00 Tunes With Alexa (AR)	9:30 Chair Exercise (AR) 9:45 Sing-along by Sunshine Gang (P) 10:30 House Of Café & Daily Devotional (AR) 1:15 Health & Wellness Talk; Selfcare Importance (AR) 2:00 Manis and Mocktails (AR) 3:00 Self Care Hour (AR) 5:30 Mingle Under The Stars (OOB) 6:00 Pen To Paper; Journal Writing (AR)	9:30 Chair Exercise (AR) 10:00 Grief Share Support Group (P) 10:00 Boscov's & Lunch*** (OOB) 10:30 Yoga with Alison (FR) 2:00 Gentleman's Social; Bow Ties & Martinis (P) 2:00 Wellness Ed-U Presentation: Pressure Ulcers (AR) 3:15 Balance Class (FR) 6:00 Evening Drinks & Mingle (P)	9:30 Chair Exercise (AR) 10:00 Worship Service (CH) 10:00 Wellness Ed-U Presentation: Arthritis Awareness by Life Song (AR) 1:30 Baking For Bake Off Competition (AR) 3:00 Bingo & Mocktails (AR) 5:30 Rummikub 6:15 Knit Pickers (AR)	9:30 Chair Exercise (AR) 10:00 Bible Study (P) 1:15 Outdoor Stroll (OOB) 2:00 Bake Off Residents VS Team Members (AR) 3:00 Hymns with Chaplain Armando (CR) 5:15 Take Out; Pizzeria*** (P) 6:00 Bingo & Mocktails (P)	9:30 Chair Exercise (AR) 10:00 Chefs Demo (AR) 11:30 Lunch Bunch (AR) 1:15 Sun-Kissed Stroll (OOB) 2:00 Name That Tune & Refreshments With iN2L (AR) 3:00 Discussion Starters with iN2L (AR) 5:30 Tunes & Mingle (AR) 6:00 Rummikub (AR)	9:30 Chair Exercise with iN2L (AR) 10:00 House Of Café & Current Events (AR) 1:15 Health & Wellness Talk; Importance of Self Care (AR) 2:30 Self Care Day; Facials & Hand Massages (AR) 3:30 Docuseries: <i>Tiny Houses</i> (AR) 5:30 Tunes With Alexa & Card Games 6:15 Knit Pickers (AR)	
18	19	20	21	22	23	24	
9:30 Chair Exercise (AR) 10:00 Kind to Our Plants & Refreshments (AR) 1:30 Dessert Social: National Ice Cream Day Bar (P) 2:30 Mingle & Tunes With Alexa (P) 3:00 Church Service (CR) 6:00 Poker Night (AR)	9:30 Chair Exercise (AR) 9:45 Christmas Songs with The Sunshine Gang (P) 10:30 House Of Café & Daily Devotional (AR) 1:15 Christmas Stories By Fire (L) 2:00 Create & Design; Pineapple & Watermelon Christmas Trees (AR) 3:00 Christmas Punch & Tunes (P) 5:30 Mingle Under The Stars** (OOB) 6:00 Pen To Paper; Journal Writing (AR)	9:30 Chair Exercise (AR) 10:00 Grief Share Support Group (P) 10:00 Browns Market \$\$ (OOB) 10:30 Yoga with Alison (FR) 1:15 Christmas Caroling (AR) 2:00 Jingle Bell Happy Hour & Jell-O Santa Hats (P) 3:00 Providence Place Summer Olympics: Final Round World Religion Trivia (AR) 6:00 Evening Drinks & Mingle (P)	9:30 Chair Exercise (AR) 10:00 Worship Service (CH) 1:15 Culinary Creation; Christmas Cookies 3:00 Christmas Jingo 5:30 Tabletop Games 6:15 Knit Pickers (AR)	9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 Providence Place Summer Olympics Final Round Jeopardy (AR) 1:30 Cherry Christmas Ornament (P) 2:00 Frozen Hot Chocolate Bar (P) 3:00 Marshmallow Snow Men (AR) 6:00 Bingo & Mocktails (P)	9:30 Chair Exercise (AR) 10:00 Chefs Pairing (AR) 11:30 Lunch Bunch (AR) 1:15 Balance Class (FR) 2:00 Providence Place Summer Olympics Ending Ceremony Celebration (AR) 3:00 Explore iN2L (AR) 5:30 Tunes & Mingle (AR) 6:00 Rummikub (AR)	9:30 Chair Exercise (AR) 10:00 Culinary Creation; Pulled Pork Sliders 1:15 Sun-Kissed Stroll (OOB) 2:00 Pulled Pork Sliders Social (AR) 3:00 YouTube; Food Travel With Mark Wiens Best Pulled Pork (AR) 5:30 Tunes With Alexa & Card Games 6:15 Knit Pickers (AR)	
Christmas in July Providence Place Summer Olympics Celebration Week July 19 - 23							
25	26	27	28	29	30	31	
9:30 Chair Exercise (AR) 10:00 Daily Devotional & Refreshments (AR) 1:15 Culinary Creation; Fruit Smoothies (P) 2:00 Courtyard Social & Mixed Fruit Smoothies (CY) 2:30 Mingle & Tunes With Alexa (P) 3:00 Church Service (CR) 6:00 In Between The Lines; Adult Coloring (AR)	9:30 Chair Exercise (AR) 9:45 Sing-along by Sunshine Gang (P) 10:30 House Of Café & Daily Devotional (AR) 1:15 Country Ride** (OOB) 1:30 Health & Wellness With DOW Hailey 2:00 Ice Cream Social & Tunes (P) 5:30 Mingle Under The Stars (OOB) 6:00 Pen To Paper; Journal Writing (AR)	9:30 Chair Exercise (AR) 10:00 Grief Share Support Group (P) 10:30 Yoga with Alison (FR) 1:15 Gentleman's Social; Pressure Points & Self Care (AR) 2:00 Happy Hour (P) 3:15 Balance Class (FR) 6:00 Evening Drinks & Mingle (P)	9:30 Chair Exercise (AR) 10:00 Worship Service (CH) 10:00 Gardening With Sue (AR) 1:30 Jewelry Creation (AR) 2:00 Bingo Blast & Mocktails (AR) 3:00 Fireside Chat with ED Howard (CR) 5:30 Word Search (AR) 6:15 Knit Pickers (AR)	9:30 Chair Exercise (AR) 10:00 Bible Study (P) 1:15 A year of Zen (AR) 2:00 Create & Design (AR) 3:00 Hymns with Chaplain Armando (CR) 5:15 Take Out; McDonalds*** (P) 6:00 Bingo & Mocktails (P)	9:30 Chair Exercise (AR) 10:00 Kings in the Corner (AR) 11:30 Lunch Bunch (AR) 1:15 Table Top Air Hockey (AR) 2:00 Resident Meet Chef (AR) 3:00 Jewelry Design (AR) 5:30 Tunes & Mingle (AR) 6:00 Rummikub (AR)	9:30 Chair Exercise with iN2L (AR) 10:00 House Of Café & Current Events (AR) 1:15 Country Ride (OOB) 2:30 Nat'l Avocado Day Creating Homemade Guacamole (P) 3:30 Guacamole Fun Facts (P) 5:30 Tunes With Alexa & Card Games (AR) 6:15 Knit Pickers (AR)	