

# 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 7/1/21:

- Testing limited to symptomatic residents/team & monthly surveillance of non-vaccinated team members
- Fully-vaccinated residents are not required to wear masks

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.



# Providence Place

SENIOR LIVING

# News

Q3: August 2021

## A Note from the Executive Director

I hope everyone has had the opportunity to enjoy some summer sun and spend time with family. I cannot believe fall is just around the corner - time flies when you're having fun!

We have a lot of exciting activities coming up next month in the community, so be sure to check out the August calendar enclosed. We are looking forward to a visit from the Lancaster Barnstormer's beloved mascot, Cylo, a sock-hop happy hour, and lots of trips to local restaurants and stores!

As always, please continue to wear a mask throughout our community for the safety and well-being of everyone. Fully-vaccinated residents are welcome to remove masks if they wish.

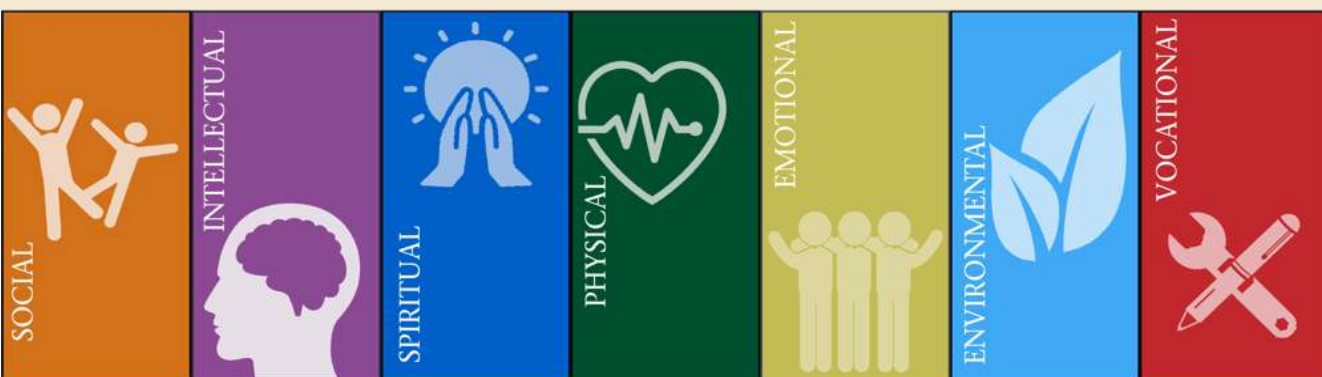
Wishing you health & happiness,

*Donna O'Leary*

*Executive Director*

## Highlighted Events

- 1<sup>st</sup> -25<sup>th</sup> – CommUNITY Back-to-School Supplies Drive (*benefits local school*)
- 1-7 – Connections Neighborhood Olympics
- 4 – Lunch with CYLO (Barnstormers Mascot) @ 12:30pm
- 8 – Outing to Lancaster Barnstormers Baseball Game @ 12:30pm
- 12 – Sweetlife Musical Performance *Connections*
- 18 – Theatre: Magic & Wonder Show @ 1:30pm
- 21 – Senior Citizen's Day: Seniors + Neighbors United Community Event @ 2pm
- 22-28 – Travel Around the World Week  
→ See Connections calendar details



*Dimensions  
of Wellness*

## Resident Birthdays

### August

Guy Conover  
Suzanne Hammel  
Thelma Kauffman  
Shirley Shuffelbottom  
Regina Moyer  
Roseann Cohen  
Nancy Love  
Joann Gallagher  
Jan Rutt

### September

Naomi Nagy  
Evelyn Houck  
Betty Hess  
Patricia Coller  
Norma Fink



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

## Welcome New Residents

Roseann Cohen  
Michael Miller  
Gail Schroeder  
George Somis  
Filomena Gagliardi  
Thomas Polash

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
1 9:30 Yoga (CH) 10:00 CommUNITY Support: Back to School Supplies Drive Kickoff (CH) 10:30 Movie Prep: Snack-N-Stuff (AR) 10:30 The Dime Store (L) 1:00 Green Thumbs Garden Club (L) 2:00 Super Sundae Bar (L) 3:00 Worship Service (CH) 4:30 Table Mate Trivia (DR) 6:15 Movie: <i>Free Willy</i> (CH)	2 9:30 Drum Stix Exercise (CH) 10:15 Sunshine Committee (AR) 10:30 Manicures and MockMosas** (AR) 1:00 Balloon Volleyball Competition (CH) 2:15 Movie Buffs Club: Sept Planning for Movies & Snacks (CH) 3:00 Finish the Lines Trivia (CH) 6:15 Horse Racing Game (AR)	3 9:30 Free Weights Exercise (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:30 Probing Science: Can Crushing Air Pressure (AR) 2:00 Circle of Friends (GL) 3:00 Horse Races (AR) 6:15 Movie: <i>A League of Their Own</i> (CH)	4 9:30 Armchair Exercises (CH) 10:00 Midweek Worship Service (CH) 12:30 Lunch Guest Appearance by Mascot Cylo from Lancaster Barnstormers Baseball Team (DR) 1:30 Dessert & Discussion: <i>Remarkable Story of Ernestine Shepard</i> (CH) 2:30 Dining Service Committee Mtg (DR) 3:00 iN2L Bingo (CH) 6:15 Dominoes (CH)	5 9:30 Balance in Action (AR) 10:00 Diners Caravan Lunch Out & Shop: Shady Maple Smorgasbord**\$\$ (OOB) 10:30 Puzzling Word Searches & Finds (AR) 1:30 Tai Chi Fitness with Laura (CH) 2:15 Healthy Cooking with Chef Jeff (CH) 3:00 Community Life Planning Committee (AR) 6:15 Cards & Coffee (AR)	6 9:15 Shopping Trip: Wegman's**\$\$ (OOB) 10:00 Morning Matinee: <i>Yours, Mine and Ours (1968)</i> (CH) 11:00 Welcome Ambassador Cmte (AR) 1:00 Rummikub Club (AR) 2:00 50's Sock Hop Happy Hour & Friday Floats (CH) 3:00 The Dime Store (L) 6:15 Tea & Paints on Canvas (AR)	7 9:30 Aerobics Exercise (CH) 10:00 Bingo (CH) 11:00 Finish the Lines (CH) 1:00 Rummikub Club (AR) 2:00 Happy Hour & Hors d'oeuvres (GL) 3:15 Book Club (LIB) 6:15 Coffee & Puzzles (AR)		
8 9:30 Yoga (CH) 10:00 CommUNITY Support Planning Committee (CH) 10:30 Movie Prep: Snack-N-Stuff (AR) 10:30 The Dime Store (L) 12:30 Lancaster Barnstormers vs Blue Crabs Baseball Game**\$\$ (OOB) 3:00 Virtual Worship Service (CH) 3:30 Table Mate Trivia (DR) 6:15 Movie: <i>The Pursuit of Happyness</i> (CH)	9 9:30 Drum Stix Exercise (CH) 10:00 Brain Games & One Liners (CH) 10:30 Manicures and MockMosas** (AR) 1:00 Balloon Volleyball Competition (CH) 2:30 Language 101: American Sign Language (AR) 3:00 Musical Entertainment featuring Jazz Me Duo (DR) 6:15 Horse Racing Game (AR)	10 9:30 Free Weights Exercise (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 11:00 Seated Line Dancing Exercise Class by Country Dave (CH) 2:00 Circle of Friends (GL) 2:30 Ed-U Presentation: <i>Singapore</i> by Terry Numyer (CH) 3:30 Horse Races (AR) 6:15 Movies: <i>Night at the Museum</i> (CH)	11 9:30 Armchair Exercises (CH) 10:00 Midweek Worship Service (CH) 11:15 Homemade Peach Pie & Ice Cream (AR) 1:30 Dessert & Discussions: <i>Let's End Ageism</i> by Ashton Applewhite (CH) 2:30 Miniature Art Painting (AR) 3:00 Bingo iN2L (CH) 6:15 Dominoes (CH)	12 9:30 Balance in Action (AR) 10:00 <i>Griefshare</i> (CH) 11:00 Art: Wood Painting (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:15 LCR with Chaplain (AR) 4:00 Diners Caravan Dinner Out: Park City Diner & Coffee Shop**\$\$ (OOB) 6:15 Cards & Coffee (AR)	13 9:30 Sit & B-Fit Exercise (CH) 10:00 House of Worship Tour at The Church of Jesus Christ of Latter Day Saints & Lunch Out: Cracker Barrel**\$\$ (OOB) 10:00 Matinee: <i>Freaky Friday (1976)</i> (CH) 1:00 Rummikub Club (AR) 2:00 Friday Floats & Jeopardy (CH) 3:00 The Dime Store (L) 6:15 Tea & Paints on Canvas (AR)	14 9:30 Aerobics Exercise (CH) 10:00 Bingo (CH) 11:00 Name That Tune (CH) 1:00 Rummikub Club (AR) 2:00 Happy Hour & Hors d'oeuvres (GL) 3:15 Book Club (LIB) 6:15 Coffee & Puzzles (AR)		
15 9:30 Yoga (CH) 10:30 Movie Prep: Snack-N-Stuff (AR) 10:30 The Dime Store (L) 1:00 Green Thumbs Garden Club (L) 2:00 Super Sundae Bar (L) 3:00 Worship Service (CH) 3:30 Table Mate Trivia (DR) 6:15 Movie: <i>Julie &amp; Julia</i> (CH)	16 9:30 Drum Stix Exercise (CH) 10:00 Wellness Ed-U on <i>Understanding Diabetes</i> by Natasha Miller from Bayada Home Health Care (CH) 10:30 Manicures and MockMosas** (AR) 1:00 Balloon Volleyball Competition (CH) 2:00 Fireside Chat with E D Donna (CH) 3:00 Brain Games & One Liners (CH) 6:15 Horse Racing Game (AR)	17 9:30 Free Weights Exercise (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 11:00 Seated Line Dancing Exercise Class by Country Dave (CH) 1:30 Moral Dilemma & Discussion: <i>What Would You Do?</i> (CH) 2:00 Circle of Friends (GL) 3:00 Horse Races (AR) 6:15 Movies: <i>The Intern</i> (CH)	18 9:30 Armchair Exercises (CH) 10:00 Midweek Worship Service (CH) 11:00 Food Creations: Lemon Meringue Squares (AR) 1:30 Magic & Wonder Theatre: <i>Worlds of Wonder Show**\$\$</i> (OOB) 2:30 Create & Design: Model Cars (AR) 3:00 iN2L Bingo (CH) 6:15 Dominoes (CH)	19 9:30 Balance in Action by Genesis Health & Rehab (AR) 10:00 <i>Griefshare</i> (CH) 11:00 Art: Wood Painting (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Ed-U Presentation: <i>The Sounds of Summer</i> by Lancaster Parks & Rec., Naturalist Lisa Sanchez (CH) 3:00 Happy Hour (GL) 6:15 Cards & Coffee (CH)	20 9:30 Sit & B-Fit Exercise (CH) 10:00 House of Worship Tour at Calvary Church & Lunch Out: Finazzo's Italian Restaurant & Pizzeria**\$\$ (OOB) 10:00 Matinee: <i>Rock Around the Clock</i> (CH) 1:00 Rummikub Club (AR) 2:15 Probing Science: Oxidization (CH) 3:00 The Dime Store (L) 6:15 Tea & Paints on Canvas (AR)	21 9:15 Aerobics Exercise (CH) 10:00 Bingo (CH) 11:00 Ronald Regan Proclamation National Senior Citizen's Day, 1988 (CH) 1:00 Rummikub Club (AR) 2:00 Seniors+NeighborsUnited Local Lancaster Community Event**\$\$ (OOB) 3:00 Book Club (LIB) 6:15 Coffee & Puzzles (AR) Senior Citizen's Day		
22 9:30 Yoga (CH) 10:00 Movie Prep: Snack-N-Stuff (AR) 10:30 The Dime Store (L) 1:00 Green Thumbs Garden Club (L) 2:00 Super Sundae Bar (L) 3:00 Worship Service (CH) 3:30 Table Mate Trivia (DR) 6:15 Movie: <i>My Big Fat Greek Wedding</i> (CH)	23 9:30 Drum Stix Exercise (CH) 10:00 Brain Games & One Liners (CH) 10:30 Manicures and MockMosas** (AR) 1:00 Balloon Volleyball Competition (CH) 2:00 Wall Jeopardy (CH) 3:15 Watercolors on Canvas (CH) 6:15 Horse Racing Game (AR)	24 9:30 Free Weights Exercise (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 11:00 Seated Line Dancing Exercise Class by Country Dave (CH) 1:45 Chef's Pairings (CH) 2:00 Circle of Friends (GL) 3:00 Horse Races (AR) 6:15 Movies: <i>The Wizard of Oz</i> (CH)	25 9:30 Armchair Exercises (CH) 10:00 Midweek Worship Service (CH) 1:00 CommUNITY Support: Back to School Supplies Donation** (OOB) 2:00 Ed-U Presentation: <i>Bet on the Turtle, My Long Slow Journey of Faith</i> by Author James Weagley (CH) 3:00 iN2L Bingo (CH) 6:15 Dominoes (CH)	26 9:30 Balance in Action (AR) 10:00 <i>Griefshare</i> (CH) 11:00 Art: Wood Painting (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:15 LCR (AR) 3:00 Happy Hour (GL) 6:15 Cards & Coffee (AR)	27 9:30 Sit & B-Fit Exercise (CH) 10:00 Hour of Worship Tour at LCBC & Lunch Out: Gus's Keystone Family Restaurant**\$\$ (OOB) 9:30 Morning Matinee: <i>Rampage</i> (CH) 1:00 Rummikub Club (AR) 2:00 Friday Floats & Jeopardy (CH) 3:00 The Dime Store (L) 4:30 Happy August Birthday Celebration Dinner & Luau (DR) 6:15 Tea & Paints on Canvas (AR)	28 9:15 Aerobics Exercise (CH) 10:00 Bingo (CH) 11:00 Name That Tune (CH) 1:00 Rummikub Club (AR) 2:00 Happy Hour with Hot Apps (GL) 3:00 Musical Entertainment featuring Organist Gary Collier (CH) 6:15 Coffee & Puzzles (AR)		
29 9:30 Yoga (CH) 10:00 Movie Prep: Snack-N-Stuff (AR) 10:30 The Dime Store (L) 1:00 Green Thumbs Garden Club (L) 2:00 Super Sundae Bar (L) 3:00 Worship Service (CH) 3:30 Table Mate Trivia (DR) 6:15 Hallmark Movie: <i>The Magic of Ordinary Days</i> (CH)	30 9:30 Drum Stix Exercise (CH) 10:00 Brain Games & One Liners (CH) 10:30 Manicures and MockMosas** (CH) 1:00 Balloon Volleyball Competition (CH) 2:00 Ed-U Presentation: <i>Guardians of Our History A Tale of Two British Soldiers</i> (CH) 3:00 Language 101: French (CH) 6:15 Horse Racing Game (AR)	31 9:30 Free Weights Exercise (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 11:00 Seated Line Dancing Exercise Class by Country Dave (CH) 1:30 Probing Science: Slime (AR) 2:00 Celebration of Life Memorial Service (CH) 3:00 Horse Races (AR) 6:15 Movies: <i>The Beverly Hillbillies</i> (CH)	<h1>August</h1> <h2>2021</h2>		<b>Calendar Key:</b> (CH) Chapel, (AR) Activity Room, (GL) Governor's Lounge, (2FL) 2nd Floor, (PT) Pool Table, (FP) Fireplace Room (NHP) North Hall Porch (L) Lobby, (LIB) Library (OOB) Out Of Building ** Registration Required, \$\$ Cost Involved		