

# Focus on Wellness

SUMMER is here! Be sure to make the most of the season with these healthy tips:

- Stay Hydrated with plenty of water
- Use sunscreen and shade to enjoy the outdoors
- Enjoy socializing with friends in nature
- Enjoy local, seasonal produce in our dining programs

Please enjoy all of our outdoor walking paths and activities. Check your calendar for outings!



*Dimensions  
of Wellness*

## Resident Birthdays

### July

8 – Laura M.  
11 – Barbara L.  
13 – Dorothy H.  
15 – Jean S.  
15 – Chester G.  
15 – Merle C.  
17 – Sarah P.  
19 – Charles G.

21 – Elizabeth M.  
22 – Agnes M.  
24 – Edna S.  
26 – Susan D.  
27 – Mary F.  
31 – Donald K.

### August

1 – Edward K.  
4 – Paul N.  
5 – Peggy G.  
8 – John R.  
12 – James J.  
14 – Jean W.  
14 – Dorothy D.  
15 – Kathryn M.  
24 – Shirley S.  
24 – Kay S.  
25 – Susan M.  
27 – Eleanor W.  
28 – Amy K.  
28 – Helen S.

### September

4 – Lois G.  
9 – Sally Ann M.  
9 – Audrey E.  
12 – Virginia F.  
12 – John H.  
13 – Earl R.  
26 – Kathryn S.  
28 – Bonita M.  
30 – Robert E.



# Providence Place SENIOR LIVING News

Q3: July 2022

## A Note from the Executive Director

We celebrated the Longest Day of the year on June 21st with interactive learning in our Memory Care neighborhood. Residents, coworkers and family members visited a variety of information stations and learned more different types of dementia, how dementia effects the brain. We also had a station to learn more about the Memory Walk scheduled for September to benefit the Alzheimer's Association. Franklin County joins with Adams County for an event which will be held on Saturday, September 17th in historic Gettysburg. For those who do not want to travel to Gettysburg, we are also planning a walk here at Providence Place that same day to support the cause.

I hope that everyone enjoys our beautiful community and gets outside to enjoy this fantastic time of year. Walk on our nature trail, sit and visit in a gazebo & enjoy the refurbished picnic tables. While enjoying this area, you will likely see some wildlife as we have been spotting several deer, including two new fawns in recent weeks. Many of us have enjoyed spotting them frolic and play in the green area between the fence and the wooded area. If you don't want to walk too far, then enjoy the newly updated porch on the East wing. We hope that you can take advantage of these common spaces and enjoy each other's company.

Have a safe and healthy summer!

*Holly Townsend*

*Executive Director*

## Highlighted Events

- 4 – **Memorial Park Fireworks**  
@ 9pm
- 18 – **Ice Cream Social** @ 2pm  
With Amber & Alyssa
- 21 – **Franklin County Queen's Court Prize Bingo** @ 6pm
- 27 – **Celebrating Women with Tea & Tidbits** @ 10am or 2pm

## Welcome New Residents

Gladys B.  
Glenn W.  
Bruce F.



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)

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|---|--|---|---|---|
| <p>31</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Hydration and Humor (3A)<br/>1:30 Walk and Stroll Club (HW)<br/>2:00 Worship Service (2A)<br/>3:00 Loom Weaving (3A)<br/>6:15 Songs and Scripture (Ch. 809)</p>               | <p>THE<br/><i>Club</i></p>   |   | <p>Calendar Key:<br/>** Registration Required<br/>\$\$ Cost Involved</p>   | <p>July<br/>2022</p>  | <p>1</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Memory Magic (3A)<br/>1:30 Flower Oasis (P)<br/>2:00 Junk Drawer Detective (3A)<br/>3:00 Social Hour: Firecracker Snack Mix (P)<br/>6:15 Movie Night: Field of Dreams (3A)</p>                      | <p>2</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 House of Café &amp; Current Events ( P)<br/>10:00 Patriotic Trivia (3A)<br/>1:30 Saturday Sitcom (3A)<br/>2:00 Aromatherapy and Nails (3A)<br/>3:00 Book Club (3A)<br/>6:15 Puzzle Club (3A)</p>                                   |
| <p>3</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Hydration and Humor (3A)<br/>1:30 Walk and Stroll Club (HW)<br/>2:00 Worship Service (2A)<br/>3:00 History of Independence Day (3A)<br/>6:15 Songs and Scripture (Ch. 809)</p> | <p>4</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Crafty Creation: Beaded Flag (3A)<br/>2:00 Ice Cream Sundae Bar (P)<br/>3:00 Declaration of Independence<br/>Global Legacy (3A)<br/>9:00 Mem. Park Firework Viewing (PD)<br/><br/>Independence Day</p>                         | <p>5</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 State Game (3A)<br/>1:15 Patriotic Balloon Ball (CN)<br/>1:30 Acrylic Canvas Painting (C)<br/>2:30 R-W-B Celebration Social (CN)<br/>3:00 Ed- U Documentary: Best Fireworks<br/>Festival " Nagaoka" Nigata Japan<br/>6:15 Game Shows (ch.78)</p>    | <p>6</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 iN2L: Prize Bingo (3A)<br/>1:15 Crafty Creation: Patriotic Tie Dye<br/>Tote Bag (CN)<br/>2:30 Sip and Show (CN)<br/>3:00 6th of July Social (P)<br/>6:15 Horseshoes (3E)</p>           | <p>7</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Mid Week Worship Service (CN)<br/>1:30 Art Exploration: Mixed Media (C)<br/>2:00 State Game (3A)<br/>3:00 Patriotic Pictionary(3A)<br/>6:15 Chit Chat in the Lobby (FL)</p>   | <p>8</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Theresa Waltersdorf with<br/>Humana (2A)<br/>1:30 Flower Oasis (P)<br/>2:30 Musical Entertainment with<br/>Jay Smar (2A)<br/>6:15 Movie Night:<br/>Born on the 4th of July (3A)</p>                 | <p>9</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 House of Café &amp; Current Events ( P)<br/>10:00 Pass the Torch (3A)<br/>11:30 Local Fares:<br/>South Mountain Creamery \$\$ (OOB)<br/>2:00 Aromatherapy and Nails (3A)<br/>3:00 Book Club (3A)<br/>6:15 Puzzle Club (3A)</p>     |
| <p>10</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Hydration and Humor (3A)<br/>1:30 Walk and Stroll Club (HW)<br/>2:00 Worship Service (2A)<br/>3:00 Gifts for Giving: Ornaments (C)<br/>6:15 Songs and Scripture (Ch. 809)</p> | <p>11</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Franklin County Book Mobile (LD)<br/>1:30 iN2L: Seated Chair Exercise (2A)<br/>2:00 Musical Entertainment Featuring<br/>Sweet Life with Matt &amp; Carol (LD)<br/>3:00 Birthday Gang Meeting (3A)<br/>6:15 Card Club (3A)</p> | <p>12</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 iN2L: Prize Bingo (3A)<br/>1:15 Kitchen Creation: Frozen Hot<br/>Chocolate and Edible<br/>Cookie Dough (CN)<br/>1:30 Acrylic Canvas Painting (C)<br/>2:30 Sip and Taste (CN)<br/>3:00 Santa Kabobs &amp; Punch (P)<br/>6:15 Game Shows (ch.78)</p> | <p>13</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Diners Caravan:<br/>1:15 Crafty Creation: Tropical<br/>Gingerbread Ornaments (CN)<br/>2:30 Sip and Show (CN)<br/>3:00 A Place in the Sun (3A)<br/>6:15 Horseshoes (3E)</p>            | <p>14</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Mid Week Worship Service (CN)<br/>1:30 Art Exploration: Mixed Media (C)<br/>2:00 Crafty Creations:<br/>Alcohol Ink Bowls (3A)<br/>3:00 Sip and Show (3A)<br/>6:15 Chit Chat in the Lobby (FL)</p>  | <p>15</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Shuffle Board (3A)<br/>1:30 Flower Oasis (P)<br/>2:00 Gift for Giving: Soap Making (C)<br/>3:00 Social Hour: Christmas in July (P)<br/>6:15 Movie Night:<br/>Christmas with the Kranks (3A)</p>    | <p>16</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 House of Café &amp; Current Events ( P)<br/>10:00 Word Pyramid (3A)<br/>1:30 Saturday Sitcom (3A)<br/>2:00 Aromatherapy and Nails (3A)<br/>3:00 Book Club (3A)<br/>6:15 Puzzle Club (3A)</p>                                      |
| <p>17</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Hydration and Humor (3A)<br/>1:30 Walk and Stroll Club (HW)<br/>2:00 Worship Service (2A)<br/>3:00 Frozen Ice Station (PD)<br/>6:15 Songs and Scripture (Ch. 809)</p>         | <p>18</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 iN2L: Prize Bingo (3A)<br/>1:30 iN2L: Seated Chair Exercise (2A)<br/>2:00 Ice Cream with Friends hosted by<br/>Director's of Sales Amber and Alyssa (P)<br/>3:00 iN2L Travel: Pennsylvania (2A)<br/>6:15 Card Club (3A)</p>   | <p>19</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Brain Games: Ice Cream Month (3A)<br/>1:15 Kitchen Creation: Banana Splits (CN)<br/>1:30 Acrylic Canvas Painting (C)<br/>2:30 Sip and Taste (CN)<br/>3:00 Social Hour: Martins Potato Chips (P)<br/>6:15 Game Shows (ch.78)</p>                    | <p>20</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Songbird Warblers with<br/>Terry Neumyer (2A)<br/>1:15 Day Excursion: Gettysburg<br/>Heritage Center (OOB)<br/>3:00 Pennsylvania Shoefly Pie Social (P)<br/>6:15 Horseshoes (3E)</p>  | <p>21</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Dance Class with Jess (FL)<br/>10:00 Mid Week Worship Service (CN)<br/>1:15 Bingo (CN)<br/>1:30 Art Exploration: Mixed Media (C)<br/>2:30 July Birthday Celebration (CN)<br/>3:00 Mixed Up Summer Wear (3A)<br/>6:15 Chit Chat in the Lobby (FL)</p> | <p>22</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Light Up the Night<br/>Sky Crossword (3A)<br/>1:30 Flower Oasis (P)<br/>2:00 Taste of Pennsylvania (P)<br/>3:00 Social Hour: New Resident Social (P)<br/>6:15 Movie Night: <i>Witness</i> (3A)</p> | <p>23</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 House of Café &amp; Current Events ( P)<br/>10:00 Community Outreach:<br/>Coupon Cutting for Troops (3A)<br/>1:30 Saturday Sitcom (3A)<br/>2:00 Aromatherapy and Nails (3A)<br/>3:00 Book Club (3A)<br/>6:15 Puzzle Club (3A)</p> |
| <p>24</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Hydration and Humor (3A)<br/>1:30 Walk and Stroll Club (HW)<br/>2:00 Worship Service (2A)<br/>3:00 Hidden Pictures (3A)<br/>6:15 Songs and Scripture (Ch. 809)</p>            | <p>25</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 July IQ (3A)<br/>1:30 iN2L: Seated Chair Exercise (2A)<br/>2:30 Pretty in Pink: DIY Lip Stick (CN)<br/>3:00 Sip and Show (CN)<br/>6:15 Card Club (3A)</p>   | <p>26</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Searching for July (3A)<br/>1:15 Kitchen Creation: Surprise Raspberry<br/>Cupcakes (CN)<br/>1:30 Acrylic Canvas Painting (C)<br/>2:30 Sip and Taste (3A)<br/>3:00 Blind Tasting: Oreos (P)<br/>6:15 Game Shows (ch.78)</p>                         | <p>27</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Celebrating Women with<br/>Tea &amp; Tidbits (3A) (P)<br/>2:00 Celebrating Women with<br/>Tea &amp; Tidbits (3A) (P)<br/>3:00 Famous July Birthdays (3A)<br/>6:15 Horseshoes (3E)</p> | <p>28</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 Dance Class with Jess (FL)<br/>10:00 Mid Week Worship Service (CN)<br/>1:15 Day Excursion:<br/>Nelly Fox Bowling (OOB)<br/>1:30 Art Exploration: Mixed Media (C)<br/>3:00 Colorful Songs (3A)<br/>6:15 Chit Chat in the Lobby (FL)</p>               | <p>29</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 Daily Chronicle and Discussion (P)<br/>10:00 iN2L: Prize Bingo (3A)<br/>1:30 Flower Oasis (P)<br/>2:00 S'mores Outdoors (P)<br/>3:00 Social Hour:<br/>Amberlee's Fruity Summer Spritzer (P)<br/>6:15 Movie Night: The Sting (3A)</p>            | <p>30</p> <p>9:00 Morning Meeting and Inspirations (P)<br/>9:30 House of Café &amp; Current Events ( P)<br/>10:00 Community Outreach:<br/>Coupon Cutting for Troops (3A)<br/>1:30 Saturday Sitcom (3A)<br/>2:00 Aromatherapy and Nails (3A)<br/>3:00 Book Club (3A)<br/>6:15 Puzzle Club (3A)</p> |