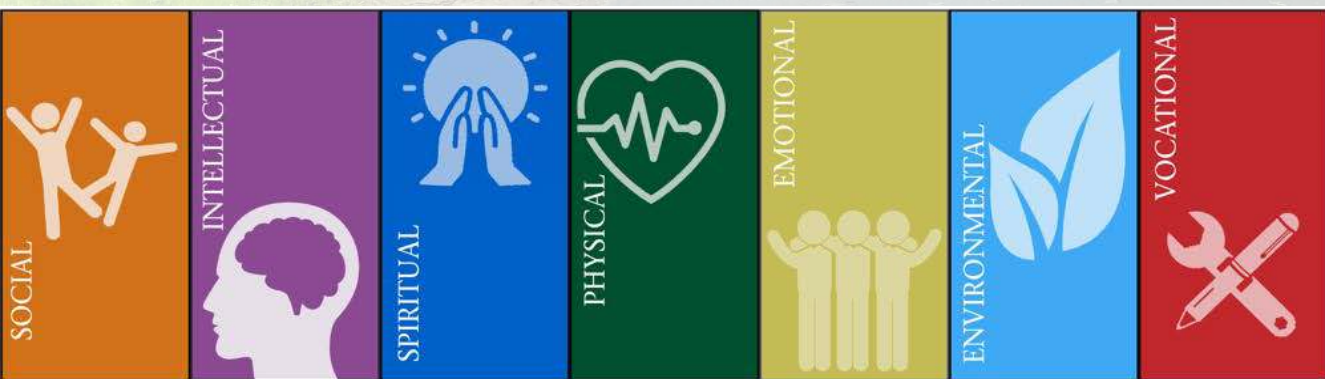


Focus on Wellness

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.

August

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

September

- 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.

- 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.



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
31 9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service with Guest Speaker Rick Barthel (2A) 3:00 Craft Creation: Ball Jar Lid Sun Catchers (C) 6:30 Song and Scripture (Ch.809)			Calendar Key: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY), Picnic Tables (PT) **Registration Required, \$\$ Cost Involved	<h1>July 2022</h1>	1 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PDR) 1:30 Community Outreach: Coupons for Troops (C) 2:00 Helping Hands Club: Patriotic Table Décor for Dining (C) 3:00 Social Hour: Firecracker Snack Mix (P) 6:15 Movie Night: <i>Field of Dreams</i> (3A)	2 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Cooking Creation: Patriotic Brownies (C) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Coffee & Brownies (P) 6:15 Billiards (3E)
3 9:00 Light & Lively Exercise (3E) 9:30 Trivia Handouts (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Uno with Morgan (2A) 6:30 Music & Ministry with Not Forgotten Ministries (2A)	4 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 10:00 Special Edition Prize Bingo (2A) 2:00 Ice Cream Sundae Bar (P) 3:00 Declaration of Independence Global Legacy (3A) 9:00 Mem. Park Firework Viewing (PD) Independence Day	5 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Horseshoes Outdoors (BY) 1:30 Garden Club (FL) 1:30 Acrylic Canvas Paintings (C) 2:00 Nickel Bingo \$(2A) 3:00 Ed-U Documentary: Best Fireworks Festival "Nagaoka" Nigata Japan (2A) 6:15 Blitz with Ruth (2A)	6 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 1:30 Workout with Vickie From Genesis Rehabilitation (3E) 1:30 Pottery with Nicodemus Center for Ceramics (C) 2:00 Blood Pressure Clinic (2A) 3:00 National Kiss Day: Kissing Booth(P) 4:00 Dinner on the Outdoor Deck ** (PD)	7 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Horseshoes (3E)	8 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 <i>Simple Steps to Prevent Falls</i> With Theresa Waltersdorf (2A) 1:30 Walk and Roll Walking Club (FL) 2:30 Musical Entertainment with Jay Smar (2A) 6:15 Movie Night: <i>Born on the 4th of July</i> (3A)	9 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 11:30 Local Fares: South Mountain Creamery **\$(OOB) 2:30 Stair Stepper Exercise (3E) 3:00 Mexican Train Dominoes (C) 6:15 Card Club: Rummy (2A)
10 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Gifts for Giving: Ornaments (C) 6:30 Song and Scripture (Ch.809)	11 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 11:00 Franklin County Library Bookmobile (LD) 2:00 Musical Entertainment Featuring Sweet Life with Matt & Carol (LD) 3:00 Birthday Gang Committee Meeting (C) 6:15 Card Club: Pinochle (2A)	12 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Big Lots**\$(OOB) 10:00 Cooking Creation: Santa Kabobs (C) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Musical Entertainment featuring Tom Shultz (2A) 3:00 Santa Kabobs & Punch (P) 6:15 Corn Hole (3E)	13 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Dining Committee Meeting (2A) 1:30 Musical Entertainment featuring Jessica Snyder (2A) 2:00 Horseshoes (3E) 3:00 Prize Bingo (2A) 4:00 Dinner on the Outdoor Deck ** (PD)	14 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Pain Management Education Jaime from Bayada Home Healthcare 2A) 1:30 Garden Club (FL) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Blitz with Ruth (2A)	15 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PR) 10:00 Cooking Creation: Sugar Cookies (C) 2:00 Horseshoes (3E) 3:00 Social Hour: Christmas in July (P) 6:15 Movie Night: <i>Christmas with the Kranks</i> (3A)	16 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Cooking Creation: 10 Minute Fudge (C) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Appreciate & Thank Club (2A) 6:15 Game Club: Sequence (2A)
17 9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordies Handouts (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Frozen Ice Station (PD) 6:30 Song and Scripture (Ch.809)	18 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 2:00 Ice Cream with Friends Hosted by Directors of Sales Amber and Alyssa ** (P) 3:00 iN2 Travel: Pennsylvania (2A) 6:15 Card Club: Rummy (2A)	19 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Rural King **\$(OOB) 10:00 Horseshoes (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 <i>Later in Life, Legal Planning</i> by Patrick Cawley (2A) 3:00 Social Hour: Martins Potato Chips (P) 6:15 Card Club: Phase 10 (2A)	20 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Songbird Warblers with Terry Neumyer (2A) 1:30 Magazine Kiosk (L) 2:00 Fireside Chat (2A) 3:00 Pennsylvania Shoofly Pie Social (P) 4:00 Dinner on the Outdoor Deck ** (PD)	21 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Rainbow Door Hangers (C) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:00 Franklin County Queen's Court Prize Bingo (2A)	22 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Nickel Bingo \$(2A) 1:30 Gettysburg Battlefield Bus Ride Along ** (OOB) 2:00 Horseshoes (3E) 3:00 Welcome New Resident Social (P) 6:15 Movie Night: <i>Witness</i> (3A)	23 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 11:00 Local Fares: Montezumas **\$(OOB) 2:00 Stair Stepper Exercise (3E) 3:00 Prize Bingo (2A) 6:15 Blitz with Ruth (2A)
24 9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:30 Song and Scripture (Ch.809)	25 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L © Seated Chair Exercise (2A) 2:00 Nickel Bingo \$(2A) 3:00 Chef Demo (C) 6:15 Card Club: Phase 10 (2A)	26 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Giant or Dollar Tree**\$(OOB) 10:00 Billiards (3E) 1:30 Garden Club (FL) 1:30 Acrylic Canvas Paintings (C) 2:00 Jeopardy! (2A) 3:00 Blind Tasting: Oreos (P) 6:15 Blitz with Ruth (2A)	27 9:00 Balloon Ball Exercise (3E) 9:30 Garden Club (FL) 10:00 Celebrating Women with Tea & Tidbits (P) (3A) 2:00 Celebrating Women with Tea & Tidbits (P) (3A) 3:00 Horseshoes (3E) 6:15 Dart League (P)	28 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (C) 10:00 Horseshoes (3E) 11:00 Lunch Out: Norland Pub **\$(OOB) 1:30 Art Exploration: Mixed Media (C) 2:00 Game Club: Sequence (2A) 3:00 Bible Study (PDR) 6:15 Billiards (3E)	29 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Appreciate & Thank Club (C) 1:30 Garden Club (FL) 2:00 Men's Club: S'mores Outdoors (PT) 3:00 Social Hour: Amberlee's Fruity Summer Spritzer (P) 6:15 Movie Night: <i>The Sting</i> (3A)	30 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 1:30 Stair Stepper Exercise (3E) 2:00 Local Fares: The Meadows Frozen Yogurt **\$(OOB) 3:00 Ladder Ball (3E) 6:15 Card Club: Rummy (2A)