

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!



Providence Place SENIOR LIVING News

Q3: July 2022

A Note from the Executive Director

As we continue to face new variants of the COVID virus, we are all working together to keep our community a safe environment while maintaining active programming. We thank you for playing your part by continuing to cooperate with our masking requirements, sign-in process and social distancing during visits.

At this time, we continue with our community dining and an active Community Life schedule of events and programs - we are hopeful that this will not change recognizing what an important role socialization and engagement play in the health and wellness of our residents.

We the nicer temperatures upon us, please take advantage of the front porch and patio area. Families are encouraged to have visits on the patio. There is plenty of seating and a grill is available. Please make sure on the warm days to help yourself to beverages located in the front lobby to keep yourself hydrated!

Make sure to check your calendars for the upcoming activities and events. **Our annual Luau will be held September 22nd.** More information to come!

Enjoy our outside walking trail and patios.

Best,
Howard Holben
Executive Director

Highlighted Events

- 4 – **Independence Day Festivities**
Picnic @ 11:30am
Trivia @ 1pm
Social @ 2:30pm
- 6 – **Speakeasy in the Pub @ 2pm**
Connections Club
- 15 – **Southern Seafood Broil**
@ 1:15pm – Connections & Connections Club
- 20 – **Fireside Chat with Howard**
@ 2:30pm
- 21 – **Jazz Entertainment**
Connections @ 11:30am
House @ 2:30pm
- 23 – **Musical Entertainment** with Tom & Randy @ 2pm
- 25 – **Monday at the Movies: RV**
With Robin Williams @ 1:30pm

Welcome New Residents

Earl T.
Leona H.
Thomas F.
Dorothy W.
Shirley Y.
Sally E.



Dimensions
of Wellness

Resident Birthdays

July

1 – Roland G.
7 – Dorothy L.
7 – Shirley H.
8 – Marguerite S.
9 – Joseph A.
9 – Leona H.
11 – Robert H.
12 – Charles P.
15 – Patricia S.
17 – Terry F.
19 – Janet W.

August

21 – Dorothy B.
22 – George C.
23 – Eleanor G.
23 – Marian L.
24 – Pat D.
27 – Dolores M.
1 – Alverta D.
2 – Miriam W.
3 – Helen B.
8 – Ann S.
12 – Eva W.
12 – Ralph M.
13 – Nancy G.
16 – Syrene K.
17 – Charlotte R.
17 – Yvonne L.

September

21 – Dale Z.
22 – Louella S.
22 – Dale L.
23 – Maryemma L.
24 – Bea P.
25 – Grace W.
25 – Sally E.
28 – Norma Jean C.
28 – Janet D.
1 – Eleanor L.
6 – Bertha A.
8 – Sally M.
9 – Fairy C.
16 – Joann L.
20 – J. Morgan S.
21 – Ruth L.
27 – Mildred B.
29 – William W.



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 9:30 Morning Fitness (AR) 10:00 Daily Reading & Cheesecake (CR) 10:30 Menu Review (CR) 1:15 The Importance of being a Park Ranger (AR) 1:45 Jingo (AR) 3:00 Church Service (CR) 6:00 Resident Run: Poker Night (AR)	THE Club		Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (PAT) 100 Hall Patio (P) Pub (CN) Connections Neighborhood (FL) Lobby (FP) Front Porch	July 2022	1 9:30 Morning Fitness (AR) 10:00 Daily Reading (CR) 10:15 Helping Hands: Bingo Bags (CR) 10:30 Menu Review (CR) 1:15 Facts of Battle of Gettysburg (CR) 2:30 Watermelon Social (PAT) 3:30 Menu Review (CR) 6:30 Resident Run: Bingo (AR)	2 9:30 Morning Fitness (AR) 10:00 Donuts and News (AR) 10:30 Daily Reading (AR) 1:30 July 4th Facts & Trivia (AR) 2:00 Patriotic Bingo (AR) 3:30 Menu Review (P) 6:00 Sit & Socialize in the Lobby
3 9:30 Morning Fitness (AR) 10:00 Daily Reading Outside & Menu Review (FP) 1:15 Sun Kissed Stroll (FP) 1:45 Jingo (AR) 3:00 Church Service and Communion (CR) 6:00 Resident Run: Poker Night (AR)	4 9:30 Morning Fitness (AR) 10:00 Daily Reading & Menu Review (CR) 10:15 Culinary Creations: Picnic Food (CR) 1:00 Catholic Communion (CR) 1:30 Musical Engagement with Katie (AR) 2:30 4th of July Social (CY) 6:00 Bingo (AR) Independence Day	5 9:30 Morning Fitness (AR) 10:00 Daily Reading & Junk Drawer Detective (CR) 10:00 Walk and Talk with the DOW (FP) 10:30 Menu Review (CR) 1:15 Create & Design with Friends (CN) 1:30 Faith Films with Chaplain Shawn (P) 2:30 Ed-U Presentation: Artistic Impact by Ellen Ehlenbeck (AR)	6 9:30 Morning Fitness (AR) 10:00 Daily Reading (CR) 10:15 Working with Words (CR) 10:30 Menu Review (CR) 1:30 Socialize with Friends (CN) 2:00 Speakeasy Social (P) 1:30 Mid Week Service (CR) 2:30 Bingo (AR) 6:30 Cross Words & Word Finds (FL)	7 9:30 Morning Fitness (AR) 10:00 Culinary Creations: Nieman Marcus Cookies (AR) 10:30 Menu Review (AR) 12:45 Employee Appreciation Table (FL) 1:30 Hymn Sing with the Chaplain (CR) 2:30 Social Hour (P) 3:00 Trivia Time with Chocolates (P) 3:15 Circle of Friends (P)	8 9:30 Morning Fitness (AR) 10:00 Daily Reading (CR) 10:15 Fact of the Day Read Round (CR) 10:30 Menu Review (CR) 1:15 McDonalds History on the In2L (P) 2:15 Taste of McDonalds (P) 3:30 Menu Review (CR) 6:30 Resident Run: Bingo (AR)	9 9:30 Morning Fitness (AR) 10:00 Donuts and News (AR) 10:30 Daily Reading (AR) 1:15 Club Country Ride (CY) 2:00 Flip Flops & Sun Shades Social (P) 3:30 Menu Review (P) 6:00 Sit & Socialize in the Lobby
10 9:30 Morning Fitness (AR) 10:00 Daily Reading Outside & Menu Review (FP) 1:15 Sun Kissed Stroll (AR) 1:45 Jingo (AR) 3:00 Church Service (CR) 6:00 Resident Run: Poker Night (AR)	11 9:30 Morning Fitness (AR) 10:00 Daily Reading & July Trivia (CR) 10:30 Menu Review (CR) 1:00 Catholic Communion (CR) 1:30 Musical Engagement with Katie (AR) 2:30 Sunshine Stroll (FP) 6:00 Bingo (AR)	12 9:30 Morning Fitness (AR) 10:00 Daily Reading & Farm Appreciation (CR) 10:30 Menu Review (CR) 1:15 Create & Design with Friends (CN) 1:30 Faith Films with Chaplain Shawn (P) 2:30 Ed- U Presentation 3:30 Menu Review (AR) 6:00 Rummikub (FL)	13 9:30 Morning Fitness (AR) 10:00 Daily Reading (CR) 10:15 Working with Words (CR) 10:30 Menu Review (CR) 1:30 Socialize with Friends (CN) 1:30 Mid Week Service (CR) 2:30 Bingo (AR) 6:30 Cross Words & Word Finds (FL)	14 9:30 Morning Fitness (AR) 10:00 Culinary Creations: Shopska Salata -Bulgarian Salad(AR) 10:30 Menu Review (AR) 12:45 Employee Appreciation Table (FL) 1:30 Hymn Sing with the Chaplain (CR) 2:30 Social Hour (P) 3:00 Travel Through Bulgaria (P) 3:15 Circle of Friends (P)	15 9:30 Morning Fitness (AR) 10:00 Daily Reading (CR) 10:15 Fact of the Day Read Round (CR) 10:30 Menu Review (CR) 1:15 Sea Food Boil (CN) 2:00 Music with Thomas Shultz (PAT) 3:15 Leadership Team Bake Off (P) 3:30 Menu Review (P) 6:30 Resident Run: Bingo (AR)	16 9:30 Morning Fitness (AR) 10:00 Donuts and News (AR) 10:30 Daily Reading (AR) 1:15 Cherries and Berries Trivia (P) 2:00 Ice Cream Social (P) 3:30 Menu Review (P) 6:00 Sit & Socialize in the Lobby
17 9:30 Morning Fitness (AR) 10:00 Design your own Emoji (CR) 10:30 Menu Review (CR) 1:15 Daily Reading (AR) 1:45 Jingo (AR) 3:00 Church Service (CR) 6:00 Resident Run: Poker Night (AR)	18 9:30 Morning Fitness (AR) 10:00 Daily Reading & Diamond Painting (AR) 10:30 Menu Review (AR) 1:00 Catholic Communion (CR) 1:30 Musical Engagement with Katie (AR) 2:30 Sunshine Stroll (FP) 6:00 Bingo (AR)	19 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks on the Deck (P) 10:30 Menu Review (P) 1:15 Create & Design with Friends (CN) 1:30 Faith Films with Chaplain Shawn (P) 2:30 Ed-U Presentation: Maximize Your Aging by Cathy Bollinger (AR) 3:30 Menu Review (AR)	20 9:30 Morning Fitness (AR) 10:00 Daily Reading (CR) 10:15 Working with Words (CR) 10:30 Menu Review (CR) 1:30 Socialize with Friends (CN) 1:30 Mid Week Service (CR) 2:30 Bingo (AR) 6:30 Cross Words & Word Finds (FL)	21 9:30 Morning Fitness (AR) 10:00 Culinary Creations: Super Moon Pies (AR) 10:30 Menu Review (AR) 12:45 Employee Appreciation Table (FL) 1:30 Hymn Sing with the Chaplain (CR) 2:30 Social Hour with Junk Food (P) 3:00 National Junk Food Day (P) 3:15 Circle of Friends (P)	22 9:30 Morning Fitness (AR) 10:00 Daily Reading (CR) 10:15 Fact of the Day Read Round (CR) 10:30 Menu Review (CR) 1:15 Fruit Trivia on the In2L (P) 2:30 Fresh Fruit on the Deck (P) 3:30 Menu Review (P) 6:30 Resident Run: Bingo (AR)	23 9:30 Morning Fitness (AR) 10:00 Donuts and News (AR) 10:30 Daily Reading (AR) 1:15 Club Country Ride (CY) 2:00 Music with Tom & Randi (P) 3:30 Menu Review (P) 6:00 Sit & Socialize in the Lobby
24 9:30 Morning Fitness (AR) 10:00 Daily Reading Outside & Menu Review (FP) 1:15 Sun Kissed Stroll (FP) 1:45 Jingo (AR) 3:00 Church Service (CR) 6:00 Resident Run: Poker Night (AR)	25 9:30 Morning Fitness (AR) 10:00 Daily Reading & Movie Bites (CR) 10:30 Menu Review (CR) 1:30 Movie Matinee: RV Starring Robin Williams (CR) 2:30 Manicures & Mimosas (FR) 6:00 Bingo (AR)	26 9:30 Morning Fitness (AR) 10:00 Daily Reading & What if Ball Toss (CR) 10:30 Menu Review (CR) 1:15 Create & Design with Friends (CN) 1:30 Faith Films with Chaplain Shawn (P) 2:30 Ed-U Presentation: Arthritis Awareness/ Pain Management by Wendy (AR) 3:30 Menu Review (AR)	27 9:30 Morning Fitness (AR) 10:00 Daily Reading (CR) 10:15 Working with Words (CR) 10:30 Menu Review (CR) 1:30 Socialize with Friends (CN) 1:30 Mid Week Service (CR) 2:30 Bingo (AR) 6:30 Cross Words & Word Finds (FL)	28 9:30 Morning Fitness (AR) 10:00 Culinary Creations: Sweet & Creamy Raspberry Loaf (AR) 10:30 Menu Review (AR) 12:45 Employee Appreciation Table (FL) 1:30 Hymn Sing with the Chaplain (CR) 2:30 Social Hour (P) 3:00 Trivia Time (P) 3:15 Circle of Friends (P)	29 9:30 Morning Fitness (AR) 10:00 Daily Reading (CR) 10:15 Fact of the Day Read Round (CR) 10:30 Menu Review (CR) 1:15 Listen and Learn on In2L (P) 2:30 Lemon & Lime Social (P) 3:30 Menu Review (P) 6:30 Resident Run: Bingo (AR)	30 9:30 Morning Fitness (AR) 10:00 Donuts and News (AR) 10:30 Daily Reading (AR) 1:15 Culinary Creations: Cheesecake (AR) 2:00 Wall Jeopardy & Floats (P) 3:30 Menu Review (P) 6:00 Sit & Socialize in the Lobby