

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



Dimensions
of Wellness

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

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

Welcome New Residents

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31</p> <p>9:30 Morning Exercise (AR) 10:00 House Of Café & Daily News (AR) 11:30 Table Mate Riddles (DR) 1:15 Balance Class (FR) 1:45 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)</p>			<p>Calendar Key: (AR) Activities Room, (DR) Dining Room (FR) Fitness Room, (P) PUB (CR) Community Room (CY) 100 Hall Court Yard (PT) Pool Table Room (L) Lobby (FP) Front Patio (FL) Front Lobby (CN) Connections Neighborhood (OOB) Out of the Building ** Registration Required \$\$ Cost Involved</p>	<p>July 2022</p>	<p>1</p> <p>9:30 Morning Exercise (AR) 10:30 Making it Easy Cooking Club: Canadian Surprise Cake (AR) 1:30 Merci, Canada (AR) 2:30 Sweet Watermelon Social (CY) 3:30 Patio Fellowship (FP) 6:30 Resident Run: Bingo (AR)</p>	<p>2</p> <p>9:30 Morning Exercise (AR) 10:00 House Of Café; Doughnut Mind If I Do! (AR) 10:30 Brain Teasers (AR) 1:30 Helping Hands: Floats Prep (P) 2:00 4th of July Bingo (AR) 6:30 Cards Club (AR)</p>
<p>3</p> <p>9:30 Morning Exercise (AR) 10:00 House Of Café & Daily News (AR) 11:30 Table Mate Riddles (DR) 1:15 Balance Class (FR) 1:45 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)</p>	<p>4</p> <p>9:30 Morning Exercise (AR) 10:00 Independence Day Crafting 11:30/12:00 4th of July Picnic Lunch (DR) 1:00 Independence Day History and Trivia (AR) 2:30 4th of July Social (100 Hall CY) 6:00 Bingo (AR)</p> <p>Independence Day</p>	<p>5</p> <p>9:30 Morning Exercise (AR) 10:00 Walk & Stroll Nature Enthusiasts (FL) 1:00 Catholic Communion (CR) 1:30 Tuesday Movies With Chaplin Shawn (P) 2:30 Ed-U Presentation <i>Artistic Impact and Community Journey</i> by Ellen Ehlenbeck, stART Something, Creative York, HACC & OLLI Educator, Historian (AR) 6:00 Rummikub (FL)</p>	<p>6</p> <p>9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (CR) 10:15 Shopping Trip: Dollar Tree*** (OOB) 1:30 Prayer & Worship Service (CR) 3:00 Bible Study (CR) 5:00 Table Mate Trivia (DR) 6:15 Movie Night: <i>Bottled with Love</i> (AR) 6:30 Crosswords and Word Finds (FL)</p>	<p>7</p> <p>9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:30 Thankful to You Cmte (AR) 3:15 Bingo (AR) 5:00 Wine and Dine (DR) 6:15 iN2L: Brain Teasers (AR)</p>	<p>8</p> <p>9:30 Morning Exercise (AR) 10:30 Making it Easy Cooking Club: Bread Pudding (AR) 1:30 Dessert Caravan: Bill Mack's Ice Cream*** (OOB) 3:00 Chocolate, Chocolate, and more Chocolate Happy Hour (CY) 3:30 Patio Fellowship (FP) 6:30 Resident Run: Bingo (AR)</p>	<p>9</p> <p>9:30 Morning Exercise (AR) 10:00 House Of Café; Doughnut Mind If I Do! (AR) 10:30 Moral Dilemma & Discussion (AR) 1:30 Helping Hands; Social Prep (P) 2:00 Flip Flops & Sun Shades Social (P) 3:30 Craft: Paper Mache Art (AR) 6:30 Cards Club (AR)</p>
<p>10</p> <p>9:30 Morning Exercise (AR) 10:00 House Of Café & Daily News (AR) 11:30 Table Mate Riddles (DR) 1:15 Balance Class (FR) 1:45 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)</p>	<p>11</p> <p>9:30 Morning Exercise (AR) 10:00 Life Chat with Chaplin Shawn (FS) 10:30 Balance Class (FR) 1:00 Catholic Communion (CR) 1:30 Melodies by Lindsay Amspacher (AR) 2:00 Circle of Friends with Chaplin Shawn (P) 6:00 Bingo (AR)</p>	<p>12</p> <p>9:30 Morning Exercise (AR) 10:00 Walk & Stroll Nature Enthusiasts (FL) 1:30 Tuesday Movies with Chaplin Shawn (P) 3:45 Dining Out: Outback Steak House *** (OOB) 6:00 Rummikub (FL)</p>	<p>13</p> <p>9:30 Morning Exercise (AR) 10:00 Balance and Action by Lora, Genesis Health & Rehab (AR) 10:15 Shopping Trip: Aldi*** (OOB) 1:30 Prayer & Worship Service (CR) 3:00 Bible Study (P) 5:00 Table Mate Trivia (DR) 6:15 Movie Night: <i>The Art of US</i> (AR) 6:30 Crosswords and Word Finds (FL)</p>	<p>14</p> <p>9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (CDR) 1:30 Comm Life Planning Ctme (CR) 2:00 Grateful Drumming Session with Joe Ciarvella (AR) 3:15 Bingo (AR) 5:00 Wine and Dine (DR) 6:15 iN2L: Memory (AR)</p>	<p>15</p> <p>9:00 Men's Club 9:30 Morning Exercise (AR) 10:30 Making it Easy Cooking Club: Berry Ricotta Parfaits 2:00 Musical Entertainment by: Thomas Shultz (CY) 3:00 Social: Naming the Dover Team Members Bake Off Champion (CY) 6:30 Resident Run: Bingo (AR)</p>	<p>16</p> <p>9:30 Morning Exercise (AR) 10:00 House Of Café; Doughnut Mind If I Do! (AR) 10:30 TED Talk & Discuss: <i>Why Talent Carries you further than Fame</i>(AR) 1:30 Helping Hands; Social Prep (P) 2:00 Ice Cream Sundaes Bar & <i>Speed Friending</i> (P) 3:30 Craft: July Sky Watercolors (AR) 6:30 Cards Club (AR)</p>
<p>17</p> <p>9:30 Morning Exercise (AR) 10:00 House Of Café & Daily News (AR) 11:30 Table Mate Riddles (DR) 1:15 Balance Class (FR) 1:45 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)</p>	<p>18</p> <p>9:30 Morning Exercise (AR) 10:00 Brain Games with Bethany, Genesis Health & Rehab (AR) 10:00 Life Chat with Chaplin Shawn (FS) 1:00 Catholic Communion (CR) 1:30 Melodies by Lindsay Amspacher (AR) 2:00 Circle of Friends with Chaplin Shawn (P) 2:30 Country Ride** (OOB) 6:00 Bingo (AR)</p>	<p>19</p> <p>9:30 Morning Exercise (AR) 10:00 Walk & Stroll Nature Enthusiasts (FL) 1:30 Tuesday Movies with Chaplin Shawn (P) 2:30 Ed-U Presentation <i>Maximize Your Aging Experience</i> by Cathy Bollinger, Embracing Aging & OLLI Edu. (AR) 6:00 Rummikub (FL)</p>	<p>20</p> <p>9:30 Morning Exercise (AR) 10:00 Shopping Trip: Kohls*** (OOB) 1:30 Prayer & Worship Service (CR) 2:30 Fireside Chat with Howard, E.D. (AR) 3:00 Bible Study (P) 5:00 Table Mate Trivia (DR) 6:15 Movie Night: <i>Bridal Wave</i> (AR) 6:30 Crosswords and Word Finds (FL)</p>	<p>21</p> <p>9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:15 Welcome Ambassador Ctme (CR) 10:30 Praying the Rosary (CDR) 2:30 Musical Entertainment: <i>The Gentleman of Jazz Lee Moyer</i> (P) 3:15 Bingo (AR) 5:00 Wine and Dine (DR) 6:15 iN2L: The Price is Right (AR)</p>	<p>22</p> <p>9:30 Morning Exercise (AR) 10:30 Making it Easy Cooking Club: Cream Cheese Strawberry Cookies (AR) 2:00 Meet with Chef Bruce - Dining Committee Meeting (AR) 3:30: Patio Fellowship (FP) 30 Resident Run: Bingo (AR)</p>	<p>23</p> <p>9:30 Morning Exercise (AR) 10:00 House Of Café; Doughnut Mind If I Do! (AR) 10:30 Finish the Phrase Trivia (AR) 2:00 Musical Entertainment featuring Tom & Randy (P) 3:30 Craft: Laced Mason Jar (AR) 6:30 Cards Club (AR)</p>
<p>24</p> <p>9:30 Morning Exercise (AR) 10:00 House Of Café & Daily News (AR) 11:30 Table Mate Riddles (DR) 1:45 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Night (AR)</p>	<p>25</p> <p>9:30 Morning Exercise (AR) 10:00 Life Chat with Chaplin Shawn (FS) 10:30 Balance Class (FR) 1:00 Catholic Communion (CR) 1:30 Melodies by Lindsay Amspacher (AR) 2:00 Matinee (CR) 3:00 Manicures & Mockmosas (FR) 6:00 Bingo (AR)</p>	<p>26</p> <p>9:30 Morning Exercise (AR) 10:00 Walk & Stroll Nature Enthusiasts (FL) 11:45 Day Excursion: 2022 York Fair *** (OOB) 1:30 Tuesday Movies With Chaplin Shawn (P) 2:30 Ed-U Wellness <i>Arthritis Awareness & Pain Management</i> by Wendy, DOW (AR) 6:00 Rummikub (FL)</p>	<p>27</p> <p>9:30 Morning Exercise (AR) 10:00 Grocery Run: Weis*** (OOB) 1:30 Prayer & Worship Service (CR) 3:00 Bible Study (P) 5:00 Table Mate Trivia (DR) 6:15 Movie Night: <i>Sailing into Love</i> (AR) 6:30 Crosswords and Word Finds (FL)</p>	<p>28</p> <p>9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 3:15 Bingo (AR) 5:00 Wine and Dine (DR) 6:15 iN2L: This or That (AR)</p>	<p>29</p> <p>9:30 Morning Exercise (AR) 10:30 Making It Easy: Chocolate Covered Peanut Butter Balls (AR) 12:00 July Birthday Luncheon (AR) 2:30 Lemons & Limes Social (P) 3:30 Patio Fellowship (FP) 6:30 Resident Run: Bingo (AR)</p>	<p>30</p> <p>9:30 Morning Exercise (AR) 10:00 House Of Café; Donut Mind If I Do! (AR) 10:30 Name That Tune (AR) 2:00 Wall Jeopardy & Floats (P) 3:30 Craft: August Centerpieces (AR) 6:30 Cards Club (AR)</p>