

# 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

Sunny summer days are finally here. Our residents are enjoying sitting out on our porches and decks, walking around our beautiful walking path, and breathing some fresh air. I really enjoyed making delicious homemade waffles and ice cream for everyone. Since I had many requests, I will do it again!

On June 25<sup>th</sup>, we hosted a fun Beach Party event. The weather, food, entertainment and company made for an amazing day. I always enjoy these times we all get to spend with our residents, co-workers and families. I'm so overwhelmed with the love our home has brought to our residents.

At Providence Place of Drums, my entire team is committed to be sure our residents are treated like family and we will go above and beyond to find ways to say "YES".

Thank you to all the staff, residents, and families who have supported us to build a strong compassionate team. As always, I am available for comments, ideas, and concerns.

Stay healthy and think happy,

*Kim Perchak*

*Executive Director*

## Highlighted Events

- 3 – **Patriotic Musical Entertainment** with Paul Romero @ 2:30pm
- 7 – **EdU Presentation:** Romance Scams with Michelle Nutter @ 2:30pm
- 14 – **Mohegan Sun Casino Outing** @ 10am
- 18 – **Antique Roadshow** @ 1:30pm
- 20 – **Stemrich's Blueberry Farm Outing** @ 9:30am
- 23 – **Hope Hill Lavender Farm Outing** @ 10:30am
- 28 – **New Resident Funnel Cake Social** @ 2:30pm



*Dimensions  
of Wellness*

## Resident Birthdays

### July

- 2 – Edmund P.
- 7 – Janet W.
- 11 – Angeline L.
- 23 – Ramon S.
- 24 – Rina R.
- 26 – Shirley H.
- 26 – Donald F.

### August

- 7 – Irene M.
- 7 – Josephine B.
- 8 – Raymond M.
- 13 – Gerald B.
- 15 – Geraldine M.
- 16 – Olga M.
- 21 – Susan M.
- 25 – Jean S.

### September

- 6 – Anita M.
- 8 – Joseph Z.
- 11 – David N.
- 12 – Edward W.
- 17 – Danae R.
- 20 – Helen Z.
- 24 – Dorothy S.
- 24 – Virginia S.
- 25 – Barbara R.
- 26 – Patricia G.



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

- Dorothy R.
- Jean D.
- Donald F.
- Barbara R.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits     With Therapy Alliance (1st) 10:30 Sit &amp; Be Fit Exercise (2nd) 11:00-1:00 Wine &amp; Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Independence Day Founders:     Thomas Jefferson (1st) 6:30 Music Club: Bing Crosby Hits (1st)</p>			<p><b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C)</p>	<p>July 2022</p>	<p>1</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Recycled Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Welcome Ambassador Cmte. Mtg. (3rd) 3:30 Soul Club: <i>Chicken Soup for the Soul</i> (3rd) 6:30 Boggle (1st)</p>	<p>2</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club:     Vegetable/Flower Planters (ML) 1:30 Hymn Sing (Ch) 2:30 Matinee: <i>National Treasure</i> (2nd) 3:30 "Red, White &amp; Blue"     Super Happy Hour (1st) 6:30 Rummikub (1st)</p>
<p>3</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits     With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson 11:00-1:00 Wine &amp; Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:30 Holiday Musical Entertainment     By Paul Romero (DR) 4:00 iN2L: Independence Day Founders:     Benjamin Franklin (1st) 6:30 Music Club: U.S. Army Concert Band (1st)</p>	<p>4</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 11:00-1:00 Independence Day     Outdoor Picnic (FP &amp; DR) 1:30 Corn Hole (FP) 2:45 Bingo on the Patio (3rd) 4:00 iN2L: World's Best Fireworks Displays (1st) 6:30 Pinochle Players Club (3rd)</p> <p style="text-align: center;">Independence Day</p>	<p>5</p> <p>9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Daily Prayer &amp; Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 TED Talk &amp; Discussion:     <i>A Future Worth Getting Excited About</i> (2nd) 2:30 Dessert &amp; Discussion     With Chef Ashley (DR) 3:30 Hymn Sing (Ch) 6:30 Scrabble (1st)</p>	<p>6</p> <p>9:30 Sit &amp; Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Sunshine Committee (3rd) 1:30 Manicures &amp; Mocktails (2nd) 2:00 Circle of Friends (SR) 2:45 Bingo (3rd) 3:30 Providence Place Walking Club (ML) 6:30 Dominoes (1st)</p>	<p>7</p> <p>9:30 Balance in Action Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Cooking Club: Fried Green Tomatoes     With Cajun Dipping Sauce (C) 1:30 Community Life Planning Meeting (3rd) 2:30 Ed-U Presentation: <i>Romance Scams</i>     By Michelle Nutter of PA Office of AG (3rd) 3:30 Holistic Wellness Aromatherapy (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>8</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Recycled Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:00 <i>Drum To Your Own Beat</i>     Drumming Class with Joe Ciarvella (2nd) 3:30 Community Outreach:     Troopons: Coupons for Troops (3rd) 6:30 Boggle (1st)</p>	<p>9</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club:     Vegetable/Flower Planters (ML) 1:30 Holiday Celebration Planning Cmte. (3rd) 2:30 Matinee: <i>The Sandlot</i> (2nd) 3:30 Finish the Phrase (1st) 6:30 Rummikub (1st)</p>
<p>10</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits     With Therapy Alliance (1st) 10:30 Sit &amp; Be Fit Exercise (2nd) 11:00-1:00 Wine &amp; Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Independence Day Founders:     John Adams (1st) 6:30 Knit &amp; Crochet Club (3rd)</p>	<p>11</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Food for Thought &amp; Tasting:     Watermelon (C) 1:30 Bible Study with Deacon Bob Roman (C) 2:30 Celebration of Life Service (Ch) 3:30 Technology Committee: Alexa 101 (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>12</p> <p>9:30 Shopping Trip:     Dollar Tree/Aldi's**\$\$ (OOB) 10:00 Daily Prayer &amp; Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Interactive Music Class with Cynthia (2nd) 2:45 Bingo (3rd) 3:30 iN2L: Famous Birthday Spotlight:     Milton Berle (3rd) 6:30 Scrabble (1st)</p>	<p>13</p> <p>9:30 Sit &amp; Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 TED Talk &amp; Discussion:     <i>3 Questions to Ask About Yourself</i> (2nd) 1:30 Craft Club: Button Coasters (3rd) 2:30 Alzheimer's Assoc. Support Group** (SR) 3:30 Brain Games (1st) 4:00 July Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)</p>	<p>14</p> <p>9:30 Daily Prayer &amp; Meditation (Ch) 10:00 Trip Out:     Mohegan Sun Casino**\$\$ (OOB) 10:30 Balance in Action Exercise (2nd) 1:30 Chef's Pairings with Chef Ashley (DR) 2:30 Ed-U Presentation:     <i>Songbirds 101: Warblers</i>     By Photographer Terry Neumyer (3rd) 3:30 Hymn Sing (Ch) 6:30 Pinochle Players Club (3rd)</p>	<p>15</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Recycled Art (3rd) 11:00 1st Floor Patio Cook-Out (3rd) 1:30 Dealing with Loss Support Group (SR) 2:00 Community Outreach: Games on the Patio     with Drums Lioness Club (3rd) 3:30 Today in History (3rd) 6:30 Boggle (1st)</p>	<p>16</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club:     Vegetable/Flower Planters (ML) 1:30 Ed-U Demo: Painting Class     By Jennie Perez** (2nd) 2:45 Bingo (3rd) 3:30 Providence Place Walking Club (ML) 6:30 Rummikub (1st)</p>
<p>17</p> <p>9:00 TV Catholic Mass (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine &amp; Dine (DR) 11:30 Men's Club Outing:     Scranton/WB Railriders vs. Louisville Bats:     PNC Field**\$\$ (OOB) 1:30 Worship Service with Chaplain Bev (Ch) 3:00 Matinee: <i>Meet Me in St. Louis</i> (2nd) 6:30 Music Club: Essential Everly Brothers (1st)</p>	<p>18</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 TED Talk &amp; Discussion:     <i>Nothing You Can Do</i> (2nd) 1:30 PP Resident "Antique Roadshow" (3rd) 2:30 Ed-U Health Presentation:     Arthritis Awareness by DOW Melissa (3rd) 3:30 X- Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>19</p> <p>9:30 Retail Shopping: Boscov's**\$\$ (OOB) 10:00 Daily Prayer &amp; Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:30 Red or Black Card Game (2nd) 2:00 ED-U Presentation:     <i>The USS Wilkes-Barre:     A Celebration of the Willie-Bee</i>     By Mark of Riccetti of Luzerne County     Historical Society (3rd) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)</p>	<p>20</p> <p>9:30 Trip Out: Pick Your Own Blueberries:     Stemrich's Blueberry Farm**\$\$ (OOB) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Sit &amp; Be Fit Exercise (2nd) 1:30 Circle of Friends (SR) 2:30 Musical Entertainment by Glenn Faul (DR) 3:30 Cooking Club: Blueberry Tart:     With PP Resident Mary Konschnik (C) 6:30 Dominoes (1st)</p>	<p>21</p> <p>9:30 Daily Prayer &amp; Meditation (Ch) 10:00 Balance in Action Exercise     By Genesis (2nd) 10:30 Local History: The Duplan Silk Mill (2nd) 1:30 Hymn Sing (Ch) 2:30 Dining Service Committee Meeting (3rd) 3:30 iN2L: Google Earth (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>22</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Recycled Art (3rd) 11:00 2nd Floor Patio Cook-Out (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Bingo (3rd) 4:00 <i>All About July</i> Trivia (3rd) 6:30 Boggle (1st)</p>	<p>23</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Ed-U Day Excursion:     Hope Hill Lavender Farm**\$\$ (OOB) 1:30 Garden Club:     Vegetable/Flower Planters (ML) 2:30 Matinee: <i>Casablanca</i> (2nd) 3:30 <i>Name That Tune</i> (1st) 6:30 Rummikub (1st)</p>
<p>24</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits     With Therapy Alliance (1st) 10:30 Sit &amp; Be Fit Exercise (2nd) 11:00-1:00 Wine &amp; Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Independence Day Founders:     Roger Sherman/Robert R. Livingston (1st) 6:30 Knit &amp; Crochet Club (3rd)</p>	<p>25</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 TED Talk &amp; Discussion:     <i>How To Start Where You Are</i> (2nd) 1:30 Bible Study with Deacon Bob Roman (C) 2:30 Dining Demo with Chef Ashley (DR) 3:30 X- Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>26</p> <p>9:30 Daily Prayer &amp; Meditation (Ch) 10:00 Trip Out: Ochs Farm Market**\$\$ (OOB) 10:30 Stretch Exercise (2nd) 12:30 Providence Place Wish Honoring     Resident Roger Cotterill (3rd) 1:30 Interactive Music Class with Cynthia (2nd) 3:00 Thankful to You Committee (3rd) 6:30 Scrabble (1st)</p>	<p>27</p> <p>9:30 Sit &amp; Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Diner's Lunch Caravan:     Bear Creek Café**\$\$ (OOB) 1:30 Karaoke Singalong (3rd) 2:00 Circle of Friends (SR) 2:45 Bingo (3rd) 3:30 Resident Birthday Committee (3rd) 6:30 Dominoes (1st)</p>	<p>28</p> <p>9:30 Daily Prayer &amp; Meditation (Ch) 10:00 Balance in Action Exercise (2nd) 10:30 Art Exploration: Recycled Art (3rd) 1:30 Providence Place Walking Club (ML) 2:30 New Resident Funnel Cake Social (3rd) 3:30 Focus on Health:     Blood Pressure Checks (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>29</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Community Outreach: Deliver     Newspapers to Hazleton Animal Shelter     (OOB) 11:00 3rd Floor Patio Cook-Out (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Ed-U Presentation:     Storytelling Through Music     With Lester Hirsch (DR) 6:30 Boggle (1st)</p>	<p>30</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club:     Vegetable/Flower Planters (ML) 1:30 Hymn Sing (Ch) 2:30 Matinee:     <i>The Best Exotic Marigold Hotel</i> (2nd) 3:30 "Christmas in July" Super Happy Hour (1st) 6:30 Rummikub (1st)</p>