

# 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

15 – Richard B.  
15 – Charles S.  
18 – Mary L.  
19 – Helen S.  
20 – Grace B.  
20 – Owen B.  
28 – Betty R.

### August

4 – C. Jane C.  
11 – Helen M.  
14 – Carol T.  
14 – Robert H.  
17 – Anna D.  
26 – David M.

### September

2 – Joan F.  
8 – Emma W.  
11 – Carolyn C.  
15 – Dorothy S.  
16 – Jacob J.  
27 – Raymond Y.



# Providence Place SENIOR LIVING News

Q3: July 2022

## A Note from the Executive Director

The Grove is COVID-free and getting back to normal. Please feel free to visit your loved ones and make use of our outside patios in this beautiful weather to enjoy your visit. We are always happy to provide cold drinks to quench your thirst while you enjoy your time together.

Our new exterior sign by the road is completed - it makes locating the campus much easier when coming to visit.

**Please mark your calendar to join us August 20th for our JAWSOME Beach Party.** There will be food, fun and fellowship. Residents, team members and their families are all invited. I hear there will be a dunk tank involved. 😊 Please call reception to RSVP.



Sincerely,  
*Julie Wallace*  
Executive Director

## Highlighted Events

- 4 – **CommUNITY Outreach:** Stuff the Bus @ 10am
- 7 – **TEDtalk:** Empathy by Brene Brown @ 10am
- 13 – **EdU Birdwatching Outing:** Schuylkill County Conservatory @ 11am
- 25 – **Outdoor Flickin' Chicken Game** @ 6pm

## Welcome New Residents

Eugenia J.  
Raymond Y.  
Pamela M.




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
31 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 1:30 Scenic Country Ride (OOB) 3:00 iN2L: Catholic Service (2F) 4:00 iN2L: Methodist Service (2F) 6:00 Music & Mindful Colors (1F)			<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (FP) Front Patio (RP) Rear Patio (WP) Walking Path (L) Lobby	<h1>July</h1> <h1>2022</h1>	1 9:30 Core Strength Exercise (2F) 10:00 World News & Discuss (2F) 10:30 History of Rock & Roll (2F) 11:00 Mother Teresa Service EWNT 49 1:30 Independence Day Shindig (FP) 2:00 Entertainment By Elvis (FP) 3:30 Photo Opportunity With Elvis (FP) 4:00 Confident Cruisers (WP) 6:00 Card Club: Phase 10 (1F)	2 9:30 Gentle Moves (2F) 10:00 Men's Club Country Ride (OOB) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)
3 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 1:30 Scenic Country Ride (OOB) 3:00 iN2L: Catholic Service (2F) 4:00 iN2L: Methodist Service (2F) 6:00 Music & Mindful Colors (1F)	4 9:30 Target Leg Exercise (2F) 10:00 COMMUNITY Outreach: Schuylkill United Way Stuff The Bus Program (1F) 11:00 Lessons For Living: <i>The Bond</i> (2F) 2:00 Film Fest: <i>Bob Hope Salutes The Troops</i> (2F) 3:30 iN2L: Fireworks (2F) 4:00 Ice Cream Cart (FP) Independence Day	5 9:30 Balance In Action By Lisa, Genesis Health & Rehab (2F) 10:00 Community Life Planning Meeting (1F) 11:00 Confident Cruisers (WP) 2:00 Yoga With Leah (2F) 3:30 Karaoke With Alexa (2F) 4:00 Cool Down With Cool Drinks (2F) 6:00 Yahtzee Team (RP)	6 9:30 Move2Music (2F) 10:00 World Briefs (2F) 10:30 Fireside Chat With ED Julie And Management Team (2F) 11:00 Scripture Reading (2F) 2:00 Ed-U Presentation: <i>CSS H.L. Hunley Submarine</i> By Tom Lehman (2F) 3:30 Patio Trivia (FP) 6:00 Social Hour: Country Music (2F)	7 9:30 Target Arms Exercise (2F) 10:00 Ted Talk: <i>Empathy</i> By American Research Professor, Brene Brown (2F) 11:00 Finding Summer Fun Puzzle (2F) 2:00 Ed-U Presentation: <i>Wild Edible Plants</i> By The Wild Edibles Lady Debbie Naha (2F) 3:00 Make Your Own Berry Parfait (2F) 6:00 Game Night Scrabble (1F)	8 9:30 Core Strength Exercise (2F) 10:00 World News & Discuss (2F) 10:30 Market Run: Boyer's **\$\$ (OOB) 11:00 Mother Teresa Service EWNT 49 2:00 Outdoor Lawn Games (FP) 3:00 Ice Cream Cart (FP) 4:00 Confident Cruisers (WP) 6:00 Card Club: Phase 10 (1F)	9 9:30 Gentle Moves (2F) 10:00 July Fact or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)
10 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 1:30 Confident Cruisers (WP) 2:00 Church Of God Service (DR) 3:00 Fellowship Hour (DR) 6:00 Music & Mindful Colors (1F)	11 9:30 Target Leg Exercise (2F) 10:30 Ed-U Wellness Presentation: Arthritis Awareness & Pain Management By DOW Megan (2F) 11:30 Diner's Caravan & Shopping: Dollar Store & Burger King **\$\$ (OOB) 2:30 Memory Magic (2F) 6:00 Outdoor Flickin' Chicken Game (RP)	12 9:30 Target Balance Exercise (2F) 10:00 Resident Planning Meeting (2F) 11:00 Scripture Reading (1F) 2:00 Ed-U Presentation: <i>Greatest Gospel Songs With Meaning Behind Them</i> By The Methodist Women's Group (DR) 3:30 Coffee & Cookie Cart (DR) 4:00 Confident Cruisers (WP) 6:00 Yahtzee Team (RP)	13 9:30 Move2Music (2F) 10:00 Helping Hands: Packing Picnic For Potter's Farm (2F) 11:00 Ed-U Presentation: <i>Bird Watching And Identification Class</i> By Schuylkill County Conservancy Education (OOB) 1:00 Picnic Lunch At Potters Farm (OOB) 3:30 Patio Trivia (FP) 6:00 Social Hour: Big Band Music (2F)	14 9:30 Target Arms Exercise (2F) 10:00 iN2L: Anagrams (2F) 11:00 iN2L: On This Day (2F) 1:30 Show & Share Memories (2F) 3:00 Jigsaw Puzzle Team (2F) 4:00 Confident Cruisers (WP) 6:00 Game Night Scrabble (1F)	15 9:30 Core Strength Exercise (2F) 10:00 World News & Discuss (2F) 10:30 Dutch Categories Puzzle (2F) 11:00 Mother Teresa Service EWNT 49 1:30 Film Fest: <i>Overboard</i> (2F) 2:00 Penny Candy Cart (2F) 4:00 Confident Cruisers (WP) 6:00 Card Club: Phase 10 (1F)	16 9:30 Gentle Moves (2F) 10:00 July Fact or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)
17 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 1:30 Scenic Country Ride (OOB) 3:00 iN2L: Catholic Service (2F) 4:00 iN2L: Methodist Service (2F) 6:00 Music & Mindful Colors (1F)	18 9:00 Ed-U Presentation: <i>Trauma of War &amp; Coping Skills</i> By Vice Commander SSG (Ret.) John Russell, Guest Speaker For Brothers Of War Breakfast (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 6:00 Outdoor Flickin' Chicken Game (RP)	19 9:30 Target Balance Exercise (2F) 10:00 iN2L: On This Day (2F) 11:00 Service In Action: Letter's For Heroes (FP) 2:00 Yoga With Leah (2F) 3:30 Karaoke With Alexa (2F) 4:00 Cool Down With Cool Drinks (2F) 6:00 Yahtzee Team (RP)	20 9:30 Move2Music (2F) 10:00 World Briefs (2F) 11:00 Diner's Caravan & Shopping: Cracker Barrel & Big Lots **\$\$ (OOB) 2:00 Confident Cruisers (WP) 3:00 Tend The Garden Club (RP) 3:30 Patio Trivia (FP) 6:00 Social Hour: Inspirational Music (2F)	21 9:30 Target Arms Exercise (2F) 10:00 iN2L: Anagrams (2F) 11:00 Tend The Garden (RP) 2:00 Welcome Ambassador Social (2F) With Ice Breaker Games (2F) 4:00 Confident Cruisers (WP) 6:00 Game Night Scrabble (1F)	22 9:30 Core Strength Exercise (2F) 10:00 World News & Discuss (2F) 10:30 Market Run: Boyer's **\$\$ (OOB) 11:00 Mother Teresa Service EWNT 49 2:00 Outdoor Lawn Games (FP) 3:30 Ice Cream Cart (FP) 4:00 Confident Cruisers (WP) 6:00 Card Club: Phase 10 (1F)	23 9:30 Gentle Moves (2F) 10:00 July Fact or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)
24 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 1:30 Confident Cruisers (WP) 2:00 Church Of God Service (DR) 3:00 Fellowship Hour (DR) 6:00 Music & Mindful Colors (1F)	25 9:30 Target Leg Exercise (2F) 10:00 Red, White & Blue Circle Game (2F) 10:30 iN2L Strategy: Sliding Tiles (2F) 11:00 Confident Cruisers (WP) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 6:00 Outdoor Flickin' Chicken Game (RP)	26 9:30 Target Balance Exercise (2F) 10:00 iN2L: On This Day (2F) 11:00 Service In Action: Letter's For Heroes (FP) 2:00 Grateful Drumming Session By Joe Ciavella (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 Flying A Kite Fill In Puzzle (RP) 6:00 Yahtzee Team (RP)	27 9:30 Move2Music (2F) 10:00 World Briefs (2F) 11:00 Diner's Caravan & Shopping: Arby's & Dollar Store **\$\$ (OOB) 2:00 Memory Magic (RP) 3:00 Tend The Garden Club (RP) 3:30 Patio Trivia (FP) 6:00 Social Hour : Pop Music (2F)	28 9:30 Target Arms Exercise (2F) 10:00 iN2L: Anagrams (2F) 11:00 iN2L: On This Day (2F) 1:30 Show & Share Memories (2F) 3:00 Jigsaw Puzzle Team (2F) 4:00 Confident Cruisers (WP) 6:00 Game Night Scrabble (1F)	29 9:30 Core Strength Exercise (2F) 10:00 World News & Discuss (2F) 10:30 Ed-U Presentation: Senior Nutrition By Michelle From Bayada (2F) 11:00 Mother Teresa Service EWNT 49 1:30 Film Fest: <i>Pillow Talk</i> (2F) 2:00 Penny Candy Cart (2F) 4:00 Confident Cruisers (WP) 6:00 Card Club: Phase 10 (1F)	30 9:30 Gentle Moves (2F) 10:00 July Fact or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)