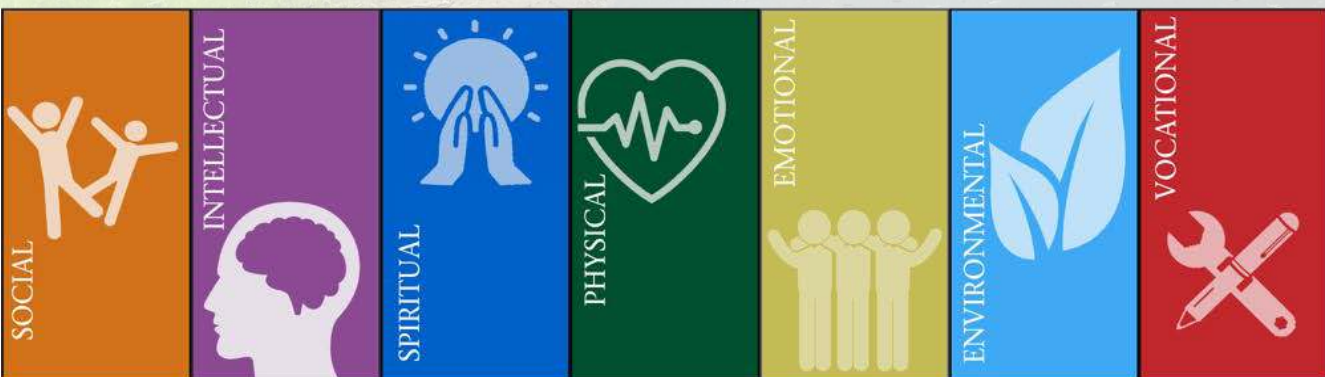


Focus on Wellness

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

September

July

- 2 – Helen Z.
- 16 – Joseph M.
- 16 – Delphine R.
- 17 – Jennie W.
- 17 – Antje J.
- 25 – Cecelia B.
- 26 – Arthur K.
- 28 – Russ F.
- 30 – Elizabeth P.
- 30 – Elizabeth C.

August

- 2 – Adele L.
- 5 – Alice M.
- 9 – Jane D.
- 15 – Margaret S.
- 16 – Marie K.
- 20 – Alverna H.
- 25 – Lucy B.
- 26 – Rosemary C.
- 27 – Mollie K.

- 2 – Katherine L.
- 5 – Nicholas S.
- 6 – Sang O.
- 6 – Agnes L.
- 7 – Clara M.
- 7 – Marlene R.
- 9 – Joanne K.
- 14 – Gladys B.
- 14 – Anna U.
- 19 – Audrey S.
- 20 – Elizabeth L.
- 25 – Wilbur B.
- 26 – Joan F.
- 30 – Sandra C.



Providence Place SENIOR LIVING News

Q3: July 2022

A Note from the Executive Director

Hello Providence Place family!

As I write this note, I am reflecting on the fact that we are in July already. It is hard to believe how time goes so fast. We, here at Providence Place, are excited about the beginning of our summer events. We had our first of three in the concert series, the M&J Band. The band is a local band that plays great “Big Band” & Jazz hits. It was an entertaining time for our residents, families, and visitors. We are also planning our annual picnics. Please check our community calendar for all upcoming events.

COVID cases seem to be declining which is great news for all. With the decline we are seeing a lot of new residents and caregivers join our Providence Place community. When you see these new faces, say “Hello and Welcome”.

The staff of Providence Place continue to be committed to supporting our residents in leading interesting and satisfying lives. We will work with our residents and families to ensure everyone’s experience is meaningful. If there is anything else we can do to serve you and your loved ones, please let us know. I am always available for comments, ideas, and concerns.

Our sincere wishes to you all,

Tracy Mason

Highlighted Events

- 4 – **4th of July Picnic** @ 12pm
- 8 – **Birds of Prey Presentation**
@ 10:30am
- 12 – **War Har Farms Outing**
@ 1:30pm – *Connections*
- 12 – **Summer Concert Series:**
Third Brigade Band @ 7pm
- 20 – **Fireside Chat with Tracy**
@ 1:30pm
- 19 – **Picnic Lunch at Sweet Arrow
Lake** @ 11:30am – *Connections*
- 28 – **100th Birthday Celebration:**
Russell Fidler @ 10am –
Connections

Summertime Scenic Rides:

Every Sunday in July @ 2pm

Welcome New Residents

- Barb W.
- Catherine B.
- Alice M.
- Helen Z.
- Janet W.
- Joseph W.
- Antje J.
- Lucy B.



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
<p>31</p> <p>9:00 Praise Songs & Fellowship (A) 9:30 Bible Trivia (A) 10:00 Live Stream Worship: New Awakening Church (A) 10:30 Hymn Sing Along (A) 11:00 Chair Exercise (A) 11:30 Cool Down and Refreshments (P) 1:00 Popcorn & Movie (P) 3:00 Communion Service (C)</p>	<p>THE Club</p>		<p>Calendar Key: (L)-Lobby (P)-Pub, 1st Floor (A)-Activity Room, 2nd Floor (CN)-Connections, Terrace Lvl (C)-Chapel, 3rd Floor (OOB)- Out of Building</p>	<p>July</p>	<p>1</p> <p>9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Patio and Pals Social (CN) 11:15 Walk for Health (CN) 1:00 Fresh Air Stroll (L) 1:30 Zumba with Michele (P) 2:15 Helpful Hands and Refreshments (P) 2:30 Hymn Sing Along (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)</p>	<p>2</p> <p>9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Baking Club: (A) Summer Salad w/ Citrus Mint Dressing 11:00 Brain Games: Word Play (A) 1:00 Fresh Air Stroll (L) 1:30 Humanitarian Project: Red Creek Wildlife Center 2:00 Mindful Exercises (A) 2:30 Expressive Reading & Writing (A)</p>
<p>3</p> <p>9:00 Bible Word Search & Fellowship (P) 9:30 Live Stream Worship; Trinity Lutheran Church (P) 10:30 Bible Study (P) 11:00 Fuzion Fitness (P) 1:00 Popcorn & Movie (P) 2:00 Manicures and Hand Message (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)</p>	<p>4</p> <p>Independence Day 9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Patriotic Tunes (CN) 11:15 Heart Healthy Walk (CN) 1:00 Fresh Air Stroll (L) 1:30 America: The Story of Us; Washington Leads the Revolution (A) 2:15 Hymn Sing Along (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)</p>	<p>5</p> <p>9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Memory Magic (CN) 11:15 Joyfully Walking (CN) 1:00 Fresh Air Stroll (L) 1:30 Craft: Summer Door Decor (A) 2:30 Recognizing Self: Laughter (A) 3:00 Hasna Yoga (A) 3:30 Hand Messages and Manicures (A) 4:00 New Ideas Collaboration (A)</p>	<p>6</p> <p>9:00 Breakfast Club with Missy (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Finish the Phrase (P) 10:30 Worship Service: Pastor Reading (C) 1:00 Fresh Air Stroll (L) 1:30 Countryside Ride (OOB) 3:00 Social Hour (P) 4:00 Zumba Gold (P)</p>	<p>7</p> <p>9:00 Word Search & Inspirations (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Drum Stick Exercise (P) 10:30 Summer Bingo (P) 11:15 Hydration Station (P) 1:00 4K Fireworks Show with Music (P) 1:30 Garden Club: Outside Gardens (L) 2:30 Bible Study: Spiritual Seasons of Life(A) 3:30 Brain Game: Word Play (A) 4:00 Fellowship with Friends (P)</p>	<p>8</p> <p>9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Patio and Pals Social (CN) 11:15 Walk for Health (CN) 1:00 Fresh Air Stroll (L) 1:30 Zumba with Michele (P) 2:15 Helpful Hands and Refreshments (P) 2:30 Hymn Sing Along (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)</p>	<p>9</p> <p>9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Weekly Devotions (A) 10:30 Sip and Snack (A) 10:45 Chair Exercise (A) 1:00 Fresh Air Stroll (L) 1:30 Finish my Line (A) 2:00 Game of Quaits (A) 3:00 Vagabond Travelers: (P) 4:00 Helping Hands: Clean Up (P)</p>
<p>10</p> <p>9:00 Praise Songs & Fellowship (A) 9:30 Bible Trivia (A) 10:00 Live Stream Worship; New Awakening Church (A) 11:00 Chair Exercise (A) 1:00 Popcorn & Movie (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)</p>	<p>11</p> <p>9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Memory Magic (CN) 10:30 Hospitality Club (CN) 11:15 Heart Healthy Walk (CN) 1:00 Fresh Air Stroll (L) 1:30 Bake Club: Ranch Cucumber Bites (A) 2:30 Hymn Sing Along (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)</p>	<p>12</p> <p>9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Traveling Tunes on Terrace (CN) 1:00 Fresh Air Stroll (L) 1:30 Recognizing Self : Positive Outlook(A) 2:00 Mindful Word Game (A) 2:30 Stress Busting Exercise (A) 3:00 Hand Messages and Manicures (A) 3:30 Bible Study: Seek Ya First (A) 4:00 BYU Vocal Point Choir (A)</p>	<p>13</p> <p>9:00 Breakfast Club with Missy (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Finish the Phrase (P) 10:30 Lite and Lively Warm Up (P) 11:00 Motown Edition Exercise (P) 1:00 Fresh Air Stroll (L) 1:30 Countryside Ride (OOB) 3:00 Social Hour (P) 4:00 Faith Penny Stones (P)</p>	<p>14</p> <p>9:00 Word Search & Inspirations (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Drum Stick Exercise (P) 10:30 Cool Down and Rehydrate (P) 10:45 Prize Bingo (P) 1:00 Laugh Challenge: Summer Fun (P) 1:30 Garden Club: Outside Gardens (L) 2:30 Bible Study: Earth's Seasons (A) 3:30 Word Association (A) 4:00 Fellowship with Friends (P)</p>	<p>15</p> <p>9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Patio and Pals Social (CN) 11:15 Walk for Health (CN) 1:00 Fresh Air Stroll (L) 1:30 Zumba with Michele (P) 2:15 Helpful Hands and Refreshments (P) 2:30 Hymn Sing Along (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)</p>	<p>16</p> <p>9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Baking Club: Magic Blueberry Cobbler (A) 11:00 The Benefits of Blueberries (A) 1:00 Fresh Air Stroll (L) 1:30 Brain Games: Word Play (A) 2:00 Expressive Reading (A) 2:15 Rhyming with Reason (A) 3:00 Entertainment by: John Cosentini (P)</p>
<p>17</p> <p>9:00 Bible Word Search & Fellowship (P) 9:30 Live Stream Worship; Trinity Lutheran Church (P) 10:30 Bible Study (P) 11:00 Fuzion Fitness (P) 1:00 Popcorn & Movie (P) 2:00 Manicures and Hand Message (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)</p>	<p>18</p> <p>9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Memorial Day Social (CN) 10:30 Hospitality Club (CN) 11:15 Heart Healthy Walk (CN) 1:00 Fresh Air Stroll (L) 1:30 Balloon Volleyball (A) 2:15 Hymn Songs & Refreshments (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)</p>	<p>19</p> <p>9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Traveling Tunes on Terrace (CN) 1:00 Fresh Air Stroll (L) 1:30 Recognizing Self : Support (A) 2:00 Word Association (A) 2:30 Stress Busting Exercise (A) 3:00 Hand Messages and Manicures (A) 3:30 Bible Study: The Good Samaritan (A) 4:00 BYU Noteworthy Choir (A)</p>	<p>20</p> <p>9:00 Breakfast Club with Missy (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Finish the Phrase (P) 10:30 Worship Service: Pastor Reading (C) 1:00 Fresh Air Stroll (L) 1:30 Countryside Ride (OOB) 3:00 Entertainment by Bill Minnich (P) 4:00 Helping Hands: Clean Up (P)</p>	<p>21</p> <p>9:00 Word Search & Inspirations (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Joggin my Noggin (P) 10:30 Balance in Action (P) 11:00 Cool Down and Rehydrate (P) 1:00 The Incredible Moth Species (P) 1:30 Garden Club: BAMONA Photography 2:30 Bible Study: Insects (A) 3:30 Open Request Sing Along (A) 4:00 Fellowship with Friends (A)</p>	<p>22</p> <p>9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Patio and Pals Social (CN) 11:15 Walk for Health (CN) 1:00 Fresh Air Stroll (L) 1:30 Zumba with Michele (P) 2:15 Helpful Hands and Refreshments (P) 2:30 Hymn Sing Along (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)</p>	<p>23</p> <p>9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Weekly Devotions (A) 10:30 Sip and Snack (A) 10:45 Chair Exercise (A) 1:00 Fresh Air Stroll (L) 1:30 Name 5 Horse Theme (A) 2:00 Horse Races (A) 3:00 Vagabond Travelers: (P) 4:00 Helping Hands: Clean Up (P)</p>
<p>24</p> <p>9:00 Praise Songs & Fellowship (A) 9:30 Bible Trivia (A) 10:00 Live Stream Worship; New Awakening Church (A) 11:00 Chair Exercise (A) 1:00 Popcorn & Movie (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)</p>	<p>25</p> <p>9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Memory Magic (CN) 10:30 Hospitality Club (CN) 11:15 Heart Healthy Walk (CN) 1:00 Fresh Air Stroll (L) 1:30 Bake Club: Summer Berries Pop Tarts 2:30 Hymn Sing Along (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)</p>	<p>26</p> <p>9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Traveling Tunes on Terrace (CN) 1:00 Fresh Air Stroll (L) 1:30 Recognizing Self : Love (A) 2:00 Anagrams Solvers (A) 2:30 Stress Busting Exercise (A) 3:00 Hand Messages and Manicures (A) 3:30 Bible Study: The Greatest Love Story 4:00 BYU Vocal Point Choir (A)</p>	<p>27</p> <p>9:00 Breakfast Club with Missy (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Finish the Phrase (P) 10:30 Lite and Lively Warm Up (P) 11:00 Beach Vibe Exercise (P) 1:00 Fresh Air Stroll (L) 1:30 Countryside Ride (OOB) 3:00 Social Hour (P) 4:00 Faith Penny Stones (P)</p>	<p>28</p> <p>9:00 Word Search & Inspirations (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 100th Birthday Celebration for Russell Fidler (CN) 11:00 Reminiscing with Friends (CN) 1:00 Animals That Asked People for Help 1:30 Garden Club: Outside Gardens (L) 2:30 Bible Study: Caring for Animals (A) 3:30 Chair Exercise (A) 4:00 Fellowship with Friends (P)</p>	<p>29</p> <p>9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Patio and Pals Social (CN) 11:15 Walk for Health (CN) 1:00 Fresh Air Stroll (L) 1:30 Zumba with Michele (P) 2:15 Helpful Hands and Refreshments (P) 2:30 Hymn Sing Along (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)</p>	<p>30</p> <p>9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Baking Club: Monkey Bars (A) 11:00 Brain Games: Nutty Words (A) 1:00 Fresh Air Stroll (L) 1:30 Cool Down and Rehydrate (A) 1:45 Craft: Scrap Booking (A) 2:15 Hallway Bowling (A) 2:45 Jogging my Noggin (A) 3:00 Vagabond Travelers: (P)</p>