

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>9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Color Me Calm (PUBR) 10:30 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>The Great Outdoors</i> (PUB) 2:00 Summertime Scenic Ride **(OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L)</p>			<p>Calendar Key: ** Registration Required \$\$ Cost Involved 3F 3rd Floor by Elevator OOB Out of Building 1FP 1st Floor Patio Ch Chapel 3FSL 3rd Floor South Lounge ML Main Lobby PUB Pub PUBR Room in Rear of Pub L Library A Activity Room</p>	<p>July 2022</p>	<p>1</p> <p>9:00 Green Thumbs: Tending Plants (TB) 10:00 Color Me Calm (PUBR) 10:30 Life Happens Support Group (CH) 10:30 Craft Corner: Making Shell Ornaments (A) 1:30 Zumba with Michele (PUB) 3:00 Communion Service (CH) 3:30 Board Games: Monopoly (PUBR) 6:15 Polish Bingo (PUBR)</p>	<p>2</p> <p>9:00 Shopping Trip: Walmart **\$(OOB) 10:00 Board Games: Connect 4 (PUBR) 1:00 Helping Hands: Setting up Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 3:00 Vagabond Travelers: Acadia National Park (PUB) 6:15 Card Games: War (PUBR)</p>
<p>3</p> <p>9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Color Me Calm (PUBR) 10:30 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>A League of Their Own</i> (PUB) 2:00 Summertime Scenic Ride **(OOB) 3:00 Communion Service (CH) 3:30 Short Story Book Club (L) 6:15 Kings in the Corner (A)</p>	<p>4</p> <p>9:00 Walking Warriors (ML) 10:00 Board Games: Connect 4 (PUBR) 10:30 Yoga with Michele (PUB) 12:00 4th of July Picnic (1FP & DR) 1:15 Circle of Friends (CH) 2:00 Brain Games: Independence Day Trivia & Bomb Pops (PUB) 3:00 Communion Service (CH) 6:15 Bridge Club (A) Independence Day</p>	<p>5</p> <p>9:00 Walking Warriors (ML) 10:00 Card Games: UNO (PUBR) 10:30 Balloon Volleyball (PUB) 11:00 P² Foodies: Making Waffle Ice Cream Sandwiches (A) 12:00 Picnic on the Patio **(1FP) 2:00 Dining Committee Meeting (DR) 3:00 Manicures & Mimosas **(CH) 6:15 Nickel Bingo \$(PUB)</p>	<p>6</p> <p>9:00 Breakfast Club: Red, White, & Blue Pancake Plate **(A) 10:00 Color Me Calm (PUBR) 10:30 Lite & Lively (PUB) 1:30 Gratitude Committee (PUB) 2:00 Ed-U presentation America a Nation of Immigrants by Lester Hirsh (PUB) 3:00 Belmont Stakes Social Hour (PUB) 3:30 Puzzle Club (3F) 6:15 Po-Ke-No (PUBR)</p>	<p>7</p> <p>9:00 Walking Warriors (ML) 10:00 Board Games: Scrabble (PUBR) 10:00 Drum Stick Exercise (PUB) 11:00 Day Excursion: Hollywood Casino **\$(OOB) 2:00 Card Games: Polish Bingo (PUBR) 3:00 Puzzle Club (3F) 3:30 Community Life Planning Meeting (PUB) 6:15 Prize Bingo (A)</p>	<p>8</p> <p>9:00 Green Thumbs: Tending Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Ed-U presentation: <i>Raptors</i> by Hawk Mountain Bird Sanctuary (PUB) 1:30 Zumba with Michele (PUB) 2:00 Curls for Girls (3FSL) 3:00 Confessions & Mass with Father Kevin (CH) 3:30 Puzzle Club (3F) 6:15 Polish Bingo (PUBR)</p>	<p>9</p> <p>9:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 10:00 Board Games: Checkers (PUBR) 1:00 Helping Hands: Setting up Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 3:00 Vagabond Travelers: Yellowstone National Park (PUB) 6:15 Card Games: Rummy (PUBR)</p>
<p>10</p> <p>9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Color Me Calm (PUBR) 10:30 Balance in Action: (PUB) 1:00 Popcorn & a Movie: <i>Somethings Gotta Give</i> (PUB) 2:00 Summertime Scenic Ride **(OOB) 3:00 Communion Service (CH) 3:30 Short Story Book Club (L) 6:15 Kings in the Corner (A)</p>	<p>11</p> <p>9:00 Walking Warriors (ML) 10:00 Board Games: Checkers (PUBR) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Brain Games: Word Play & Mini Blueberry Muffins (PUB) 3:00 Communion Service (CH) 6:15 Bridge Club (A)</p>	<p>12</p> <p>9:00 Walking Warriors (ML) 10:00 Card Games: War (PUBR) 10:30 Keep Kicking Kickball (PUB) 11:00 P² Foodies: Making Cream Puff Cake (A) 12:00 Picnic on the Patio **(1FP) 2:00 Sunshine Committee (PUB) 3:00 Manicures & Mimosas **(CH) 7:00 Summer Concert Series: Third Brigade Band</p>	<p>13</p> <p>9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Puzzle Club (3F) 10:30 Strength Training (PUB) 1:30 Welcoming Committee Meeting (PUB) 2:00 French Fry Face Off (PUB) 2:30 Color Me Calm (PUBR) 3:00 Barbershop Music Social Hour (PUB) 6:15 Po-Ke-No (PUBR)</p>	<p>14</p> <p>9:00 Walking Warriors (ML) 10:00 Card Games: Solitaire (PUBR) 10:15 Drum Stick Exercise (PUB) 11:30 Diners Caravan: Brother's Buffet **\$(OOB) 1:00 Funny Home Videos (PUB) 2:00 Board Games: Connect 4 (PUBR) 3:00 Brain Games: Wall Scrabble (PUB) 6:15 Prize Bingo (PUB)</p>	<p>15</p> <p>9:00 Green Thumbs: Tending Plants (TB) 10:00 Puzzle Club (3F) 10:30 Life Happens Support Group (CH) 10:30 Craft Corner: Making Beach Garland (A) 1:30 Zumba with Michele (PUB) 2:30 Craft Corner: Making Seashell Trees (A) 3:00 Communion Service (CH) 6:15 Polish Bingo (PUBR)</p>	<p>16</p> <p>9:00 Shopping Trip: Walmart **\$(OOB) 10:00 Board Games: Scrabble (PUBR) 1:00 Helping Hands: Setting up Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 3:00 Vagabond Travelers: Bryce Canyon National Park (PUB) 6:15 Card Games: Solitaire (PUBR)</p>
<p>17</p> <p>9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Color Me Calm (PUBR) 10:30 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Sleepless in Seattle</i> (PUB) 2:00 Summertime Scenic Ride **(OOB) 3:00 Communion Service (CH) 3:30 Short Story Book Club (L) 6:15 Kings in the Corner (A)</p>	<p>18</p> <p>9:00 Walking Warriors (ML) 10:00 Board Games: Bunco (PUBR) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Brain Games: Name 5 & Peach Ice Cream Cones (PUB) 3:00 Communion Service (CH) 6:15 Bridge Club (A)</p>	<p>19</p> <p>9:00 Walking Warriors (ML) 10:00 Card Games: Rummy (PUBR) 10:30 Balloon Tennis (PUB) 11:00 P² Foodies: Making Lush Lemon Pie (A) 12:00 Picnic on Patio **(1FP) 2:00-4:00 Manicures & Mimosas **(CH) 2:30 Color Me Calm (PUBR) 6:15 Nickel Bingo \$(PUB)</p>	<p>20</p> <p>9:00 Breakfast Club: Christmas in July Breakfast Platter **(A) 10:00 Color Me Calm (PUBR) 10:30 Lite & Lively (PUB) 1:30 Fireside Chats with Tracy Mason, E.D. (PUB) 2:00 Musical Entertainment:: Bill Minnich (PUB) 3:00 Craft Corner: Ornament Making (A) 6:15 Po-Ke-No (PUBR)</p>	<p>21</p> <p>9:00 Walking Warriors (ML) 10:00 Board Games: Checkers (PUBR) 10:30 Balance in Action with Genesis Health & Rehab (PUB) 11:00 Diners Caravan: Palermo's **\$(OOB) 1:00 Funny Animal Videos (PUB) 2:00 Drum Circle with Joe (PUB) 3:00 Welcome Social (PUB) 6:15 Prize Bingo (PUB)</p>	<p>22</p> <p>9:00 Green Thumbs: Tending Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Craft Corner: Making Sand Snowmen (A) 1:00 Touring the Smithsonian (PUB) 1:30 Zumba with Michele (PUB) 2:00 Curls for Girls (3FSL) 3:00 Communion Service (CH) 6:15 Polish Bingo (PUBR)</p>	<p>23</p> <p>9:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 10:00 Board Games: Bunco (PUBR) 1:00 Helping Hands: Setting up Bingo (PUB) 2:00 Christmas in July Prize Bingo (PUB) 3:00 Vagabond Travelers: Mt. Rushmore National Park (PUB) 6:15 Card Games: Penny Ante (PUBR)</p>
<p>24</p> <p>9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Color Me Calm (PUBR) 10:30 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Monster In-law</i> (PUB) 2:00 Summertime Scenic Ride **(OOB) 3:00 Communion Service (CH) 3:30 Short Story Book Club (L) 6:15 Kings in the Corner (A)</p>	<p>25</p> <p>9:00 Walking Warriors (ML) 10:00 Board Games: Scrabble (PUBR) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Brain Games: Word Associations & Chili Dog Dip (PUB) 3:00 Communion Service (CH) 6:15 Bridge Club (A)</p>	<p>26</p> <p>9:00 Walking Warriors (ML) 10:00 Card Games: Solitaire (PUBR) 10:30 Balloon Volleyball (PUBR) 11:00 P² Foodies: Making Éclair Dessert (A) 12:00 Picnic on the Patio **(1FP) 2:00 Ed-U presentation: Roger Cotterill presents the Diamond Industry (PUB) 3:00 Manicures & Mimosas **(CH) 6:15 Nickel Bingo \$(PUB)</p>	<p>27</p> <p>9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Color Me Calm (PUBR) 10:30 Strength Training (PUB) 1:00 Puzzle Club (3F) 2:00 Considering the Conversation: Power Of Attorneys with Eric Mika (PUB) 2:30 Easy Listening (A) 3:30 Auto Racing (PUB) 6:15 Po-Ke-No (PUBR)</p>	<p>28</p> <p>9:00 Walking Warriors (ML) 10:00 Card Games: Rummy (PUBR) 11:00 Diner's Caravan: Red Robin **\$(OOB) 1:00 Touring the Louvre (PUB) 2:00 Health Talks with Bayada Home Health : Summer Health Safety (PUB) 3:00 Brain Games: Chocolate Trivia (ML) 5:00 Resident Birthday Dinner (PUB) 6:15 Prize Bingo (PUB)</p>	<p>29</p> <p>9:00 Green Thumbs: Tending Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Craft Corner: Making Paper Flowers (A) 1:30 Zumba with Michele (PUB) 2:30 iN2L: The History of Lipstick (PUB) 3:00 Communion Service (CH) 3:30 Puzzle Club (3F) 6:15 Polish Bingo (PUBR)</p>	<p>30</p> <p>9:00 Shopping Trip: Walmart **\$(OOB) 10:00 Board Games: Scrabble Sentences (PUBR) 1:00 Helping Hands: Setting up Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 3:00 Vagabond Travelers: Grand Canyon National Park (PUB) 6:15 Card Games: War (PUBR)</p>