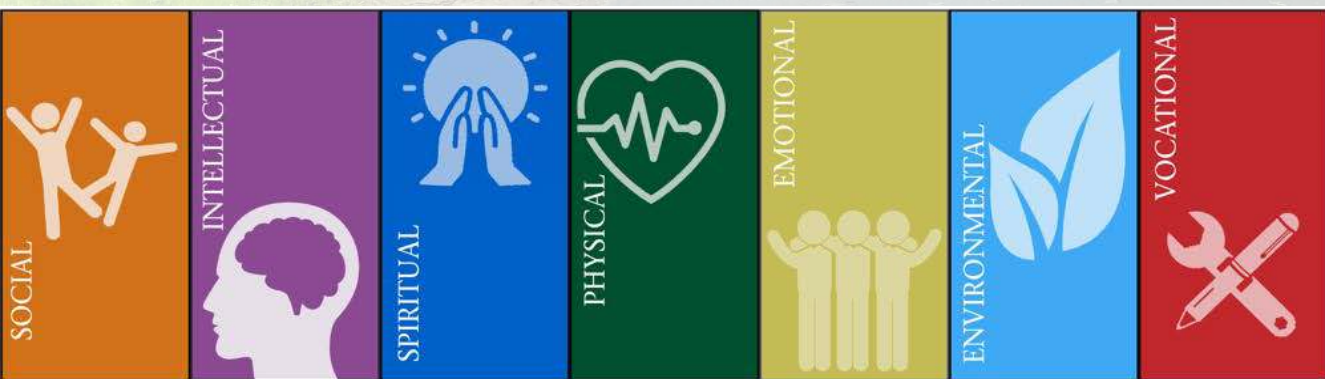


# Focus on Wellness

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

### August

- |                 |                 |
|-----------------|-----------------|
| 1 - Edward K.   | 24 - Shirley S. |
| 4 - Paul N.     | 24 - Kay S.     |
| 5 - Peggy G.    | 25 - Susan M.   |
| 8 - John R.     | 27 - Eleanor W. |
| 12 - James J.   | 28 - Amy K.     |
| 14 - Jean W.    | 28 - Helen S.   |
| 14 - Dorothy D. | 29 - John H.    |
| 15 - Kathryn M. |                 |

### September

- |                  |
|------------------|
| 4 - Lois G.      |
| 9 - Sally Ann M. |
| 9 - Audrey E.    |
| 12 - Virginia F. |
| 12 - John H.     |
| 13 - Earl R.     |
| 17 - Leon M.     |
| 26 - Kathryn S.  |
| 28 - Bonita M.   |
| 30 - Robert E.   |

## A Note from the Executive Director

July was a busy month for our community. Not only did we celebrate Independence Day, but we also completed several improvement projects. The exterior of the building was washed which took 2 full days and a scissor lift. Landscaping was refreshed to include the trimming of hedges and shrubs and fresh mulch was laid.

Franklin County joins with Adams County for the Alzheimer's Walk which will be held on Saturday, September 17th in historic Gettysburg. For those who do not want to travel to Gettysburg, we are also planning a walk here at Providence Place that same day to support the cause.

I hope that everyone enjoys our beautiful community and gets outside to enjoy this fantastic time of year. Walk on our nature trail, sit and visit in a gazebo & enjoy the refurbished picnic tables. While enjoying this area, you will likely see some wildlife as we have been spotting several deer, including two new fawns in recent weeks. Many of us have enjoyed spotting them frolic and play in the green area between the fence and the wooded area. If you don't want to walk too far, then enjoy the newly updated porch on the East wing. We hope that you can take advantage of these common spaces and enjoy each other's company.

Have a safe and healthy summer!

*Holly Townsend*

Executive Director

## Highlighted Events

- 11 - **Chamber Mixer:** Blues & Brews @ 4-6pm
- 18 - **Brunch** @ 10am  
*Hosted by Bayada*
- 22 - **Keeping Our Kids Safe** @ 3pm  
Gun Laws with resident Bev P.
- 23 - **A Trip of a Lifetime** @ 2pm  
Jamaica presentation with Mossie

## Welcome New Residents

- Patricia P.
- Sally C.
- Nadine C.
- Anna M.
- Carol W.
- Lyle and Judy 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	
<h1>August 2022</h1>	1 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Game Club: Member's Choice (3A) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 Self Care: Hand Massages with Heather Crider, DOW (C) 3:00 iN2L: Ed-U Power of Positivity (2A) 6:15 Card Club (3A)	2 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cooking Demo: Diabetic Heart Healthy Snacks (C) 1:15 Crafty Creation: DIY Face Mask (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Share (CN) 3:00 Grapefruit Social (P) 6:15 Game Shows (ch.78)	3 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Things That are Golden (3A) 1:15 Kitchen Creation: Baking Bananas & Cinnamon Apples (CN) 2:30 Sip and Taste (CN) 3:00 National Watermelon Day (P) 6:15 Horseshoes (3E)	4 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Crafty Creations: Glass Etching (3A) 3:00 Thank You for Being a Friend (3A) 6:15 Chit Chat in the Lobby (FL)	5 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 1:30 Flower Oasis (P) 2:00 Name 5 Game (3A) 3:00 Social Hour: Healthy Banana Splits (P) 6:15 Movie Night: <i>Singing in the Rain</i> (3A)	6 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Beach Bum Detective (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)	
7 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Uno (3A) 6:15 Songs and Scripture (Ch. 809)	8 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 1:15 Pretty in Pink: Friendship Bracelets (CN) 1:30 iN2L: Seated Chair Exercise (2A) 2:30 Sip and Show (CN) 3:00 Birthday Club Meeting (3A) 6:15 Card Club (3A)	9 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Crafting with Bobbi Tie Dye T- Shirts (PD) 1:15 Kitchen Creation: Family Lunch Prep (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Share (CN) 3:00 Headbanz Word Guessing Game (2A) 6:15 Game Shows (ch.78)	10 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dining Committee Meeting (2A) 11:00 Family Style Lunch (CN) 2:00 Crafty Creation: Sunflower Door Hanger (3A) 3:00 Iced Tea on the Deck (PD) 6:15 Horseshoes (3E)	11 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 10:00 Dance Class with Jess (FL) 1:30 Art Exploration: Mixed Media (C) 2:00 Club Planning Committee (3A) 3:00 Table Talk Topics (3A) 6:15 Chit Chat in the Lobby (FL)	12 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Ed-U Presentation <i>Staying Social &amp; How to Do It Right</i> by Theresa Waltersdorff (2A) 1:30 Flower Oasis (P) 2:00 Cooking Creation: Family Recipe Edition with Amberlee (C) 3:00 Social Hour: Chilled Strawberries (P) 6:15 Movie Night: <i>Instant Family</i> (3A)	13 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Explore the iN2L (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)	
14 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Odd or Not (3A) 6:15 Songs and Scripture (Ch. 809)	15 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Game Club: Kerplunk (3A) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 Common Endings (3A) 3:00 Would You Rather Social (P) 6:15 Card Club (3A)	16 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Picture It - Double Exposure (3A) 1:15 Kitchen Creation: Crazy Topping Chocolate Dipped Banana (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Taste (CN) 3:00 Health Nut Social (P) 6:15 Game Shows (ch.78)	17 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Eastern Butterflies with Terry Neumyer (2A) 1:15 Crafty Creation: Plant-able Seed Paper (CN) 2:30 Sip and Show (CN) 3:00 Blind Taste Testing: Flavored Sunflower Seeds (P) 6:15 Horseshoes (3E)	18 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Celebration of Life Service (2A) 3:00 Let's Reminisce: Costume Jewelry (3A) 6:15 Chit Chat in the Lobby (FL)	19 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 1:30 Flower Oasis (P) 2:00 Musical Entertainment Featuring Joe Crispell (2A) 3:00 Social Hour: Pilsner Flights (P) 6:15 Movie Night: <i>The Secret Garden</i> (3A)	20 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Fair Detective (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)	
21 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Orange Cream Floats Social (P) 6:15 Songs and Scripture (Ch. 809)	22 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 1:15 Summertime Bingo (CN) 1:30 iN2L: Seated Chair Exercise (2A) 2:30 August Birthday Celebration (CN) 3:00 Keeping Our Kids Safe Gun Laws by Bev Peters (2A) 6:15 Card Club (3A)	23 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mad Libs (3A) 1:15 Kitchen Creation: Waffle Cone Bowl (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Taste (CN) 3:00 Chef Demo: Cupcakes (P) 6:15 Game Shows (ch.78)	24 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Diners Caravan: Bob Evans (OOB) 1:30 Walk and Stroll Club (HW) 2:00 Musical Entertainment Featuring Tom Shultz (2A) 3:00 Chopstick Social (P) 6:15 Horseshoes (3E)	25 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 1:15 Day Excursion: Nellie Fox Bowling Alley (CN) 1:30 Art Exploration: Mixed Media (C) 3:00 Finish the Song Lyrics (3A) 6:15 Chit Chat in the Lobby (FL)	26 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Bumblebee Crossword (3A) 1:30 Flower Oasis (P) 2:00 iN2L: Ed-U Documentary <i>New Women in the Old West</i> (2A) 3:00 Wine Pairing with Hummus & Antipasti (P) 6:15 Movie Night: <i>Freedom Writers</i> (3A)	27 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Explore the iN2L (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)	
28 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:15 Memory Magic (CN) 1:30 Walk and Stroll Club (HW) 2:00 Sip and Discuss (CN) 3:00 Worship Service (CN) 6:15 Songs and Scripture (Ch. 809)	29 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Card Club: Giant Card UNO (3A) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 Game Club: Uno (3A) 3:00 iN2L: Ed-U Documentary Top Gun U.S. Naval Fighter School (2A) 6:15 Card Club (3A)	30 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Dollar Tree (OOB) 1:30 Acrylic Canvas Painting (C) 2:30 Coworker vs. Resident Jeopardy (2A) 3:00 Cold Cocoa Mixer (P) 6:15 Game Shows (ch.78)	31 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Kitchen Creations: Mini Cheesecakes (C) 1:15 Ice Breaker Bingo (CN) 2:00 Friends Hosting Friends (CN) 3:00 Midas Touch Message (3A) 6:15 Horseshoes (3E)	<p><b>Calendar Key:</b> Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY) Connections (CN) Picnic Tables (PT) ** Registration Required \$\$ Cost Involved</p>		<h1>THE Club</h1>	