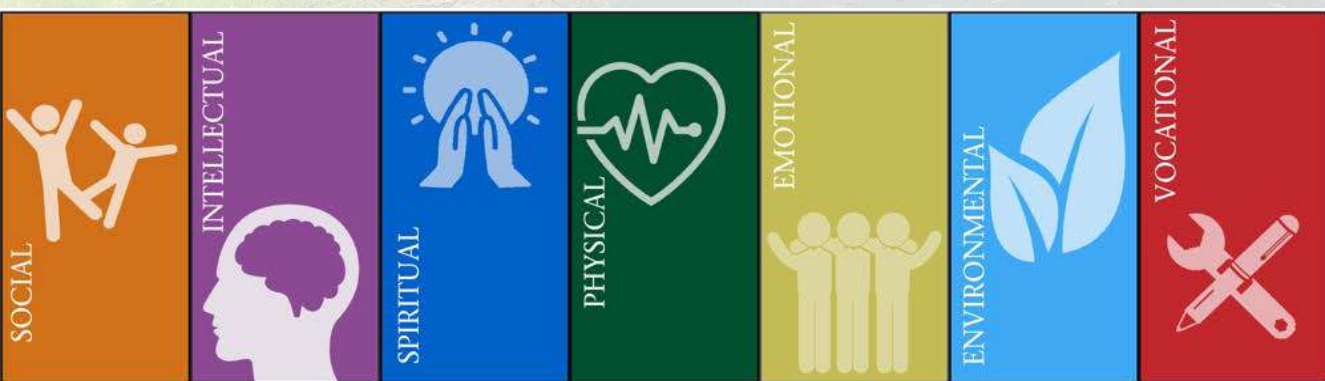


Focus on Wellness

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.



Providence Place SENIOR LIVING News

Q3: August 2022

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

Chambersburg | 2085 Wayne Road | Chambersburg, PA 17202 | 717-709-0668

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.



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		
<h1>August 2022</h1>	1 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 Self Care: Hand Massages with Heather Crider (C) 3:00 iN2L: Ed-U Power of Positivity (2A) 6:15 Blitz with Ruth (2A)	2 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Cooking Demo: Diabetic Heart Healthy Snacks (C) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Starting Fresh: Prize Bingo (2A) 3:00 Grapefruit Social (P) 6:15 Horseshoes (3E)	3 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 1:30 Workout with Vickie from Genesis Health & Rehab (3E) 1:30 Pottery with Nicodemus Center for Ceramics (C) 2:00 Blood Pressure Clinic (2A) 3:00 National Watermelon Day (P) 6:15 Billiards (3E)	4 9:00 Sit & Be Fit Exercise (3E) 9:30 Introduction of Guided Tour to Heaven with Chaplain Rick (PT) 10:00 Brunch Club (C) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Card Club: Dealer's Choice (2A)	5 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PDR) 10:00 Walk and Roll Walking Club (FL) 2:00 Nickel Bingo \$(2A) 3:00 Social Hour: Healthy Banana Splits (P) 6:15 Movie Night: <i>Singing in the Rain</i> (3A)	6 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 11:30 Local Fares: Nick's Airport Inn **\$(OOB) 2:30 Stair Stepper Exercise (3E) 3:00 Scrabble (C) 6:15 Game Club: Yahtzee! (2A)		
7 9:00 Light & Lively Exercise (3E) 9:30 Trivia Handouts (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:30 Not Forgotten Ministries (2A)	8 9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 11:00 Franklin County Library Bookmobile (LD) 1:30 Musical Entertainment featuring Leo Disanto (2A) 3:00 Birthday Gang Committee Meeting (C) 6:15 Game Club: Sequence (2A)	9 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Crafting with Bobbi Tie Dye T-shirts ** (PD) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Community Life Planning Cmt Mtg. (P) 3:00 Hedbanz Word Guessing Game (2A) 6:15 Blitz with Ruth (2A)	10 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Dining Committee Meeting (2A) 11:00 Family Style Meal Served by Jess Nolan (C) 2:00 Prize Bingo with Diana (2A) 3:00 Craft Creation: Natural Bird Feeders (PT) 6:15 Wii Bowling League (3E)	11 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (PDR) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 4:00-6:00 Director of Sales Presents Blues & Brews (P) (PD)	12 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 <i>Staying Social: How to Do It Right</i> Theresa Waltersdorff, Humana (2A) 10:00 Walk and Roll Walking Club (FL) 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 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Crafting Cards of Affirmation (C) 6:15 Musical Entertainment featuring Tresa Day (2A)		
14 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 UNO with Morgan (2A) 6:30 Song and Scripture (Ch.809)	15 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 Prize Bingo (2A) 3:00 Would You Rather Social (P) 6:15 Horseshoes (3E)	16 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Kohls **\$(OOB) 10:00 Kitchen Creations: Energy Balls (C) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 iN2L Ed-U Documentary <i>Laura Bush Spoken from the Heart</i> (2A) 3:00 Health Nut Social (P) 6:15 Mexican Train Dominoes (C)	17 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Ed-U Presentation: <i>Eastern Butterflies</i> by Terry Neumyer (2A) 1:30 Seated Stretches (2A) 2:00 Fireside Chat (2A) 3:00 Blind Tasting: Flavored Sunflower Seeds (P) 6:15 Game Club: Sequence (2A)	18 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (PDR) 10:00 Brunch with Jaime from Bayada Home Healthcare ** (2A) 1:30 Art Exploration: Mixed Media (C) 2:00 Celebration of Life (2A) 3:00 Bible Study (PDR) 6:15 Corn Hole (3E)	19 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PDR) 10:00 Nickel Bingo \$(2A) 1:30 Ladder Ball (3E) 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 9:30 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 1:00 Totem Pole Playhouse: Love, Sex, and the IRS **\$(OOB) 2:00 Community Outreach: Coupons for Troops (C) 3:00 Horseshoes (3E) 6:15 Blitz with Ruth (2A)		
21 9:00 Light & Lively Exercise (3E) 9:30 Garden Club Check Up (FL) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Orange Cream Float Social (P) 6:30 Song and Scripture (Ch.809)	22 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 Prize Bingo (2A) 3:00 Keeping Our Kids Safe Gun Laws with Bev Peters (2A) 6:15 Wii Bowling League (3E)	23 9:00 Light & Lively Exercise (3E) 9:30 Chambersburg Heritage Center Self Guided Tour **\$(OOB) 10:00 Wii Bowling League (3E) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Ed-U Presentation: <i>A Trip of a Life Time to Jamaica</i> , Res. Mossie Sites (2A) 3:00 Chef Demo: Cupcakes (P) 6:15 Game Club: Yahtzee! (2A)	24 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 A Day in the Life of Lee Ruiz (2A) 11:00 Local Fares: Café Del Sol **\$(OOB) 2:00 Musical Entertainment featuring Tom Shultz (2A) 3:00 Chopstick Social (P) 6:15 Horseshoes (3E)	25 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (PDR) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Blitz with Ruth (2A)	26 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Kitchen Creation: Hummus (C) 1:30 Garden Club: Tear Down (FL) 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 9:30 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Chambersburg Resident Antique Road Show (2A) 6:15 Card Club: Dealer's Choice (2A)		
28 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Aromatherapy and Nails (2A) 12:00 Chambersburg Mall Movie Matinee TBD **\$(OOB) 2:00 Worship Service (2A) 3:00 Game Club: Scrabble (C) 6:30 Song and Scripture (Ch.809)	29 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 Prize Bingo (2A) 3:00 iN2L: Ed-U Documentary <i>Top Gun U.S Navel Fighter School</i> (2A) 6:15 Blitz with Ruth (2A)	30 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Nickel Bingo \$(2A) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Coworker Vs Resident Jeopardy (2A) 3:00 Cold Cocoa Mixer (P) 6:15 Game Club: Sequence (2A)	31 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Beltone Hearing Wellness Talk (2A) 1:30—3:00 Beltone Hearing Clinic ** (PDR) 2:00 Friends Hosting Friends (CN) 3:00 Horseshoes (3E) 4:00 Local Fares: Arby's **\$(OOB) 6:15 Dart League (P)	Calendar Key: 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			