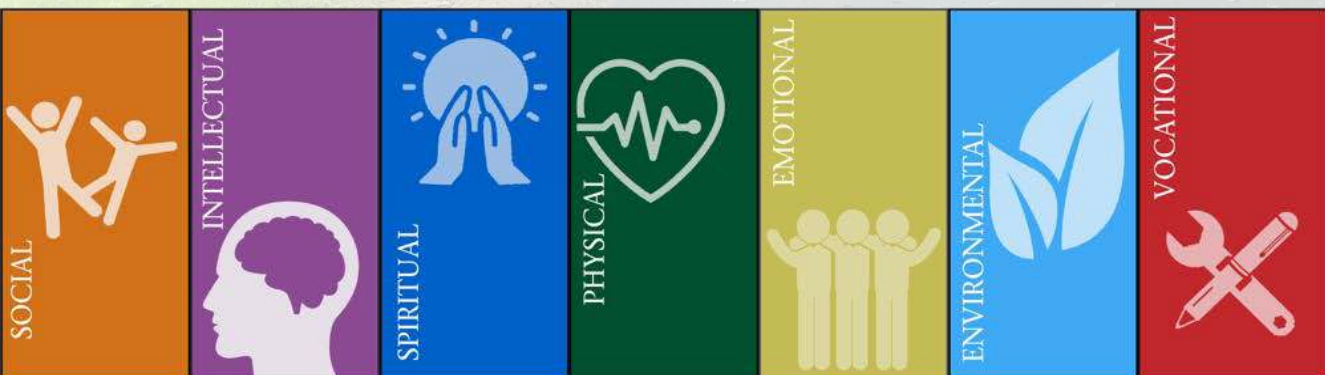


Focus on Wellness

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

- 11 - William P.
- 16 - Joseph F.
- 25 - Lillian D.
- 26 - Beverly B.
- 27 - Randi S.
- 30 - Grace S.

September



Providence Place SENIOR LIVING News

Q3: August 2022

A Note from the Executive Director

Our Collegeville Inn has been booming with summer activity. It has been great to see so many smiles on the front porch and also on the back deck over the past several weeks. The flowers our residents have been planting look beautiful. We are so fortunate to have such amazing outdoor spaces and walking paths to enjoy the gorgeous weather. Please enjoy fresh beverages in the lobby on warm days to stay hydrated and do not forget the sunscreen!

Pardon our dust! Thank you for your understanding and patience during the flood wall construction. We are completing construction and will begin beautifying the renovations. I would like to remind everyone that the emergency exits in the dining room and next to the theater are closed currently due to construction. Please use the loading dock exit outside the kitchen and the front door in the main living room as an alternative until further notice.

It has been wonderful watching all the activity over the past few weeks. Phillies game, ice cream trips, the drum circle and multiple entertainers. Thank you to Noelle and Sarah for keeping the activities lively and vibrant.

Please feel free to have family and friends join us for entertainment and special events. We welcome you to join us for our next brunch on Sunday August 21st, please make a reservation. It is truly my honor to work with such an amazing group of coworkers and residents.

Terri Sanelli

Executive Director

Highlighted Events

5 - **Shakespeare in the Pub** @ 4pm

18 - **Casino Night Happy Hour**

@ 3:30pm

21 - **Phillies Baseball Outing** @ 3pm

25 - **Service in Action: SPCA** @ 10am

30 - **Valley Forge Outing** @ 10am

31 - **EdU Presentation** by Marianne

Sergio @ 2pm

Welcome New Residents

Frances L.

Joan B.

Sally W.

Rosemary H.

Dorothy W.

Janet C.



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 11:00 Chair Exercises (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Creative Crafting (P) 6:00 Happy Hour (P)	2 8:00 Connect with Chaplain Tia (P) 9:30 Chair Exercises (CH) 10:00 Shopping Trip: Giant***\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (P) 2:00 Circle of Friends with Chaplain Tia (T) 3:30 Musical Entertainment featuring Performer Calvin Pressley (P) 6:15 Community Board Games (P)	3 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 11:00 Games on the Porch (OS) 1:00 Balloon Volleyball (P) 2:00 Car Racing (P) 3:00 Gardening Club (OS) 4:00 Community Crossword (OS) 6:00 Res. Run Card Games (P)	4 9:45 Communion with St. Eleanor's Legion of Mary (T) 10:00 Chair Exercises (P) 10:30 Diners Caravan Lunch Out: Applebee's***\$\$ (OOB) 11:00 Games on the Porch (OS) 1:00 Thankful to You Committee (P) 2:00 Community Crossword (P) 3:30 Karaoke Happy Hour (P) 6:00 Nickel Bingo (P)	5 9:30 Chair Exercises (P) 10:30 Community Crossword (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Mastermind Competition (OS/P) 3:00 Picture Sharing (P/OS) 4:00 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)	6 9:30 Walking Club (L) 11:00 Decorate Doughnuts from Colledgeville Bakery (AR) 1:00 Bingo in Glasses (AR) 2:00 Trivia & Games (OS/Pub) 3:00 Gardening Club (OS/AR) 3:30 Happy Hour (P) 6:15 Dominoes (AR)	
7 10:30 Catholic Mass on Screen (T) 11:00 Knitting & Crochet Club (P) 11:30 Chair Exercises (P) 1:00 Gardening Club (OS) 2:00 Games in the Pub (P) 3:00 Bocce / Corn Hole (OS) 4:00 Photo Share (P) 6:00 Movie / Television Series (T)	8 10:30 Sharing Our Stories with Chaplain Tia (T) 11:30 Woofs of Wisdom by Ellie Mae (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Creative Crafting (AR) 6:00 Happy Hour (P)	9 8:00 Coffee & Current Events with Chaplain Tia (P) 9:30 Chair Exercises (CH) 10:00 Day Excursion to Perkiomen Trail** (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (P) 2:00 Circle of Friends with Chaplain Tia (T) 3:30 Aerobic Drumming (P) 6:15 Community Board Games (P)	10 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 11:00 Car Racing (P) 1:00 Balloon Volleyball (P) 2:00 Activities Committee Meeting (P) 3:00 Gardening Club (OS) 4:00 Aerobic Exercise Class by Look Who's Dancing (C) 6:00 Res. Run Card Games (P)	11 9:45 Communion with St. Eleanor's Legion of Mary (T) 10:00 Chair Exercises (P) 11:00 Racko (P) 12:00 Ordering Lunch In: Colledgeville Bakery***\$\$ (P) 1:00 Fireside Chat with Terri, E.D. (P) 2:15 Balance Class (P) 3:30 Games in the Pub/Outside (P/OS) 4:00 Trivia Happy Hour (P) 6:00 Walk on the Trail (OS)	12 9:30 Chair Exercises (P) 10:30 Community Crossword (P) 1:00 Dinning Services Committee Meeting (AR) 1:30 Bingo Bucks Bingo (AR) 2:30 Dominoes (P) 3:30 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)	13 9:30 Walking Club (L) 11:00 Cooking Group; Hors D'oeuvres (AR) 1:00 Bingo with St. Eleanor Parish Youth Group (AR) 2:00 Trivia & Games (OS/Pub) 3:00 Gardening Club (OS/AR) 3:30 Happy Hour (P) 6:15 Dominoes (AR)	
14 10:30 Catholic Mass on Screen (T) 11:00 Knitting & Crochet Club (P) 11:30 Laugh & Learn with Chaplain Tia (P) 1:00 Non-Denominational Communion (T) 2:00 Bible Study (AR) 2:30 Bocce / Corn Hole (OS) 3:30 Card Club (P) 6:00 Movie / Television Series (T)	15 11:00 Chair Exercises (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Creative Crafting (P) 6:00 Happy Hour (P)	16 8:00 Coffee & Current Events with Chaplain Tia (P) 9:30 Chair Exercises (CH) 10:00 Shopping Trip: Target***\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 Balance in Action Class by Genesis Health & Rehab (P) 2:00 Bible Study with Chaplain Tia (T) 3:30 iN2L Trivia and Games (P) 6:15 Community Board Games (P)	17 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 11:00 Games on the Porch (OS) 1:00 Balloon Volleyball (P) 2:00 Ed-U Wellness: <i>Stroke Awareness</i> by Beth Pope, PT from Genesis (T) 3:00 Car Racing (P) 4:00 Picture Sharing (P/OS) 6:00 Res. Run Card Games (P)	18 9:45 Communion with St. Eleanor's Legion of Mary (T) 10:00 Chair Exercises (P) 11:00 Racko (P) 1:00 Community Crossword (P) 2:00 Exercises with Weights (P) 3:30 Casino Happy Hour (P) 6:00 Nickel Bingo (AR)	19 9:30 Chair Exercises (P) 10:30 Community Crossword (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Checkers Championship (P) 3:00 Picture Sharing (P/OS) 4:00 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)	20 9:30 Walking Club (L) 10:30 Cooking Group (AR) 1:00 Bingo in Hats (AR) 2:00 Trivia & Games (OS/Pub) 3:00 Gardening Club (OS/AR) 3:30 Happy Hour (P) 6:15 Dominoes (AR)	
21 10:30 Catholic Mass on Screen (T) 11:00 Knitting & Crochet Club (P) 11:30 Laugh & Learn with Chaplain Tia (P) 1:00 Non-Denominational Communion (T) 2:00 Bible Study (AR) 2:30 Bocce / Corn Hole (OS) 3:00 Baseball Game Outing: Reading Fightin' Phils vs. Portland Sea Dogs***\$\$ (OOB)	22 11:00 Chair Exercises (P) 11:30 Woofs of Wisdom by Ellie Mae (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Creative Crafting (AR) 6:00 Happy Hour (P)	23 8:00 Coffee & Current Events with Chaplain Tia (P) 9:30 Chair Exercises (CH) 10:00 Shopping Trip: Dollar Store***\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (P) 2:00 Circle of Friends with Chaplain Tia (T) 3:30 Aerobic Drumming (P) 6:15 Community Board Games (P)	24 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 11:00 Make Dog Biscuits (AR) 1:00 Ed-U Presentation: <i>Golden Soul Dogs</i> by Sage & Jenny Cochran (CR) 2:00 Balloon Volleyball (P) 3:00 Car Racing (P) 4:00 Aerobic Exercise Class by Look Who's Dancing (C) 6:00 Res. Run Card Games (P)	25 9:45 Communion with St. Eleanor's Legion of Mary (T) 10:00 Chair Exercises (P) 10:30 Service in Action Trip: Montgomery County SPCA** (OOB) 1:00 Community Crossword (P) 2:00 Exercises with Weights (P) 3:30 Games in the Pub/Outside (P/OS) 4:00 Trivia Happy Hour (P) 6:00 Nickel Bingo (AR)	26 9:30 Chair Exercises (P) 10:30 Community Crossword (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Othello Competition (OS/P) 3:00 Picture Sharing (P/OS) 4:00 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)	27 9:30 Walking Club (L) 10:30 Cooking Group (AR) 1:00 Bingo in Scarves (AR) 2:00 Trivia & Games (OS/Pub) 3:00 Gardening Club (OS/AR) 3:30 Happy Hour (P) 6:15 Dominoes (AR)	
28 10:30 Catholic Mass on Screen (T) 11:00 Knitting & Crochet Club (P) 11:30 Laugh & Learn with Chaplain Tia (P) 1:00 Non-Denominational Communion (T) 2:00 Bible Study (AR) 2:30 Bocce / Corn Hole (OS) 3:30 Card Club (P) 6:00 Movie / Television Series (T)	29 11:00 Chair Exercises (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Creative Crafting (AR) 6:00 Happy Hour (P)	30 8:00 Coffee & Current Events with Chaplain Tia (P) 9:30 Chair Exercises (CH) 10:00 Day Excursion to Valley Forge** (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (P) 2:00 Circle of Friends with Chaplain Tia (T) 3:30 iN2L Aerobic Drumming (P) 6:15 Community Board Games (P)	31 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 11:00 Games on the Porch (OS) 1:00 Balloon Volleyball (P) 2:00 Ed-U Resident Presentation <i>My Family & Career</i> featuring Marianne Sergio (P) 3:00 Car Racing (P) 4:00 Bocce / Corn Hole (OS) 6:00 Res. Run Card Games (P)	Calendar Key: ** Registration Required \$\$ Cost Involved (CR) Community Room (AR) Activity Room (P) Pub, (C) Connections Neighborhood (DR) Dining Room, (OL) Old Lobby (GR) Game Room, (LIB) Library (ML) Main Lobby, (OS) Outside		