

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 - Alverta D. | 21 - Dale Z. |
| 2 - Miriam W. | 22 - Louella S. |
| 3 - Helen B. | 22 - Dale L. |
| 8 - Ann S. | 23 - Maryemma L. |
| 12 - Eva W. | 24 - Bea P. |
| 12 - Ralph M. | 25 - Grace W. |
| 13 - Nancy G. | 25 - Sally E. |
| 16 - Syrene K. | 28 - Norma Jean C. |
| 17 - Charlotte R. | 28 - Janet D. |
| 17 - Yvonne L. | |

September

- | |
|-------------------|
| 1 - Eleanor L. |
| 6 - Bertha A. |
| 8 - Sally M. |
| 9 - Fairy C. |
| 16 - Joann L. |
| 20 - J. Morgan S. |
| 21 - Ruth L. |
| 27 - Mildred B. |
| 29 - William W. |



Providence Place SENIOR LIVING News

Q3: August 2022

A Note from the Executive Director

As we continue to face new variants of the COVID virus, we are all working together to keep our community a safe environment while maintaining active programming. We thank you for playing your part by continuing to cooperate with our masking requirements, sign-in process and social distancing during visits.

At this time, we continue with our community dining and an active Community Life schedule of events and programs -- we are hopeful that this will not change recognizing what an important role socialization and engagement play in the health and wellness of our residents.

We the nicer temperatures upon us, please take advantage of the front porch and patio area. Families are encouraged to have visits on the patio. There is plenty of seating and a grill is available. Please make sure on the warm days to help yourself to beverages located in the front lobby to keep yourself hydrated!

Make sure to check your calendars for the upcoming activities and events. **Our annual Luau will be held September 22nd.** More information to come!

Enjoy our outside walking trail and patios.

Best,
Howard Holben
Executive Director

Highlighted Events

- 2 - **EdU Presentation:** Native Wildlife of PA @ 2pm
- 11 - **Grateful Drumming Session with Joe** @ 2pm
- 19 - **BBQ: Celebrating National Senior Citizen Day** @ 11:30am @ 2pm - Musical Entertainment with Jay Smar
- 24 - **Sight & Sound Outing: "David"** @ 9:15am
- 26 - **Men's Club:** BrewVino Golf Course Outing @ 3:30pm

Welcome New Residents

Karen R.
Lucy G.
Pat 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	
<h1>August 2022</h1>	1 9:30 Morning Fitness (AR) 10:00 Daily Reading & How Colorado Became a State (CR) 11:00 Menu Review (CR) 1:30 Musical Engagement with York Music Therapy (AR) 2:15 Make and Take Ice Cream Sandwiches (CR) 3:00 Table Top Game (CR) 4:00 Menu Review (CR)	2 9:30 Morning Fitness (AR) 10:00 Daily Reading & Creative Coloring (CR) 11:00 Menu Review (CR) 1:15 Create & Design with Friends: Squirt Gun Painting (CN) 1:30 Faith Film with Chaplain Shawn (P) 2:00 Ed-U Presentation by Ravens Ridge Wildlife (100 Pat) 4:00 Menu Review (P)	3 9:30 Morning Fitness (AR) 10:00 Daily Reading & Watermelon Smoothies (CR) 11:00 Menu Review (CR) 1:30 Mid Week Worship (CR) 2:30 Making Homemade Peanut Butter (P) 4:00 Menu Review (P)	4 9:30 Morning Fitness (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:30 Daily Reading & Menu Review (AR) 1:15 Helping Hands: Walker and Wheelchair Cleaning (CR) 2:15 Afternoon Fitness on IN2L (CR) 3:00 Traveling Around the World on IN2L (CR) 4:00 Menu Review (P)	5 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Culinary Creations: Chocolate Chip Cookies (CR) 11:00 Menu Review (CR) 12:45 Employee Appreciation Table (FL) 2:15 Drinks on the House: Cranberry Orange Mocktails (100 Hall Patio) 4:00 Menu Review (CR)	6 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 11:00 Paint by Sticker Pictures (P) 1:15 Club Country Ride (LB) 1:30 Wall Jeopardy (AR) 2:30 Crafting in the Afternoon (AR) 3:30 Menu Review (CR)	
7 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L Current Events and Brain Games (CR) 11:00 Menu Review (P) 1:15 Jingo (P) 2:30 Going to the Movies: Elvis \$\$ (OOB) 3:00 Church Service (CR) 4:00 Menu Review & Fancy Facts (P)	8 9:30 Morning Fitness (AR) 10:00 Daily Reading, Drinks and Junk Drawer Detective (CR) 11:00 Menu Review (CR) 1:30 Musical Engagement with York Music Therapy (AR) 2:15 KPets Visits (Building Wide) 2:30 Table Top Game (CR) 3:30 Time Slips & Discussion (CR) 4:00 Menu Review (CR)	9 9:30 Morning Fitness (AR) 10:00 Wellness Presentation by Bayada Health Care (AR) 10:00 Daily Reading, Drinks and Prepping for C & D with Friends (CR) 11:00 Menu Review (CR) 1:15 Create & Design with Friends (CN) 1:30 Faith Film with Chaplain Shawn (P) 2:30 Social Hour (P) 4:00 Menu Review (P)	10 9:30 Morning Fitness (AR) 10:00 Daily Reading & Ways to Be Lazy Day (CR) 11:00 Menu Review (CR) 1:30 Mid Week Worship (CR) 2:30 Who am I? Herbert Hoover (P) 4:00 Menu Review (P)	11 9:30 Morning Fitness (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:30 Daily Reading & Menu Review (AR) 11:00 Lunch out with Friends: Dover Valley Restaurant (\$\$ OOB) 2:00 Grateful Drumming with Joe (AR) 3:15 Afternoon Fitness and Word Game on iN2L (CR) 4:00 Menu Review (P)	12 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Culinary Creations: Rose Butter Cookies (CR) 11:00 Menu Review (CR) 12:45 Employee Appreciation Table (FL) 2:15 Drinks on the House: Vanilla Raspberry Italian Cream Soda (CR) 3:30 Menu Review (CR)	13 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 11:00 Helping Hands: Hospitality Cards (CR) 1:15 Sit & Chat on the Porch (FP) 1:30 Family Feud (AR) 2:30 Crafting in the Afternoon (AR) 3:30 Menu Review (CR)	
14 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (P) 10:15 Lets Learn about Lizards (P) 11:00 Menu Review (P) 1:15 Jingo (P) 2:30 Creamsicle Smoothies & Sunshine (P) 3:00 Church Service (CR) 4:00 Menu Review & Fancy Facts (P)	15 9:30 Morning Fitness (AR) 10:00 Daily Reading, Drinks and National Relaxation Day (CR) 11:00 Menu Review (CR) 1:30 Musical Engagement with York Music Therapy (AR) 2:30 Glazing Sun Pottery (AR) 3:30 Finish the Phrase (CR) 4:00 Menu Review (CR)	16 9:30 Morning Fitness (AR) 10:00 Daily Reading & Tell a Joke Day (CR) 11:00 Menu Review (CR) 1:15 Create & Design with Friends (CN) 1:30 Faith Film with Chaplain Shawn (P) 2:30 Social Hour (P) 4:00 Menu Review (P)	17 9:30 Morning Fitness (AR) 10:00 Daily Reading & Thrift Shop History (CR) 11:00 Menu Review (CR) 1:30 Mid Week Worship (CR) 2:30 Scrabble & Soda Pop (P) 4:00 Menu Review (P) 6:00 Games with Dover Of Women (AR)	18 9:30 Morning Fitness (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:30 Daily Reading & Menu Review (AR) 1:15 Helping Hands: Walker and Wheelchair Cleaning (CR) 2:00 Sock Hop Music Social (P) 4:00 Menu Review (P)	19 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Culinary Creations: Strawberry Pretzel Salad (CR) 11:00 Menu Review (CR) 11:30 Senior Day Picnic BBQ (100 hall pat) 2:00 Old Time Folk Music by Jay (100 Hall Patio) 3:30 Menu Review (CR)	20 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 11:00 Paint by Sticker Pictures (P) 1:15 Club Country Ride (LB) 1:30 Wall Jeopardy (AR) 2:30 Crafting in the Afternoon (AR) 3:30 Menu Review (CR)	
21 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (P) 10:15 iN2L Current Events and Brain Game (CR) 11:00 Menu Review (P) 1:30 Jingo (P) 2:30 Treats for Dogs (P) 3:00 Church Service (CR) 4:00 Menu Review & Fancy Facts (P)	22 9:30 Morning Fitness (AR) 10:00 Daily Reading, Drinks & LCR (CR) 11:00 Menu Review (CR) 1:30 Musical Engagement with York Music Therapy (AR) 2:15 KPets Visits (Building Wide) 2:30 Table Top Game (CR) 3:30 Magazine Scavengers (CR) 4:00 Menu Review (CR)	23 9:30 Morning Fitness (AR) 10:00 Daily Reading & Sponge Cake Tasting (CR) 11:00 Menu Review (CR) 1:15 Create & Design with Friends (CN) 1:30 Faith Film with Chaplain Shawn (P) 2:00 Musical Entertainment by Scuba Steve (P) 4:00 Menu Review (CR)	24 9:30 Morning Fitness (AR) 9:30 Theater Production at Sight & Sound featuring the story of David (OOB) 10:00 Daily Reading & Strange Music (CR) 11:00 Menu Review (CR) 1:30 Mid Week Worship (CR) 2:30 Peach Pie & Reminisce (P) 4:00 Menu Review (P)	25 9:30 Morning Fitness (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:30 Daily Reading & Menu Review (AR) 1:15 Helping Hands: Walker and Wheelchair Cleaning (CR) 2:15 Afternoon Fitness on IN2L (CR) 3:00 Traveling Around the World on iN2L (CR) 4:00 Menu Review (P)	26 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Culinary Creations: Flip Flop Nutter Butter Cookies (AR) 11:00 Menu Review (CR) 12:45 Employee Appreciation Table (FL) 2:15 Drinks on the House: Pineapple Lemonade (100 Hall Patio) 3:30 Menu Review (CR)	27 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 11:00 Helping Hands: Hospitality Cards (CR) 1:15 Sit & Chat on the Porch (FP) 1:30 Family Feud (AR) 2:30 Crafting in the Afternoon (AR) 3:30 Menu Review (CR)	
28 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (P) 10:15 Table Top Game (P) 11:00 Menu Review (P) 1:15 Book Lovers Bingo (P) 2:30 Create a Birthday Card (P) 3:00 Church Service (CR) 4:00 Menu Review & Fancy Facts (P)	29 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Making Jail Bar Crackers (CR) 11:00 Menu Review (CR) 1:30 Musical Matinee: Cry Baby (CR) 4:00 Menu Review (CR)	30 9:30 Morning Fitness (AR) 10:00 Daily Reading & Oceans in a Cup (CR) 11:00 Menu Review (CR) 1:15 Create & Design with Friends (CN) 1:30 Faith Film with Chaplain Shawn (P) 2:30 Social Hour (P) 4:00 Menu Review (P)	31 9:30 Morning Fitness (AR) 10:00 Daily Reading & Making Trail Mix (CR) 11:00 Menu Review (CR) 1:30 Mid Week Worship (CR) 3:00 Music with Rhonda Lee (P) 4:15 Menu Review (P)	Calendar Key: ** Registration Required \$\$ Cost Involved (100 Hall Pat) 100 Hall Patio (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (LB) Lobby (P) Pub (FP) Front Porch		<h1>THE Club</h1>	