

# 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.
- 2 - Miriam W.
- 3 - Helen B.
- 8 - Ann S.
- 12 - Eva W.
- 12 - Ralph M.
- 13 - Nancy G.
- 16 - Syrene K.
- 17 - Charlotte R.
- 17 - Yvonne L.

- 21 - Dale Z.
- 22 - Louella S.
- 22 - Dale L.
- 23 - Maryemma L.
- 24 - Bea P.
- 25 - Grace W.
- 25 - Sally E.
- 28 - Norma Jean C.
- 28 - Janet D.

### 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](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>	<p>1</p> <p>9:30 Morning Exercise (AR) 10:00 Life Chat with Chaplin Shawn (P) 1:00 Catholic Communion (CR) 1:30 Melodies by Katie (AR) 2:00 Circle of Friends with Chaplin Shawn (P) 2:30 Country Side Ride **(OOB) 6:15 Rummikub (FL)</p>	<p>2</p> <p>9:30 Morning Exercise (AR) 10:00 Fit Feet Walking Group (FL) 10:30 Coupons For Troops (AR) 1:30 Tuesdays at the Movies with Chaplin Shawn (P) 2:00 Ed-U Presentation <i>Native Wildlife PA</i> by Ravens Ridge Wildlife Center (100P) 3:00 Social Hour (P) 6:00 Bingo (AR)</p>	<p>3</p> <p>9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:15 Shopping Trip: Boscov's **\$(OOB) 1:30 Prayer &amp; Worship Service (CR) 2:30 Cards Club: I Got It (P) 3:00 Bible Study (CR) 6:15 Movie Night: Merry Me (AR) 6:30 Crosswords and Word Finds (FL)</p>	<p>4</p> <p>9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:30 Dining Services Committee Meeting with Chef Joe (AR) 3:15 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:15 iN2L: Brain Teasers (AR)</p>	<p>5</p> <p>9:30 Morning Exercise (AR) 10:00 Day Excursion Flinchbaugh's Orchard and Farm Marker **\$(OOB) 10:30 Fit Feet Walking Group (FL) 1:30 Brain Teasers: This or That (AR) 2:30 Thankful To You Committee (AR) 3:00 Community Treats Sarah's Creamery \$\$ (100C) 6:30 Resident Run: Bingo (AR)</p>	<p>6</p> <p>9:30 Morning Exercise (AR) 10:00 House Of Café: Doughnut Mind If I Do! (AR) 10:30 Moral Dilemma &amp; Discussion (AR) 1:30 Wall Jeopardy (AR) 2:30 Creative Crafting With Resident Sharon (AR) 6:30 Cards Club (AR)</p>	
	<p>7</p> <p>9:30 Morning Exercise (AR) 10:00 Making It Easy Cooking Club: Marinated Fresh Vegetable Salad (AR) 1:15 Taste What We Create (AR) 2:00 Resident Ran Jingo (AR) 3:00 Worship Service (CR) 6:30 Poker Club (AR) 6:30 Front Porch Fellowship (FP)</p>	<p>8</p> <p>9:30 Morning Exercise (AR) 10:00 Early Morning Country Side Ride **(OOB) 10:00 Life Chat with Chaplin Shawn (P) 1:00 Catholic Communion (CR) 1:30 Melodies by Katie (AR) 2:00 Circle of Friends with Chaplin Shawn (P) 2:15 Furry Companion Visits: KPETS (FL) 6:15 Rummikub (FL)</p>	<p>9</p> <p>9:30 Morning Exercise (AR) 10:00 Ed-U Wellness Presentation <i>Hair, Skin and Nails</i>, Laura Lambert Program Manager from Bayada Home Health Care (AR) 1:30 Tuesdays at the Movies with Chaplin Shawn (P) 3:00 Social Hour (100P) 6:00 Bingo (AR)</p>	<p>10</p> <p>9:30 Morning Exercise (AR) 10:00 Balance in Action with Lora, Powerback Rehab (AR) 10:30 Shopping Trip: Giant**\$(OOB) 1:30 Prayer &amp; Worship Service (CR) 2:30 Cards Club: Dealers Choice (P) 3:00 Bible Study (CR) 6:15 Movie Night: The Cricket Diaries (AR) 6:30 Crosswords and Word Finds (FL)</p>	<p>11</p> <p>9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:30 Community Life Planning Committee Meeting (AR) 2:00 Grateful Drumming Session with Joe Ciavella (AR) 3:15 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:15 iN2L: Brain Teasers (AR)</p>	<p>12</p> <p>9:30 Morning Exercise (AR) 10:00 Sunshine Committee (P) 10:30 Fit Feet Walking Group (FL) 1:30 Brain Teasers: Would you Rather (AR) 2:30 Men's Club: Happy Hour (P) 3:00 Rays to Grow Garden Crew (AR) 6:30 Resident Run: Bingo (AR)</p>	<p>13</p> <p>9:30 Morning Exercise (AR) 10:00 House Of Café: Doughnut Mind If I Do! (AR) 10:30 Moral Dilemma &amp; Discussion (AR) 1:30 Family Feud (AR) 2:30 Creative Crafting (AR) 6:30 Cards Club (AR)</p>
	<p>14</p> <p>9:30 Morning Exercise (AR) 10:00 Making It Easy Cooking Club: Zesty Raspberry Cookies (AR) 1:15 Taste What We Create (AR) 2:00 Jingo (AR) 3:00 Worship Service (CR) 6:30 Poker Club (AR) 6:30 Front Porch Fellowship (FP)</p>	<p>15</p> <p>9:30 Morning Exercise (AR) 10:00 Life Chat with Chaplin Shawn (P) 10:00 Brain Games with Bethany, Powerback Rehab (AR) 1:00 Catholic Communion (CR) 1:30 Melodies by Katie (AR) 2:00 Circle of Friends with Chaplin Shawn (P) 2:30 Glazing Sun Pottery *(AR) 6:15 Rummikub (FL)</p>	<p>16</p> <p>9:30 Morning Exercise (AR) 10:00 Fit Feet Walking Group (FL) 10:30 Veteran's Club (CR) 1:30 Tuesdays at the Movies with Chaplin Shawn (P) 2:00 My Life Story (AR) 3:00 Social Hour (100P) 6:00 Bingo (AR)</p>	<p>17</p> <p>9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:15 Shopping Trip: At Home**\$(OOB) 1:30 Prayer &amp; Worship Service (CR) 2:30 Cards Club: Uno (P) 3:00 Bible Study (CR) 5:00 Table Mate Trivia (DR) 6:15 Game Night with Dover Women of Today (AR)</p>	<p>18</p> <p>9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:30 Chef's Pairing with Chef Joe (AR) 2:00 Musical Entertainment <i>50's Rock</i> featuring Pat Kocen (P) 3:15 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:15 iN2L: Brain Teasers (AR)</p>	<p>19</p> <p>9:30 Morning Exercise (AR) 10:30 Fit Feet Walking Group (FL) 11:30/12:00 Celebrating National Senior Citizen Day BBQ (100P) 2:00 Ed-U Musical Presentation <i>Ol Time Mountain Folk and Coal Mining Songs and Stories</i> featuring Jay Smar (100P) 3:00 Patio Fellowship (FP) 6:30 Resident Run: Bingo (AR)</p>	<p>20</p> <p>9:30 Morning Exercise (AR) 10:00 House Of Café: Doughnut Mind If I Do! (AR) 10:30 Moral Dilemma &amp; Discussion (AR) 1:30 Wall Jeopardy (AR) 2:30 Creative Crafting (AR) 6:30 Cards Club (AR)</p>
	<p>21</p> <p>9:30 Morning Exercise (AR) 10:00 Honoring Senior Citizen's Day Timeline, Tradition's &amp; Importance (AR) 1:15 Writers Group (AR) 2:00 Jingo (AR) 3:00 Worship Service (CR) 6:30 Poker Club (AR) 6:30 Front Porch Fellowship (FP)</p>	<p>22</p> <p>9:30 Morning Exercise (AR) 10:00 Life Chat with Chaplin Shawn (P) 1:00 Catholic Communion (CR) 1:30 Melodies by Katie (AR) 2:00 Circle of Friends with Chaplin Shawn (P) 2:30 Country Side Ride **(OOB) 6:15 Rummikub (FL)</p>	<p>23</p> <p>9:30 Morning Exercise (AR) 10:00 Fit Feet Walking Group (FL) 10:30 Exploring Science: Fruit Circuits (AR) 1:30 Tuesdays at the Movies with Chaplin Shawn (P) 2:30 Musical Entertainment featuring Scuba Steve and the Swinging Sax (P) 3:30 Dining Out: Quaker Steak n' Lube**\$(OOB) 6:00 Bingo (AR)</p>	<p>24</p> <p>9:30 Morning Exercise (AR) 9:15 Theater Production at Sight &amp; Sound presenting <i>David</i> **\$(OOB) 10:00 Virtual Adventure Tour Yellowstone National Park (AR) 1:30 Cards Club: Pokeno (AR) 3:00 Bible Study (CR) 5:00 Table Mate Trivia (DR) 6:00 Game Night with Girl Scouts in the Heart of PA (AR)</p>	<p>25</p> <p>9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:30 Welcome Ambassador Committee Meeting (AR) 3:15 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:15 iN2L: Brain Teasers (AR)</p>	<p>26</p> <p>9:30 Morning Exercise (AR) 10:30 Fit Feet Walking Group (FL) 1:30 Resident Volunteer Appreciation Celebration (AR) 3:00 Patio Fellowship (FP) 3:30 Men's Club: BrewVino Golf Course **\$(OOB) 6:30 Resident Run: Bingo (AR)</p>	<p>27</p> <p>9:30 Morning Exercise (AR) 10:00 House Of Café: Doughnut Mind If I Do! (AR) 10:30 Moral Dilemma &amp; Discussion (AR) 1:30 Family Feud (AR) 2:30 Creative Crafting (AR) 6:30 Cards Club (AR)</p>
	<p>28</p> <p>9:30 Morning Exercise (AR) 10:00 Making It Easy Cooking Club Bologna Roll Ups (AR) 1:15 Taste What We Create (AR) 2:00 Jingo (AR) 3:00 Worship Service (CR) 6:30 Poker Club (AR) 6:30 Front Porch Fellowship (FP)</p>	<p>29</p> <p>9:30 Morning Exercise (AR) 10:00 Life Chat with Chaplin Shawn (P) 1:00 Catholic Communion (CR) 1:30 Cooking Creations by Chef (AR) 2:00 Circle of Friends with Chaplin Shawn (P) 2:30 Monday Movies with Jenny (CR) 6:15 Rummikub (FL)</p>	<p>30</p> <p>9:30 Morning Exercise (AR) 10:00 Fit Feet Walking Club (FL) 10:30 Coupons For Troops (AR) 1:30 Tuesdays at the Movies with Chaplin Shawn (P) 2:00 My Life Story (AR) 3:00 Social Hour (100P) 6:00 Bingo (AR)</p>	<p>31</p> <p>9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (CR) 10:15 Shopping Trip: Target *(OOB) 1:30 Prayer &amp; Worship Service (CR) 2:30 Fireside Chat with E.D. Howard (AR) 3:00 Bible Study (CR) 3:00 Musical Entertainment <i>Legends Variety Show</i> by Rhonda Lee (P) 6:15 Movie Night: The Horse Dancer (AR)</p>	<p>Calendar Key: (AR) Activities Room, (DR) Dining Room (FR) Fitness Room, (P) PUB (CR) Community Room (L) Lobby (CDR) Create &amp; Design Room (100P) 100 Hall Patio (FP) Front Patio (PT) Pool Table Room (FL) Front Lobby (CN) Connections Neighborhood (OOB) Out of the Building ** Registration Required \$\$ Cost Involved</p>		
<p>PROVIDENCE PLACE OF DOVER   3377 FOX RUN ROAD, DOVER PA 17315   717 - 767 - 4500</p>							