

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!



Providence Place SENIOR LIVING News

Q3: August 2022

A Note from the Executive Director

Sunny summer days are finally here. Our residents are enjoying sitting out on our porches and decks, walking around our beautiful walking path, and breathing some fresh air. I really enjoyed making delicious homemade waffles and ice cream for everyone. Since I had many requests, I will do it again!

In June, we hosted a fun Beach Party event. The weather, food, entertainment and company made for an amazing day. I always enjoy these times we all get to spend with our residents, co-workers and families. I'm so overwhelmed with the love our home has brought to our residents.

At Providence Place of Drums, my entire team is committed to be sure our residents are treated like family and we will go above and beyond to find ways to say "YES".

Thank you to all the staff, residents, and families who have supported us to build a strong compassionate team. As always, I am available for comments, ideas, and concerns.

Stay healthy and think happy,

Kim Perchak

Executive Director

Highlighted Events

- 4 – **EdU Presentation:** The World of Reptiles @ 2:30pm
- 8 – **Cooking Club:** "Coffee Can" Ice Cream @ 3pm
- 10 – **EdU Presentation:** Diabetes & Healthy Eating @ 6:30pm
- 11 – **Eckley Coal Miner's Village Tour** @ 1pm
- 22 – **Second Mountain Sunflower Farm Outing** @ 12:30pm
- 30 – **Musical Entertainment by "Windfall"** @ 2:30pm
- 31 – **Outdoor Concert** @ 6:30pm
Frank Balon & St. Ann's Band

Welcome New Residents

Lillian R.
Barbara R.
Joyce B.



*Dimensions
of Wellness*

Resident Birthdays

August

- 7 – Irene M.
- 7 – Josephine B.
- 8 – Raymond M.
- 13 – Gerald B.
- 15 – Geraldine M.
- 16 – Olga M.
- 21 – Susan M.
- 25 – Jean S.

September

- 6 – Anita M.
- 8 – Joseph Z.
- 11 – David N.
- 12 – Edward W.
- 17 – Danae R.
- 20 – Helen Z.
- 24 – Dorothy S.
- 24 – Virginia S.
- 25 – Barbara R.
- 26 – Patricia G.



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	2	3	4	5	6
	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:00 Bridge Club (2nd) 1:30 Food for Thought & Tasting: Cantaloupe (C) 2:30 "Campus Store" Cart (3rd) 3:30 Summer Crossword Challenge (3rd) 6:30 Pinochle Players Club (3rd)	9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 TED Talk & Discussion: <i>What Enduring Love Looks Like</i> (3rd) 2:30 Bingo (3rd) 3:30 Hymn Sing (Ch) 6:30 Scrabble (1st)	9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Beverly (Ch) 10:30 iN2L: Famous Birthday Spotlight: Tony Bennett (3rd) 1:30 Sunshine Committee (C) 2:00 Musical Entertainment By John Stevens Polka Band (DR) 3:00 Circle of Friends (SR) 6:30 Dominoes (1st)	9:30 Balance in Action Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Cooking Club: Fresh Corn Fritters with Spicy Honey Aioli (C) 1:30 Community Life Planning Meeting (3rd) 2:30 Ed-U Live Demo/Presentation: <i>The World of Reptiles</i> By Carbon County Env. Ed. Center (1st) 3:30 Holistic Wellness Aromatherapy (2nd) 6:30 Pinochle Players Club (3rd)	9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Tie-Dye Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Dessert & Discussion With Chef Ashley (DR) 3:30 Soul Club: Chicken Soup for the Soul (3rd) 6:30 Boggle (1st)	9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable/Flower Planters (ML) 1:30 Hymn Sing (Ch) 2:30 Matinee: <i>In the Good Old Summertime</i> (2nd) 3:30 Welcome Ambassador Cmte. Mtg. (3rd) 6:30 Rummikub (1st)
7	8	9	10	11	12	13
9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Lighthouse Day: Iconic East Coast Lighthouses (3rd) 6:30 Music Club: Neil Diamond (1st)	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:00 Bridge Club (2nd) 1:30 Bible Study with Deacon Bob Roman (C) 2:15 Fresh Flower Arranging (3rd) 3:00 Cooking Club: Homemade "Coffee Can" Ice Cream (C) 6:30 Pinochle Players Club (3rd)	9:30 Shopping Trip: Dollar Tree/Aldi's**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class with Cynthia (2nd) 2:45 Bingo (3rd) 3:30 Providence Place Walking Club (ML) 6:30 Scrabble (1st)	9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Beverly (Ch) 10:30 TED Talk & Discussion: <i>5 Ways To Listen Better</i> (3rd) 1:30 Circle of Friends (SR) 2:30 Alzheimer's Support Group (SR) 3:30 Technology Committee: YouTube 101 (C) 4:00 August Birthday Celebration Dinner (DR) 6:30 Ed-U Presentation: <i>Diabetes and Healthy Eating Habits</i> By Alyson Cara, RDN (3rd)	9:30 Daily Prayer & Meditation (Ch) 10:00 Craft Club: Sand Castle Lighthouses (3rd) 10:30 Balance in Action Exercise (2nd) 1:00 Ed-U Day Excursion: Eckley Coal Miner's Village Tour**\$\$ (OOB) 2:00 Chef's Pairings with Chef Ashley (DR) 3:00 Hymn Sing (Ch) 6:30 Pinochle Players Club (3rd)	9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Tie-Dye Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciarvella (2nd) 3:30 Community Outreach: <i>Troopons: Coupons for Troops</i> (3rd) 6:30 Boggle (1st)	9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable/Flower Planters (ML) 1:30 Holiday Celebration Planning Cmte. (3rd) 2:30 Matinee: <i>A Beautiful Day in the Neighborhood</i> (2nd) 3:30 "Under the Sea" Super Happy Hour (1st) 6:30 Rummikub (1st)
14	15	16	17	18	19	20
9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Honoring a Generation: Spirit of 45 Day (3rd) 6:30 Music Club: Elvis Presley (1st)	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:00 Bridge Club (2nd) 1:30 TED Talk & Discussion: <i>The Danger of Hiding Who You Are</i> (3rd) 2:00 New Resident Root Beer Float Mixer (3rd) 3:00 X-Box Bowling: Residents vs. Staff (2nd) 6:30 Pinochle Players Club (3rd)	9:30 Retail Shopping: Boscov's**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Red or Black Card Game (2nd) 2:30 Summertime Traditions: Canning & Preserving (3rd) 3:30 Men's Club: Corn Hole Tournament (FP) 6:30 Scrabble (1st)	9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Beverly (Ch) 10:30 Craft Club: Summertime Snowglobes (3rd) 1:00 Manicures & Mocktails (2nd) 2:00 Circle of Friends (SR) 2:45 Bingo (3rd) 3:30 Holistic Wellness Aromatherapy (2nd) 6:30 Dominoes (1st)	9:30 Daily Prayer & Meditation (Ch) 10:00 Balance in Action Exercise By Genesis (2nd) 11:00 Trip Out: Picnic Lunch At Nescopeck State Park** (OOB) 1:30 Hymn Sing (Ch) 2:00 Ed-U Presentation: <i>Eastern Butterflies</i> By Photographer Terry Neumyer (3rd) 3:30 iN2L: Google Earth (3rd) 6:30 Pinochle Players Club (3rd)	9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Tie-Dye Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Dining Service Committee Meeting (3rd) 3:30 Today in History (3rd) 6:30 Boggle (1st)	9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable/Flower Planters (ML) 1:30 Summer Berry Smoothies & Sudoku (C) 2:30 Matinee: <i>Quartet</i> (2nd) 3:30 Finish the Lyrics (1st) 6:30 Rummikub (1st)
21	22	23	24	25	26	27
9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:30 Spumoni & San Pellegrino Super Social (3rd) 4:00 iN2L: World's Best Beaches (3rd) 6:30 Music Club: Frankie Valli (1st)	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:00 Bridge Club (2nd) 12:30 Trip Out: Second Mountain Sunflower Farm**\$\$ (OOB) 1:30 Bible Study with Deacon Bob Roman (C) 3:00 Blast from the Past: <i>The Andy Griffith Show</i> Marathon (2nd) 6:30 Pinochle Players Club (3rd)	9:30 Trip Out: Och's Farm Market**\$\$ (OOB) 10:00 Interactive Music Class with Cynthia (2nd) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class with Cynthia (2nd) 2:00 Ed-U Presentation: <i>Deceptive Sales Practices & Contracts</i> By Michelle Nutter of PA Office of AG (3rd) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)	9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Beverly (Ch) 10:30 TED Talk & Discussion: <i>Try Something New for 30 Days</i> (2nd) 1:30 Dessert Caravan: Milkhouse Creamery**\$\$ (OOB) 2:00 Circle of Friends (SR) 2:45 Bingo (3rd) 3:30 <i>All About August</i> Trivia (2nd) 6:30 Dominoes (1st)	9:30 Men's Club Trip: Breakfast at Mary's Restaurant**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Providence Place Walking Club (ML) 2:30 Craft with Kim (2nd) 3:30 Focus On Health: Blood Pressure Checks (3rd) 6:30 Pinochle Players Club (3rd)	9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Tie-Dye Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Dining Demo with Chef Ashley (DR) 3:30 Karaoke Singalong (3rd) 6:30 Boggle (1st)	9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable/Flower Planters (ML) 1:30 Hymn Sing (Ch) 2:30 Matinee: <i>Fried Green Tomatoes</i> (2nd) 3:30 "Bee My Honey" Super Happy Hour (1st) 6:30 Rummikub (1st)
28	29	30	31	Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C)		
9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Local History: Yuengling Brewery (3rd) 6:30 Music Club: Frank Sinatra (1st)	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:00 Bridge Club (2nd) 1:30 TED Talk & Discussion: <i>Finding Your Place To Stand</i> (3rd) 2:30 Ed-U Health Presentation: Hair, Skin & Nail Health By DOW Melissa (3rd) 3:30 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)	9:30 Shopping Trip: TJ Maxx**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Brain Games (2nd) 2:30 Musical Entertainment by <i>Windfall</i> (DR) 3:30 Thankful to You Committee (3rd) 6:30 Scrabble (1st)	9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplain Beverly (Ch) 10:30 Diner's Lunch Caravan: Chipotle**\$\$ (OOB) 1:30 Circle of Friends (SR) 2:45 Bingo (3rd) 3:30 Resident Birthday Committee (3rd) 6:30 Outdoor Concert: Frank Balon & St. Ann's Band (FP)			