

# 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 - Audrey O.
- 15 - Thelma K.
- 18 - Shirley S.
- 22 - Regina M.
- 24 - Roseann C.
- 25 - Nancy L.
- 27 - Joann G.
- 30 - Jan R.

### September

- 1 - Naomi N.
- 4 - Evelyn H.
- 17 - Patricia C.
- 18 - Norma F.



# Providence Place SENIOR LIVING News

Q3: August 2022

## A Note from the Executive Director

I hope by now you have had the opportunity to see our newly remodeled dining room – we look forward to hosting a quarterly brunch event here for families & friends.

Our community is alive with vibrant events. Please check out our calendar and join your loved one whenever possible this summer. Also feel free to enjoy the outdoor spaces and outings.

We welcome a new full-time receptionist, Hope Rehrig. Please take a moment and introduce yourself to Hope when you visit us again soon.

Best,

*Donna O'Leary*

*Executive Director*

## Highlighted Events

- 1 & 3 - **St. Mary's Teen Service Club**  
@ 1:30-4pm - Walker & Wheelchair washing and nail painting
- 9 - **Creative Cooking with Chef Jermel** @ 2pm
- 11 - **Beach Party Bash** @ 2pm  
Musical entertainment by Nick V.
- 12 - **EdU Presentation** @ 2pm  
Summer Sounds with LCPR
- 13 - **Theatrical Outing:** Servant Stage presents Rock Around the Clock @ 2pm
- 15 - **100<sup>th</sup> Birthday Luncheon** for Thelma K. @ 11:30am
- 24 - **EdU Trivia Time with Bob R.** @ 2pm

## Welcome New Residents

- Chuck B.
- Anna Marie S.
- Audrey O.



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</h1> <h2>2022</h2>	1 10:00 Stretch & Flex (CH) 10:30 Coffee Social Brain Teasers & Trivia (CH) 1:30 Book Club: Read & Discuss— A Dog's Purpose & Visit From Mia (CH) 1:30 - 4:00 Wheelchair/ Walker Wash(TBA) 2:00 Art Exploration: Pottery Works (AR) 3:15 Balloon Volleyball Game (CH) 6:30 Bingo (AR)	2 10:00 Weights & Bands Exercises (CH) 10:30 Spiritual Devotions (CH) 10:30 Shopping & Lunch Out: Bosco's & Olive Garden**\$\$ (OOB) 11:00 Hymn Sing (CH) 1:30 Dining Services Committee (CH) 2:00 Bowling Bash (CH) 3:15 Spelling Bee (AR) 6:30 Scrabble Night (AR)	3 10:00 Balance in Action by Amy, Powerback Rehabilitation (CH) 10:30 Midweek Worship (CH) 1:30 Who Am I? Trivia and a Visit From Mia (CH) 1:30 - 4:00 Wheelchair/Walker Wash (TBA) 2:00 Corn Hole Competition (CH) 3:15 Bingo (AR) 6:30 Movie Night: <i>The Greatest Show</i> (CH)	4 10:00 Tai Chi Fitness with Laura (CH) 10:30 Spiritual Support Group (CH) 1:30 Seated Exercise with Diana (CH) 2:00 Ed-U Presentation <i>Amazing Animals</i> by the Wolf Sanctuary of PA (CH) 3:15 LCR with Chaplain (CH) 6:30 Horse Racing Night (AR)	5 10:00 Fun Friday Fitness Games (CH) 10:30 Grief Share and Support Group (CH) 1:30 Spiritual Community (CH) 2:00 Musical Performance by Lee Moyer (DR) 3:15 Word in a Word Game & Friday Floats (AR) 6:30 Front Porch Sitters Cool Drinks & Fellowship (FP)	6 10:00 Bingo (CH) 11:00 Creative Crafting: <i>Palette Style Coasters</i> (AR) 2:00 Summerfest Social: Music, Drinks, Food & Conversation (GL) 3:00 Organ Music Preformed By Gary Collier (CH) 6:30 Dominoes Night (AR)	
	7 10:00 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Club: Zesty Raspberry Lemon Cookies (AR) 1:30 Travel In Time Chat: English Tea (GL) 2:00 Sunday Afternoon Tea Social: Team Cuisine's Cookies & Treats (GL) 3:00 Worship Service (CH) 6:30 Hallmark Movie Night (CH)	8 10:00 Stretch & Flex (CH) 10:30 Coffee Social Brain Teasers & Trivia (CH) 1:30 Book Club: Read & Discuss— A Dog's Purpose & Visit From Mia (CH) 2:00 Art Exploration: Famous Artists (CH) 3:15 Balloon Volleyball Game (CH) 6:30 Bingo (AR)	9 10:00 Weights & Bands Exercises (CH) 10:30 Spiritual Devotions (CH) 10:30 Grocery Run: Weis **\$\$ (OOB) 11:00 Hymn Sing (CH) 1:30 Community Life Planning Mtg. (AR) 2:00 Creative Cooking with Chef Jermel (AR) 3:15 Jeopardy (AR) 6:30 Scrabble Night (AR)	10 10:00 Balance in Action (CH) 10:30 Midweek Worship (CH) 1:30 Who Am I? Trivia and a Visit From Mia (CH) 2:00 Ed-U Presentation <i>Eastern Butterflies</i> by Terry Neumyer, Retired Educator (CH) 3:15 Bingo (AR) 6:30 Movie Night: <i>Jane Ere</i> (CH)	11 10:00 Tai Chi Fitness with Laura (CH) 10:30 Spiritual Support Group (CH) 1:30 Seated Exercise with Pat (CH) 2:00 Beach Party Bash with <i>Summer Songs on Keyboard</i> featuring Nick Viscuso ( DR) 3:15 LCR with Chaplain (CH) 6:30 Horse Racing Night (AR)	12 10:00 Fun Friday Fitness Games (CH) 10:30 Grief Share and Support Group (CH) 1:30 Spiritual Community (CH) 2:00 Drama Club: <i>Space Exploration</i> (CH) 3:15 Ed-U Presentation: <i>Summer Sounds</i> by Lisa Sanchez, Lancaster County Park & Recreation (CH) 6:30 Front Porch Sitters Cool Drinks & Fellowship (FP)	13 10:00 Bingo (CH) 11:00 Creative Crafting: <i>Bowling Pin decorating</i> (AR) 2:00 Theatrical Outing: Servant Stage Presents <i>Rock Around the Clock</i> by Conestoga View High School ** (OOB) 3:00 Organ Music Preformed By Gary Collier (CH) 6:30 Dominoes Night (AR)
	14 10:00 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Club: French Onion Tart (1st Floor ) 1:30 Travel Chat: France (GL) 2:00 Sunday Afternoon Social: Enjoy Team Cuisine's Cooking (GL) 3:00 Worship Service (CH) 6:30 Hallmark Movie Night (CH)	15 10:00 Stretch & Flex (CH) 10:30 Ed-U Wellness: Skin, Hair, & Nails by Bayada at Home (CH) 11:30 100th Birthday Luncheon: for Thelma Kauffman 1:30 Book Club: Read & Discuss— A Dog's Purpose & Visit From Mia (CH) 2:00 Art Exploration: Paint & Sip (AR) 3:15 Balloon Volleyball Game (CH) 6:30 Bingo (AR)	16 10:00 Weights & Bands Exercises (CH) 10:30 Spiritual Devotions (CH) 11:00 Hymn Sing (CH) 11:00 Lunch Out: Knight & Day Diner**\$\$ (OOB) 1:30 Thankful to You Committee (AR) 2:00 Drum Circle with Joe Ciarvella of Grateful Drumming (CH) 3:15 Spelling Bee (CH) 6:30 Scrabble Night (AR)	17 10:00 Balance in Action (CH) 10:30 Midweek Worship (CH) 1:30 Who Am I? Trivia and a Visit From Mia (CH) 2:00 CECA Award Party (DR) 2:30 Game of Pool (PT) 3:15 Bingo (AR) 6:30 Movie Night: <i>All About Eve</i> (CH)	18 10:00 Tai Chi Fitness with Laura (CH) 10:30 Spiritual Support Group (CH) 1:30 Seated Exercise with Diana (CH) 2:00 Men's Club: Boating & Water Sports (CH) 3:15 LCR with Chaplain (CH) 6:30 Game Night with New Holland Home School Club (AR)	19 10:00 Fun Friday Fitness Games (CH) 10:00 Grocery Run: Giant **\$(OOB) 10:30 Grief Share and Support Group (CH) 1:30 Spiritual Community (CH) 2:00 Fireside Chat with E.D. Donna O'Leary (CH) 3:15 Word in a Word Game & Friday Floats ( AR) 6:30 Front Porch Sitters Cool Drinks & Fellowship (FP)	20 10:00 Bingo (CH) 11:00Creative Crafting: <i>Sunflower Door Decor</i> (GL) 2:00 Sunflower Social: Music, Drinks, Food & Conversation (GL) 3:00 Organ Music Preformed By Gary Collier (CH) 6:30 Dominoes Night (AR)
	21 10:00 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Club: Spumoni (AR) 1:30 Travel Chat: Italy (GL) 2:00 Sunday Afternoon Social: Enjoy Team Cuisine's Italian Treats (GL) 3:00 Worship Service (CH) 6:30 Hallmark Movie Night (CH)	22 10:00 Stretch & Flex (CH) 10:30 Coffee Social Brain Teasers & Trivia (CH) 1:30 Book Club: Read & Discuss— A Dog's Purpose & Visit From Mia (CH) 2:00 Art Exploration: Museums (CH) 3:15 Balloon Volleyball Game (CH) 6:30 Bingo (AR)	23 10:00 Weights & Bands Exercises (CH) 10:30 Spiritual Devotions (CH) 10:30 Shopping: Community Aid**\$\$ (OOB) 11:00 Hymn Sing (CH) 1:30 Chef's Pairing with Chef Jermel (CH) 2:15 Pen to Paper Writers Club (AR) 3:15 Jeopardy (AR) 6:30 Scrabble Night (AR)	24 10:00 Balance in Action (CH) 10:30 Midweek Worship (CH) 1:30 Who Am I? Trivia and a Visit From Mia (CH) 2:00 Ed-U Trivia Time with Bob Reigh Trivia Team Challenge & Prizes (DR) 3:15 Bingo (AR) 6:30 Movie Night: <i>The Untouchables</i> (CH)	25 10:00 Tai Chi Fitness with Laura (CH) 10:30 Spiritual Support Group (CH) 1:30 Seated Exercise with Diana (CH) 2:00 Readers Club: <i>What Have You Read Lately?</i> (AR) 2:30 Furry Companion Visit with Hope (AR) 3:15 LCR with Chaplain (AR) 6:30 Horse Racing Night (AR)	26 10:00 Fun Friday Fitness Games (CH) 10:30 Grief Share and Support Group (CH) 11:00 Shop & Dine: Wegmans**\$(OOB) 1:30 Spiritual Community: Celebration of Life Service (CH) 2:00 Choir Introduction Meeting (CH) 3:15 Word in a Word Game & Friday Floats ( AR) 6:30 Front Porch Sitters Cool Drinks & Fellowship (FP)	27 10:00 Bingo (CH) 11:00 Creative Crafting: <i>Decorate a Horseshoe</i> National Horseshoe Day(AR) 2:00 Day At the Races Social: Music, Drinks, Food & Conversation (GL) 3:00 Organ Music Preformed By Gary Collier (CH) 6:30 Dominoes Night (AR)
	28 10:00 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Club: Tortuga Rum Cake (AR) 1:30 Travel Chat: Caribbean (GL) 2:00 Sunday Afternoon Social: Enjoy Team Cuisine's Cooking (AR) 3:00 Worship Service (CH) 6:30 Hallmark Movie Night (CH)	29 10:00 Stretch & Flex (CH) 10:30 Coffee Social Brain Teasers & Trivia (CH) 1:30 Book Club: Read & Discuss— A Dog's Purpose & Visit From Mia (CH) 2:00 Art Exploration: Using Clay (AR) 3:15 Balloon Volleyball Game (CH) 6:30 Bingo (AR)	30 10:00 Weights & Bands Exercises (CH) 10:30 Spiritual Devotions (CH) 11:00 Lunch Out: Tokyo Diner**\$(OOB) 11:00 Hymn Sing (CH) 1:30 Sunshine Committee Meeting (AR) 2:00 Welcome Ambassador Meeting (AR) 3:15 Spelling Bee (AR) 6:30 Scrabble Night (AR)	31 10:00 Balance in Action (CH) 10:30 Midweek Worship (CH) 1:30 Who Am I? Trivia and a Visit From Mia (CH) 2:00 Golf Putters Gathering (CH) 3:15 Bingo (AR) 6:30 Movie Night: <i>Lilies of the Field</i> (CH)	<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out of Building (L) Lobby (CH) Chapel (AR) Activity Room (S) Salon (GL) Governor's Lounge (LB) Library (DR) Dining Room (FP) Front Porch (PT) Pool Table Room		

