

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



Providence Place SENIOR LIVING News

Q3: August 2022

A Note from the Executive Director

The Grove is COVID-free and getting back to normal. Please feel free to visit your loved ones and make use of our outside patios in this beautiful weather to enjoy your visit. We are always happy to provide cold drinks to quench your thirst while you enjoy your time together.

Our new exterior sign by the road is completed - it makes locating the campus much easier when coming to visit.

Please mark your calendar to join us August 20th for our JAWSOME Beach Party. There will be food, fun and fellowship. Residents, team members and their families are all invited. I hear there will be a dunk tank involved. 😊 Please call reception to RSVP.

Highlighted Events

- 2 – **Sweet Arrow Lake Picnic**
@ 10am
- 9 – **Brothers in War Club Cookout**
@ 12pm
- 16 – **EdU Presentation** @ 6pm
History of Monet Paintings
- 20 – **JAWsome Beach Party** @ 11am
Families Welcome!

Resident Birthdays

August

- 4 – C. Jane C.
- 11 – Helen M.
- 14 – Carol T.
- 14 – Robert H.
- 17 – Anna D.
- 26 – David M.

September

- 2 – Joan F.
- 8 – Emma W.
- 11 – Carolyn C.
- 15 – Dorothy S.
- 16 – Jacob J.
- 27 – Raymond Y.



Sincerely,
Julie Wallace
Executive Director

Welcome New Residents

- Carolyn C.
- Reba S.
- Dorothy S.



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>	<p>1</p> <p>9:30 Target Legs Exercise (2F) 10:00 August IQ (2F) 10:30 World Briefs (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Confident Cruisers (WP) 1:30 Celebrate Girlfriends Day: Cosmopolitan Drinks & Manicures (RP) 3:30 Shirley's Hand Massages (RP) 6:00 Card Club: Phase 10 (1F)</p>	<p>2</p> <p>9:30 Balance In Action by Lisa, Genesis Health & Rehab (2F) 10:00 Community Life Planning Committee Meeting (1F) 11:00 Outdoor Excursion: Picnic At Sweet Arrow Lake Clubhouse (OOB) 2:30 Card Club: Game of War (RP) 4:00 Confident Cruisers (WP) 6:00 Dart Throwing Competition (2F)</p>	<p>3</p> <p>9:30 Move2Music (2F) 10:00 Fireside Chat With ED Julie And Management Team (2F) 11:00 Shopping Excursion: Walmart **\$\$ (OOB) 2:00 Memory Magic (2F) 3:30 Tend The Garden (RP) 4:00 Lemonade Cart (RP) 6:00 Social Hour: Jazz Music (1F)</p>	<p>4</p> <p>9:30 Core Strength Exercise (2F) 10:00 Dining Committee Meeting (2F) 10:30 Resident Planning Committee (2F) 11:00 Confident Cruisers (WP) 2:00 Craft N' Create: Kindness Garden (2F) 3:30 Helping Hands: Clean Up Crew (2F) 6:00 Dart Throwing Competition (2F)</p>	<p>5</p> <p>9:30 Target Arms Exercise (2F) 10:00 World Briefs (2F) 11:00 Diner's Caravan & Shopping: Arby's & Dollar Store **\$\$ (OOB) 2:00 Card Club: Rummy (1F) 3:30 Confident Cruisers (WP) 4:00 At The Fair Crossword Puzzle (FP) 6:00 Game Club: Yahtzee (1F)</p>	<p>6</p> <p>9:30 Gentle Moves (2F) 10:00 Men's Club Country Ride (OOB) 10:30 <i>Mornings With Jesus</i> Program (FP) 11:00 Coffee Cache And Daily Chronicles (FP) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (1F) 8:00 Pennsylvania Polka (1F)</p>	
	<p>7</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Memorial Service (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (WP) 6:00 Music & Mindful Colors (1F)</p>	<p>8</p> <p>9:30 Target Legs Exercise (2F) 10:00 August IQ (2F) 10:30 World Briefs (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Confident Cruisers (WP) 1:30 Shirley's Aromatherapy Hand Massages (RP) 3:00 Manicures (2F) 6:00 Card Club: Phase 10 (1F)</p>	<p>9</p> <p>9:30 Target Balance Exercise (2F) 10:00 Picture It: Double Exposure (2F) 12:00 Brothers In War Veterans Club Cookout (RP) 2:00 Yoga With Leah (2F) 3:30 Cool Down With Cool Drinks (FP) 4:00 Visit From Bubba Our Comfort Dog (FP) 6:00 Dart Throwing Competition (2F)</p>	<p>10</p> <p>9:30 Move2Music (2F) 10:00 On The Farm Trivia (2F) 11:00 Diner's Caravan: Heisler's Dairy Bar **\$\$ (OOB) 2:00 Jigsaw Puzzle Team (2F) 3:30 Psalm 23 Reading & Discuss (FP) 4:00 Ice Tea Cart (FP) 6:00 Social Hour: Country Music (1F)</p>	<p>11</p> <p>9:30 Core Strength Exercise (2F) 10:00 Community Outreach: Coupons For The Troops (RP) 11:00 Confident Cruisers (WP) 2:00 Ed-U Presentation: <i>Origins Of Musical Instruments Around The World</i> By Ken Gehret (DR) 3:30 Porch Trivia (FP) 6:00 Dart Throwing Competition (2F)</p>	<p>12</p> <p>9:30 Target Arms Exercise (2F) 10:00 World Briefs (2F) 11:00 Google: Favorite Vacation Destinations (2F) 2:00 Film Fest: <i>Beach Blanket Bingo</i> (2F) 3:30 Confident Cruisers (WP) 4:00 Under The Sea Crossword Puzzle (FP) 6:00 Game Club: Yahtzee (1F)</p>	<p>13</p> <p>9:30 Gentle Moves (2F) 10:00 August Fact or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (FP) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (1F) 8:00 Pennsylvania Polka (1F)</p>
	<p>14</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 12:00 Wine & Dine (DR) 1:00 Scenic Country Ride (OOB) 2:30 iN2L: Methodist Service (2F) 3:30 iN2L: Catholic Service (2F) 4:30 Confident Cruisers (WP) 6:00 Music & Mindful Colors (1F)</p>	<p>15</p> <p>9:30 Target Legs Exercise (2F) 10:00 Ted Talk: <i>Surprising Solutions To Ocean Plastic</i> by American Physician David Katz (2F) 10:30 Mass With Chaplain Henninger (1F) 2:00 Craft N' Create: Placing of the Kindness Garden (FP) 6:00 Card Club: Phase 10 (1F)</p>	<p>16</p> <p>9:30 Target Balance Exercise (2F) 10:00 iN2L Discussion Starters: Have You Ever (2F) 10:30 iN2L Daily Crossword Puzzle (2F) 2:00 Craft & Creation: Sea Shell Collage (2F) 6:00 Ed-U Presentation: <i>History Of Monet Paintings</i> By St. Clair Art Educator Alyssa Paylin (2F)</p>	<p>17</p> <p>9:30 Move2Music (2F) 10:00 World Briefs (2F) 10:30 August Birthdays Trivia (2F) 2:00 Ed-U Presentation: <i>Biography Of Elizabeth Murray British Watercolorist</i> by Victoria Petri (2F) 3:30 Watercolor Class With Victoria (2F) 4:00 Ice Tea Cart (FP) 6:00 Outdoor Program: Music & Praise Rehrersburg Mennonite Service (FP)</p>	<p>18</p> <p>9:30 Core Strength Exercise (2F) 10:00 You Tube: The Making Of <i>Jaws</i> (2F) 10:30 Steven Spielberg Movie Trivia (2F) 11:00 Confident Cruisers (WP) 2:00 Ed U Presentation: <i>History & Tradition Of American Folk Music</i> By Rebecca And Family (DR) 6:00 Dart Throwing Competition (2F)</p>	<p>19</p> <p>9:30 Target Arms Exercise (2F) 10:00 Ed-U Smithsonian Institution: <i>WWII History's Greatest Conflict in Pictures</i> By Richard Stolley (2F) 11:30 Scripture Reading (FP) 2:00 Welcome Ambassador Social (2F) 3:30 Ice Breaker Games (2F) 4:00 Fine Wine & Cheese Plate (2F) 6:00 Game Club: Yahtzee (1F)</p>	<p>20</p> <p>9:30 Gentle Moves (2F) 11:00 JAWsome Beach Party For Family And Residents Cool Off In The Dunk Tank, Have A Ball In The Bouncy House (RP) 12:00 Picnic Lunch (RP) 2:00 Entertainment By Danny & The Dreamers (RP) 8:00 Pennsylvania Polka (1F)</p>
	<p>21</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Service (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (WP) 6:00 Music & Mindful Colors (1F)</p>	<p>22</p> <p>9:30 Target Legs Exercise (2F) 10:00 August IQ (2F) 10:30 Mass by Chaplain Henninger (1F) 11:00 Confident Cruisers (WP) 2:00 Ed-U Presentation: <i>Modern Crafting Technologies</i> By Bev Spittler (2F) 3:30 Helping Hands: Clean Up Crew (2F) 6:00 Card Club: Phase 10 (1F)</p>	<p>23</p> <p>9:30 Target Balance Exercise (2F) 10:00 Ted Talk: <i>The Psychology Of Happiness</i> By Canadian Author Neil Pasricha (2F) 2:00 Yoga With Leah (2F) 3:30 Cool Down With Cool Drinks (FP) 4:00 Visit From Bubba Our Comfort Dog (FP) 6:00 Dart Throwing Competition (2F)</p>	<p>24</p> <p>9:30 Move2Music (2F) 10:00 On The Farm Trivia (2F) 11:00 Diner's Caravan: Ruby Tuesdays **\$\$ (OOB) 2:00 Jigsaw Puzzle Team (2F) 3:30 Card Club: Rummy (FP) 4:00 Confident Cruisers (WP) 6:00 Social Hour: Big Band Music (1F)</p>	<p>25</p> <p>9:30 Core Strength Exercise (2F) 10:00 World Briefs (2F) 10:30 Famous August Birthdays (2F) 11:00 Confident Cruisers (WP) 2:00 Prize Bingo (2F) 3:30 Ice Cream Social (2F) 6:00 Dart Throwing Competition (2F)</p>	<p>26</p> <p>9:30 Target Arms Exercise (2F) 10:00 History Of The USS Indianapolis (2F) 11:00 Mother Teresa Service EWNT 49 2:00 Film Fest: <i>Jaws</i> (2F) 3:30 Confident Cruisers (WP) 4:00 What's Wrong With This Picture Puzzle (FP) 6:00 Game Club: Yahtzee (1F)</p>	<p>27</p> <p>9:30 Gentle Moves (2F) 10:00 August Fact Or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (FP) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (1F) 8:00 Pennsylvania Polka (1F)</p>
	<p>28</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 12:00 Wine & Dine (DR) 1:00 Scenic Country Ride (OOB) 2:30 iN2L: Methodist Service (2F) 3:30 iN2L: Catholic Service (2F) 4:30 Confident Cruisers (WP) 6:00 Music & Mindful Colors (1F)</p>	<p>29</p> <p>9:30 Target Legs Exercise (2F) 10:00 August IQ (2F) 10:30 World Briefs (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Confident Cruisers (WP) 1:30 Shirley's Aromatherapy Hand Massages (RP) 3:00 Manicures (2F) 6:00 Card Club: Phase 10 (1F)</p>	<p>30</p> <p>9:30 Target Balance Exercise (2F) 10:00 iN2L Train Your Brain: List It (2F) 10:30 World News (2F) 11:00 Patio Trivia (FP) 2:00 Grateful Drumming With Joe (2F) 3:30 Cool Down With Cool Drinks (FP) 4:00 Confident Cruisers (WP) 6:00 Dart Throwing Competition (2F)</p>	<p>31</p> <p>9:30 Move2Music (2F) 10:00 iN2L Reminisce: Coney Island (2F) 11:00 Mother Teresa Program EWNT 49 2:00 Entertainment By: Tanya & Marge (DR) 3:30 Root Beer Floats (RP) 4:00 Moby Dick Puzzle (RP) 6:00 Social Hour: Blues Music (1F)</p>	<p>Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (FP) Front Patio (RP) Rear Patio (WP) Walking Path (L) Lobby</p>		