

# 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

- 2 – Adele L.
- 5 – Alice M.
- 9 – Jane D.
- 15 – Margaret S.
- 16 – Marie K.
- 20 – Alverna H.
- 25 – Lucy B.
- 26 – Rosemary C.
- 27 – Mollie K.

### September

- 2 – Katherine L.
- 5 – Nicholas S.
- 6 – Sang O.
- 6 – Agnes L.
- 7 – Clara M.
- 7 – Marlene R.
- 9 – Joanne K.
- 14 – Gladys B.
- 14 – Anna U.
- 19 – Audrey S.
- 20 – Elizabeth L.
- 24 – Lee M.
- 26 – Joan F.
- 30 – Sandra C.

## A Note from the Executive Director

Hello Providence Place family!

As I write this note, I am reflecting on the fact that we are wrapping up summer. It is hard to believe how time goes so fast. We, here at Providence Place, are excited about continuing our summer events. We had our second of three in the concert series and we invite you to join us for our last one this month. We are also planning our annual picnics. Please check our community calendar for all upcoming events.

COVID cases seem to be declining which is great news for all. With the decline we are seeing a lot of new residents and caregivers join our Providence Place community. When you see these new faces, say “Hello and Welcome”.

The staff of Providence Place continue to be committed to supporting our residents in leading interesting and satisfying lives. We will work with our residents and families to ensure everyone’s experience is meaningful. If there is anything else we can do to serve you and your loved ones, please let us know. I am always available for comments, ideas, and concerns.

Our sincere wishes to you all,

*Tracy Mason*

*Executive Director*

## Highlighted Events

- 9 – **The Singing Mayor** @ 2pm
- 16 – **Summer Concert Series** @ 7pm  
John Stevens Polka Band
- 30 – **Ontelaunee Park Outing**  
@ 12:30pm - *Connections*
- 24 – **Fireside Chat with Tracy**  
@ 1pm
- 25 – **Plum Creek Outing** @ 11am
- 31 – **History of Ol’ Mountain Music**  
with Jay Smar @ 3pm

## Welcome New Residents

- Lee M.
- Bill S.
- Elsie F.
- Isabel W.
- Joan G.
- Joanna S.



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>	1 9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Campfire Day Social (CN) 10:30 Hospitality Club (CN) 11:15 Heart Healthy Walk (CN) 1:00 River Monsters: Catfish (P) 1:30 Balloon Volley Ball (A) 2:30 Hymn Sing Along (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	2 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Traveling Tunes (CN) 11:15 Joyful Walk (CN) 1:00 Fresh Air Stroll (L) 1:30 Art Project: Sun Rise (A) 2:30 Clean up & Refreshments (A) 2:45 Recognizing Self: Sharing Happiness 3:15 Brain Game: Happy Senses (A) 3:45 Chair Zumba Gold (A)	3 9:00 Breakfast Club with Missy (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Hymn Sing Along (A) 10:30 Worship Service: Pastor Reading (C) 1:00 Birthday Club (A) 2:00 Acrylic Paint Class with Shannon (A) 3:30 Watermelon Crawl Social Hour (P)	4 9:00 Word Search & Inspirations (L) 9:30 Am. Meeting and Daily Prayers (L) 10:00 Patio & Pals Social (CN) 10:30 Hospitality Club (CN) 11:15 Walk for Health (CN) 1:00 Laugh Challenge: Summer Fun (P) 1:30 Table Top Bowling Zone (A) 2:00 Word Association (A) 3:00 Bible Study: Armor of God (A) 3:30 Fuzion Fitness Exercise (A)	5 9:00 Creative Arts & Inspirations (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Board Games: Scrabble (P) 10:30 Brain Games: Word Play (ML) 1:00 Sing Along to the Classics (P) 1:30 Zumba with Michele (P) 2:00 Musical Entertainment: Stanley (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	6 9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 9:45 Weekly Devotions (A) 10:00 Whack a Bug Game (A) 11:00 Bug Trivia (A) 1:00 Fresh Air Stroll (L) 1:30 Bake Club: Dirt Cups (A) 2:15 Summer Themed Bingo (A) 3:00 Humanitarian Project: Bridge 127 (A) 4:00 Helping Hands: Clean Up (P)	
7 9:00 Praise Songs & Fellowship (A) 9:30 Live Stream Worship; Trinity Lutheran Church (P) 10:30 Hymn Sing Along (P) 11:00 Chair Exercise (P) 1:00 Popcorn & Movie (P) 2:00 Manicures and Hand Message (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	8 9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Bowling Competition (CN) 10:30 Hospitality Club (CN) 11:15 Walk for Health (CN) 1:00 Big Timber Show (P) 2:00 Balloon Volley Ball (A) 2:30 Hymn Sing Along (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	9 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Traveling Tunes (CN) 11:15 Joyful Walk (CN) 1:00 Fresh Air Stroll (L) 1:30 Finish the Lyrics (P) 2:00 Entertainment :The Singing Mayor (P) 3:15 Recognizing Self: Power in Expression (A) 3:45 Drum Stick Exercise (A)	10 9:00 Breakfast Club with Missy (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Hymn Sing Along (P) 10:30 Lite and Lively Warm Up (P) 11:00 Beach Vibe Exercise (P) 1:00 Bake Club: Hawaiian Fruit Salad (A) 2:00 Auto Racing (P) 3:00 Smore's Social Hour (P) 4:00 Chair Zumba Gold (P)	11 9:00 Word Search & Inspirations (L) 9:30 Am. Meeting & Daily Prayers (L) 10:00 Patio Pals (CN) 10:30 Hospitality Club (CN) 11:00 Walk for Health (CN) 1:00 I Love Lucy Show (P) 1:30 Bible Study: Keeping your Eyes on Jesus (A) 2:15 Brain Game: Word Play (A) 3:00 Dog Days of Summer Pet Parade (P)	12 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Early Morning Stroll (L) 10:30 Ed-U Presentation <i>Honey Bees</i> with Dr. Brenna Traver, Penn State (P) 11:15 Walk for Health (A) 1:00 Gold Rush Show: Biggest Finds (P) 1:30 Zumba with Michele (P) 2:15 Hymn Sing Along (P) 3:00 Communion Service (C)	13 9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 9:45 Weekly Devotions (P) 10:15 Early Morning Stroll (L) 11:00 Hydration Station (L) 1:00 Finish the Phrase (L) 2:00 Construction of New York's Empire State Building (P) 3:00 Vagabond Travelers: Coming, NY (P) 4:00 Helping Hands: Clean Up (P)	
14 9:00 Praise Songs & Fellowship (A) 9:30 Live Stream Worship; Trinity Lutheran Church (P) 10:30 Hymn Sing Along (P) 11:00 Chair Exercise (P) 1:00 Popcorn & Movie (P) 2:00 Manicures and Hand Message (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	15 9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Memory Magic (CN) 11:15 Heart Healthy Walk (CN) 1:00 Bake Club: Lemon Mousse (A) 1:30 Benefits of Lemons 101 (A) 2:00 Strength Building Exercise (A) 2:30 Hymn Sing Along (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	16 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Traveling Tunes (CN) 1:00 Fresh Air Stroll (L) 1:30 Helping Hands: Prepping Peaches (A) 2:30 Bible Study: Being Fruitful (A) 3:00 Recognizing Self: Sharing Memories 3:30 Balloon Volleyball (A) 4:15 Lite Refreshments & Conversations 7:00 Summer Concert: John Stevens (PL)	17 9:00 Breakfast Club with Missy (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Hymn Sing Along (A) 10:30 Worship Service: Pastor Reading (C) 1:00 Fresh Air Stroll (L) 1:30 Brain Games: Watermelon Words (BP) 2:00 Melon Eating & Seed Spitting Contest 3:00 Welcoming Social (P)	18 9:00 Word Search & Inspirations (L) 9:30 Am. Meeting & Daily Prayers (L) 10:00 Patio Pals (CN) 10:30 Hospitality Club (CN) 11:00 Walk for Health (CN) 1:00 Fresh Air Stroll (L) 1:30 Open Request Sing Along (P) 2:00 Drum Circle with Joe (P) 3:00 Garden Club: Garden Trivia (BP) 4:00 Faith Talk on the Patio (BP)	19 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Early Morning Stroll (L) 10:30 Beautiful Summer Gardens (P) 11:15 Creative Arts & Word Search (P) 1:00 U.S.A Landmark Trivia (P) 1:30 Zumba with Michele (P) 2:15 Hymn Sing Along (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	20 9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 9:45 Weekly Devotions (A) 10:30 Faith Discussions (A) 11:00 Hymn Sing Along (A) 1:00 Fresh Air Stroll (L) 1:30 Bake Club: Waldorf Salad (A) 2:15 Prize Bingo (A) 3:00 Beach Theme Exercise (A) 4:00 Brain Game: Word Play (A)	
21 9:00 Praise Songs & Fellowship (A) 9:30 Live Stream Worship; Trinity Lutheran Church (P) 10:30 Hymn Sing Along (P) 11:00 Chair Exercise (A) 1:00 Popcorn & Movie (P) 2:00 Manicures and Hand Message (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	22 9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Everyday Heroes Social (CN) 10:30 Hospitality Club (CN) 11:15 Walk for Health (CN) 1:00 Netflix: Our Planet (P) 1:30 Fuzion Fitness (P) 2:30 Hymn Sing Along (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	23 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Traveling Tunes (CN) 11:15 Joyful Walk (CN) 1:00 Fresh Air Stroll (L) 1:30 Art Project: Cherry Blossom Tree (A) 2:30 Clean up & Refreshments (A) 2:45 Recognizing Self: Flourishing (A) 3:15 Brain Game: Word Play (A) 3:45 Chair Zumba Gold (A)	24 9:00 Breakfast Club with Missy (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Toe Tapping Polkas (P) 10:30 Lite and Lively Warm Up (P) 11:00 Beach Vibe Exercise (P) 1:00 Fresh Air Stroll (L) 1:30 Brain Games: Finish my Line (P) 2:00 Monthly Birthday (CN) 3:00 Dance-A-Thon (CN) 4:00 Reminiscing with Friends (CN)	25 9:00 Word Search & Inspirations (L) 9:30 Am. Meeting & Daily Prayers (L) 10:00 Patio Pals (CN) 10:30 Hospitality Club (CN) 11:00 Walk for Health (CN) 1:00 Fresh Air Stroll (L) 1:30 Brain Game: Dice Game (A) 2:00 Bake Club: Frozen Peanut Butter Banana Bites (A) 3:00 Bible Study: The Life of Job (A)	26 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Early Morning Stroll (L) 10:30 Brain Game: Word Associations (P) 11:00 Sing Along to the Classics (P) 1:00 Netflix: Our Planet (P) 1:30 Zumba with Michele (P) 2:15 Hymn Sing Along (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	27 9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 9:45 Weekly Devotions (P) 10:15 Early Morning Stroll (L) 11:00 Hydration Station (L) 1:00 Finish the Line (L) 2:00 What's on the rooftops of New York's most famous skyscrapers? (P) 3:00 Vagabond Travelers: Watkins Glen State Park, NY (P)	
28 9:00 Praise Songs & Fellowship (A) 9:30 Live Stream Worship; Trinity Lutheran Church (P) 10:30 Hymn Sing Along (P) 11:00 Chair Exercise (A) 1:00 Popcorn & Movie (P) 2:00 Manicures and Hand Message (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	29 9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Memory Magic (CN) 10:30 Hospitality Club (CN) 11:15 Walk for Health (CN) 1:00 Bake Club: Apple Pie Bites (A) 2:15 Taste Test & Discussions (A) 2:30 Hymn Sing Along (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	30 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Traveling Tunes (CN) 11:15 Joyful Walk (CN) 1:00 Fresh Air Stroll (L) 1:30 Multi-Media Project: A Path in the Woods (A) 2:30 Bible Study: Unpredictable Path (A) 3:00 Recognizing Self: Path we Chose (A) 3:30 Beach Vibe Exercise (A)	31 9:00 Breakfast Club with Missy (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Hymn Sing Along (P) 10:30 Worship Service: Pastor Reading (C) 1:00 Fresh Air Stroll (L) 1:30 Brain Games: Dice Game (A) 2:00 Fuzion Fitness (A) 3:00 Ed-U Presentation <i>The History of Ol' Mountain Music</i> by Jay Smarr (P)	<p><b>Calendar Key:</b> (L)-Lobby (P)-Pub, 1st Floor (A)-Activity Room, 2nd Floor (CN)-Connections, Terrace Lvl (C)-Chapel, 3rd Floor (OOB)- Out of Building (BP)- Back Patio</p>		<p>THE <i>Club</i></p>	