

# 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 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Sunshine Committee Meeting (PUB) 3:00 Communion Service (CH) 3:30 Lawn Darts & Iced Tea (1FP) 6:30 Board Games: Scattergories (PUBR)	2 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Balloon Volleyball (PUB) 11:00 P <sup>2</sup> Foodies: Ice Cream Sandwich (A) 12:00 Picnic on the Patio *(1FP) 2:00 Dining Committee Meeting (DR) 3:00 Manicures & Mimosas *(CH) 6:00 Nickel Bingo \$(PUB)	3 9:00 Breakfast Club: Mexican Breakfast Plate *(A) 10:00 Board Games: Connect 4 (PUBR) 10:30 Lite & Lively (PUB) 1:00 Birthday Club (A) 1:30 Card Games: Polish Bingo (PUBR) 2:00 Acrylic Paint Class with Shannon (A) 3:30 Watermelon Crawl Social Hour (PUB) 6:30 Po-Ke-No (PUBR)	4 9:00 Walking Warriors (ML) 10:00 Word Puzzles (PUBR) 10:00 Drum Stick Exercise (PUB) 11:00 Diners Caravan: Heisler's *(O)B 1:30 Touring the Smithsonian: Natural History Museum (PUB) 2:00 Board Games: Clue (PUBR) 3:00 Community Life Planning Meeting (PUB) 6:00 Prize Bingo (PUB)	5 9:00 Green Thumbs: Tending the Plants (TB) 10:00 Board Games: Scrabble (PUB) 10:30 Life Happens Support Group (CH) 10:30 Brain Games: Word Association (ML) 1:30 Zumba with Michele (PUB) 2:00 Musical Entertainment: Stanley (PUB) 3:00 Communion Service (CH) 6:30 Board Games: Checkers (PUBR)	6 9:00 Shopping Trip: Walmart *(O)B 10:00 Color Me Calm (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 3:00 Vagabond Travelers: Finger Lakes, NY (PUB) 6:30 Card Games: UNO (PUBR)	
7 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine & Dine (DR) 1:00 Movie & Popcorn: <i>The Bucket List</i> (PUB) 2:00 Summertime Scenic Ride *(O)B 3:00 Communion Service (CH) 3:30 Short Story Book Club (L) 6:30 Kings in the Corner (A)	8 9:00 Walking Warriors (ML) 10:00 Funny Animal Videos (PUB) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Gratitude Club Meeting (PUB) 3:00 Communion Service (CH) 3:30 Dominoes & Lemonade (1FP) 6:30 Board Games: Bunco (PUBR)	9 9:00 Walking Warriors (ML) 10:00 Board Games: Clue (PUBR) 10:30 Keep Kicking Kickball (PUB) 11:00 P <sup>2</sup> Foodies: Banana Split Dessert (A) 12:00 Picnic on the Patio *(1FP) 2:00 The Singing Mayor (PUB) 3:00 Manicures & Mimosas *(CH) 6:00 Nickel Bingo \$(PUB)	10 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Color Me Calm (PUBR) 10:30 Strength Training (PUB) 1:00 P <sup>2</sup> Foodies: Making Dog Treats (A) 2:00 Auto Racing (PUB) 2:30 Puzzle Club (3F) 3:00 Smore's Social Hour (PUB) 6:30 Po-Ke-No (PUBR)	11 9:00 Walking Warriors (ML) 10:00 Card Games: Solitaire (PUBR) 10:15 Seated Core Exercises (PUB) 11:00 Diners Caravan: Palermo's *(O)B 2:00 Funny Animal Videos (PUB) 2:30 Board Games: Checkers (PUBR) 3:00 Dog Days of Summer Pet Parade (PUB) 6:00 Prize Bingo (PUB)	12 9:00 Green Thumbs: Tending the Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Ed-U Presentation: <i>Honey Bees</i> by Dr. Brenna Traver, Penn State (PUB) 1:30 Zumba with Michele (PUB) 2:30 Brain Games: Trivia (PUB) 3:00 Confession & Mass with Father (CH) 6:30 Puzzle Club (3F)	13 9:00 Shopping Trip: Fairlane Village Mall *(O)B 10:00 Puzzle Club (3F) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$(O)B 3:00 Vagabond Travelers: Corning, NY (PUB) 6:30 Card Games: War (PUBR)	
14 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine & Dine (DR) 1:00 Movie & Popcorn: <i>Steel Magnolias</i> (PUB) 2:00 Summertime Scenic Ride *(O)B 3:00 Communion Service (CH) 3:30 Short Story Book Club (L) 6:30 Kings in the Corner (A)	15 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Welcoming Committee Meeting (PUB) 3:00 Communion Service (CH) 3:30 Yard Bowling & Creamsicles (1FP) 6:30 Board Games: Connect 4 (PUBR)	16 9:00 Walking Warriors (ML) 10:00 Card Games: Polish Bingo (PUBR) 10:30 Funny Home Videos (PUB) 1:30 P <sup>2</sup> Foodies: Prepping Peaches for the Concert (A) 2:00 Manicures & Mimosas *(CH) 3:30 Helping Hands: Setting Up for the Concert (PL) 7:00 Summer Concert Community Event Featuring John Stevens (PL)	17 9:00 Breakfast Club: Peaches & Cream Waffle Plate *(A) 10:00 Puzzle Club (3F) 10:30 Lite & Lively (PUB) 1:30 iN2L: Touring PA State Museum (PUB) 2:00 Food Crafting Fun: Mochaccino Coffee Cakes for Social (A) 3:00 Welcoming Social (PUB) 6:30 Po-Ke-No (PUBR)	18 8:00 Errand Day: Banks & Post Office *(O)B 10:00 Cranium Crunches (PUBR) 10:30 Balance in Action with Genesis Health & Rehab (PUB) 11:00 Diners Caravan: Uma *(O)B 2:00 Drum Circle with Joe (PUB) 2:30 Color Me Calm (PUBR) 3:00 Craft Corner: Sunflower Décor (A) 6:00 Prize Bingo (PUB)	19 9:00 Green Thumbs: Tending the Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Brain Games: Word Play (ML) 1:30 Zumba with Michele (PUB) 2:00 Curls for Girls (3FSL) 3:00 Communion Service (CH) 6:30 Board Games: Checkers (PUBR)	20 9:00 Shopping Trip: Walmart *(O)B 10:00 Cranium Crunches (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 3:00 Vagabond Travelers: New York City (PUB) 6:30 Card Games: Pinochle (PUBR)	
21 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine & Dine (DR) 1:00 Movie & Popcorn: <i>Holiday in the Wild</i> (PUB) 2:00 Summertime Scenic Ride *(O)B 3:00 Communion Service (CH) 3:30 Short Story Book Club (L) 6:30 Kings in the Corner (A)	22 9:00 Walking Warriors (ML) 10:00 Funny Home Videos (PUB) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Artist In Depth: Mosaics (A) 3:00 Communion Service (CH) 3:30 Ring Toss & Ice Cream Cones (1FP) 6:30 Board Games: Checkers (PUBR)	23 9:00 Walking Warriors (ML) 10:00 Cranium Crunches (PUBR) 10:30 Balloon Tennis (PUB) 11:00 P <sup>2</sup> Foodies: Strawberry Lemonade Dump Cake (A) 12:00 Picnic on the Patio *(1FP) 2:00-4:00 Manicures & Mimosas *(CH) 2:30 Puzzle Club (3F) 6:00 Nickel Bingo \$(PUB)	24 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Board Games: Clue (PUBR) 10:30 Strength Training (PUB) 1:00 Fireside Chats with Tracy Mason, E.D. (PUB) 2:00 <i>Consider the Conversation: End of Life Planning</i> by Brian Leffler of S.A.P. Funeral Home (PUB) 3:00 Going to the Dogs Social (PUB) 6:30 Po-Ke-No (PUBR)	25 9:00 Walking Warriors (ML) 10:00 Card Games: Rummy (PUBR) 10:15 Gentle Stretching (PUB) 11:00 Day Excursion: Plum Creek *(O)B 2:00 Funny Animal Videos (PUBR) 3:30 Brain Games: Wall Scrabble (PUB) 5:00 Resident Birthday Dinner (PUB) 6:00 Prize Bingo (PUB)	26 9:00 Green Thumbs: Tending the Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Craft Corner: Pressed Flower Lantern (A) 1:30 Zumba with Michele (PUB) 2:00 Craft Corner: 3:00 Communion Service (CH) 6:30 Word Puzzles (PUBR)	27 9:00 Shopping Trip: Fairlane Village Mall *(O)B 10:00 Word Puzzles (PUBR) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 3:00 Vagabond Travelers: Watkins Glen State Park, NY (PUB) 6:30 Card Games: Rummy (PUB)	
28 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine & Dine (DR) 1:00 Movie & Popcorn: <i>A Perfect Pairing</i> (PUB) 2:00 Summertime Scenic Ride *(O)B 3:00 Communion Service (CH) 3:30 Short Story Book Club (L) 6:30 Kings in the Corner (A)	29 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Summertime Sing-A-Long (1FP) 3:00 Communion Service (CH) 3:30 Cornhole & Fruit Punch (1FP) 6:30 Board Games: Scrabble (PUBR)	30 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Balloon Volleyball (PUB) 11:00 P <sup>2</sup> Foodies: Peaches & Cream Trifle (A) 12:00 Picnic on the Patio *(1FP) 2:00-4:00 Manicures & Mimosas *(CH) 2:30 Card Games: War (PUBR) 6:00 Nickel Bingo \$(PUB)	31 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Card Games: UNO (PUBR) 10:30 Health Talks with Bayada Home Health: Blood Pressure Control (PUB) 10:30 Protestant Worship Service (CH) 2:30 Puzzle Club (3F) 3:00 Ed-U presentation: <i>The History of O' Mountain Music</i> by Jay Smarr (PUB) 6:30 Po-Ke-No (PUBR)	<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (ML) Main Level (PUB) Pub, (PUBR) Pub Rear (A) Activity Room, (1FP) 1st Floor Patio (CH) Chapel, (DR) Dining Room (3F) 3rd Floor (TB) Throughout Building (PL) Parking Lot (L) Library			