

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 and family events!



Dimensions
of Wellness

Resident Birthdays

July

Harold Locke
Jane Tyson
Barbara Lawrence
Nada Kennedy
Dorothy Harris
Leevester Taylor
Lillian Watkins
Chester Garman
Jean Stambaugh
Sarah Pryor

Charles Galbraith
Elizabeth McCoy
Agnes Maurello
Mary Funk
Susan Downin
Donald Koons

August

Edward Klotz
Marion King
Paul Nicarry
Janet Mose
Peggy Gsell
John Rueckert
James Johnston
Agnes Peden
Jean Wengert
Dorothy Davis

Shirley St. Clair
Susan McCarl
Anne Marie Hickey
Eleanor Whelan
Amy Keifman
Helen Small
John Hazlinsky

September

Lois Garman
Sally Ann McCleary
Guy Musick
John Hampton
Virginia Federhoof
Earl Robinson
Leon McIntyre
Joann Bachtell
K. Lorraine Shaffer
Bonita Mearkle
Stephen Martin
Robert Eslinger
LeVaun Stouffer



Providence Place SENIOR LIVING News

Q3: July 2023

A Note from the Executive Director

There is a lot to celebrate during July! As a native of Gettysburg, my small town will celebrate the 160th anniversary of the battle on July 1, 2, and 3. Can you hear the cannons of the re-enactments here in Franklin County?

I encourage you to remember that July 4th is about more than just fireworks and cookouts. The Founding Father delegates of the Second Constitutional Congress declared that the thirteen colonies were no longer subject to the monarch of Great Britain, King George III and were now united, free and independent states. (*Wikipedia*).

Look closely at the July Community Life Calendar. There are many opportunities to learn, enjoy music, share fellowship and have fun together here at Providence Place.

We will also be planning in July for the installation of new flooring on the first floor, which is scheduled for August. Stay tuned for more details on this exciting renovation project.

Blessings,

Holly Townsend

Executive Director

Highlighted Events

8 – **Elvis Entertainment** @ 2pm

12 – **Dementia Support Group**
@ 3pm – *Connections*

13 – **Dot H. Celebrates #102**
@ 3pm

17 – **EdU Presentation:** PA Wildlife
with Game Warden Bietsch @ 10am

20 – **Celebration of Life** @ 2pm

Welcome New Residents

Harold L.

Alma L.

Margaret 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 Info@Prov-Place.com.



www.Providence-Place.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Timeless Trivia (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Who, What, Where Trivia (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>31</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 Resident Tales: American Tales (2A) 3:00 iN2L Documentary: <i>The History of American Vehicles: Planes, Trains, and Automobiles</i> (2A) 6:15 Card Club (3A)</p>	<p>THE <i>Club</i></p>		<p>Calendar Key: Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY) Connections (CN) Picnic Tables (PT) ** Registration Required \$\$ Cost Involved</p>	<p>July 2023</p>	<p>1</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Memories in the Making (3A) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)</p>
<p>2</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Crafting Club: American Flag Keychain (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 State Plate Game (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>3</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 American Nation of Immigrants Featuring Lester Hirsh (2A) 3:00 iN2L Documentary: <i>America: The Story of The US: Reels History</i> (2A) 6:15 Card Club (3A)</p>	<p>4</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 The History of The 4th of July (3A) 11:30-12:30 Picnic @the Loading Dock (LD) 1:30 Cooking Creation: 4th of July Fruit Pizza (CN) 2:30 Sip and Taste (CN) 3:00 Independence Brain Games (3A) 6:15 Game Shows (Ch.78) Independence Day</p>	<p>5</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Walmart \$\$ (OOB) 1:30 Crafty Creation: DIY Firecracker Door Hanger (CN) 2:30 Sip and Share (CN) 3:00 Patriotic Trivia (3A) 6:15 Horseshoes (3E)</p>	<p>6</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 "Belonging " with Chaplain Rick (2A) 10:00 Cooking Creation: Apple Pie (C) 10:00 Mid Week Worship Service (CN) 1:30 Musical Entertainment with Robert Twine (CN) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)</p>	<p>7</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Craft Creation: Patriotic Canvas For Your Apartment (C) 1:30 Walk and Stroll Club (HW) 2:00 Patriotic Bingo (3A) 3:00 Resident Meeting with David Leader (2A) 6:15 Movie Night & Popcorn: <i>Born on the 4th of July</i> (3A)</p>	<p>8</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Balloon Ball (3A) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)</p>
<p>9</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Over Under Fifty Game (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Uno (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>10</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cooking Creation: Dot's Birthday Cakes (C) 1:30 Imagery Fitness (3A) 2:00 Kindly Canines (2A) 3:00 iN2L Documentary: <i>Fast Food: The Fast Lane of Life</i> (2A) 6:15 Card Club (3A)</p>	<p>11</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 11:00 Diners Caravan \$\$ (OOB) 1:30 Cooking Creation: Banana Pudding Cupcakes (CN) 2:30 Sip and Taste (CN) 3:00 Taste & Trivia: American Presidents (P) 6:15 Game Shows (Ch.78)</p>	<p>12</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Dollar Tree \$\$ (OOB) 1:30 Crafty Creation: Memory Quilt (CN) 2:30 Sip and Share (CN) 3:00 Musical Entertainment with Jessica Snyder (CN) 6:15 Horseshoes (3E)</p>	<p>13</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 "Belonging " with Chaplain Rick (2A) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Nelly Fox Bowling (CN) (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)</p>	<p>14</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Providence Place Chambersburg Antique Road Show (2A) 1:30 Walk and Stroll Club (HW) 2:00 Cornhole (3A) 3:00 Social Hour: Crockpot Little Smokies (P) 6:15 Movie Night & Popcorn: <i>Bonnie & Clyde</i> (3A)</p>	<p>15</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Crafting Club: DIY Wind Chimes (C) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)</p>
<p>16</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Table Topics (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Canvas Art (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>17</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 PA Wildlife with Game Warden Philp Bietsch (2A) 1:30 Imagery Fitness (3A) 2:00 Hymn Sing with Jodi Corbett (2A) 3:00 Junk Drawer Detective (3A) 6:15 Card Club (3A)</p>	<p>18</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Cooking Creation: Air Fryer Pretzel Bites (CN) 2:30 Sip and Taste (CN) 3:00 Live Action Wack-a-Mole (FL) 6:15 Game Shows (Ch.78)</p>	<p>19</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Sights of Washington D.C. With Terry Neumyer (2A) 2:00 Fireside Chat (2A) 3:00 Coffee & Questions: Fireside Chat Follow Up (CN) 6:15 Horseshoes (3E)</p>	<p>20</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 "Belonging " with Chaplain Rick (2A) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Celebration of Life (2A) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)</p>	<p>21</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Arthritis Awareness with Jamie From Bayada Home Healthcare (2A) 1:30 Walk and Stroll Club (HW) 2:00 TED Talk: One of the Most "Dangerous " Men in American History with Keenan Norris (2A) 3:00 Social Hour: Key Lime Pie (P) 6:15 Movie Night & Popcorn: <i>Titanic</i> (3A)</p>	<p>22</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Ladder Ball (3A) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)</p>
<p>23</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 July Trivia (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Uno (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>24</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 Jeopardy (3A) 3:00 iN2L Documentary: <i>25 Places to Visit in the U.S.A</i> (2A) 6:15 Card Club (3A)</p>	<p>25</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Crafting Club: Resin Jewelry (3A) 1:30 Cooking Creation: Jell-o Poke Cake (CN) 2:30 Sip and Taste (CN) 3:00 Taste & Trivia: Name the Photo-American People/ Places (P) 6:15 Game Shows (Ch.78)</p>	<p>26</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Kohls \$\$ (OOB) 1:30 Mosaic Suncatchers (CN) 2:30 Sip and Share (CN) 3:00 Friends Hosting Friends: Balloon Relay (CN) 6:15 Horseshoes (3E)</p>	<p>27</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 "Belonging " with Chaplain Rick (2A) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Rita's (CN)(OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)</p>	<p>28</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mad Libs (3A) 1:30 Walk and Stroll Club (HW) 2:00 Summer Brain Games (3A) 3:00 Social Hour: Walking Banana Pudding (P) 6:15 Movie Night & Popcorn: <i>Field of Dreams</i> (3A)</p>	<p>29</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Pictionary (3A) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)</p>