

# 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 160<sup>th</sup> 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 4<sup>th</sup> 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](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 [Info@Prov-Place.com](mailto:Info@Prov-Place.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes Club ( C ) 6:00 Song & Scripture's (Channel 609)	31 9:00 Light & Lively Exercise (3E) 9:30 Men's Will Bowling League (3E) 10:00 Media Club (P) 11:00 Recycling Collection (LR's, C, P) 2:00 Resident Tales: American Travel (2A) 3:00 iN2L Documentary: <i>The History of American Vehicles: Planes, Trains, and Automobiles</i> (2A) 6:00 Front Porch Fellowship (Front Porch)			<b>Calendar Key:</b> Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Back Lobby (BL), 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) **Registration Required, \$\$ Cost Involved	July 2023	1 9:00 Walk & Roll Walking Club Outside Walking Path 10:00 Local Fares: Jim's Farmers Market **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Musical Entertainment Featuring Matt Dodd (2A) 3:00 Game Club: Scrabble ( C ) 4:00 Best Story Wins! (BL) 6:00 Dart League (P)
2 9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes Club ( C ) 6:30 Not Forgotten Ministries (2A)	3 9:00 Light & Lively Exercise (3E) 9:30 Men's Will Bowling League (3E) 10:00 Appreciate & Thank Club ( C ) 11:00 Recycling Collection (LR's, C, P) 2:30 American Nation of Immigrants Featuring Lester Hirsh (2A) 3:30 iN2L Documentary: <i>America: The Story of The US: Reels History</i> (2A) 6:00 Game Club: Sequence (2A)	4 9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends w/ Chaplain Rick (PDR) 11:00-2:00 (at your own pace) Fourth of July Poker Run for a Prize (FL) 11:30-12:30 Picnic @ the Loading Dock (LD) 1:30 Acrylic Canvas Paintings ( P ) 2:00 Life Chats with Chaplain Rick (PDR) 6:00 Resident Run Blitz (2A)  Independence Day	5 9:00 Balloon Ball Exercise (3E) 10:00 Prize Bingo (2A) 1:30 Workout with Vickie From Powerback Rehabilitation (3E) 2:00 Jeopardy! (2A) 3:00 Community Outreach: Coupons for Troops (C) 4:00 Out on the Town: Red Lobster **\$(OOB) 6:00 Front Porch Fellowship (Front Porch)	6 9:00 Sit & Be Fit Exercise (3E) 9:30 "Belonging" with Chaplain Rick (2A) 10:00 Cooking Creation: Apple Pie ( C ) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 3:00 Musical Entertainment Featuring Robert Twine (2A) 6:00 Resident Run Rummy (2A)	7 9:00 Light Weight Seated Workout (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Craft Creation: Patriotic Canvas For Your Apartment ( C ) 2:00 Coffee with Little Debbie (PD) 3:00 Resident Meeting with David Leader (2A) 6:00 Movie & Popcorn: <i>The Music Man</i> (3A)	8 9:00 Walk & Roll Walking Club Outside Walking Path 10:00 Nickel Bingo \$\$ (2A) 1:30 Stair Stepper Exercise (3E) 2:00 Musical Guest: Gregg Peters as Elvis (2A) 3:00 Game Club: Scrabble ( C ) 4:00 Best Story Wins! (BL)
9 9:00 Light & Lively Exercise (3E) 9:30 Trivia Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes Club ( C ) 6:00 Song & Scripture's (Channel 609)	10 9:00 Light & Lively Exercise (3E) 9:30 Woman's Bowling League (3E) 10:00 Cooking Creation: Dot's Birthday Cakes ( C ) 11:00 Franklin County Library Bookmobile (LD) 2:00 Kindly Canines (2A) 3:00 iN2L Documentary: <i>Fast Food: The Fast Lane of Life</i> (2A) 6:00 Resident Run Blitz (2A)	11 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Circle of Friends w/Chaplain Rick (PDR) 11:00 Cornhole (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Musical Entertainment Featuring Tom Shultz (2A) 3:00 Taste & Trivia: American Presidents (P) 6:00 Wii Bowling League ( 3E)	12 9:00 Balloon Ball Exercise (3E) 10:00 Dining Committee Meeting (2A) 11:00 Community Outreach: Coupons for Troops (C) 1:30 Musical Entertainment Featuring Jessica Snyder (2A) 3:00 Nickel Bingo \$\$ (2A) 4:30 Dinner on the Deck** (PD) 6:00 Dementia Care Partner Support Group (CN)	13 9:00 Design Club: Birthday Celebration Set Up In the Pub (P) 9:30 "Belonging" with Chaplain Rick (2A) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 3:00 Dot H. Celebrates 102 (P) 6:00 Resident Run Card Club: Pinocle (2A)	14 9:00 Light Weight Seated Workout (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Providence Place Chambersburg Antique Road Show (2A) 11:00 Balance & Action (3E) 2:00 Table Topics: A Game of Conversation (P) 3:00 Social Hour: Crockpot Little Smokies 6:00 Movie & Popcorn: <i>The Duchess</i> (3A)	15 9:00 Walk & Roll Walking Club Outside Walking Path 10:00 Community Outreach: Coupons for Troops (C ) 11:00 Out to Lunch: 30 West**\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Game Club: Scrabble ( C ) 6:00 Shuffleboard (3E)
16 9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordie Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes Club ( C ) 6:00 Song & Scripture's (Channel 609)	17 9:00 Light & Lively Exercise (3E) 9:30 Men's Will Bowling League (3E) 10:00 PA Wildlife with Game Warden Philip Bietsch (2A) 11:00 Recycling Collection (LR's, C, P) 2:00 iN2L Documentary: <i>Millionaire Life-- It's Not As Easy as it Sounds</i> (2A) 3:00 Federal, State, County Employee & Veterans Only Club (P) 3:00 6:00 Game Club: Sequence (2A)	18 9:00 Light & Lively Exercise (3E) 9: 45 Parx Casino **\$(OOB) 10:00 Circle of Friends w/Chaplain Rick (PDR) 11:00 Billiards (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Life Chats with Chaplain Rick (PDR) 3:00 Live Action Wack-a-Mole (FL) 6:00 Billiards (3E)	19 9:00 Balloon Ball Exercise (3E) 10:00 Sights of Washington D.C with Terry Neumyer (2A) 11:00 Community Outreach: Coupons for Troops (C) 1:30 Blood Pressure Clinic (2A) 2:00 Fireside Chat (2A) 3:00 Coffee & Questions: Fireside Chat Follow Up (P) 6:00 Wii Bowling League ( 3E)	20 9:00 Sit & Be Fit Exercise (3E) 9:30 "Belonging" with Chaplain Rick (2A) 10:00 Nickel Bingo \$\$ (2A) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Celebration of Life (2A) 3:00 Bible Study (PDR) 4:00 Back Lobby Handout (BL) 6:00 Horseshoes (3E)	21 9:00 Light Weight Seated Workout (3E) 10:00 Arthritis Awareness with Jaime from Bayada Home Healthcare (2A) 10:00 Bible Study with Sharon (PDR) 2:00 TED Talk: <i>One of the Most "Dangerous" Men in American History</i> with Keenan Norris (2A) 3:00 Social Hour: Key Lime Pie (P) 6:00 Movie & Popcorn: <i>Where Brother, Where Art Thou?</i> (3A)	22 9:00 Walk & Roll Walking Club Outside Walking Path 10:00 Local Fares: Windy Knoll **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Game Club: Scrabble ( C ) 6:00 Resident Run Blitz (2A)
23 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes Club ( C ) 6:00 Song & Scripture's (Channel 609)	24 9:00 Light & Lively Exercise (3E) 9:30 Woman's Bowling League (3E) 10:00 Birthday Gang Committee Mtg. (L) 11:00 Recycling Collection (LR's, C, P) 2:00 Fact Vs. Fiction: Life History (PD) 3:00 iN2L Documentary: <i>25 Places to Visit In the U.S.A</i> (2A) 6:00 Resident Run Card Club: Dealer's Choice (2A)	25 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree**\$(OOB) 10:00 Circle of Friends w/Chaplain Rick (PDR) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Life Chats with Chaplain Rick (PDR) 3:00 Taste & Trivia: Name the Photo- American People/Places (P) 6:00 Indoor Horseshoes (P)	26 9:00 Balloon Ball Exercise (3E) 10:00 Resident Ambassador Meeting ( C ) 11:00 Out to Lunch: Bonanza **\$(OOB) 2:00 Rosary Service with Corpus Christie Catholic Church (2A) 3:00 Friends Hosting Friends Water Balloon Toss (CN) 4:30 Dinner on the Deck** (PD)	27 9:00 Sit & Be Fit Exercise (3E) 9:30 "Belonging" with Chaplain Rick (2A) 10:00 Prize Bingo (2A) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:00 Front Porch Fellowship (Front Porch)	28 9:00 Light Weight Seated Workout (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Community Outreach: Coupons for Troops (C ) 2:00 Catholic Mass with Corpus Christie Catholic Church (2A) 3:00 Social Hour: Walking Banana Pudding (P) 6:00 Movie & Popcorn: <i>Once Upon A Time in The West</i> (3A)	29 9:00 Walk & Roll Walking Club Outside Walking Path 10:00 Nickel Bingo \$\$ (2A) 1:30 Stair Stepper Exercise (3E) 2:00 Mad Libs (P) 3:00 Game Club: Scrabble ( C ) 6:00 Wii Bowling League ( 3E)