

# 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!

## A Note from the Executive Director

We are grateful at the Colledgeville Inn to see a lot of life and fun in our community. Summer outings and greater community connections are in full swing.

As the summer continues, we really look forward to spending time in our gardens and on our patio and hosting more events for friends & family.

I have enjoyed spending some dedicated time here and getting to know our team members & residents more closely. While change is sometimes hard, we do continue to strive to make sure Providence Place feels like a second home to everyone. Your feedback and input is always welcome and appreciated. Please come and chat anytime.

We have a lot of new residents to welcome and we are expanding our Connections Neighborhood (Memory Care) to better serve our community needs.

If you have questions or concerns, please come see me in the campus!

Best,

*Kim Perchak*

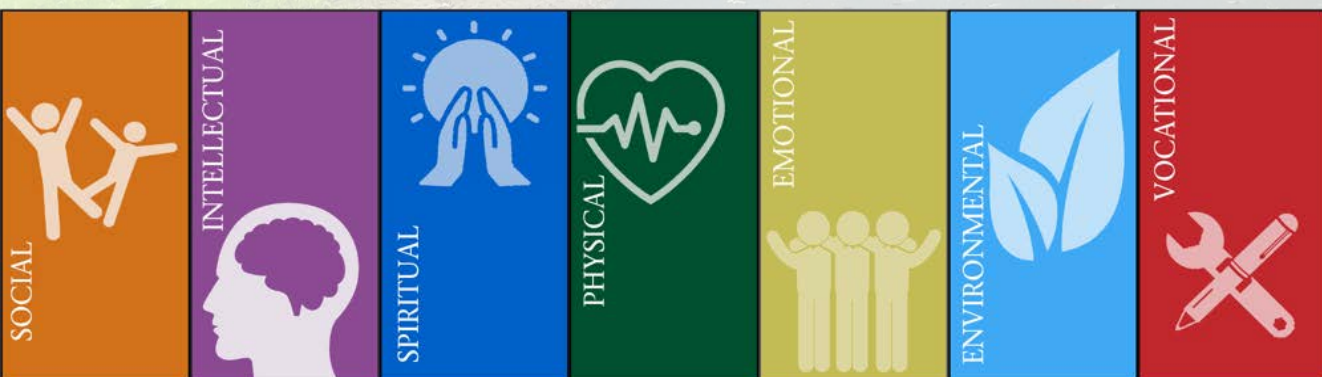
*Interim Executive Director*

## Highlighted Events

- 4 – 4<sup>th</sup> Celebration @ 3:30pm
- 6 – Diner’s Caravan: Bahama Breeze @ 10:30am
- 13 – Valley Forge Casino Outing @ 9am
- 18 – Outing to Taylor Backes Glass Studio: Glass Blowing @ 9am
- 21 – Steel Drums Performance @ 3pm
- 25 – Reading Phillies Game @ 10am
- 25 – Dementia Support Group @ 6pm - *Connections*
- 28 – Entertainment: Tom Bonano @ 3:30pm

## Welcome New Residents

- Irving H.
- Peggy T.
- Judy T.
- Patrick C.
- James A.
- Roseann A.



*Dimensions of Wellness*

## Resident Birthdays

### July

- Valia Keller
- Sara Waslick
- Joseph Prestipino
- James Auld
- Mary Baird
- Roseann Auld
- John Hilson
- Virginia Williams
- Marianne Levinsky
- Andrew McGlincy
- Loretta Demito

### August

- Horace Troxel
- Irving Hark
- Lyman Lundeen
- Joseph Fritz
- Marie Innaurato
- Lillian Dorman
- Beverly Berlin
- Randi Stetz
- Arlene Hanlon
- Grace Scull

### September

- Rita Vitale
- Diane Kenworthy
- Vivian Coscia
- Joan Behunin
- Bruce Summerfield



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 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (CR) 2:00 Garden Club (AR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>Live and Let Die</i> (T)	31 9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Creative Crafting (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Bible Study (T) 4:00 Ed-U Tour of Belize (T) 7:00 Pottsgrove Community Band (OS)			<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (CR) Community Room (AR) Activity Room (P) Pub, (C) Connections Neighborhood (DR) Dining Room, (OL) Old Lobby, (LIB) Library, (ML) Main Lobby, (OS) Outside, (T) Theater, (OP) Outside Porch,	<h1>July</h1> <h1>2023</h1>	1 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 11:00 Hummingbird Cake (AR) 1:00 Bingo (AR) 2:00 Book Club & Shakes (OS/P) 3:30 Trivia Happy Hour (P) 6:15 Res. Run Dominoes (AR)
2 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Service Communion with Chaplain Daniel (CR) 2:00 Garden Club (AR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>The Thomas Crown Affair</i> (T)	3 9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Creative Crafting (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Bible Study (TBD: 2nd Fl, CR, or OP) 4:00 Ed-U Tour of St. Thomas (T) 6:00 Res. Run Shuffle Board (AR)	4 Independence Day 9:30 Sit and Be Fit (P) 10:00 Shopping: Dollar Store**\$\$ (OOB) 11:00 Games in the Pub (P) 1:00 Bingo (AR) 2:00 Circle of Friends (CR) 2:15 Book Mobile (OS) 3:00 Dominican Holidays & Traditions (T) 3:30 4th Of July Celebration with Entertainer: Courtney Colletti (P) 6:00 Community Board Games (P)	5 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 iN2L Tour of Jamaica, Trinidad & Tobago (P) 1:30 <i>Look Who's Dancing</i> Dancercise (C) 2:30 Midweek Worship Services (CR) 3:30 Jeopardy (T) 6:00 Res. Run Billiards (OL)	6 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Diners Caravan Lunch Out: Bahama Breeze**\$\$ (OOB) 1:30 Community Life Cmte Meeting (AR) 2:30 Play Reading: <i>Ellery Queen</i> (P) 3:30 Happy Hour (P) 6:00 Nighttime Nickel Bingo (AR)	7 10:00 Sit and Be Fit (P) 10:30 Crosswords and Word Searches in the Pub (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Sip and Share (OS) 3:00 Ed-U: Caribbean Culture (T) 3:30 Caribbean Games: Oware & Caribbean Stud Poker (P) 6:00 Res. Run: Billiards (OL)	8 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Caribbean Sugar Cookies (AR) 1:00 Bingo (AR) 2:00 Rehearsal for <i>The Adventure of the Murdered Ship</i> (T) 3:30 Caribbean Music Happy Hour (P) 6:15 Res. Run Dominoes (P)
9 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (CR) 2:00 Garden Club (AR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>The Island</i> (T)	10 9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Creative Crafting (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Hymn Sing (T) 4:00 Ed-U Tour of Haiti (T) 6:00 Res. Run Shuffle Board (AR)	11 9:30 Golden Sneakers with Teresa (P) 10:00 Shopping: Walmart**\$\$ (OOB) 11:00 Games in the Pub (P) 1:00 Bingo (AR) 2:00 Circle of Friends (CR) 3:15 Hymn Sing (CR) 4:00 Happy Hour (P) 6:15 Community Board Games (P)	12 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Crossword & Word Searches (P) 1:00 Bingo (AR) 1:30 Mass by St. Eleanor Church (CR) 2:30 Midweek Worship Services (CR) 3:30 Rehearsal: <i>Ellery Queen</i> Play (T) 6:00 Res. Run Billiards (OL)	13 9:00 Outing: Valley Forge Casino**\$\$ (OOB) 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 11:00 Community Crossword (P) 1:00 Balance In Action Class by Powerback Rehab (P) 1:30 Fireside Chat (AR) 2:30 Bocci (OS) 3:30 Reggae Happy Hour (P) 6:00 Nighttime Nickel Bingo (AR)	14 10:00 Sit and Be Fit (P) 10:30 Ed-U: <i>Arthritis Awareness &amp; Pain Management</i> by Jodi Stump, DOW (T) 1:00 Bingo (AR) 2:00 Theatrical Performance <i>Ellery Queen &amp; The Adventure of the Murdered Ship</i> By Providence Place Players (T) 3:30 Balloon Volleyball (P) 6:00 Res. Run: Billiards (OL)	15 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Jamaican Bulla Cake (AR) 11:00 Community Crossword (P) 1:00 Bingo (AR) 2:00 Walking Club (OS) 3:30 Caribbean Style Happy Hour (P) 6:15 Res. Run Dominoes (AR)
16 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (CR) 2:00 Garden Club (AR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>The Deep</i> (T)	17 9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Creative Crafting (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Bible Study (T) 4:00 Ed-U Tour of Cuba (T) 6:00 Res. Run Shuffle Board (AR)	18 9:00 Outing: Taylor Backes Glass Studio** (OOB) 11:00 Games in the Pub (P) 1:00 Bingo (AR) 2:00 Circle of Friends (T) 2:15 Book Mobile (OS) 3:00 Catholic Mass St. Eleanor (T) 4:00 Happy Hour (P) 6:15 Community Board Games (P)	19 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Church (T) 11:00 Community Crossword & Word Searches (P) 1:30 <i>Look Who's Dancing</i> Dancercise (P) 2:30 Midweek Worship Services (CR) 3:00 Corn Hole (OP) 6:00 Res. Run Card Games (P)	20 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:30 Community Crossword & Word Searches (CR) 1:00 Shopping: Giant**\$\$ (OOB) 2:00 Corn Hole and Popsicles (BP) 3:00 Balloon Volleyball (CR) 6:00 Nighttime Nickel Bingo (AR)	21 10:00 Sit and Be Fit (P) 10:30 Crosswords and Word Searches in the Pub (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (CR) 3:00 Steel Drums Jam Session (P) 6:00 Res. Run: Billiards (OL)	22 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Baking: Caribbean Bread Pudding (AR) 11:00 Community Crossword (P) 1:00 Bingo (AR) 2:00 Book Club & Shakes (T) 3:30 Cuban Music Happy Hour (P) 6:15 Res. Run Dominoes (AR)
23 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Ecumenical Worship with Chaplain Daniel (CR) 2:00 Garden Club (AR) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>To Have and Have Not</i> (T)	24 9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Creative Crafting (CR) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Hymn Sing (T) 4:00 Ed-U Tour of Saint Lucia (T) 6:00 Res. Run Shuffle Board (AR)	25 9:30 Golden Sneakers with Teresa (P) 10:00 Outing: Fightin' Phills Baseball Game**\$\$ (OOB) 11:00 Games in the Pub (P) 1:00 Balloon Volleyball (CR) 2:00 Circle of Friends (CR) 3:15 Hymn Sing (CR) 4:00 Happy Hour (P) 6:15 Community Board Games (P)	26 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Church (T) 11:00 Bake Dog Biscuits (AR) 1:00 Dining Room Committee Meeting (AR) 1:30 Food Demonstration by Chef Ed (AR) 2:30 Midweek Worship Services (CR) 3:30 Jeopardy (T) 6:00 Res. Run Card Games (P)	27 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 10:00 Outing: Montgomery County SPCA** (OOB) 1:00 Boat Racing (OS) 2:00 Caribbean Games Kalooki & Oware (P) 3:00 Walking Club (OS) 6:00 Nighttime Nickel Bingo (AR)	28 10:00 Sit and Be Fit (P) 10:30 Drum Aerobics (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (P) 3:30 Musical Entertainment featuring Tom Bonanno (P) 6:00 Res. Run: Billiards (OL)	29 9:30 Central Synagogue Service On Screen (T) 10:00 Sit and Be Fit (P) 10:30 Baking: St. Martin Caribbean Butter Cookies (AR) 11:00 Community Crossword (P) 1:00 Bingo (AR) 2:00 Book Club & Shakes (T) 3:30 Reggae Happy Hour (P) 6:15 Res. Run Dominoes (AR)