

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

Summer is gearing up for a lot of fun in the sun. Our Annual Luau will be held September 21st from 4-6:30pm – all residents, team members and families are welcome to join... Save the date!

Thank you to everyone who attended our Brunch events throughout the Spring, our next one is scheduled for August 20th – stay tuned for details.

We appreciate your patience while we resealed the walking path for easy strolls around the community. It is now completed and open to all – happy walking.

We now have Providence Place shirts available for sale for all community members. Order forms and options are available in the General Store.

Enjoy the beautiful summer weather!

Best,
Howard Holben
Executive Director

Highlighted Events

- 4 – **4th of July Picnic** @ 11:30am
- 7 – **Outing & Lunch:** Twin Pine Farms Country Store @ 10am
- 12 – **Men's Club Sports Trivia** @ 2pm
- 14 – **Conversations with David Leader** @ 3pm
- 17 – **EdU Presentation:** York Co. History @ 2:30pm
- 25 – **Dementia Support Group** @ 3pm - Connections
- 27 – **Livestock Exhibit** @ 1:30pm

Welcome New Residents

- Anna B.
- Robert D.
- Marjorie D.
- Julia S.
- Will G.
- Gerry S.
- Roy W.
- Romaine W.



Dimensions
of Wellness

Resident Birthdays

July

Roland Garvin
Dorothy Limbert
Joseph Albrecht
Leona Hubley
Charles Peters
Pat Bevenour
Lucia Heard
Terry Firestone
Dorothy Buecher
Norma Keener
George Carlson
Eleanor Gingerich
Marian Lippy

Roy Wilt
Pat Dovey
Sandy Wise
Dolores McCarty
Nancy Jameson

August

Alverta Downs
Mariam Warner
Gerald Barbor
Zoelynn Rexroth
Verna Siford
Robert Bupp
Ann Sheffer
Loretta Hamme
Eva Wolf
Ralph Miller
Gerry Smith
Syrene Kuhn

Charlotte Rohrbaugh
Yvonne Lyter
William Hensel
Dale Zinn
Dale Landis
Maryemma Londis
Sally Estep
Robert Davis
Ralph Shearer
Janet Deardorff

September

Adonna Barshinger
Eleanor Loftus
Mary Skehan
Sally Messenger
Fairy Carver
Anna Baer
Will Gaynor
Walter Miller
J. Morgan Stobie
Ruthanna Krone
Sharon Alcorn
Julia Strausbaugh
William Wendel



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
30 9:30 Morning Fitness (AR) 10:15 Early Bird Pokeno (AR) 1:15 Ladies Hot Tea (AR) 2:15 Farmers Bingo (AR) 3:00 Worship Service (CR) 6:00 Poker Club (AR)	31 9:30 Morning Fitness (AR) 10:15 IN2L Program: (CN) 1:30 Music with Katie (AR) 2:30 Musical Bingo & Daily Reading (CR) 3:30 Finish the Phrase (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	THE <i>Club</i>		Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (FL) Front Lobby, (AR) Activity Room, (P) Pub, (100 P) 100 Hall Patio, (CR) Community Room, (CN) Connections Neighborhood	July 2023	1 9:30 Morning Fitness (AR) 10:00 Donut & Coffee Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Walk & Roll to the Patio (FL) 2:00 July IQ (100 P) 3:00 Crafting (AR) 4:00 Menu Review (AR) 6:00 Card Club (AR)
2 9:30 Morning Fitness (AR) 10:15 Early Bird Jingo (AR) 1:15 Ladies Hot Tea (AR) 2:15 Farmers Bingo (AR) 3:00 Worship Service (CR) 6:00 Poker Club (AR)	3 9:30 Morning Fitness (AR) 10:15 IN2L Program: Independence Day (CN) 1:30 Music with Children (AR) 2:30 Movement is Medicine (CR) 3:00 Daily Reading & Phrases (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	4 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 History of the 4th (CR) 11:30 Picnic style Lunch (DR) 1:15 Create with Connections: Fireworks in a jar (CN) 2:00 Grilling with Chris (CN) 4:00 Menu Review (CR) 6:00 Evening Bingo (AR)	5 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 11:00 Apple Prep & Menu Review (AR) 1:30 Mid-week Worship (CR) 2:00 Musical Entertainment featuring Lee Moyer (AR) 3:00 Apples to Apples game (CR) 4:00 Turnovers To Go (CR) 6:00 Movie & Popcorn (AR)	6 9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:00 Club Country Ride (00B) 10:30 Praying the Rosary (P) 10:30 Daily Reading & Menu Review (CR) 1:15 Brain Aerobics with Friends (CN) 3:00 Bingo (AR) 6:00 Pool Games (100 P)	7 9:30 Morning Fitness (AR) 10:00 Manicures & Music (CR) 10:00 Culinary Creations: Homemade Peanut Butter Cups (AR) 10:45 Daily Reading & Menu Review (AR) 1:15 Freebie Friday (FL) 1:30 Walk & Roll to the Patio (FL) 2:00 2 truths and a lie (100 P) 3:00 Lets get Physical: A-Z Workout (CN) 6:00 Resident Run Bingo (AR)	8 9:30 Morning Fitness (AR) 10:00 Donuts & Coffee A carte (FL) 10:00 Stroll through the Park (OOB) 10:45 Daily Reading & Menu Review (CR) 1:15 Walk & Roll to the Patio (FL) 2:00 How the times have changed (FL) 3:00 Crafting (AR) 4:00 Menu Review (AR) 6:00 Card Club (AR)
9 9:30 Morning Fitness (AR) 10:15 Early Bird Pokeno (AR) 11:00 Menu Review (CR) 1:15 Sugar Cookie Beaches (CR) 2:00 Daily Reading (CR) 3:00 Worship Service (CR) 6:00 Poker Club (AR)	10 9:30 Morning Fitness (AR) 10:15 Memory Magic and More (CN) 1:15 Learn about Lakes (CR) 2:30 Daily Reading & More (CR) 3:00 Monday Mocktail: Pina Colada (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	11 9:30 Morning Fitness (AR) 10:00 Name that Tune (AR) 1:15 Create with food (CN) 2:00 Educational Presentation (AR) 3:15 Daily Reading (CR) 3:30 Table top Game (CR) 4:00 Menu Review (CR) 6:00 Evening Bingo (AR)	12 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:30 It's a bird, it's a plane it's SUPERMAN (AR) 11:00 Menu Review (AR) 1:30 Mid-week Worship (CR) 2:45 Superman Clips & Trivia (CR) 4:00 Menu Review (CR) 6:00 Movie & Popcorn (AR)	13 9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 10:30 Daily Reading & Menu Review (CR) 1:15 Brain Aerobics with Friends (CN) 1:15 History and Music of Rock & Roll (CN) 2:00 Drumming with Joe (CR) 2:00 Painting Rocks (CN) 3:00 Bingo (AR) 6:00 Pool Games (100 P)	14 9:30 Morning Fitness (AR) 10:00 Manicures & Music (CR) 10:00 Culinary Creations: Sea cups to Go (AR) 10:45 Daily Reading & Menu Review (AR) 1:30 Learn about French Culture (CR) 2:00 Sharks the Sea Predator (CR) 3:00 Talk with David Leader (CR) 6:00 Resident Run Bingo (AR)	15 9:30 Morning Fitness (AR) 10:00 Donut & Coffee Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Walk & Roll to the Patio (FL) 2:00 Worms in Dirt Dessert (100 P) 3:00 Crafting (AR) 4:00 Menu Review (AR) 6:00 Card Club (AR)
16 9:30 Morning Fitness (AR) 10:00 Early Jingo (AR) 11:00 Menu Review (CR) 1:15 Ladies Hot Tea (AR) 2:00 Farmers Bingo (AR) 3:00 Worship Service (CR) 6:00 Poker Club (AR)	17 9:30 Morning Fitness (AR) 10:15 Memory Magic and More (CN) 1:30 Music with Katie (AR) 2:30 Educational Presentation: (AR) 3:00 Peach Treats & Daily Reading (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	18 9:30 Morning Fitness (AR) 10:00 Name that Tune (AR) 10:00 Club Country Ride (00B) 1:15 Create with Connections (CN) 2:00 Musical Entertainment featuring Joe Crispell (AR) 3:15 Daily Reading (CR) 3:30 Table top Game (CR) 4:00 Menu Review (CR) 6:00 Evening Bingo (AR)	19 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:30 Make your own Daiquiri (AR) 11:00 Menu Review (AR) 1:30 Mid-week Worship (CR) 2:45 DIY hot dog bar (CR) 3:00 GAME time (CR) 4:00 Menu Review (CR) 6:00 Movie & Popcorn (AR)	20 9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 10:30 Daily Reading & Menu Review (CR) 1:30 Social with Friends: Macks Ice Cream (100 P) 2:00 Chef Demonstration (AR) 3:00 Bingo (AR) 6:00 Pool Games (100 P)	21 9:30 Morning Fitness (AR) 10:00 Manicures & Music (CR) 10:00 Daily Reading & Brain Game (AR) 1:30 Walk & Roll to the Patio (FL) 2:00 Junk Food Bingo (100 P) 3:00 Lets get Physical: Parachute Games (CN) 6:00 Resident Run Bingo (AR)	22 9:30 Morning Fitness (AR) 10:00 Donuts & Coffee A la carte (FL) 10:00 Stroll Through the park (OOB) 10:45 Daily Reading & Menu Review (CR) 1:15 Walk & Roll to the Patio (FL) 2:00 Famous Cowboys (100 P) 3:00 Crafting (AR) 4:00 Menu Review (AR) 6:00 Card Club (AR)
23 9:30 Morning Fitness (AR) 10:15 Early Bird Pokeno (AR) 11:00 Menu Review (CR) 1:15 Pen Pal Writing (CR) 2:00 Daily Reading (CR) 3:00 Worship Service (CR) 6:00 Poker Club (AR)	24 9:30 Morning Fitness (AR) 10:15 All about the Cowboys (CN) 1:30 Kick off to York Fair week with a Concert (AR) 2:30 Daily Reading (CR) 3:00 Monday Mocktail (CR) 3:30 Name the Celebrity (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	25 9:30 Morning Fitness (AR) 10:00 Name that Tune (AR) 1:30 Resident Art Exhibit (CR) 2:00 Happy Hour (AR) 3:15 Daily Reading (CR) 3:30 Table top Game (CR) 4:00 Menu Review (CR) 6:00 Evening Bingo (AR)	26 9:30 Morning Fitness (AR) 10:00 Daily Reading & More (AR) 11:00 Menu Review (AR) 1:30 Find the Plants Scavenger Hunt (BW) 2:00 The History of York (CN) 3:15 Taste Something New: Coffee Ice Cream (CR) 6:00 Movie & Popcorn (AR)	27 9:30 Morning Fitness (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 10:30 Daily Reading & Menu Review (CR) 1:30 Animal Event (AR)/ (100 P) 3:00 Bingo (AR) 6:00 Pool Games (100 P)	28 9:30 Morning Fitness (AR) 10:00 Manicures & Music (CR) 10:00 Culinary Creations : Fair Foods (AR) 10:45 Daily Reading & Menu Review (AR) 1:30 Fun, Food and Games (100 P) 6:00 Resident Run Bingo (AR)	29 9:30 Morning Fitness (AR) 10:00 Donut & Coffee Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Walk & Roll to the Patio (FL) 2:00 International Tiger Day (100 P) 3:00 Crafting (AR) 4:00 Menu Review (AR) 6:00 Card Club (AR)