

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

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

Dimensions
of Wellness



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 Exercise (AR) 10:00 Early Bird Farmers Bingo (AR) 1:15 Crafters Corner (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	31 9:30 Morning Exercise (AR) 10:00 Cooking Club (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:15 Afternoon Walkers Club (FL) 1:30 Melodies with Katie (AR) 2:30 Country Side Ride ** (OOB) 6:00 Rummikub (FL)			Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building (AR) Activity Room (Pub) (CR) Community Room (L) Lobby (DR) Dining Room (S) Sunshine Room (100P) 100 Hall Patio (FR) Fitness Room (PT) Pool Table Room (FP) Front Room (CN) Connections Neighborhood	<h1>July</h1> <h1>2023</h1>	1 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If You Do (AR) 10:30 Moral Dilemma & Discussion (AR) 1:15 Afternoon Walker Delight (AR) 2:00 Wall Jeopardy (AR) 3:00 Ladies Hot Tea Circle (AR) 6:00 Resident Card Club (AR)
2 9:30 Morning Exercise (AR) 10:00 Early Bird Farmers Bingo (AR) 1:15 Crafters Corner (AR) 3:00 Sunday Worship Service with David W. Slautterback (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	3 9:30 Morning Exercise (AR) 10:15 Dining Room Committee Meeting With Chef Joe (AR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie (AR) 2:15 Musical Entertainment with Local Home Schooled Children (AR) 3:00 The Yankee Doodle Boy (AR) 6:00 Rummikub (FL)	4 9:30 Morning Exercise (AR) 10:00 An Independents Day Coincidence (AR) 11:30/12:00 Fourth of July Picnic (DR) 1:30 July 4th Trivia (AR) 2:00 Bingo with Adam (AR) 6:00 Front Porch Fellowship (FL) 8:00 Firework on the Deck (DRD) Independence Day	5 9:30 Morning Exercise (AR) 10:00 Shopping Trip & Lunch: Walmart & Quaker Steak & Lube*** (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Musical Entertainment featuring Lee Moyer (AR) 3:30 Community Life Planning Cmte (AR) 6:00 Popcorn & Movie <i>Hachi</i> (AR)	6 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Faith Studies (AR) 2:00 Write Like Hemingway (AR) 3:00 Bingo (AR) 4:30/5 Wine and Dine (DR) 6:00 Calmful Coloring (AR)	7 9:30 Morning Exercise (AR) 10:00 Day Excursion & Lunch: Twin Pine Farms Country Store *** (OOB) 1:30 Sunshine Committee (AR) 2:00 Flip-Flop Fiesta (100P) 3:00 Armchair Travelers Florida Keys (AR) 6:00 Resident Ran Bingo (AR)	8 9:30 Morning Exercise (AR) 10:00 Coffee & Sunshine (S) 10:30 Saturday Stroll in the Park ** (OOB) 1:15 Fifty: Over or Under Game (AR) 2:00 Wall Jeopardy (AR) 3:00 TED Talks & Discussions <i>The Astonishing Hidden World of the Deep Ocean</i> by American Oceanographer Robert Ballard (AR) 6:00 Resident Card Club (AR)
9 9:30 Morning Exercise (AR) 10:00 Early Bird Pokeno (AR) 1:15 Crafters Corner (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	10 9:30 Morning Exercise (AR) 10:00 Cooking Club (AR) 10:30 Grief Share & Support Group (CR) 1:00 Catholic Communion (CR) 1:15 Afternoon Walkers Club (FL) 1:30 Lemonade & Puzzles (AR) 2:30 Country Side Ride ** (OOB) 6:00 Rummikub (FL)	11 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Circle of Friends (CR) 2:00 Ed-U History Presentation <i>Giving a Voice to Marginalized Women of 18th Century</i> By Joe & Delores McDevitt (AR) 3:00 Bible Study (P) 3:15 MLB All Star History (AR) 6:00 Evening Bingo with Adam (AR)	12 9:30 Morning Exercise (AR) 10:00 Shopping Trip Weis*** (OOB) 10:15 Life Chats with Chaplain Shawn (P) 1:30 Mid-Week Worship Service (CR) 2:00 Men's Club Sports Trivia (AR) 3:00 Who, What, Where, When In the Keys (AR) 6:00 Popcorn & Movie <i>The Sandlot</i> (AR)	13 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Faith Studies (CR) 2:00 Grateful Drumming with Joe Ciarvella (CR) 3:00 Bingo (AR) 4:30/5 Wine and Dine (DR) 6:00 Calming Coloring (AR)	14 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Cranium Crunches (CR) 1:30 Amazing Animals of Key West (AR) 2:00 Seas the Day Happy Hour (100P) 3:00 Conversations with David Leader (AR) 6:00 Resident Ran Bingo (AR)	15 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If You Do (AR) 10:30 Moral Dilemma & Discussion (AR) 1:15 Afternoon Walkers Delight (FP) 2:00 Musical Entertainment <i>Memory Music</i> featuring Tom and Randy (AR) 3:00 Trivia Games (AR) 6:00 Resident Card Club (AR)
16 9:30 Morning Exercise (AR) 10:00 Early Bird Farmers Bingo (AR) 1:15 Musical Entertainment Featuring Hershey Mennonite Church (AR) 2:00 Ed-U Presentation <i>Butterflies</i> by Krista Callear PennState Ext Master Gardener of York County (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	17 9:30 Morning Exercise (AR) 10:00 Cooking Club (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:15 Afternoon Walkers Club (FL) 1:30 Melodies with Katie (AR) 2:30 Ed-U Presentation <i>Hometown History: York Co. Backstory</i> by Domi Miller, York County Historical Society (AR) 6:00 Rummikub (FL)	18 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Circle of Friends (CR) 2:00 Musical Entertainment <i>Country Gospel</i> featuring Joe Crispell (AR) 3:00 Bible Study (P) 4:00 Dinner Out: Olive Garden*** (OOB) 6:00 Front Porch Fellowship (FL)	19 9:30 Morning Exercise (AR) 10:00 Shopping Trip Salvations Army *** (OOB) 10:00 Brain Games with Sondra from Powerback Rehab (AR) 10:15 Life Chats with Chaplain Shawn (P) 1:30 Mid-Week Worship Service (CR) 2:00 The Keys and Hemingway (AR) 3:00 Trivia Keys (AR) 6:00 Game Night w/ DW of Today (AR)	20 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Faith Studies (CR) 2:00 Cooking Creation with Chef Joe (AR) 3:00 Bingo (AR) 4:30/5 Wine and Dine (DR) 6:00 Calming Coloring (AR)	21 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Cranium Crunches (CR) 1:30 Fireside Chat with Howard, E.D. (AR) 2:00 Country Drive for Sweet Treats Forry's Ice Cream ** (OOB) 3:00 Men's Club The Art of The Cigar (AR) 6:00 Resident Ran Bingo (AR)	22 9:30 Morning Exercise (AR) 10:00 Sunshine and Coffee (S) 10:30 Saturday Stroll in the Park** (OOB) 1:15 Key to Key Game (AR) 2:00 Wall Jeopardy (AR) 3:00 TED Talks & Discussions <i>The Ocean's Glory & Horror</i> by Underwater Photographer & Journalist, Brain Skerry (AR) 6:00 Resident Card Club (AR)
23 9:30 Morning Exercise (AR) 10:00 Early Bird Game (AR) 1:15 Crafters Corner (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	24 9:30 Morning Exercise (AR) 10:00 Cooking Club (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:15 Afternoon Walkers Club (FL) 1:30 York Fair Kick Off w/ Musical Entertainment Country Melodies with Katie (AR) 2:30 Country Side Ride ** (OOB)	25 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Celebrating York Fair Providence Place Art Exhibit (CR) 2:00 Happy Hour (AR) 3:00 Bible Study (P) 3:15 Flight Club with Chef Joe (AR) 6:00 Evening Bingo with Adam (AR)	26 9:30 Morning Exercise (AR) 10:00 Shopping Trip Dollar Tree*** (OOB) 10:15 Life Chats with Chaplain Shawn (P) 1:30 Mid-Week Worship Service (CR) 2:00 Horticulture Exhibit (AR) 3:00 Penny Annie (AR) 6:00 Popcorn & Movie <i>Jaws</i> (AR)	27 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Faith Studies (CR) 1:30 Live Stock Exhibit with Special Guest Creatures Great and Small (100P) 2:00 Welcome Ambassador Committee (P) 3:00 Bingo (AR) 4:30/5 Wine and Dine (DR)	28 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Cranium Crunches (CR) 1:30 Horticulture Club (AR) 2:00 Fair Food, Games and Fun (100P) 3:00 Gaming with Friends (AR) 6:00 Resident Ran Bingo (AR)	29 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If You Do (AR) 10:30 Moral Dilemma & Discussion (AR) 1:15 Afternoon Walker Delight (FP) 2:00 Wall Jeopardy (AR) 3:00 Ladies Hot Tea Circle (AR) 6:00 Resident Card Club (AR)