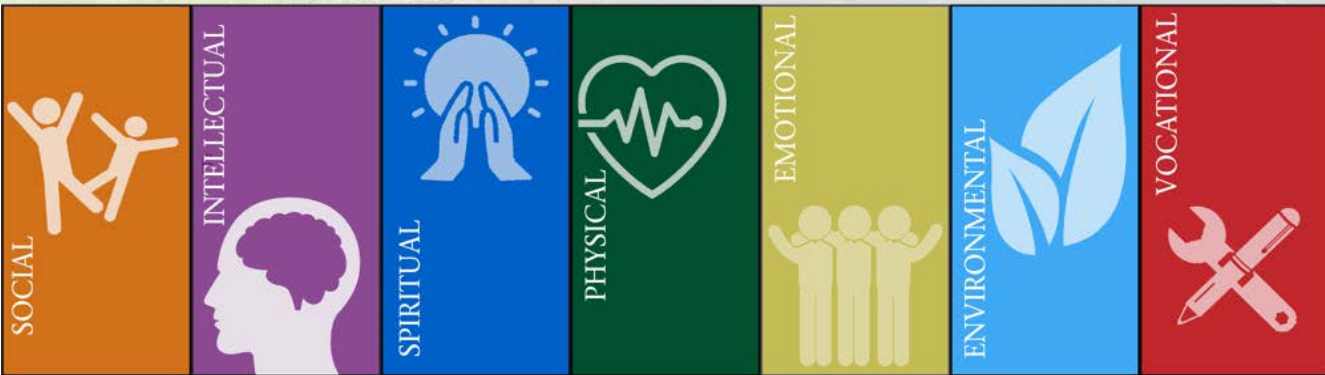


Focus on Wellness

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

Edmund Pienkosz
Janet Walters
Angeline Lapinsky
Ramon Santiago
Shirley Heckrote
Eleanor Stashko
Edythe Weller

August

Helen Goida
Irene Moscon
Josephine Bogansky
Margaret Sinclair
Marie Wolk
Olga Mizin
Susan Mooney
Jean Stecker
Lillian Rogers

September

Anita Molitoris
Glenda Smith
David Narrow
Edward Warakomski
Mary Kost
Rita Novak
Danae Renn
Norbert Markiewicz
Dorothy Stoffa
Barbara Ross
Patricia Gasser



Providence Place SENIOR LIVING News

Q3: July 2023

A Note from the Executive Director

Summer is finally here! We have already had so many wonderful events including our Father's Day celebration and our annual summer party - our carnival was a wonderful time! The rain held out and everyone enjoyed playing games, dancing to the music, and eating all the wonderful foods and snacks from freshly made funnel cakes to hand rolled cotton candy. The kids really tired themselves out in the bounce house. We received so many donations that we ended up with over 50 tricky trays. All proceeds benefit the Alzheimer's Association. A special thank you to all staff and local businesses for their grateful donations. Also, thank you to all the volunteers that came and helped throughout the day. We are already brainstorming ideas for next year's theme.

We are always asking the residents for suggestions on things they would like to do and we have received a lot of requests for a pizza and movie night so we are doing just that! We are having a "Christmas in July" movie night that will include a tree trimming during the day then we will have a pajama party along with a Christmas movie projected onto the wall, pizza, popcorn and frozen hot chocolate in the dining room at night.

As always, thank you to all residents, families, and staff for your continued support. Each of you are a valued part of our community.

Sincerely,

Melissa Jacoby

Executive Director

Highlighted Events

- 4 – **Independence Day Picnic**
@ 11am
- 8 – **LCR Game with Drums Lioness Club** @ 2:30pm
- 12 – **Blueberry Picking Outing:**
Stemrich's Farm @ 9:30am
- 27 – **Dementia Support Group**
@ 6pm – Connections
- 24 – **Mohegan Sun Casino Outing**
@ 9:30am
- 25 – **Christmas in July** @ 2pm

Welcome New Residents

Regina S.
Marie W.
Helen G.
Leon C.
Thomas G.
Saing Y.
Pastor Y.



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 9:00 TV Catholic Mass (3rd) 10:00 Finishing Lines (2nd) 10:30 Strength Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:30 iN2L: Family Feud (CN) 6:30 Yahtzee (1st)	31 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 Bible Study with Deacon Bob (DR) 3:00 Community Outreach: Homemade Treats/Toys For Hazleton Animal Shelter (C) 4:00 Cranium Crunches (1st) 6:30 Pinochle Players Club (3rd)	THE <i>Club</i>		Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C)	July 2023	1 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Celebrating Canada Day: O Canada Crossword Challenge (1st) 1:00 Summer Trivia (2nd) 2:00 Wonderful World of Disney (CN) 6:30 Rummikub (1st)
2 9:00 Catholic Mass TV (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Strength Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (DR) 6:30 Yahtzee (1st)	3 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:00 Bean Bag Toss (CN) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 3:30 Helping Hands Club: Shuck Corn for Holiday Picnic (FP)	4 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Craft Club: Americana Wine Glass Painting (3rd) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:00-4:00 Lemonade & Lawn Games (FP) 6:30 Scrabble (1st) Independence Day	5 9:00 Daily Chronicles/Inspiration (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Rhyme Time/ Riddles (2nd) 2:30 Making Patriotic Chex Mix (CN) 3:30 Memory Magic (CN) 6:30 Dominoes (1st)	6 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 iN2L: Destination Discovery: Spain: Guggenheim Museum (2nd) 1:30 Food for Thought & Tasting: Churros (C) 2:45 Bingo (DR) 3:30 Hymn Sing (Ch)	7 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 1:30 July Word Games (2nd) 2:00 Ball Toss on Patio (CN) 3:30 Dot Doodles (2nd)	8 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 1:30 Junk Drawer Detective (3rd) 2:30 Colored Sand Art (C) 3:30 Summer Fruit Sangria Super Happy Hour (1st)
9 9:00 Catholic Mass TV (3rd) 10:00 Finishing Lines (2nd) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (DR) 6:30 Yahtzee (1st)	10 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 Beaded Bracelet Craft (2nd) 2:30 Musical Entertainment By <i>Windfall</i> (DR) 3:30 Puzzle Pros Club (2nd) 6:30 Pinochle Players Club (3rd)	11 9:00 Daily Chronicles/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:00 Walking with Friends (CN) 3:30 Summer Word Search (1st) 6:30 Scrabble (1st)	12 9:00 Daily Chronicles/Inspiration (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:00 Fruit Salad (CN) 2:30 Ed-U Live Butterfly Demo By "The Butterfly Guy", Rick Mikula (1st) 6:30 Dominoes (1st)	13 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Milkhouse Creamery (OOB) 1:30 Hymn Sing (Ch) 2:45 Bingo (DR) 3:30 PP Walking Club (ML) 6:30 Pinochle Players Club (3rd)	14 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 11:00 1st Floor Patio Cook-Out (3rd) 1:30 Match The Cat 2:30 Musical Entertainment By Glenn Faul (DR) 3:30 iN2L :Move and Groove Exercise	15 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 1:30 Today in History (1st) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciavella (2nd) 3:00 iN2L Animal World: <i>The Magnificent Wildlife of Spain</i> (2nd) 6:30 Rummikub (1st)
16 9:00 Catholic Mass TV (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Strength Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (DR) 6:30 Yahtzee (1st)	17 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 Classic TV shows (CN) 2:30 iN2L: Live Webcams: A look into the lives of animals (CN) 3:30 Blast from the Past: Classic TV Commercials (3rd) 6:30 Pinochle Players Club (3rd)	18 9:00 Daily Chronicles/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Cornhole (CN Patio) 2:45 Bingo (DR) 6:30 Scrabble (1st)	19 9:00 Daily Chronicles/Inspiration (2nd) 9:30 <i>All About July</i> Trivia (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise By Carrie of Powerback Rehab (2nd) 1:30 Spa Day (CN) 4:00 Destination Discovery Dinner: Tastes of Spain (DR) 6:30 Dominoes (1st)	20 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:30 Cooking Club: Beef Empanadas (C) 1:00 Baking Sand Cake (CN) 2:30 iN2I Mariachi Music (2nd) 3:30 Hymn Sing (Ch) 6:30 Pinochle Players Club (3rd)	21 9:00 Daily Chronicles/ Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 11:00 2nd Floor Patio Cook-Out (3rd) 2:30 Family Feud (2nd) 3:30 Hallway Bowling (3rd) 6:30 Boggle (1st)	22 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Missing Lines (2nd) 1:30 Craft Club: Shaving Cream Art (3rd) 3:30 Lemonade Rum Punch Super Happy Hour (1st) 6:30 Rummikub (1st)
23 9:00 Catholic Mass TV (3rd) 10:00 Finishing Lines (2nd) 10:30 Chair Zumba with Alyson Cara (2nd) 10:30-12:30 Brunch (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (DR) 6:30 Yahtzee (1st)	24 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 3:00 Karaoke (2nd) 6:30 Pinochle Players Club (3rd)	25 9:00 Daily Chronicles/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:00 Coffee Filter Butterflies (CN) 3:00 Fireside Chat (1st) 7:00 Pizza & Christmas Holiday Movie Night (DR)	26 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 12:30 Sing - a - Long with Kathy (CN) 2:00 Parachute Pull (CN) 2:45 Bingo (DR) 3:30 Hymn Sing (Ch) 6:30 Dominoes (1st)	27 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:30 Manicure and Hand Massages (CN) 1:45 Red or Black Card Game (2nd) 2:45 Dining Demo with Chef Ashley (DR) 6:30 Pinochle Players Club (3rd)	28 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 11:00 3rd Floor Patio Cook-Out (3rd) 2:30 Celebration of Life Service (Ch) 3:30 Alphabet Crossword (1st) 5:30 Concert Trip: Freeland Pavillion: St. Ann's Band** (OOB)	29 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 1:30 New Resident Funnel Cake Mixer (1st) 2:30 Matinee: <i>Fried Green Tomatoes</i> (2nd) 3:30 PP Walking Club (ML) 6:30 Rummikub (1st)