

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!



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.



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



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 Ed-U Trip: <i>Authors in the Park</i> : Local Authors Meet & Greet: Freeland Public Park*** (OOB) 6:30 Yahtzee (1st)	31 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Karaoke Singalong (2nd) 3:00 Community Outreach: Homemade Treats/Toys For Hazleton Animal Shelter (C) 4:00 Cranium Crunches (1st) 6:30 Pinochle Players Club (3rd)			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)	<h1>July</h1> <h1>2023</h1>	1 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Celebrating Canada Day: O Canada Crossword Challenge (1st) 1:30 Community Life Planning Mtg. (3rd) 2:00 Dessert Caravan: Scoopers Soft Serve Ice Cream*** (OOB) 3:30 Garden Club: Vegetable Garden (C) 6:30 Rummikub (1st)
2 9:00 TV Catholic Mass (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 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:30 Chef's Pairings with Chef Ashley (DR) 3:30 Helping Hands Club: Shuck Corn for Holiday Picnic (FP)	4 9:30 Daily Prayer & Meditation (Ch) 10:00 Craft Club: Americana Wine Glass Painting (3rd) 10:30 Stretch Exercise (2nd) 11:00-1:00 Independence Day Picnic (FP) 1:00 Prayer Service & Communion (Ch) 2:00-4:00 Lemonade & Lawn Games (FP) 6:30 Scrabble (1st) Independence Day	5 9:30 Shopping Trip: Walmart*** (OOB) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:30 PP Resident Antique Roadshow (3rd) 3:30 TED Talk & Discussion: <i>What Makes You Special?</i> (3rd) 6:30 Dominoes (1st)	6 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 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Sunshine Committee (2nd) 1:30 Dealing with Loss Support Group (SR) 2:30 Ed-U Presentation: <i>Goya & Picasso: History of Spain Through Art</i> By Martin Bradfield (3rd) 3:30 Dot Doodles (2nd)	8 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable Garden (C) 1:30 Junk Drawer Detective (3rd) 2:30 Community Outreach: LCR Game With Drums Lioness Club (3rd Patio) 3:30 Summer Fruit Sangria Super Happy Hour (1st)
9 9:00 TV Catholic Mass (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 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 iN2L: Destination Discovery: Spain: Torre de Hercules (2nd) 2:30 Musical Entertainment By <i>Windfall</i> (DR) 3:30 Puzzle Pros Club (2nd) 6:30 Pinochle Players Club (3rd)	11 9:45 Retail Shopping: Boscov's*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:00 Dessert & Discussion With Chef Ashley (DR) 3:30 Soul Club: <i>Chicken Soup for the Soul</i> (2nd) 6:30 Scrabble (1st)	12 9:30 Trip Out: Pick Your Own Blueberries: Stemmrich's Blueberry Farm*** (OOB) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:30 Ed-U Live Butterfly Demo By "The Butterfly Guy", Rick Mikula (1st) 4:00 July Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	13 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:15 Men's Club Trip: "Clips & Pitz": Full Klips Barber Shop Lunch at Fratelli's Pizzeria*** (OOB) 1:30 Hymn Sing (Ch) 2:45 Bingo (DR) 3:30 PP Walking Club (ML) 6:30 Pinochle Players Club (3rd)	14 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 Dealing with Loss Support Group (SR) 2:30 Musical Entertainment By Glenn Faul (DR) 3:30 Focus on Health: Blood Pressure Checks (2nd) 6:30 Boggle (1st)	15 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable Garden (C) 1:30 Today in History (1st) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciarvella (2nd) 3:00 iN2L Animal World: <i>The Magnificent Wildlife of Spain</i> (2nd) 6:30 Rummikub (1st)
16 9:00 TV Catholic Mass (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 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 "Campus Store" Cart (2nd) 2:30 Ed-U Demo: <i>Arthritis Awareness</i> By DOW, Danielle (3rd) 3:30 Blast from the Past: Classic TV Commercials (3rd) 6:30 Pinochle Players Club (3rd)	18 9:45 Shopping Trip: Dollar Tree/Aldi's*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Welcome Ambassador Committee Meeting (2nd) 2:45 Bingo (DR) 6:30 Scrabble (1st)	19 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 Circle of Friends (SR) 2:30 Manicures & Mocktails (3rd) 4:00 Destination Discovery Dinner: Tastes of Spain (DR) 6:30 Dominoes (1st)	20 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Cooking Club: Beef Empanadas (C) 1:45 iN2L: Destination Discovery: Spain: Basilica La Sagrada Familia (3rd) 2:30 Ed-U Presentation: <i>We, the People</i> With Joe & Dolores McDevitt (3rd) 3:30 Hymn Sing (Ch) 6:30 Pinochle Players Club (3rd)	21 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 11:00 2nd Floor Patio Cook-Out (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Dining Service Committee Mtg. (3rd) 3:30 Hallway Bowling (3rd) 6:30 Boggle (1st)	22 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable Garden (C) 1:30 Craft Club: Shaving Cream Art (3rd) 2:30 Book Club (3rd) 3:30 Lemonade Rum Punch Super Happy Hour (1st) 6:30 Rummikub (1st)
23 9:00 TV Catholic Mass (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 9:30 Trip Out: Mohegan Sun Casino*** (OOB) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob (DR) 2:30 Interactive Music Class With Cynthia Ritchey (2nd) 6:30 Pinochle Players Club (3rd)	25 9:45 Trip Out: Ochs Farm Market*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:00 Christmas in July Tree Trimming (DR) 3:00 Fireside Chat (1st) 7:00 Pizza & Christmas Holiday Movie Night (DR)	26 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Diner's Lunch Caravan: Bear Creek Café*** (OOB) 1:30 Circle of Friends (SR) 2:45 Bingo (DR) 3:30 Hymn Sing (Ch) 6:30 Dominoes (1st)	27 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 iN2L: Destination Discovery: Spain: Royal Palace of Madrid (2nd) 1:45 Red or Black Card Game (2nd) 2:45 Dining Demo with Chef Ashley (DR) 6:00 Dementia Support Group (3rd) 6:30 Pinochle Players Club (3rd)	28 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 11:00 3rd Floor Patio Cook-Out (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Celebration of Life Service (Ch) 3:30 Destination Discovery: Spain: Flamenco 101 (3rd) 5:30 Concert Trip: Freeland Pavillion: St. Ann's Band** (OOB)	29 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable Garden (C) 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)