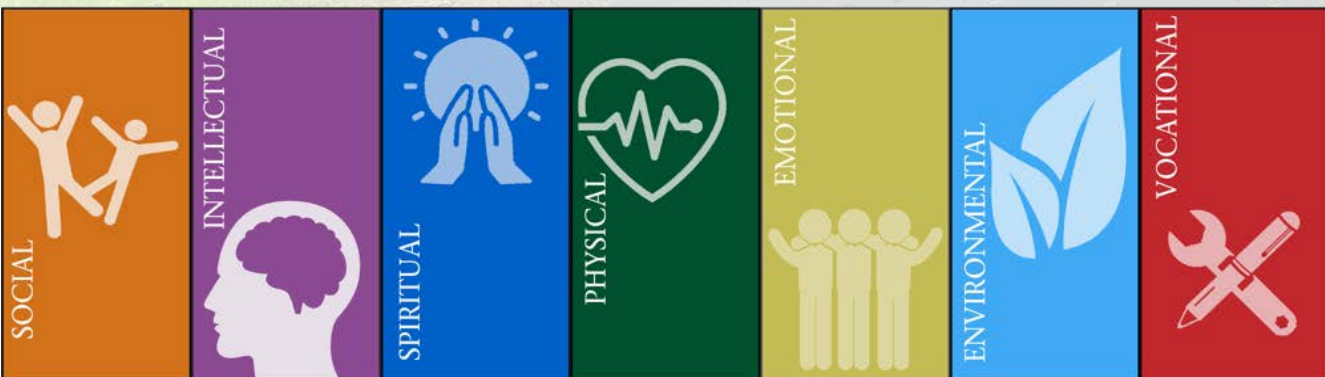


# Focus on Wellness

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

Gordon Myers  
Audrey Patterson  
Evelyn Reese  
Paul Taylor  
Terry Gardner  
Josephine Graby  
Mary Zukovich

### August

Bertha May  
Rita Charbonneau  
Carol Uhlik  
Thelma Kauffman  
Shirley Shuffelbottom  
Regina Moyer  
Nancy Love  
Doris Spina  
Joann Gallagher  
Jan Rutt  
Marlene Shaffer

### September

Naomi Nagy  
William Huber  
Evelyn Houck  
Patricia Collier

## A Note from the Executive Director

Who can believe summer is almost midway through? Time seems to fly when you are having fun, especially here at our Lancaster Campus. It has also been a busy summer and one with some change. We would like to congratulate a familiar face, Patricia Watkins, as our new Community Life Director. Patricia has worked with us for 1.5 years and we are more than excited for her to continue to provide a vibrant community life program.

In addition to Community Life department, we are pleased to announce the launch of our Connections Club. This Club will bring added support to residents in assisted living who may be experiencing some mild memory loss and would benefit from additional structure throughout the day. Please feel free to reach out for further information about this great new program. We expect to launch around August 1<sup>st</sup>.

We never want the summer fun to end. Check out the calendars and stay tuned for any updates and summer fun that we have planned.

Best,

*Chelsea Shuey*

*Executive Director*

## Highlighted Events

- 1 – Comedy Club/Open Mic @ 2:30pm
- 4 – BBQ Luncheon @ 11:30am
- 13 – Circle of Friends @ 10:30am
- 14 – 100<sup>th</sup> Birthday for Evelyn R. @ 11:30am
- 18 – Shop & Dine Outing: Park City Mall @ 10:30am
- 20 – Ice Cream Outing: Mt. Gretna Jigger Shop @ 11:15am
- 27 – Lemonade Concert Series @ 6pm

## Welcome New Residents

Elizabeth P.  
Rose Marie S.  
William H.  
Lucille H.  
Kathleen F.  
Joan H.  
Mary Jane W.  
Monica W.  
Marjorie L.



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
<p>30</p> <p>10:00 Coffee &amp; Donut Miss This Social (AR)</p> <p>10:30 Team Cuisine Cooking Group: Chicken Enchiladas (AR)</p> <p>2:00 Destination Discovery Social: New Mexico - Discussion &amp; Snacks (GL)</p> <p>3:00 Sunday Worship Service (CH)</p> <p>6:00 Evening Gather &amp; Chat (FL)</p>	<p>31</p> <p>10:00 Stretch &amp; Flex (CH)</p> <p>10:30 iN2L Discover New Mexico (CH)</p> <p>1:30 Who — What am I? Pet Visit with Farley &amp; Emily (CH)</p> <p>2:00 Artist in Us All: Summer Signs (AR)</p> <p>3:15 Balloon Volley Ball Game (CH)</p> <p>6:00 Bingo Night (AR)</p>			<p><b>Calendar Key:</b> (BR) Billiards Room (CH) Chapel (AR) Activity Room (S) Salon (GL) Governor's Lounge (LB) Library (DR) Dining Room (FL) Lobby (FP) Front Porch (1CN) First Floor Connections (2CN) Second Floor Connections (OOB) Out of Building ** Registration Required \$\$ Cost Involved</p>	<p>July 2023</p>	<p>1</p> <p>10:00 What's the Word: (AR)</p> <p>10:30 Bingo (CH)</p> <p>1:30 Crafts with Diana (CH)</p> <p>2:30 Happy Hour: Apps and Drinks Comedy Club—Open Mic (GL)</p> <p>3:15 Celebrating International Joke Day with Kid's Telling Jokes (CH)</p> <p>6:00 Table Top Shuffle Board (BR)</p>
<p>2</p> <p>10:00 Coffee &amp; Donut Miss This Social (AR)</p> <p>10:30 Team Cuisine Cooking Group: Fresh Sweet Corn &amp; Butter Sauce (AR)</p> <p>2:00 Destination Discovery Social: Nebraska- Discussion &amp; Snacks (GL)</p> <p>3:00 Sunday Worship Service (CH)</p> <p>6:00 Evening Gather &amp; Chat (FL)</p>	<p>3</p> <p>10:00 Stretch &amp; Flex (CH)</p> <p>10:30 iN2L Discover Nebraska (CH)</p> <p>1:30 Who — What am I? Pet Visit with Farley &amp; Emily (CH)</p> <p>2:00 Artist in Us All: Patriotic Painting (AR)</p> <p>3:15 Balloon Volley Ball Game (CH)</p> <p>6:00 Bingo Night (AR)</p>	<p>4</p> <p>10:00 Weights &amp; Bands Fitness (CH)</p> <p>10:30 Devotions &amp; Patriotic Hymns (CH)</p> <p>11:30 Patriotic BBQ Luncheon (DR)</p> <p>2:00 Musical Entertainment: Nick Viscuso Hurray for the 4th of July (CH)</p> <p>3:00 Bingo Helpers in Connections (CN)</p> <p>6:00 Holiday Movie Presentation: The Patriot Starring Mel Gibson (CH)</p> <p style="text-align: center;">Independence Day</p>	<p>5</p> <p>10:00 Movement &amp; Music (CH)</p> <p>10:30 Mid Week Worship (CH)</p> <p>1:00 Community Life Planning Mtg (CH)</p> <p>2:00 Jeopardy Challenge (CH)</p> <p>3:15 Bingo Fun (CH)</p> <p>6:00 Game Night (AR)</p>	<p>6</p> <p>10:00 Balance and Flexibility (CH)</p> <p>10:30 Circle of Friends (CH)</p> <p>1:30 Nail Painting ** (S)</p> <p>2:00 Ed-U Presentation: <i>Wildlife of the Harrisburg Area</i> By Retired Teacher, Terry Neumyer (CH)</p> <p>3:15 LCR w/ Chaplain Jeff (AR)</p> <p>6:00 Game Night (AR)</p>	<p>7</p> <p>8-12 Dime Store (FL)</p> <p>10:00 Fitness Fun Games (CH)</p> <p>10:30 Journey Through the Bible (CH)</p> <p>1:00 Grocery Run: Giant**\$\$ (OOB)</p> <p>2:00 Writers Group: Community Story (CH)</p> <p>3:15 Word in Word with Floats (CH)</p> <p>6:00 Classic Movie: <i>Captain Kid</i> (CH)</p>	<p>8</p> <p>10:00 What's the Word Game (AR)</p> <p>10:30 Bingo (CH)</p> <p>1:30 Philadelphia &amp; the Liberty Bell Then &amp; Now (CH)</p> <p>2:30 Happy Hour: Apps and Drinks Colorful Characters Party (GL)</p> <p>3:15 Games with Pat (GL)</p> <p>6:00 Table Top Shuffle Board (BR)</p>
<p>9</p> <p>10:00 Coffee &amp; Donut Miss This Social (AR)</p> <p>10:30 Team Cuisine Cooking Group: Fresh Onion hand battered Rings (AR)</p> <p>2:00 Destination Discovery Social: Nevada - Discussion &amp; Snacks (GL)</p> <p>3:00 Sunday Worship Service (CH)</p> <p>6:00 Evening Gather &amp; Chat (FL)</p>	<p>10</p> <p>10:00 Stretch &amp; Flex (CH)</p> <p>10:30 iN2L Discover Nevada (CH)</p> <p>1:30 Who — What am I? Pet Visit with Hope &amp; Lorna (CH)</p> <p>2:00 Artist in Us All by <i>Pottery Works</i> (AR)</p> <p>3:15 Balloon Volley Ball Game (CH)</p> <p>6:00 Bingo Night (AR)</p>	<p>11</p> <p>10:00 Weights &amp; Bands Fitness (CH)</p> <p>10:30 Devotions &amp; Hymn Sing (CH)</p> <p>10:30 Shop &amp; Dine: Cracker Barrel Restaurant &amp; Store**\$\$ (OOB)</p> <p>2:00 Thankful to You Committee (AR)</p> <p>3:00 Bingo Helpers in Connections (CN)</p> <p>6:00 Game Night (AR)</p>	<p>12</p> <p>10:00 Movement &amp; Music (CH)</p> <p>10:30 Mid Week Worship (CH)</p> <p>1:00 ED-U Wellness <i>Arthritis Awareness</i> By Laura Lambert, MSPT of Bayada Home Health (CH)</p> <p>2:00 Jeopardy Challenge (CH)</p> <p>3:15 Bingo Fun (CH)</p> <p>6:00 Destination Discovery Movie Night: <i>The Unforgiven</i> (CH)</p>	<p>13</p> <p>10:00 Balance and Flexibility (CH)</p> <p>10:30 Circle of Friends (CH)</p> <p>1:30 Nail Painting ** (S)</p> <p>2:00 Getting to Know You Social (GL)</p> <p>3:15 LCR w/ Chaplain Jeff (AR)</p> <p>6:00 Lemonade Concert Series Darrenkamp &amp; Friends** (OOB)</p>	<p>14</p> <p>8-12 Dime Store (FL)</p> <p>10:00 Fitness Fun Games (CH)</p> <p>10:30 Journey Through the Bible (CH)</p> <p>11:30 Happy 100<sup>th</sup> Birthday Celebration for Evelyn Reese (DR)</p> <p>2:00 Ed-U Presentation: <i>Butterflies</i> By Naturalist Lisa Sanchez (CH)</p> <p>3:15 Word in Word with Floats (CH)</p> <p>6:00 Classic Movie: <i>Save the Tiger</i> (CH)</p>	<p>15</p> <p>10:00 What's the Word: (AR)</p> <p>10:30 Bingo (CH)</p> <p>2:00 Happy Hour: Apps and Drinks Popsicle Celebration (GL)</p> <p>3:15 Musical Entertainment featuring Gary Coller on Organ (CH)</p> <p>6:00 Table Top Shuffle Board (BR)</p>
<p>16</p> <p>10:00 Coffee &amp; Donut Miss This Social (AR)</p> <p>10:30 Team Cuisine Cooking Group: New Hampshire Fish Chowder (AR)</p> <p>2:00 Destination Discovery Social: New Hampshire - Discuss &amp; Snack (GL)</p> <p>3:00 Sunday Worship Service (CH)</p> <p>6:00 Evening Gather &amp; Chat (FL)</p>	<p>17</p> <p>10:00 Stretch &amp; Flex (CH)</p> <p>10:30 iN2L Discover New Hampshire (CH)</p> <p>1:30 Who — What am I? Pet Visit with Farley &amp; Emily (CH)</p> <p>2:00 Artist in Us All: Beads &amp; Baubles (AR)</p> <p>3:15 Balloon Volley Ball Game (CH)</p> <p>6:00 Bingo Night (AR)</p>	<p>18</p> <p>10:00 Weights &amp; Bands Fitness (CH)</p> <p>10:30 Devotions &amp; Hymn Sing (CH)</p> <p>10:30 Shop &amp; Dine: JC Penny, Food Court At Park City Mall**\$\$ (OOB)</p> <p>2:00 Drum Circle w/ Joe (AR)</p> <p>3:00 Sunshine Committee (AR)</p> <p>6:00 Game Night (AR)</p>	<p>19</p> <p>10:00 Movement &amp; Music (CH)</p> <p>10:30 Mid Week Worship (CH)</p> <p>1:00 July Community Birthday Celebration Resident &amp; Coworker Party (DR)</p> <p>2:00 Jeopardy Challenge (CH)</p> <p>3:15 Bingo Fun (CH)</p> <p>6:00 New Release Movie Night: <i>Moving On</i> (CH)</p>	<p>20</p> <p>10:00 Balance and Flexibility (CH)</p> <p>10:30 Circle of Friends (CH)</p> <p>11:15 Lunch &amp; Ice Cream: The Jigger Shop Mt. Gretna **\$\$ (OOB)</p> <p>2:30 Men's Club Poker Run Fun (CH)</p> <p>3:15 LCR w/ Chaplain Jeff (AR)</p> <p>6:00 Lemonade Concert Series Friends &amp; Family** (OOB)</p>	<p>21</p> <p>8-12 Dime Store (FL)</p> <p>10:00 Fitness Fun Games (CH)</p> <p>10:30 Journey Through the Bible (CH)</p> <p>1:00 Grocery Run: Giant**\$\$ (OOB)</p> <p>2:00 Musical Performance by Pat Kocen on Guitar (CH)</p> <p>3:15 Word in Word with Floats (CH)</p> <p>6:00 Destination Discovery Classic Movie: <i>On Golden Pond</i> (CH)</p>	<p>22</p> <p>10:00 What's the Word Game (AR)</p> <p>10:30 Bingo (CH)</p> <p>1:30 Trivia Time (GL)</p> <p>2:30 Happy Hour: Apps and Drinks Spelunking Soiree (GL)</p> <p>3:15 Games with Pat (GL)</p> <p>6:00 Table Top Shuffle Board (BR)</p>
<p>23</p> <p>10:00 Coffee &amp; Donut Miss This Social (AR)</p> <p>10:30 Team Cuisine Cooking Group: Trenton Tomato Pie (AR)</p> <p>2:00 Destination Discovery Social: New Jersey - Discussion &amp; Snacks (GL)</p> <p>3:00 Sunday Worship Service (CH)</p> <p>6:00 Evening Gather &amp; Chat (FL)</p>	<p>24</p> <p>10:00 Stretch &amp; Flex (CH)</p> <p>10:30 iN2L Discover New Jersey (CH)</p> <p>1:30 Who — What am I? Pet Visit with Hope &amp; Lorna (CH)</p> <p>2:00 Christmas in July Fun (AR)</p> <p>3:15 Balloon Volley Ball Game (CH)</p> <p>6:00 Bingo Night (AR)</p>	<p>25</p> <p>10:00 Weights &amp; Bands Fitness (CH)</p> <p>10:30 Devotions &amp; Hymn Sing (CH)</p> <p>10:30 Shop &amp; Dine: Community Aide &amp; Bonefish Grill **\$\$ (OOB)</p> <p>2:00 Community Life Planning Mtg. (AR)</p> <p>3:00 Bingo Helpers in Connections (CN)</p> <p>6:00 Game Night (AR)</p>	<p>26</p> <p>10:00 Movement &amp; Music (CH)</p> <p>10:30 Mid Week Worship (CH)</p> <p>1:30 CECA Awards Ceremony (DR)</p> <p>2:00 Jeopardy Challenge (CH)</p> <p>3:15 Bingo Fun (CH)</p> <p>6:00 Destination Discovery Movie Night: <i>Jersey Boys 2014</i> (CH)</p>	<p>27</p> <p>10:00 Balance and Flexibility (CH)</p> <p>10:30 Circle of Friends (CH)</p> <p>1:30 Nail Painting ** (S)</p> <p>2:15 Horticulture Club (CH)</p> <p>3:15 LCR w/ Chaplain Jeff (AR)</p> <p>6:00 Lemonade Concert Series Reji Woods &amp; Friends** (OOB)</p>	<p>28</p> <p>8-12 Dime Store (FL)</p> <p>10:00 Fitness Fun Games (CH)</p> <p>10:30 Journey Through the Bible (CH)</p> <p>2:00 Musical Performance by Lee Moyer on Keyboard (CH)</p> <p>3:15 Word in Word with Floats (CH)</p> <p>6:00 Classic Movie: <i>Cheaper By the Dozen</i> (CH)</p>	<p>29</p> <p>10:00 What's the Word Game (AR)</p> <p>10:30 Bingo (CH)</p> <p>11:30 Happy 103<sup>th</sup> Birthday Luncheon for Mary Z. (1CN, DR)</p> <p>2:00 Happy Hour: Apps and Drinks <i>Paws &amp; Stripes Forever Tiger Party</i> (GL)</p> <p>3:15 Crafting Fun (GL)</p> <p>6:00 Table Top Shuffle Board (BR)</p>