

# 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

The Grove would like to introduce our new Director of Wellness, Samantha Hubler. Samantha has been an LPN for 10 years with a background in skilled nursing and VA nursing. Samantha resides in Lykens with her husband Jordan and two young sons Bentley (3) and Hudson (6mo). Please stop in and meet Samantha!

The Grove is once again gearing up for our annual Summer Fiesta which will be August 5<sup>th</sup>. This will be open to residents, staff, and all families. A cookout with delicious food and great treats for the children will be available as well as a bounce house, dunk tank and many more fun filled activities. I heard that there will be a special guest in the dunk tank. I also heard that some staff will be singing.... Come out for a great time of fun and fellowship.

We will also be hosting our Sunday brunch on July 23<sup>rd</sup> starting at 10:30am. **Please call and make reservations with Alexis at the front desk.** Good times and good food are in abundance at this brunch so please come out and enjoy yourselves with your loved one.

Please keep an eye out for information on our monthly Dementia Care Partner Support Group in the Connections Neighborhood at our Pottsville community. If you have any questions regarding this Support Group any member of our management team can assist you.

Sincerely,  
*Julie Wallace*

*Executive Director*

## Highlighted Events

- 4 – **Picnic Lunch & Outdoor Games** @ 12pm
- 5 – **EdU Presentation:** American Tunes @ 2pm
- 6 – **EdU Tour:** Jerry's Classic Cars & Museum @ 11am
- 19 – **EdU Presentation:** CSS Hunley Submarine @ 2pm
- 27 – **Dementia Support Group:** Pottsville campus @ 6pm

## Welcome New Residents

- Donald M.
- Betty S.
- Janet D.
- Cynthia R.
- Ina P.
- Mark B.
- Dolores B.



Dimensions  
of Wellness

## Resident Birthdays

### July

Julia Kramer  
Charles Salen  
Chester Powers  
Grace Bast  
Owen Brommer  
Lucille Palmer  
Margaret Marino  
Shirlee Nelson  
Bonnie Brown  
Edward Wassel

### August

Helen Miller  
Carol Tripp  
Robert Hohman  
Gerald Lightcap  
Anna D'Alessandro  
Ina Pijar  
Betty Stone

### September

Barbara Webber  
Joan Fede  
Frederick Lehr  
Dorothy Snell  
Raymond Yocum  
Douglas Koons



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>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Bible Trivia (2F) 12:00 Wine And Dine (DR) 2:00 iN2L: Catholic Service (2F) 3:00 iN2L: Methodist Service (2F) 6:00 Music And Mindful Colors (1F)</p>	<p>31</p> <p>9:30 Target Legs Exercise (2F) 10:00 Ted Talk: <i>The Fountain Of Youth</i> By Aubry de Grey, Biomedical Gerontologist (2F) 10:30 Mass With Chaplain Henninger (1F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 6:00 Game Night: Sorry (2F)</p>			<p><b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (FP) Front Patio (RP) Rear Patio (WP) Walking Path (L) Lobby</p>	<p>July 2023</p>	<p>1</p> <p>9:30 Gentle Moves (2F) 10:00 Men's Club: Country Ride (OOB) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:00 Sweet Treat Ice Cream Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)</p>
<p>2</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Bible Trivia (2F) 12:00 Wine And Dine (DR) 2:00 Ed-U Presentation: <i>Scripture, Songs and Wisdom</i> By The Providence Place Players (DR) 3:00 Fellowship Hour (DR) 6:00 Music And Mindful Colors (1F)</p>	<p>3</p> <p>9:30 Target Legs Exercise (2F) 10:00 July IQ (2F) 10:30 Mass with Chaplain Henninger (1F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 6:00 Game Night: Sorry (2F)</p>	<p>4</p> <p>9:30 Balance In Action By Kari, Powerback Rehab (2F) 10:00 American Trivia (2F) 12:00 Independence Day Picnic (DR) 2:00 Patriotic Outdoor Games (FP) 3:00 iN2L: Worlds Best Fireworks (2F) 4:00 Confident Cruisers (WP) 6:00 Cornhole (FP)</p> <p style="text-align: center;">Independence Day</p>	<p>5</p> <p>9:30 Move2Music (2F) 10:30 Fireside Chat With ED Julie And Management Team (2F) 11:00 Resident Planning Committee (2F) 2:00 Ed-U Presentation: <i>American Tunes And The Meaning Behind Them</i> By Dave Hartranft (DR) 4:00 Front Porch Trivia (FP) 6:00 Mixed Drinks And Music Social (2F)</p>	<p>6</p> <p>9:30 Light Hand Weights Exercise (2F) 10:00 iN2L History: Army (2F) 10:30 Dining Committee Meeting (2F) 11:00 Market Run: Boyer's **\$\$ (OOB) 2:00 Phase 10 Competition (2F) 3:30 Giant Crossword Puzzle (2F) 6:00 Yahtzee Team (1F)</p>	<p>7</p> <p>9:30 Core Strength Exercise (2F) 10:00 Daily Briefs And Discuss (2F) 10:30 Summer Sports Trivia (2F) 11:00 Confident Cruisers (WP) 2:00 Summer Fun Puzzle Packs (2F) 3:00 Lemonade Cart (2F) 4:00 Front Porch Trivia (FP) 6:00 Dominos (1F)</p>	<p>8</p> <p>9:30 Gentle Moves (2F) 10:00 July Fact Or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:00 Sweet Treat Ice Cream Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)</p>
<p>9</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Bible Trivia (2F) 12:00 Wine And Dine (DR) 2:00 Church Of God Service (2F) 3:00 Fellowship Hour (2F) 6:00 Music And Mindful Colors (1F)</p>	<p>10</p> <p>9:30 Target Legs Exercise (2F) 10:00 iN2L Happy Neurons: Memory (2F) 10:30 Mass with Chaplain Henninger (1F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 6:00 Game Night: Sorry (2F)</p>	<p>11</p> <p>9:30 Target Balance Exercise (2F) 10:00 World Briefs And Discuss (2F) 10:30 History: Ernest Hemingway (2F) 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 TLC Time With Bella Our Comfort Dog (2F) 6:00 Cornhole (FP)</p>	<p>12</p> <p>9:30 Move2Music (2F) 10:00 Adventure Club: Key West Florida (2F) 10:30 Trivia Pursuits: The Fountain Of Youth (2F) 11:00 Diner's Caravan: OIP Restaurant And Dollar Store **\$\$ (OOB) 3:30 Memory Magic (2F) 6:00 Mixed Drinks And Music Social (2F)</p>	<p>13</p> <p>9:30 Light Hand Weights Exercise (2F) 10:00 iN2L History: Navy (2F) 10:30 Who Said It? Patriotic Quotes (2F) 11:00 Ed-U Tour: Jerry's Classic Cars And Collectibles Museum **\$\$ (OOB) 2:00 Card Club: Rummy (2F) 3:30 BBQ Detectives (2F) 6:00 Yahtzee Team (1F)</p>	<p>14</p> <p>9:30 Core Strength Exercise (2F) 10:00 Daily Briefs And Discuss (2F) 10:30 America A-Z Trivia (2F) 11:00 Confident Cruisers (WP) 2:00 Film Fest: Bob Hope Salutes The Troops- <i>Around The World With The USO</i> (2F) 3:00 Lemonade Cart (2F) 6:00 Dominos (1F)</p>	<p>15</p> <p>9:30 Gentle Moves (2F) 10:00 July Fact Or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:00 Sweet Treat Ice Cream Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)</p>
<p>16</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Bible Trivia (2F) 12:00 Wine And Dine (DR) 2:00 iN2L: Catholic Service (2F) 3:00 iN2L: Methodist Service (2F) 6:00 Music And Mindful Colors (1F)</p>	<p>17</p> <p>9:30 Target Legs Exercise (2F) 10:00 Reminiscence: Vacations (2F) 10:30 Mass with Chaplain Henninger (1F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Ed-U Presentation: <i>Modern Crafting Technologies</i> By Bev Spittler (2F) 6:00 Game Night: Sorry (2F)</p>	<p>18</p> <p>9:30 Target Balance Exercise (2F) 10:00 World Briefs And Discuss (2F) 10:30 Kickball Circle (2F) 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 TLC Time With Bella Our Comfort Dog (2F) 6:00 Cornhole (FP)</p>	<p>19</p> <p>9:30 Move2Music (2F) 10:00 Adventure Club: Florida Straits (2F) 10:30 Trivia Pursuits: Islands (2F) 2:00 Ed-U Presentation: <i>CSS Hunley Submarine</i> By Tom Lehman, Civil War Historian (2F) 4:00 Confident Cruisers (WP) 6:00 Mixed Drinks And Music Social (2F)</p>	<p>20</p> <p>9:30 Light Hand Weights Exercise (2F) 10:00 iN2L History: Air Force (2F) 10:30 Who Said It? Patriotic Quotes (2F) 11:00 Market Run: Boyer's **\$\$ (OOB) 2:00 Craft And Creations: Firework Art (2F) 3:30 Mint Tea Cart (2F) 6:00 Yahtzee Team (1F)</p>	<p>21</p> <p>9:30 Core Strength Exercise (2F) 10:00 Daily Briefs And Discuss (2F) 10:30 Summer Sports Trivia (2F) 11:00 Confident Cruisers (WP) 2:00 Ed-U Presentation: <i>Joyful Moments</i> By Celeste Bailey, Fitness Educator (2F) 4:00 Front Porch Trivia (FP) 6:00 Dominos (1F)</p>	<p>22</p> <p>9:30 Gentle Moves (2F) 10:00 July Fact Or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:00 Sweet Treat Ice Cream Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)</p>
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