

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

As summer has finally arrived, our residents are enjoying their time outside. We had a great time at our Memorial Day Picnic and we are looking forward to our 4th of July and Labor Day picnics out on our outside patio a well.

We have a Safety picnic coming up soon for residents to win some great prizes. Our outdoor Summer Block Party featuring John Stevens Polka Band is July 22nd (information was sent out), we have our Summer Concert Series July 12th and August 17th and will be heading to catch a Harrisburg Senators Game the end of July.

Over the next couple months, Connections Neighborhood Terrace will be getting painted and we will be getting a new floor in the dining room. Please pardon our mess while we keep our campus fresh for everyone.

As always, myself and my team are always available for comments, ideas or concerns.

Best,
Melissa Melnick
Executive Director

Highlighted Events

- 4 – **4th of July Picnic** @11am
- 12 – **Summer Concert Series**
Elvis @ 7pm
- 18 – **Summer Cookout** @ 12pm
- 19 – **Fireside Chat** @ 2pm
- 20 – **Crimson Academy Dancers**
@ 6pm
- 24 – **Men's Group:** Fishing Rodeo
@ 2pm
- 27 – **Dementia Support Group**
@ 6pm - Connections

Welcome New Residents

Carolyn M.
Richard L.
Ida W.
Jacqueline A.
Kathleen N.



Dimensions
of Wellness

Resident Birthdays

July

Jennie Wargo
Antje Johns
Helen Shadle
Russ Fidler
Elizabeth Purcell
Carol Pizzico
Elizabeth Cremo

August

Adele Llewellyn
Nancy Reber
Carol Benner
John Budwash
Jane DiCasimirro
Marie Kilmer
Alverna Havrilko
Rosemary Czulada
Paul Maurer
Mollie Katchur

September

Geraldine Delinko
Sang O'Reilly
Agnes Leffler
Clara Mason
Joanne Kinder
Gladys Bachman
Anna Upton
Martha Kenney
James Smith
Audrey Serrian
Jane Faust
Elizabeth Lavenberg
Lee Miller
Janet Merryfield



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 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (P) 10:30 Balance in Action (P) 11:00 Reading Republican & Menu (ML) 1:00 Popcorn & Movie: A League of Their Own (P) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) | 31 9:00 Walking Warriors (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Garden Club: Watering Flowers (1FP) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 3:30 Ring Toss (P) 4:00 Walk for Heart Health (TB) | THE Club | | Calendar Key: ** Registration Required \$\$ Cost Involved First Floor Patio (1FP) Front Porch (FP) Chapel (CH) Parking Lot (PL) Activity Room (A) Pub (P) Connections (CN) Second Floor Patio (2FP) Throughout Building (TB) Lobby (L) Out of Building (OOB) | July 2023 | 1 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Morning Fitness (A) 10:00 Auto Racing (P) 11:00 Reading Republican & Menu (L) 1:30 Creative Expressions: Fireworks (CN) 2:00 Bingo (CN) 3:30 Movers & Shakers Club (CN) 4:00 Walk for Heart Health (TB) |
| 2 9:00 Morning Meeting & Daily Chronicle (A) 9:00 Hymn Sing (P) 9:30 Trinity Lutheran Church: Live Stream (P) 10:30 Morning Fitness (P) 11:00 Reading Republican & Menu (ML) 1:00 Popcorn & Movie: Steel Magnolias (P) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) | 3 9:00 Brain Games: Word Play (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Garden Club: Centerpieces for Picnic (1FP) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 3:30 XBOX Bowling (P) 4:00 Walk for Heart Health (TB) | 4 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Memory Magic (A) 11:00 Reading Republican & Menu (L) 11-1 4th of July Picnic (DR & 1FP) 1:00 Helping Hands: Clean Up (1FP) 2:30 Patriotic Sing-A-Long (P) 3:00 Red White & Blue Bingo (P) 4:00 Walk for Heart Health (TB) Independence Day | 5 9:00 Coffee, Donuts, & Discussion (P) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Protestant Worship Service (CH) 10:30 Lite & Lively (A) 11:00 Reading Republican & Menu (L) 1:00 Country Ride to Local Farmer's Market (OOB) 2:30 Acrylic Art w/ Shannon Haley ** (P) 3:00 Watermelon Crawl Social Hour (P) 4:00 Walk for Heart Health (TB) | 6 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Pressed Flower Greeting Cards (A) 11:00 Reading Republican & Menu (L) 1:30 Seated Exercise w/ Michele (CN) 2:30 White Board Challenge (CN) 3:00 Hydration Station (CN) 3:30 Picture This? (CN) 4:00 Walk for Heart Health (TB) 7:00 Gospel Singers (CH) | 7 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Curls for Girls ** (P) 11:00 Reading Republican & Menu (L) 1:30 Zumba w/ Michele (P) 3:00 Mass & Confessions w/ Father (CH) 3:00 5 o'clock Somewhere Social Hour (P) 4:00 Walk for Heart Health (TB) 6:30 Life Happens Support Group (CH) | 8 9:00 Morning Meeting & Daily Chronicle (P) 9:30 Morning Fitness (P) 10:00 Wall Memory (P) 11:00 Reading Republican & Menu (L) 1:30 Stunning Sunset Chalk Art (CN) 2:30 Mocktails & Munchies (CN) 3:30 Brain Games (CN) 4:00 Walk for Heart Health (TB) 6:00 Porch Fellowship (FP) |
| 9 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:00 Popcorn & Movie: A Man Named Otto (P) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) | 10 9:00 Walking Warriors (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Garden Club: Watering Flowers (1FP) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Porch Fellowship (FP) | 11 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Farm to Table: Caprese Salad (A) 11:00 Reading Republican & Menu (L) 1:30 Puzzles & Ponderings (1FP) 2:00 Friendship Social (1FP) 2:30 Word in Word (1FP) 3:00 Bean Bag Toss (1FP) 6:00 Nickel Bingo \$\$ (P) | 12 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Drum Stick Exercise (P) 11:00 Reading Republican & Menu (L) 2:00 CECA Celebration: Celebrating Exceptional Caregivers (P) 3:00 Prepping the Blueberries for the Concert (P) 7:00 Summer Concert Series: Elvis (PL) | 13 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Mirror Image Art (A) 11:00 Reading Republican & Menu (L) 1:30 History 101 (P) 2:00 Drum Circle w/ Joe (P) 3:30 Craft Corner (P) 4:00 Walk for Heart Health (TB) 6:00 Caboose for Ice Cream ** \$\$ (OOB) | 14 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Manicures & Warm Towel Hand Massages (A) 11:00 Reading Republican & Menu (L) 1:30 Zumba w/ Michele (P) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH) | 15 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Morning Fitness (A) 10:00 Horse Racing (P) 11:00 Reading Republican & Menu (L) 1:30 Creative Expressions: Abstract Art (CN) 2:30 Soft Pretzel Social (CN) 3:30 Junk Drawer Detective (CN) 4:00 Walk for Heart Health (TB) |
| 16 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:00 Popcorn & Movie: The Wedding Date (P) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) | 17 9:00 Brain Games (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga with Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Garden Club: Fill Feeders (1FP) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 3:30 Making Blueberry Cobbler (P) 4:00 Walk for Heart Health (TB) | 18 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Memory Magic (A) 11:00 Reading Republican & Menu (L) 12:00 Summertime Cookout (1FP) 2:00 Milkshakes on the Balcony (2FP) 3:00 Brain Games (2FP) 4:00 Walk for Heart Health (TB) 6:00 Porch Fellowship (FP) | 19 9:00 Coffee, Donuts, & Discussion (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Protestant Worship Service (CH) 1:00 Country Ride for Ice Cream (OOB) 2:00 Fireside Chats w/ Management (P) 3:00 Daiquiri Social Hour (P) 4:00 Walk for Heart Health (TB) 6:00 Porch Fellowship (FP) | 20 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Bingo (A) 11:30 Day Excursion: Lake Tobias ** \$\$ (OOB) 2:00 Drum Circle w/ Joe (P) 3:00 Ed-U Wellness: Exercise & Arthritis by Brittany Gaffney 4:00 Walk for Heart Health (TB) | 21 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 TED Talk: Can Diet Help with Arthritis? (P) 11:00 Reading Republican & Menu (L) 1:30 Zumba with Michele (P) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH) | 22 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Morning Fitness (A) 10:00 Nickel Bingo \$\$ (P) 11:00 Reading Republican & Menu (L) 1:30 Art: Watercolors (CN) 2:30 Italian Ice Social (CN) 3:00 Trivia Time (CN) 4:00 Providence Place Summer Picnic (PL) |
| 23 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:00 Popcorn & Movie: LA LA Land (P) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) | 24 9:00 Walking Warriors (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Seated Yoga w/ Michele 11:00 Reading Republican & Menu (L) 1:30 Garden Club: Watering Flowers (1FP) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 3:30 Cornhole (1FP) 4:00 Walk for Heart Health (TB) | 25 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Making of Dried Flower Soaps (P) 11:00 Reading Republican & Menu (L) 1:30 Golden Oldies (1FP) 2:00 Hot Fudge Sundae Social (1FP) 3:00 Art on the Patio (1FP) 4:00 Walk for Heart Health (TB) 6:00 Nickel Bingo \$\$ (P) | 26 9:00 Coffee, Donuts, & Discussion (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Seated Dance Exercise (P) 11:00 Reading Republican & Menu (L) 11:30 Picnic at Bubeck Park (OOB) 3:00 Chocolate Social (P) 4:00 Walk for Heart Health (TB) 6:00 Porch Fellowship (FP) | 27 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Appreciation Club: Managers (TB) 10:30 Butterfly Facts & Release (1FP) 11:00 Reading Republican & Menu (L) 1:30 Seated Exercise w/ Michele (CN) 2:30 Snack & Chat (CN) 3:30 Games Galore (CN) 5:00 Resident Birthday Party (P) | 28 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:15 Easy Listening (A) 10:30 Manicures & Warm Towel Hand Massages (A) 1:30 Zumba w/ Michele (P) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH) | 29 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Morning Fitness (A) 10:00 Wall Scrabble (P) 11:00 Reading Republican & Menu (L) 1:30 Craft: Sunflower Clothespin Wreath (CN) 2:30 Sunny Days Social (CN) 3:30 iN2L: Sunflower Fields Forever (CN) 4:00 Walk for Heart Health (TB) |