

# 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 4<sup>th</sup> 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 22<sup>nd</sup> (information was sent out), we have our Summer Concert Series July 12<sup>th</sup> and August 17<sup>th</sup> 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 – **4<sup>th</sup> 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 Cremona

### 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](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
30 9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 1:00 Popcorn & a Movie: <i>A League of Their Own</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	31 9:00 Walking & Talking (ML) 10:30 Yoga with Michele (P) 10:30-11:30 Traveling Store (ML) 2:00 Resident Committee (P) 3:00 Communion Service (CH) 3:30 Ring Toss (P)			<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved TB Throughout Building OOB Out of Building PL Parking Lot 1FP 1st Floor Patio DR Dining Room ML Main Lobby P Pub CH Chapel	<h1>July</h1> <h1>2023</h1>	1 9:00 Brain Games: USA Trivia (P) 10:00 Auto Racing (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Touring Acadia National Park with Whoppie Waffle Ice Cream Sandwich (P)
2 9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 1:00 Popcorn & a Movie: <i>Steel Magnolias</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	3 9:00 Brain Games: Word Play (ML) 10:30 Yoga with Michele (P) 10:30-11:30 Traveling Store (ML) 2:00 Sunshine Committee (P) 3:00 Communion Service (CH) 3:30 XBOX Bowling (P)	4 9:00 Walking & Talking (ML) 10:00 Helping Hands: Setting Up Picnic (1FP) 11-1 4th of July Picnic (DR & 1FP) 2:30 Patriotic Sing-a-Long (P) 3:00 Red, White, & Blue Prize Bingo (P)  Independence Day	5 9:00 Coffee, Donuts, & Current Events (P) 10:30 Lite & Lively (P) 2:00 Ed-U Presentation: American Folk Music by Jay Smar (P) 3:00 Watermelon Crawl Social Hour (P)	6 9:00 Brain Games: Word Within a Word (P) 10:30 Errand Day: Banks & Post Office **\$(OOB) 1:00 Shopping Trip: Walmart **\$(OOB) 3:30 Parachute Popping (P)	7 9:00 Green Thumbs: Tending to the Plants (TB & 1FP) 10:30 Ed-U Presentation: <i>Colonial Philadelphia</i> by Joe & Dolores McDevitt (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service (CH) 3:15 5 O'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)	8 9:00 Board Games with Community Life: Connect 4 (P) 10:00 Wall Memory (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Touring Redwood National Park with Mini Avocado Toasts (P)
9 9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 1:00 Popcorn & a Movie: <i>A Man Named Otto</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	10 9:00 Walking & Talking (ML) 10:30 Yoga with Michele (P) 10:30-11:30 Traveling Store (ML) 2:00 Gratitude Committee (P) 3:00 Communion Service (CH) 3:30 Bean Bag Toss (P)	11 9:00 Brain Games: U.S. Trivia (P) 10:30 Balloon Volleyball (P) 2:00-4:00 Manicures & Mimosas ** (P) 6:00 Nickel Bingo \$\$ (P)	12 10:30 Drum Stick Exercise (P) 2:00 CECA Celebration: Celebrating Exceptional Caregivers (P) 3:00 P <sup>2</sup> Foodies: Prepping the Blueberries for the Concert (P) 7:00 Summer Concert Series: Elvis (PL)	13 9:00 Walking & Talking (ML) 10:30 Ed-U Presentation: <i>Stories &amp; Songs of the American Hobo</i> by Matthew Dodd (P) 1:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 2:00 Pet Visit (P) 3:30 Craft Corner: Rock Painting (P) 6:00 Ice Cream Run: Caboose **\$(OOB)	14 9:00 Green Thumbs: Tending to the Plants (TB & 1FP) 10:30 TED Talk: <i>What is Arthritis?</i> by Dr. Lupo (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service (CH) 3:15 5 O'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)	15 9:00 Card Games with Community Life: UNO (P) 10:00 Horse Racing (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Touring Grand Canyon National Park with Native American Fry Bread (P)
16 9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 1:00 Popcorn & a Movie: <i>The Wedding Date</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	17 9:00 Brain Games: Finish My Line (ML) 10:30 Yoga with Michele (P) 10:30-11:30 Traveling Store (ML) 2:00 Welcome Committee (P) 3:00 Communion Service (CH) 3:30 P <sup>2</sup> Foodies: Making Blueberry Cobbler & Pasta Salad (P)	18 9:00 Walking & Talking (ML) 10:30 Keep Kicking Kickball (P) 11:00 Helping Hands: Setting Up Cookout (1FP) 12:00 Summertime Cookout ** (1FP) 2:00 Summer Glow Hand Treatment ** (P) 3:00 Prize Bingo with Broad Mountain (P)	19 9:00 Coffee, Muffins, & Discussion (P) 10:30 Seated Kickboxing Class (P) 2:00 Fireside Chats with Management (P) 3:00 Daiquiri Social Hour (P)	20 9:00 Brain Games: Word Association (ML) 10:30 Balance In Action with Powerback Rehab (P) 1:00 Pet Visit (P) 2:00 Drum Circle with Joe (P) 3:00 Ed-U Wellness: Exercise and Arthritis by Brittany Gaffney DOW, LPN (P) 6:00 Crimson Academy Dancers (P)	21 9:00 Green Thumbs: Tending to the Plants (TB & 1FP) 10:30 TED Talk: Can Diet Help with Arthritis? by Duke Med (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service (CH) 3:15 5 O'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)	22 9:00 Creative Corner with Community Life (P) 10:00 Nickel Bingo \$\$ (P) 1:00 Helping Hands: Setting Up Picnic (PL) 4:00 Providence Place Summer Picnic (PL)
23 9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 1:00 Popcorn & a Movie: <i>LA LA Land</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	24 9:00 Walking & Talking (ML) 10:30 Yoga with Michele (P) 10:30-11:30 Traveling Store (ML) 2:00 Men's Group: Fishing Rodeo (1FP) 3:00 Communion Service (CH) 3:30 Cornhole (1FP)	25 9:00 Brain Games: States & Capitals (ML) 10:30 Balloon Volleyball (P) 2:00-4:00 Resident Committee Fair (P) 6:00 Nickel Bingo \$\$ (P)	26 9:00 Coffee, Current Events, & Coffee Cake (P) 10:30 Strength Training (P) 2:00 Chocolate Social Hour (P) 3:00 Meeting with David Leader (P)	27 9:00 Walking & Talking (ML) 11:00 Ed-U Excursion: Touring Fort Indiantown Gap Monuments & Cemetery ** (OOB) 2:00 Touring the Reading Museum (P) 3:30 Craft Corner: Mason Jar Coasters (P) 5:00 Resident Birthday Party (P)	28 9:00 Green Thumbs: Tending to the Plants (TB & 1FP) 10:30 TED Talk: <i>Rheumatoid vs. Osteo Arthritis</i> by Johns Hopkins (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service (CH) 3:15 5 O'clock Somewhere Social Hour (P) 6:30 Life Happens Support Group (CH)	29 9:00 Book Club (P) 10:00 Wall Scrabble (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Touring Denali National Park with Berry Cobbler (P)