

# 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

### August

Edward Klotz  
Marion King  
Paul Nicarry  
Janet Mose  
Peggy Gsell  
John Rueckert  
Lydia Baker  
James Johnston  
Agnes Peden  
Jean Wengert

Dorothy Davis  
Shirley St. Clair  
Susan McCarl  
Anne Marie Hickey  
Eleanor Whelan  
Amy Keifman  
Helen Small  
John Hazlinsky

### September

Lois Garman  
Sally Ann McCleary  
Guy Musick  
John Hampton  
Virginia Federhoof  
Earl Robinson  
Leon McIntyre  
Joann Bachtell

K. Lorraine Shaffer  
Bonita Mearkle  
Stephen Martin  
Robert Eslinger  
LeVaun Stouffer



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)



# Providence Place SENIOR LIVING News

Q3: August 2023

## A Note from the Executive Director

We cannot believe we are winding down on summer! But there is still a lot to enjoy as we step into August.

Beginning the week of August 7<sup>th</sup>, there will be new flooring installed on the first floor. We will communicate more details with signage and notes on doors for first floor residents. Please be patient with us as we work to improve the appearance of the corridors.

Last September we hosted a Fall Fest, and we had so much fun that we will be holding that event again this year. **Save the date for Wednesday, September 27<sup>th</sup>.** More details will come next month. We have already lined up the entertainment which will be a German Band from Shippensburg.

If you have any questions or concerns, please reach out anytime!

Blessings,

*Holly Townsend*

*Executive Director*

## Highlighted Events

- 2 – **Dementia Research Presentation**  
@ 4pm – *Connections*
- 5 – **Totem Pole Playhouse: Million Dollar Quartet** @ 1pm
- 9 – **Dementia Support Group**  
@ 3pm – *Connections*
- 10 – **Outing to Grove Family Library** @ 10am
- 23 – **EdU Presentation: Southern Coastline of Australia** @ 10am

## Welcome New Residents

Lydia B.  
Jane T.  
Rose H.  
Willy R.  
Gayle B.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p style="text-align: center;">THE <i>Club</i></p>		1	2	3	4	5		
		9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L Passport Travels: Australia (2A) 1:30 Cooking Creation: Confetti Cake Pops (CN) 2:30 Sip and Taste (CN) 3:00 Taste & Trivia: Australia (2A) 6:15 Game Shows (Ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Target \$\$ (OOB) 1:30 Crafty Creation: Garden Mosaic Stepping Stones (CN) 2:30 Sip and Share (CN) 3:00 The Best Version of Me with Chaplain Rick (2A) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 "Belonging " with Chaplain Rick (2A) 10:00 Dancing With Leah (FL) 10:00 Mid Week Worship Service (CN) 1:30 Day Excursion: Nature Ride (OOB/CN) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cooking Creation: Energy Balls (C) 1:30 Walk and Stroll Club (HW) 2:00 Appreciate & Thank Club (3A) 3:00 Social Hour: Benefits of Healthy Snacking (PD) 6:00 Movie Night & Popcorn: Second Hand Lion (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Community Outreach: Coupons For Troops (C) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)		
		6	7	8	9	10	11	
		9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Scrambled Eggs: Summertime Edition (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Musical Entertainment Featuring Pianist Bryan Herber (2A) 6:15 Songs and Scripture (Ch. 809)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 iN2L Seated Zumba © Exercise (2A) 3:00 iN2L Documentary: Australia Documentary 4K-Outback Wildlife– Deserts & Grasslands (2A) 6:15 Card Club (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hallway Bowling (3A) 1:30 Cooking Creation: Homemade Ice Cream (CN) 2:30 Sip and Taste (CN) 3:00 Taste & Trivia: Australian Wildlife (2A) 6:15 Game Shows (Ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Dollar Tree \$\$ (OOB) 1:30 Crafty Creation: Clothespin Wreath (CN) 2:30 Sip and Share (CN) 3:00 The Best Version of Me with Chaplain Rick (2A) 6:30 Musical Entertainment Featuring Calvary Mennonite Church (2A)	9:00 Morning Meeting and Inspirations (P) 9:30 "Belonging " with Chaplain Rick (2A) 10:00 Mid Week Worship Service (CN) 1:30 Day Excursion: Country Creek Produce (OOB/CN) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Providence Place Chambersburg Antique Road Show (2A) 1:30 Walk and Stroll Club (HW) 2:00 Musical Entertainment with Happy Harmonizers (2A) 3:00 Social Hour: Flavored Lemonades Spiked if You Liked (C) 6:00 Movie Night & Popcorn: Noah- Sight & Sound (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Photo Show & Gloat (C) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)
		13	14	15	16	17	18	
		9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Brain Games: Tangrams (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Jeopardy (3A) 6:15 Songs and Scripture (Ch. 809)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 Kindly Canines (2A) 3:00 iN2L Documentary: Why Australia Is 95% Empty (2A) 6:15 Card Club (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Ladder Ball (3A) 11:00 Diners Caravan \$\$ (OOB) 1:30 Cooking Creation: Personal Trifle (CN) 2:30 Sip and Taste (CN) 3:00 Tales Told By Residents: Australia (P) 6:15 Game Shows (Ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Walmart \$\$ (OOB) 2:00 Fireside Chat 3:00 The Best Version of Me with Chaplain Rick (2A) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 "Belonging " with Chaplain Rick (2A) 10:00 Mid Week Worship Service (CN) 10:00 Dancing With Leah (FL) 1:30 Day Excursion: Nelly Fox Bowling (OOB/CN) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Jamie with Bayada Home Health Care 1:30 Walk and Stroll Club (HW) 2:00 National Golf Month: Pin the Ball on the Green (3A) 3:00 Social Hour Down Under (P) 6:15 Movie Night & Popcorn: The Princess Bride (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Ed-U Presentation: With Night Wonders of Astronomy (2A) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)
		20	21	22	23	24	25	
9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Table Talk Tidbits (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Kerplunk! (3A) 6:15 Songs and Scripture (Ch. 809)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cooking Creation: Australian Lamington Cake (C) 1:30 Imagery Fitness (3A) 2:00 Hymn Sing with Jodi Corbett (2A) 3:00 Exploring the iN2L (2A) 6:15 Card Club (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Cooking Creation: Pudding Pops (CN) 2:30 Sip and Taste (CN) 3:00 Taste & Trivia: Australian Politics (P) 6:15 Game Shows (Ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 The Southern Coastline of Australia Adelaide with Terry Neumyer (2A) 1:30 Crafty Creation: Paper Weaving (CN) 2:00 Rosary Service with Corpus Christie Catholic Church 2:30 Sip and Share (CN) 3:00 The Best Version of Me with Chaplain Rick (2A) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 "Belonging " with Chaplain Rick (2A) 10:00 Mid Week Worship Service (CN) 1:30 Day Excursion: Grayce's Gardens (OOB/CN) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Horseshoes (3A) 1:30 Walk and Stroll Club (HW) 2:00 Catholic Mass with Corpus Christie Catholic Church (2A) 3:00 Social Hour: Australian Lamington Cake (P) 6:15 Movie Night & Popcorn: Safe Haven (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Crafting Club: Clay Jewelry (3A) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)		
27	28	29	30	31	<h1>August</h1> <h1>2023</h1>			
9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Book Club (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Timeless Trivia (3A) 6:15 Songs and Scripture (Ch. 809)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 Canvas Painting with Amberlee (3A) 3:00 iN2L Documentary: Australian Fast Food– Top 5 Eats (2A) 6:15 Card Club (3A)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Memories in the Making (3A) 1:30 Cooking Creation: Dessert Lasagna (CN) 2:30 Sip and Taste (CN) 3:00 Taste & Trivia: Australian Actors (P) 6:15 Game Shows (Ch.78)	9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Kohls \$\$ (OOB) 1:30 Crafty Creation: DIY Paper Spinner\ (CN) 2:30 Sip and Share (CN) 3:00 The Best Version of Me with Chaplain Rick (2A) 6:15 Horseshoes (3E)	9:00 Morning Meeting and Inspirations (P) 9:30 "Belonging " with Chaplain Rick (2A) 10:00 Mid Week Worship Service (CN) 10:00 Dancing With Leah (FL) 1:30 Day Excursion: Greenhouse (OOB/CN) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)			<p><b>Calendar Key:</b> Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activi- ty Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY) Connections (CN) Picnic Tables (PT) ** Registration Required \$\$ Cost Involved</p>	