

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

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

September

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 7th, 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 27th.** 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.




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
		1	2	3	4	5
		<p>9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart \$\$ (OOB) 11:00 Horseshoes (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Musical Entertainment Featuring Tom Shultz (2A) 3:00 Taste w/Trivia: Australia (2A) 6:00 Resident Run Blitz (2A)</p>	<p>9:00 Balloon Ball Exercise (3E) 10:00 Nickel Bingo \$\$ (2A) 1:30 Workout with Vickie From Powerback Rehabilitation (3E) 2:00 Jeopardy! (2A) 3:00 The Best Version of Me w/Chap Rick (2A) 4:00 Alzheimer's Association Presents The Latest in ALZ & Dementia Research (3A) 6:00 Front Porch Fellowship (Front Porch)</p>	<p>9:00 Sit & Be Fit Exercise (3E) 10:00 Dancing with Leah (FL) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 4:00 Table Topics (BL) 6:00 Wii Bowling League (3E)</p>	<p>9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Cooking Creation: Energy Balls 2:00 Crafting Club: Sunflowers (C) 3:00 Social Hour: Benefits of Healthy Snacking (PD) 6:00 Movie & Popcorn: <i>Second Hand Lion</i> (3A)</p>	<p>9:00 Light & Lively Exercise (3E) 10:00 Prize Bingo (2A) 1:00 Totem Pole Playhouse: Millionaire Dollar Quartet \$\$\$ (OOB) 2:00 Community Outreach: Coupons for Troops (C) 3:00 Scrabble Club (C) 6:00 Shuffleboard (3E)</p>
6	7	8	9	10	11	12
<p>9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Musical Entertainment Featuring Pianist Bryan Herber (2A) 6:30 Not Forgotten Ministries (2A)</p>	<p>9:30 Men's Will Bowling League (3E) 10:00 Appreciate & Thank Club (C) 11:00 Franklin County Library Bookmobile (LD) 2:00 iN2L: Seated Zumba © Exercise (2A) 3:00 iN2L Documentary: Australia Documentary 4K-Outback Wildlife-Desserts & Grasslands (2A) 6:00 Resident Run Sequence (2A)</p>	<p>9:00 Light & Lively Exercise (3E) 9:45 Shopping Trip: Target or 5 Below **\$\$ (OOB) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 Acrylic Canvas Paintings (C) 2:00 Life Chats with Chaplain Rick (PDR) 3:00 Taste w/Trivia: Australian Wildlife (2A) 6:00 Front Porch Fellowship (Front Porch)</p>	<p>9:00 Balloon Ball Exercise (3E) 10:00 Dining Committee Meeting (2A) 2:00 Mid Week Worship Service (2A) 3:00 The Best Version of Me with Chaplain Rick (2A) 6:00 Dementia Care Partner Support Group (CN) 6:30 Musical Entertainment Featuring Calvary Mennonite Church (2A)</p>	<p>9:00 Yoga with Beth (3E) 10:00 Grove Family Library **\$\$ (OOB) 1:30 Art Exploration: Mixed Media (C) 2:00 Prize Bingo (2A) 3:00 Bible Study (PDR) 4:00 Cornhole (BL) 6:00 Wii Bowling League (3E)</p>	<p>9:00 Light & Lively Exercise (3E) 10:00 Providence Place Chambersburg Antique Road Show (2A) 2:00 Musical Entertainment with Happy Harmonizers (2A) 3:00 Social Hour: Flavored Lemonades Spiked, if You Like (C) 6:00 Movie & Popcorn: <i>Noah-Sight & Sound</i> (3A)</p>	<p>9:00 Light & Lively Exercise (3E) 9:00 -12:00 Shopping Trip: PA Dutch Market **\$\$ (OOB) 10:00 Horseshoes (3E) 2:00 Photo Show & Gloat (C) 3:00 Nickel Bingo \$\$ (2A) 6:00 Dart Club (P)</p>
13	14	15	16	17	18	19
<p>9:00 Light & Lively Exercise (3E) 9:30 Trivia Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes Club (C) 6:00 Song & Scripture's (Channel 609)</p>	<p>9:00 Light & Lively Exercise (3E) 9:30 Woman's Bowling League (3E) 10:00 Community Life Planning Meeting (P) 11:00 Recycling Collection (LR's, C, P) 2:00 Kindly Canines (2A) 3:00 iN2L Documentary: Why Australia is 95% Empty (2A) 6:00 Resident Run UNO (2A)</p>	<p>9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 11:00 Billiards (3E) 1:30 Acrylic Canvas Paintings (C) 1:00 Nelly Fox Bowling **\$\$ (OOB) 2:00 Life Chats with Chaplain Rick (PDR) 3:00 Tales Told by Residents: Australia (P) 6:00 Horseshoes (3E)</p>	<p>9:00 Balloon Ball Exercise (3E) 10:00 Prize Bingo (2A) 1:30 Blood Pressure Clinic (2A) 2:00 Fireside Chat (2A) 3:00 The Best Version of Me with Chaplain Rick (2A) 4:30 Dinner on the Deck ** (PD) 6:00 Shuffleboard (3E)</p>	<p>9:00 Free Hearing Checks with Chambersburg Hearing Clinic ** (PDR) 10:00 Dancing with Leah (FL) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 4:00 Mad Libs (BL) 6:00 Wii Bowling League (3E)</p>	<p>9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Jaime with Bayada Home Health Care (2A) 2:00 Nickel Bingo \$\$ (2A) 3:00 Social Hour Down Under (P) 6:00 Movie & Popcorn: <i>The Princess Bride</i> (3A)</p>	<p>9:00 Walk & Roll Walking Club Outside Walking Path 10:00 Community Outreach: Coupons for Troops (C) 2:00 Scrabble Club (C) 3:00 Ed-U Presentation: With Night Wonders of Astronomy (2A) 6:00 Resident Run Blitz (2A)</p>
20	21	22	23	24	25	26
<p>9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Chattin' with Chaplain Rick (P) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes Club (C) 6:00 Song & Scripture's (Channel 609)</p>	<p>9:00 Light & Lively Exercise (3E) 9:30 Men's Will Bowling League (3E) 10:00 Cooking Creation: Australian Lamington Cake (C) 11:00 Recycling Collection (LR's, C, P) 2:00 Hymn Sing with Jodi Corbett (2A) 3:00 Federal, County, State Employee & Veterans Only Club (P) 6:00 Resident Run Rummy (2A)</p>	<p>9:00 Light & Lively Exercise (3E) 9:45 Manicure Day @ Coco Nails ** (OOB) 10:00 Circle of Friends with Chaplain Rick (PDR) 11:00 Horseshoes (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Life Chats with Chaplain Rick (PDR) 3:00 Taste w/Trivia: Australian Politics (P) 6:00 Resident Run Sequence (2A)</p>	<p>9:00 Balloon Ball Exercise (3E) 10:00 The Southern Coastline of Australia, Adelaide with Terry Neumyer (2A) 11:00 Lunch Out: Cracker Barrel **\$\$ (OOB) 2:00 Rosary Service with Corpus Christie Catholic Church (2A) 3:15 The Best Version of Me with Chaplain Rick (2A) 6:00 Resident Run Blitz (2A)</p>	<p>9:00 Sit & Be Fit Exercise (3E) 10:00 Shippensburg Peace Garden ** (OOB) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 4:00 Fact Vs Fiction (BL) 6:00 Wii Bowling League (3E)</p>	<p>9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Nickel Bingo \$\$ (2A) 2:00 Catholic Mass with Corpus Christie Catholic Church (2A) 3:00 Social Hour: Australian Lamington Cake (P) 6:00 Movie & Popcorn: <i>Safe Haven</i> (3A)</p>	<p>9:00 Walk & Roll Walking Club Outside Walking Path 10:00 Prize Bingo (2A) 11:15 Local Fares: Stoners **\$\$ (OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Cornhole Tournament (2A) 3:00 Scrabble Club (C) 6:00 Dart Club (P)</p>
27	28	29	30	31	<p>Calendar Key: Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Back Lobby (BL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Pub Deck (PD) Back Yard (BY) **Registration Required, \$\$ Cost Involved</p> <p>August 2023</p>	
<p>9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordie Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes Club (C) 6:00 Song & Scripture's (Channel 609)</p>	<p>9:00 Light & Lively Exercise (3E) 9:30 Woman's Bowling League (3E) 10:00 Birthday Gang Committee Meeting (L) 2:00 Prize Bingo (2A) 3:00 iN2L Documentary: Australian Fast Food- Top 5 Eats (2A) 6:00 Resident Run Card Club: Dealer's Choice (2A)</p>	<p>9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$\$ (OOB) 10:00 Circle of Friends with Chaplain Rick (PDR) 11:00 Horseshoes (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Life Chats with Chaplain Rick (PDR) 3:00 Taste w/Trivia: Australian Actors (P) 6:00 Shuffleboard (3E)</p>	<p>9:00 Balloon Ball Exercise (3E) 10:00 Resident Ambassador Meeting (C) 11:00 Lunch Out: Olive Garden **\$\$ (OOB) 2:00 Musical Entertainment Featuring Chuck Mummert Singing Mayor (2A) 3:00 The Best Version of Me with Chaplain Rick (2A) 4:30 Dinner on the Deck ** (PD) 6:00 Horseshoes (3E)</p>	<p>9:00 Sit & Be Fit Exercise (3E) 10:00 Dancing with Leah (FL) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 4:00 Never Have I Ever (BL) 6:00 Resident Run Blitz (2A)</p>		