

# 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: August 2023

## A Note from the Executive Director

Summer is gearing up for a lot of fun in the sun. Our Annual Luau will be held September 21<sup>st</sup> from 4-6:30pm – all residents, team members and families are welcome to join... Save the date!

Thank you to everyone who attended our Brunch events throughout the Spring, our next one is scheduled for August 20<sup>th</sup> – call today for reservations!

We appreciate your patience while we resealed the walking path for easy strolls around the community. It is now completed and open to all – happy walking.

We now have Providence Place shirts available for sale for all community members. Order forms and options are available in the General Store.

Enjoy the beautiful summer weather and stay cool!

Best,  
*Howard Holben*  
Executive Director

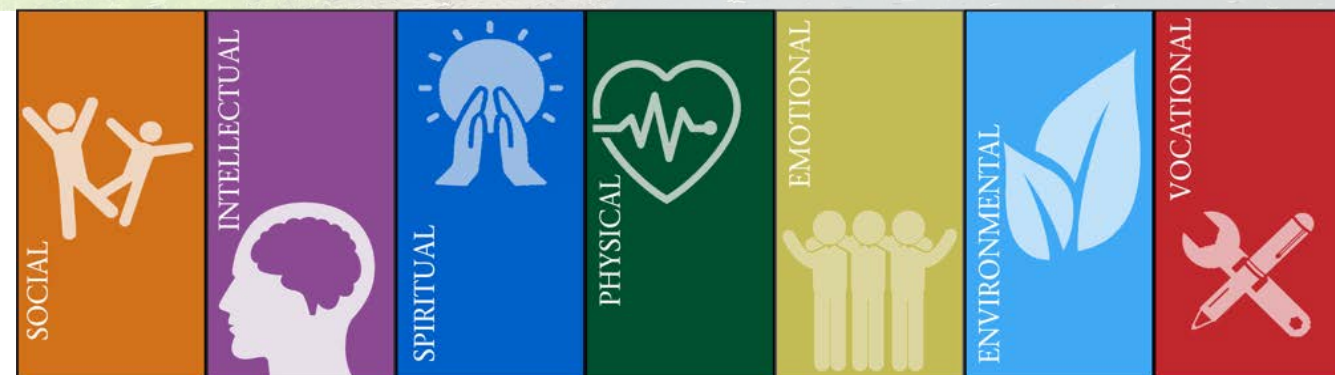
## Highlighted Events

- 1 – **National Night Out** @ 6pm
- 7 – **Outing:** Countryside Ride @ 2:30pm
- 8 – **York Revolution Baseball Game Outing** @ 4pm
- 15 – **Musical Entertainment:** Elvis Tribute @ 2pm
- 16 – **EdU Presentation:** Container Gardening @ 2pm
- 20 – **Sunday Brunch** @ 10:30a/12:30p  
*Please call reception for reservations*
- 28 – **Grief Share & Support** @ 10:30am
- 29 – **Dementia Support Group** @ 3pm - *Connections*

## Welcome New Residents

Edison R.  
Linda C.  
Jay C.  
Darlene I.  
Theola B.  
Ralph D.  
Florence D.  
Pauline S.  
Nancy K.

## Dimensions of Wellness



## Resident Birthdays

### August

Alverta Downs  
Mariam Warner  
Gerald Barbor  
Zoelyne Rexroth  
Verna Siford  
Robert Bupp  
Ann Sheffer  
Loretta Hamme  
Eva Wolf  
Ralph Miller  
Gerry Smith  
Syrene Kuhn

Charlotte Rohrbaugh  
Yvonne Lyter  
William Hensel  
Dale Zinn  
Dale Landis  
Maryemma Londis  
Sally Estep  
Robert Davis  
Ralph Shearer  
Janet Deardorff

### September

Adonna Barshinger  
Eleanor Loftus  
Mary Skehan  
Sally Messenger  
Fairy Carver  
Anna Baer  
Will Gaynor  
Walter Miller  
J. Morgan Stobie

Ruthanna Krone  
Sharon Alcorn  
Julia Strausbaugh



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 style="text-align: center;">THE <i>Club</i></p>		1	2	3	4	5	
			9:30 Morning Fitness (AR) 10:00 Name that Tune (AR) 11:00 Menu Review (AR) 1:00 Catholic Communion (CR) 1:15 Create with Connections: Bingo Bucks (CN) 3:00 Bingo with Adam (AR) 6:00 Evening Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Daily Reading (CR) 10:15 Who AM I ? Albert Einstein (CR) 10:45 5th Avenue History (CR) 1:30 Mid-Week Worship (CR) 3:00 Create & take: Ice Cream Sandwich (CR) 6:00 Movie and Popcorn (AR)	9:30 Morning Fitness (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 10:30 Alan Sherman and Song (CR) 1:15 Brain Aerobics (CN) 1:30 Who was Tony Bennet (P) 3:00 Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Culinary Creations: Beer Bread 10:30 Daily Reading & Menu Review (AR) 1:30 Beer Trivia & Facts (CR) 2:15 Brewskees & Bread (AR) 3:00 Lets get Physical : A-Z workout (CN) 6:00 Resident Run Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Donut & Coffee Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Little Orphan Annie Two Question Quiz (CR) 2:00 Wall Jeopardy (AR) 3:00 Ted Talk (AR) 6:00 Card Club (AR)
	6	7	8	9	10	11	12
	9:30 Morning Fitness (AR) 10:15 Early Bird Bingo (AR) 1:00 Daily Reading (CR) 1:30 Craft Creations (AR) 3:00 Worship Service (CR) 6:00 Poker Club (AR)	9:30 Morning Fitness (AR) 10:00 in2L Program: Light Houses (CN) 10:30 Grief Share with Chaplain Shawn (CR) 1:45 Daily Reading & Learn about Light Houses (CR) 3:00 Monday Mocktail (CR) 3:30 Cranium Crunches & Menu Review (CR)	9:30 Morning Fitness (AR) 9:45 Club Country Ride (OOB) 10:00 Ed U Presentation: Bayada Wellness (AR) 11:00 Menu Review (AR) 1:00 Catholic Communion (CR) 1:15 Create with Food (CN) 3:15 Daily Reading & More (CR) 6:00 Evening Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Daily Reading (CR) 10:15 Learn About Smokey Bear & U.S. Forest Service (CR) 10:45 Menu Review (CR) 1:30 Mid-Week Worship (CR) 2:00 Ed. Presentation: Ron & Crystal Bolton (AR) 3:00 Create & take: Melon Snack (CR) 6:00 Movie and Popcorn (AR)	9:30 Morning Fitness (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 10:30 Fill in the Phrase (CR) 1:15 Brain Aerobics (CN) 1:30 History of Nestle (P) 2:00 Drumming with Joe (CR) 3:00 Bingo (AR) 6:00 Calm Coloring (AR)	9:30 Morning Fitness (AR) 10:00 Culinary Creations: Baby Ruth Bars (AR) 10:30 Daily Reading & Menu Review (AR) 1:30 Arm Chair Travels (AR) 2:0 Men's Club (P) 3:00 Lets get Physical : Parachute Games (CN) 6:00 Resident Run Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Donut & Coffee Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Two Question Quiz (CR) 2:00 Wall Jeopardy (AR) 3:00 Ladies Hot Tea (AR) 6:00 Card Club (AR)
	13	14	15	16	17	18	19
	9:30 Morning Fitness (AR) 10:15 Early Bird Jingo (AR) 1:00 Daily Reading (CR) 1:15 Learn a little: Squirrel Obstacle Courses (CR) 3:00 Worship Service (CR) 6:00 Poker Club (AR)	9:30 Morning Fitness (AR) 10:00 in2L Program: Flight Simulator (CN) 10:30 Grief Share with Chaplain Shawn (CR) 1:45 Daily Reading & Field and Stream Magazine Hunt (CR) 3:00 Afternoon Spritzer (CR) 3:30 Cranium Crunches & Menu Review (CR)	9:30 Morning Fitness (AR) 10:00 Name that Tune (AR) 11:00 Menu Review (AR) 1:00 Catholic Communion (CR) 1:15 Create with Connections: Surf and Soar Birds (CN) 2:00 Musical Ent. Featuring: Elvis (AR) 3:15 Daily Reading & More (CR) 6:00 Evening Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Daily Reading (CR) 10:15 Bird Bingo (CR) 11:00 Menu Review (CR) 1:30 Mid-Week Worship (CR) 3:00 Blue Hawaii Movie (AR) 6:00 Bingo with Dover Women (AR)	9:30 Morning Fitness (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 10:45 Daily Reading & More (CR) 1:15 Learn a little: A little Birdie Told Me (CN) 2:00 Elvis Happy Hour (AR) 3:00 Bingo (AR) 6:00 Calm Coloring (AR)	9:30 Morning Fitness (AR) 10:00 Culinary Creations: Edible Birds Nest (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Freebie Friday (FL) 2:00 Music with Pat Kocen (AR) 3:00 Lets get Physical : Outside Ball (CN) 6:00 Resident Run Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Donut & Coffee Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Two Question Quiz (CR) 2:00 Music with Tom & Randi (AR) 3:00 Ted Talk (AR) 6:00 Card Club (AR)
	20	21	22	23	24	25	26
9:30 Morning Fitness (AR) 10:30 Summer Brunch (DR) 12:30 Summer Brunch (DR) 1:00 Daily Reading (CR) 1:15 Table Top Cards (AR) 3:00 Worship Service (CR) 6:00 Poker Club (AR)	9:30 Morning Fitness (AR) 10:00 in2L Program: Focus on History (CN) 10:30 Grief Share with Chaplain Shawn (CR) 1:45 Daily Reading & Create with Clay (CR) 3:00 Monday Mocktail (CR) 3:30 Cranium Crunches & Menu Review (CR)	9:30 Morning Fitness (AR) 10:00 Name that Tune (AR) 11:00 Menu Review (AR) 1:00 Catholic Communion (CR) 1:15 Create with Connections (CN) 2:15 Feeling Peachy Keen Snack (CR) 3:15 Daily Reading & More (CR) 6:00 Evening Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Daily Reading (CR) 10:15 Ride the Wind Paper Airplane Challenge (AR) 10:45 Menu Review (AR) 1:30 Mid-Week Worship (CR) 3:00 Dancing with Gene Kelly (CR) 6:00 Movie and Popcorn (AR)	9:30 Morning Fitness (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 1:30 Word Games (AR) 2:15 Cooking Demonstration (AR) 3:00 Bingo (AR) 6:00 Calm Coloring (AR)	9:30 Morning Fitness (AR) 10:00 Culinary Creations: Banana Split Cookies 10:30 Daily Reading & Menu Review (AR) 1:15 Freebie Friday (FL) 1:30 Learn About National Parks (CR) 3:00 Lets get Physical: 6:00 Resident Run Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Donut & Coffee Break (AR) 10:45 Daily Reading & Menu Review (CR) 1:15 Two Question Quiz (CR) 2:00 Wall Jeopardy (AR) 3:00 Ted Talk (AR) 6:00 Card Club (AR)	
27	28	29	30	31	<h1 style="margin: 0;">August</h1> <h1 style="margin: 0;">2023</h1>		
9:30 Morning Fitness (AR) 10:15 Early Bird Pokeno (AR) 1:00 Daily Reading (CR) 1:15 Hershey Mennonite Church Group Entertainment (LB) 3:00 Worship Service (CR) 6:00 Poker Club (AR)	9:30 Morning Fitness (AR) 10:00 in2L Program: National Bow Tie Day (CN) 10:30 Grief Share with Chaplain Shawn (CR) 1:45 Daily Reading & Bow Tie Pasta Salad (CR) 3:00 Afternoon Spritzer (CR) 3:30 Flight Club with Joe (AR)	9:30 Morning Fitness (AR) 10:00 Name that Tune (AR) 11:00 Menu Review (AR) 1:00 Catholic Communion (CR) 1:15 Create with Connections: Sand Bottle Art (CN) 3:15 Daily Reading & More (CR) 6:00 Evening Bingo (AR)	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Purposeful Painting (CR) 1:30 Mid-Week Worship (CR) 3:00 Create & take: Sunshine Parfaits (CR) 6:00 Movie and Popcorn (AR)	9:30 Morning Fitness (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 10:45 Daily Reading & More (CR) 1:15 Brain Aerobics (CN) 2:00 Celebration of Life (CR) 3:00 Bingo (AR) 6:00 Calm Coloring (AR)			<p>Calendar Key            ** Registration Required            \$\$ Cost Involved            (AR) Activity Room, (CR) Community Room, (CN) Connections Neighborhood, (DR) Dining Room, (FP) Front Porch, (LB) Lobby, (P) Pub, (OOB) Out Of Building, (100 P) 100 Hall Patio</p>