

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 21st 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 20th – 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

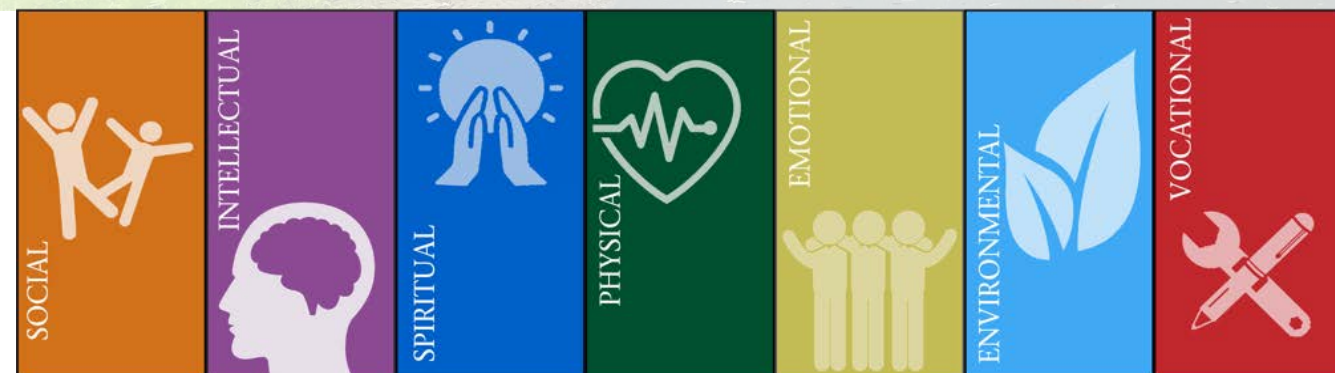
Highlighted Events

- 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
Zoelynn 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.



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 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 1:30 Circle of Friends **(CR) 2:00 Happy Hour (AR) 3:00 Bible Study (P) 3:00 Bingo with Adam (AR) 6:00 Celebrating Dover Townships National Night Out **\$\$ (OOB)	2 9:30 Morning Exercise (AR) 10:15 Shopping Trip & Lunch Target & Glacier Flakes \$\$\$ (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Word in a Word Game (AR) 3:00 Phase 10 (AR) 6:00 Popcorn & Movie <i>King Creole</i> (AR)	3 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Faith Studies (CR) 2:00 Horticulture Club (AR) 3:00 Prize Bingo (AR) 4:30/5:00 Wine and Dine (AR) 6:00 Pinochle (AR)	4 9:30 Morning Exercise 10:00 Manicures and Music (CR) 10:30 Cranium Crunches (CR) 1:30 Cards Club Dealers Choice (AR) 2:00 Brewskee's and Bread (AR) 3:00 Sun Tea & Puzzles (100P) 6:00 Resident Ran Bingo (AR)	5 9:30 Morning Exercise (AR) 10:00 Coffee and Sunshine (SR) 10:30 Saturday Stroll in the Park **(OOB) 1:15 Humor Alley (AR) 2:00 Wall Jeopardy (AR) 3:00 TED Talks & Discussions (AR) 6:00 Resident Ran Card Games (AR)		
		6 9:30 Morning Exercise (AR) 10:15 Early Birds Games (AR) 1:15 Creative Arts (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:15 Front Porch Fellowship (FP)	7 9:30 Morning Exercise (AR) 10:15 Dining Services Committee Meeting with Chef Joe (CR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie (AR) 2:30 Country Side Ride **(OOB) 6:00 Rummikub (AR)	8 9:30 Morning Exercise (AR) 10:00 Ed-U Wellness Presentation <i>Hair, Skin and Nails</i> By Laura Lambert Bayada Home Health Care (AR) 1:30 Circle of Friends **(CR) 2:00 Happy Hour (AR) 3:00 Bible Study (P) 3:00 Bingo with Adam (AR) 4:00 Night Out York Revolutions Baseball Game **\$\$ (OOB)	9 9:30 Morning Exercise (AR) 10:00 Shopping Trip 1:30 Mid-Week Worship Service (CR) 2:00 Ed-U Presentation <i>The Sun</i> By Ron and Crys Bolton from Nights of Wonder (AR) 3:00 Elvis, Elvis, Elvis (AR) 6:00 Popcorn & Movie <i>The Trouble with Girls</i> (AR)	10 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Faith Studies (CR) 2:00 Grateful Drumming with Joe Ciavella (AR) 3:00 Prize Bingo (AR) 4:30/5:00 Wine and Dine (AR) 6:00 Pinochle (AR)	11 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Cranium Crunches (CR) 1:30 Armchair Travels: <i>Graceland</i> (AR) 2:00 Men's Club (AR) 3:00 Sun Tea & Puzzles (AR) 6:00 Resident Ran Bingo (AR) 7:00 Movie in the Park <i>Grease</i> **(OOB)	12 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussion (AR) 1:15 Humor Alley (AR) 2:00 Wall Jeopardy (AR) 3:00 Ladies Hot Tea Circle (AR) 6:00 Resident Ran Card Games (AR)
		13 9:30 Morning Exercise (AR) 10:15 Early Birds Games (AR) 1:15 Creative Arts (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:15 Front Porch Fellowship (FP)	14 9:30 Morning Exercise (AR) 10:15 Cooking Club (AR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie (AR) 2:30 Country Side Ride **(OOB) 6:00 Rummikub (AR)	15 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 1:30 Circle of Friends **(CR) 2:00 Musical Entertainment Featuring <i>Tributes to Elvis</i> by Richard Harman (AR) 3:00 Bible Study (P) 3:30 Who Am I <i>Hello Girls</i> (AR) 6:00 Evening Bingo with Adam (AR)	16 9:30 Morning Exercise (AR) 10:00 Shopping Trip 1:30 Mid-Week Worship Service (CR) 2:00 Ed-U Presentation <i>Container Gardening</i> by Krista Callear, PennState Ext Master Gardener (AR) 3:00 Special Feature Elvis Movie Matinee <i>Blue Hawaiian</i> (AR) 6:00 Game Night with Dover Women of Today (AR)	17 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Faith Studies (CR) 2:00 Elvis Trivia, Puzzles & Games (AR) 3:00 Prize Bingo (AR) 4:30/5:00 Wine and Dine (AR) 6:00 Pinochle (AR)	18 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Cranium Crunches (CR) 1:30 Cards Club Dealers Choice (AR) 2:00 Musical Entertainment Summer Sounds featuring Pat Kocen (AR) 3:00 Sun Tea & Puzzles (AR) 6:0 Resident Ran Bingo (AR)	19 9:30 Morning Exercise (AR) 10:00 Coffee and Sunshine (SR) 10:30 Saturday Stroll in the Park **(OOB) 1:15 Humor Alley (AR) 2:00 Musical Entertainment <i>Memory Music</i> with Tom and Randy (AR) 3:00 TED Talks & Discussions (AR) 6:00 Resident Ran Card Games (AR)
		20 9:30 Morning Exercise (AR) 10:30/12:30 Summer Sunday Brunch with Musical Entertainment Featuring Pianist Justin Adams (DR) 1:45 Musical Entertainment with Hershey Mennonite (FL) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:15 Front Porch Fellowship (FP)	21 9:30 Morning Exercise (AR) 10:15 Cooking Club (AR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie (AR) 2:30 Country Side Ride **(OOB) 6:00 Rummikub (AR)	22 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 1:30 Circle of Friends **(CR) 2:00 Ed-U Art Presentation <i>Outstanding in Their Fields</i> by Martin Bradfield, ComARiTiVe Art (AR) 3:00 Bible Study (P) 3:00 Bingo with Adam (AR) 4:00 Dinner Out <i>Chili's</i> \$\$\$ (OOB)	23 9:30 Morning Exercise (AR) 10:00 Shopping Trip 1:30 Mid-Week Worship Service (CR) 2:00 Word in a Word Game (AR) 3:00 Science Secrets <i>Genie in a Bottle</i> (AR) 6:00 Popcorn & Movie <i>Follow that Dream</i> (AR)	24 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Faith Studies (CR) 2:00 Welcome Ambassador Meeting (P) 2:15 Cooking Demo with Chef Joe (AR) 3:00 Prize Bingo (AR) 4:30/5:00 Wine and Dine (AR) 6:00 Pinochle (AR)	25 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Cranium Crunches (CR) 1:30 Cards Club Dealers Choice (AR) 2:00 A-Mazing Wizard of Oz (AR) 3:00 Sun Tea & Puzzles (AR) 6:0 Resident Ran Bingo (AR)	26 9:30 Morning Exercise (AR) 10:00 Coffee and Sunshine (SR) 10:30 Saturday Stroll in the Park **(OOB) 1:15 Humor Alley (AR) 2:00 Wall Jeopardy (AR) 3:00 Ladies Hot Tea Circle (AR) 6:00 Resident Ran Card Games (AR)
		27 9:30 Morning Exercise (AR) 10:15 Early Birds Games (AR) 1:15 Creative Arts (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:15 Front Porch Fellowship (FP)	28 9:30 Morning Exercise (AR) 10:15 Cooking Club (AR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie (AR) 2:30 Country Side Ride **(OOB) 6:00 Rummikub (AR)	29 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 1:30 Circle of Friends **(CR) 2:00 Happy Hour (AR) 3:00 Bible Study (P) 3:15 Flight Club with Chef Joe (AR) 3:30 Who Am I <i>Ingrid Bergman</i> (AR) 6:00 Evening Bingo with Adam (AR)	30 9:30 Morning Exercise (AR) 10:00 Shopping Trip Dollar Tree **\$\$ (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Word in a Word Game (AR) 3:00 Fixer Uppers (AR) 6:00 Popcorn & Movie <i>Elvis</i> (AR)	31 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:00 Faith Studies (CR) 2:00 Celebration of Life (CR) 3:00 Prize Bingo (AR) 4:30/5:00 Wine and Dine (AR) 6:00 Pinochle (AR)	Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building (AR) Activity Room (P) Pub (CR) Community Room (L) Lobby (DR) Dining Room (S) Sunshine Room (100P) 100 Hall Patio (FR) Fitness Room (FP) Front Porch (CN) Connections Neighborhood	

August 2023