

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 finally here! We have already had so many wonderful events including our Father's Day celebration and our annual summer party - our carnival was a wonderful time! The rain held out and everyone enjoyed playing games, dancing to the music, and eating all the wonderful foods and snacks from freshly made funnel cakes to hand rolled cotton candy. The kids really tired themselves out in the bounce house. We received so many donations that we ended up with over 50 tricky trays. All proceeds benefit the Alzheimer's Association. A special thank you to all staff and local businesses for their grateful donations. Also, thank you to all the volunteers that came and helped throughout the day. We are already brainstorming ideas for next year's theme.

We are always asking the residents for suggestions on things they would like to do and we have received a lot of requests for a pizza and movie night so we are doing just that! We had a "Christmas in July" movie night with a tree trimming and a pajama party along with a Christmas movie projected onto the wall, pizza, popcorn and frozen hot chocolate.

As always, thank you to all residents, families, and staff for your continued support. Each of you are a valued part of our community.

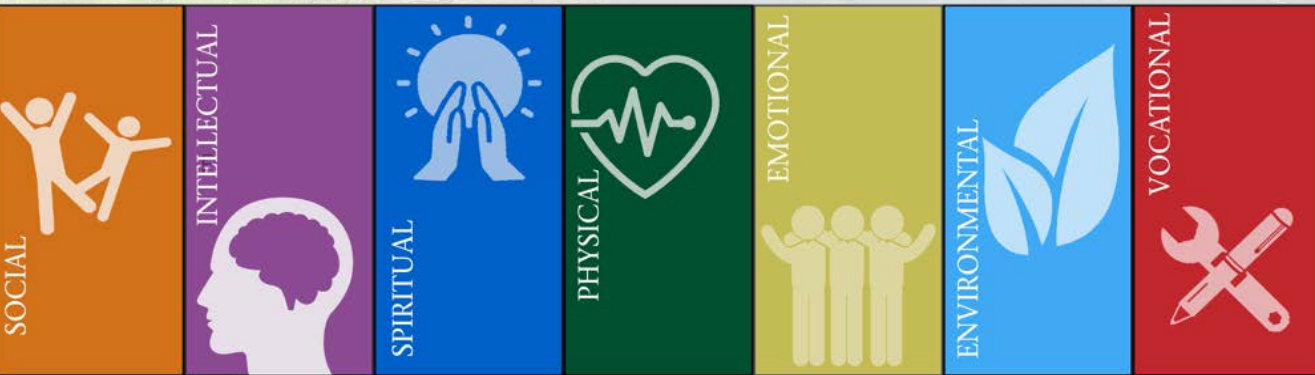
Sincerely,
Melissa Jacoby
Executive Director

Highlighted Events

- 2 – **Outing to Hiawatha Paddlewheel Riverboat Cruise @ 9:45am**
- 8 – **EdU Presentation:** Australia's Southern Coastline @ 2pm
- 9 – **August Birthday Dinner @ 4pm**
- 18 – **Cooking Club:** Fried Green Tomatoes & Comeback Sauce @ 3pm
- 19 – **New Resident Root Beer Float Social @ 2:30pm**
- 24 – **Dementia Support Group @ 6pm – Connections**
- 25 – **Musical Entertainment:** George Rittenhouse @ 2:30pm
- 26 – **EdU Presentation: Live Pentiles @ 2:30pm**

Welcome New Residents

- Selma T.
- Emily B.
- Richard H.
- Nelda R.
- George S.
- Mary Jo M.



Dimensions
of Wellness

Resident Birthdays

August

- Helen Goida
- Irene Moscon
- Josephine Bogansky
- Margaret Sinclair
- Marie Wolk
- Olga Mizin
- Susan Mooney
- Jean Stecker
- Lillian Rogers

September

- Anita Molitoris
- Glenda Smith
- David Narrow
- Edward Warakomski
- Mary Kost
- Rita Novak
- Danae Renn
- Norbert Markiewicz
- Barbara Ross



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		
<p>THE <i>Club</i></p>		1 9:00 Daily Chronicles/Inspiration (CN) 9:30 Daily Prayer & Meditation (Ch) 10:00 Toned up Tuesday (CN) 10:30 Destination Discovery: Australia: "The Crocodile Hunter" (2nd) 1:00 Prayer Service & Communion (Ch) 2:00 Craft Club: Scented Cooling Sprays (2nd) 3:00 Hallway Bowling (2nd) 6:30 Scrabble (1st)	2 9:00 Daily Chronicles/Inspiration (CN) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 2:00 Musical Entertainment By John Stevens Polka Band (DR) 3:30 Dot Doodles (2nd) 6:30 Dominoes (1st)	3 9:00 Daily Chronicles/Inspiration (CN) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 iN2L: Destination Discovery: Australia: Sydney Opera House (2nd) 1:30 Bingo (3rd) 3:00 Cooking Club: Australian Fairy Bread (CN) 3:30 Sunshine Committee (1st) 6:30 Pinochle Players Club (3rd)	4 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 2:30 Let's Make a Mini Kite Craft 3:30 Memory Magic (2nd) 6:30 Boggle (1st)	5 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 1:30 Paint Pen Coloring Craft (CN) 2:30 Coffee and Conversation (CN) 3:30 Junk Drawer Detective (1st) 6:30 Rummikub (1st)		
		6 9:00 TV Catholic Mass (3rd) 10:00 Finishing Lines (2nd) 10:30 Strength Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:15 Worship Service with Chap. Bev (CH) 2:15 Bingo (DR) 6:30 Yahtzee (1st)	7 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:30 National Purple Heart Day Matinee: <i>World War II: The Purple Heart</i> (2nd) 3:30 Community Outreach: <i>Troopons: Coupons for Troops</i> (1st) 6:30 Pinochle Players Club (3rd)	8 9:00 Daily Chronicles/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Summer Floats and Tunes (CN) 2:00 Ed-U Presentation: <i>Australia's Southern Coastline</i> By Photographer, Terry Neumyer (3rd) 3:30 Popsicle Stick Yarn Craft 6:30 Scrabble (1st)	9 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 12:30 Sing a Long with Cathy 2:00 Parachute Ball Pop (CN) 3:00 Providence Place Walking Club (ML) 4:00 August Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	10 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 1:00 Audio Book Club (CN) 1:30 Bingo (3rd) 3:00 iN2L: Destination Discovery: Australia: Great Barrier Reef (2nd) 6:30 Pinochle Players Club (3rd)	11 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 2:00 <i>Drum To Your Own Beat</i> Drum Class with Joe Ciarvella (2nd) 3:00 Rhymes and Riddles (2nd) 6:30 Boggle (1st)	12 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 1:00 True Confessions Chat (CN) 1:45 Chef's Pairings with Chef Ashley (DR) 3:00 iN2L Animal World: <i>The Incredible Animals of Australia</i> (3rd) 3:30 Bay Breeze Super Happy Hour (1st) 6:30 Rummikub (1st)
		13 9:00 TV Catholic Mass (3rd) 10:00 Finishing Lines (2nd) 10:30 Strength Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:15 Worship Service with Chap. Bev (Ch) 2:15 Bingo (DR) 6:30 Yahtzee (1st)	14 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 1:30 Bible Study with Deacon Bob (DR) 2:30 iN2L <i>Feast of the Assumption</i> (2nd) 3:00 Destination Discovery: Australia: Kangaroo Island (3rd) 6:30 Pinochle Players Club (3rd)	15 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Daily Prayer & Meditation (Ch) 10:30 Motivation Nation (CN) 1:00 Prayer Service & Communion (Ch) 1:30 Bingo (DR) 3:00 Ed-U Presentation: <i>Life in Australia</i> 6:30 Scrabble (3rd)	16 9:00 Daily Chronicles/Inspiration (2nd) 9:30 <i>All About August</i> Trivia (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise By Carrie of Powerback Rehab (2nd) 12:30 Sing a long with Cathy (CN) 2:30 Manicures & Mocktails (3rd) 4:00 Destination Discovery Dinner: <i>Tastes of Australia</i> (DR) 6:30 Dominoes (1st)	17 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Trivia Challenge (2nd) 1:00 Dessert Caravan: Milkhouse Creamery Old Fashioned Ice Cream***\$\$ (OOB) 3:00 Scratch Paper Art 6:30 Pinochle Players Club (3rd)	18 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Toe Tap Tunes (2nd) 1:00 For the Love of Musical: CHICAGO (CN) 3:00 Cooking Club: Banana Pudding (CN) 6:30 Boggle (1st)	19 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Stretch Exercise (2nd) 10:00 Community Outreach: <i>Prayer & Song</i> , Faith Church of Hazleton (3rd) 2:30 Karaoke (2nd) 3:30 "Famous Michaels" Crossword Challenge (1st) 6:30 Rummikub (1st)
		20 9:00 TV Catholic Mass (3rd) 10:00 Hydration Station (CN) 10:30 Strength Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:15 Worship Service with Chap. Bev (Ch) 2:15 Bingo (DR) 6:30 Yahtzee (1st)	21 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 1:30 Make me Laugh (2nd) 2:30 Stained Glass Painting (CN) 3:30 Destination Discovery: Australia: Aussie Slang (2nd) 6:30 Pinochle Players Club (3rd)	22 9:00 Daily Chronicles/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class(2nd) 2:30 Ed-U Presentation: <i>Great Events of the American Revolution</i> 6:30 Scrabble (3rd)	23 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Cooking Club: Strawberry Pie (Cafe) 12:30 Sing a long with Cathy (CN) 1:30 Strawberry Social (CN) 3:30 Aromatherapy: Lavender Oils (2nd) 6:30 Dominoes (1st)	24 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 "Aqua" Painting (CN) 1:30 Bingo (DR) 3:30 Magazine Collage 6:00 Dementia Support Group (3rd) 6:30 Pinochle Players Club (3rd)	25 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 2:30 Music by George Rittenhouse (DR) 3:30 Spotlight: Sean Connery (1st) 6:30 Boggle (1st)	26 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 2:30 Matinee: <i>Crocodile Dundee</i> (2nd) 3:30 Frozen Mudslide Super Happy Hour (1st) 6:30 Rummikub (1st)
		27 9:00 TV Catholic Mass (3rd) 10:00 Finishing Lines (2nd) 10:30 Strength Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:15 Worship Service with Chap. Bev (Ch) 2:15 Bingo (DR) 6:30 Yahtzee (1st)	28 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob (DR) 3:00 Destination Discovery: Australia Uluru-Kata Tjuta National Park (2nd) 3:30 Cornhole Tournament (FP) 6:30 Pinochle Players Club (3rd)	29 9:00 Daily Chronicles/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:00 Marshmallow Building Challenge (CN) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)	30 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Hymn Sing (Ch) 2:30 Ed-U Live Reptile Demo By Code Exotics (1st) 3:30 X-Bow Bowling: Residents vs. Staff (2nd) 6:30 Dominoes (1st)	31 9:00 Daily Chronicles/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Cooking Club: Summer Tomato Caprese Salad (Café) 1:30 Bingo (DR) 3:00 Providence Place Walking Club (ML) 3:30 Punch Hole Trivia (2nd) 6:30 Pinochle Players Club (3rd)	<p>Calendar Key ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C)</p> <h1>August 2023</h1>	