

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
- 30 – **EdU Demo:** Live Reptiles @ 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		
		1 9:30 Daily Prayer & Meditation (Ch) 10:00 Stretch Exercise (2nd) 10:30 Destination Discovery: Australia: Conservation Heroes: Steve Irwin: "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 9:45 Trip Out: Hiawatha Paddlewheel Riverboat Cruise: Williamsport, PA**\$\$ (OOB) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:00 Musical Entertainment By John Stevens Polka Band (DR) 3:30 Dot Doodles (2nd) 6:30 Dominoes (1st)	3 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 Food for Thought & Tasting: Vegemite (Café) 3:30 Sunshine Committee (1st) 6:30 Pinochle Players Club (3rd)	4 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 1:30 Dealing with Loss Support Group (SR) 2:30 Dessert & Discussion With Chef Ashley (DR) 3:30 TED Talk & Discussion: <i>Why We Do What We Do</i> (2nd) 6:30 Boggle (1st)	5 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable Garden (C) 1:30 Community Life Planning Mtg. (3rd) 2:30 Trip Out: Country Ride** (OOB) 3:30 Junk Drawer Detective (1st) 6:30 Rummikub (1st)		
		6 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 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 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 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 9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:00 Ed-U Presentation: <i>Australia's Southern Coastline</i> By Photographer, Terry Neumyer (3rd) 3:30 Soul Club: <i>Chicken Soup for the Soul</i> (3rd) 6:30 Scrabble (1st)	9 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 12:30 Trip Out: Pick Your Own Bouquet: Second Mountain Sunflower Farm**\$\$ (OOB) 1:30 Circle of Friends (SR) 3:00 Providence Place Walking Club (ML) 4:00 August Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	10 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:15 Men's Club Trip: "Clips & Pitz" Full Klips Barber Shop Lunch at Fratelli's Pizzeria**\$\$ (OOB) 1:30 Bingo (3rd) 3:00 iN2L: Destination Discovery: Australia: Great Barrier Reef (2nd) 3:30 Providence Place Walking Club (ML) 6:30 Pinochle Players Club (3rd)	11 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 1:30 Dealing with Loss Support Group (SR) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciarvella (2nd) 3:30 Focus On Health: Blood Pressure Checks (3rd) 6:30 Boggle (1st)	12 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable Garden (C) 1:45 Chef's Pairings with Chef Ashley (DR) 3:00 iN2L Animal World: The Incredible Animals of Australia (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 Chair Zumba with Alyson Cara (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 9:30 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 iN2L: Destination Discovery: Australia: Kangaroo Island (3rd) 3:30 Welcome Ambassador Committee Meeting (2nd) 6:30 Pinochle Players Club (3rd)	15 9:30 Shopping Trip: Dollar Tree/Aldi's**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Bingo (DR) 3:00 Ed-U Presentation: <i>Life in Australia</i> With PP Resident, Roger Cotterill (3rd) 6:30 Scrabble (1st)	16 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) 1:30 Circle of Friends (SR) 2:30 Manicures & Mocktails (3rd) 4:00 Destination Discovery Dinner: Tastes of Australia (DR) 6:30 Dominoes (1st)	17 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) 2:30 Dining Service Committee Mtg. (3rd) 3:30 Destination Discovery: Australia: Didgeeridoo 101 (3rd) 6:30 Pinochle Players Club (3rd)	18 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 1:30 Dealing with Loss Support Group (SR) 2:00 Men's Club Matinee & Munchies: <i>The Guns of Navarone</i> (2nd) 3:00 Cooking Club: Fried Green Tomatoes With "Comeback Sauce" Café 6:30 Boggle (1st)	19 9:30 Stretch Exercise (2nd) 10:00 Community Outreach: <i>Prayer & Song</i> With Faith Church of Hazleton (3rd) 10:30 Garden Club: Vegetable Garden (C) 1:30 Today in History (2nd) 2:30 New Resident Root Beer Float Social (1st) 3:30 "Famous Michaels" Crossword Challenge (1st) 6:30 Rummikub (1st)
		20 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 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 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 "Campus Store" Cart (2nd) 2:30 Ed-U Health Demo: <i>Hair, Skin & Nail Health Awareness</i> By DOW, Danielle (2nd) 3:30 Destination Discovery: Australia: Aussie Slang (2nd) 6:30 Pinochle Players Club (3rd)	22 9:45 Retail Shopping: Boscov's**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:00 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 3:00 Hallway Bowling (3rd) 6:30 Scrabble (1st)	23 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Diner's Lunch Caravan: Outback Steakhouse**\$\$ (OOB) 1:30 Circle of Friends (SR) 2:30 Book Club (3rd) 3:30 Holistic Wellness Aromatherapy: Summer Lavender Infused Oil (2nd) 6:30 Dominoes (1st)	24 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 "Aqua" Painting (2nd) 1:30 Bingo (DR) 3:30 iN2L: Destination Discovery: Australia: Sydney Harbour Bridge (3rd) 6:00 Dementia Support Group (3rd) 6:30 Pinochle Players Club (3rd)	25 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 1:30 Dealing with Loss Support Group (SR) 2:30 Musical Entertainment By George Rittenhouse (DR) 3:30 Famous Birthday Spotlight: Sean Connery (1st) 6:30 Boggle (1st)	26 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable Garden (C) 1:30 Billiards Tournament (2nd) 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 Chair Zumba with Alyson Cara (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 9:30 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 iN2L: Destination Discovery: Australia: Uluru-Kata Tjuta National Park (2nd) 3:30 Cornhole Tournament (FP) 6:30 Pinochle Players Club (3rd)	29 9:45 Shopping Trip: Hobby Lobby**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:00 Dining Demo with Chef Ashley (DR) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)	30 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Hymn Sing (Ch) 1:30 Circle of Friends (SR) 2:30 Ed-U Live Reptile Demo By Cde Exotics (1st) 3:30 X-Bow Bowling: Residents vs. Staff (2nd) 6:30 Dominoes (1st)	31 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 Red or Black Card Game (2nd) 6:30 Pinochle Players Club (3rd)	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)	

August

2023