

# 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

The Grove would like to introduce our new Director of Wellness, Samantha Hubler. Samantha has been an LPN for 10 years with a background in skilled nursing and VA nursing. Samantha resides in Lykens with her husband Jordan and two young sons Bentley (3) and Hudson (6mo). Please stop in and meet Samantha!

The Grove is once again gearing up for our annual Summer Fiesta which will be August 5<sup>th</sup>. This will be open to residents, staff, and all families. A cookout with delicious food and great treats for the children will be available as well as a bounce house, dunk tank and many more fun filled activities. I heard that there will be a special guest in the dunk tank. I also heard that some staff will be singing.... Come out for a great time of fun and fellowship.

Please keep an eye out for information on our monthly Dementia Care Partner Support Group in the Connections Neighborhood at our Pottsville community. If you have any questions regarding this Support Group any member of our management team can assist you.

Sincerely,  
*Julie Wallace*  
Executive Director

## Highlighted Events

- 2 – **EdU Presentation:** Modern Mosaic Techniques @ 2pm
- 5 – **Summer Lovin' Beach Party** @ 11am – Families Welcome
- 15 – **Open Door Project:** Grands Matter @ 10:30am
- 16 – **Outing to Bill's Farmers Market** @ 11am
- 17 – **Resident Treasure Trove Display** @ 2pm
- 31 – **Dementia Support Group:** Pottsville campus @ 6pm

## Welcome New Residents

Carol B.  
Franklin B.  
George H.



Dimensions  
of Wellness

## Resident Birthdays

### August

Helen Miller  
Carol Tripp  
Robert Hohman  
Gerald Lightcap  
Anna D'Alessandro  
Ina Pijar  
Betty Stone

### September

Barbara Webber  
Joan Fede  
Frederick Lehr  
Dorothy Snell  
Raymond Yocum  
Douglas Koons




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	
		1 9:30 Balance In Action By Kari, Powerback Rehab (2F) 10:00 Adventure Club: California (2F) 10:30 The Gold Rush (2F) 11:00 Mother Teresa Program EWTN 49 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 Front Porch Trivia (FP) 6:00 Mosaic Art With Jess (2F)	2 9:30 Move2Music (2F) 10:30 Fireside Chat With ED Julie And Management Team (2F) 11:00 Resident Planning Committee (2F) 2:00 Ed-U Presentation: <i>Modern Mosaics Techniques</i> By Jess, CL Associate (2F) 3:30 Giant Crossword Puzzle (2F) 4:00 Scripture And Songs (2F) 6:00 Music And Mixed Drinks Social (1F)	3 9:30 Target Arms Exercise (2F) 10:00 World Briefs And Discuss (2F) 10:30 Famous August Birthdays (2F) 11:00 Market Run: Boyers **\$\$ (OOB) 2:00 Phase 10 Card Club (2F) 4:00 Confident Cruisers (WP) 6:00 Canasta Club (2F)	4 9:30 Core Strength Exercise (2F) 10:00 iN2L Learning: Health And Wellness (2F) 11:00 Confident Cruisers (WP) 2:00 Front Porch Game Day (FP) 3:30 Lemonade Cart (2F) 4:00 Sunny Days Word Search Puzzle (FP) 6:00 Game Of Uno (1F)	5 9:30 Gentle Moves (2F) 11:00 <i>Summer Loving Beach Party</i> For Family And Residents Starting With A Picnic Lunch Cool Off In The Dunk Tank, Have A Ball In The Bouncy House And Get Your Picture Taken With Elvis !!! (RP) 7:00 Wheel Of Fortune (1F) 8:00 Pennsylvania Polka (1F)	
	6 9:30 Whole Body Stretch (2F) 10:00 Moments From The Bible (2F) 10:30 Portals Of Prayer (2F) 12:00 Wine And Dine (DR) 2:00 Church Of God Service (2F) 3:00 Fellowship Hour (2F) 4:00 Confident Cruisers (2F) 6:00 Music And Mindful Colors (1F)	7 9:30 Target Legs Exercise (2F) 10:00 Ted Talk: <i>Surprising Solutions To Oceans Plastic</i> By, American Physician David Katz (2F) 10:30 Mass With Chaplain Henninger (1F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Corn Hole Competition (FP)	8 9:30 Target Balance Exercise (2F) 10:00 Adventure Club: Napa Valley (2F) 10:30 Famous Stars Of The 40's (2F) 11:00 Mother Teresa Program EWTN 49 2:00 Wine Testing Social (2F) 4:00 Front Porch Trivia (FP) 6:00 Mosaic Art With Jess (2F)	9 9:30 Move2Music (2F) 10:00 World News & Discuss (2F) 11:00 Diner's Caravan: O.I.P. **\$\$ (OOB) 2:00 Outdoor Strategy Games (FP) 3:00 Root Beer Floats (FP) 4:00 Scripture And Songs (2F) 6:00 Music And Mixed Drinks Social (1F)	10 9:30 Target Arms Exercise (2F) 10:00 World Briefs And Discuss (2F) 10:30 Finish The Words (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Craft N' Creations Club: Sunflower Painting (2F) 3:30 Helping Hands: Clean Up Crew (2F) 4:00 Confident Cruisers (WP) 6:00 Canasta Club (2F)	11 9:30 Core Strength Exercise (2F) 10:00 iN2L Learning: Lets Laugh Discussion (2F) 11:00 Confident Cruisers (WP) 2:00 Film Fest: <i>Overboard</i> (2F) 3:30 Popcorn And Soda Cart (2F) 4:00 Flee Market Crossword Puzzle (FP) 6:00 Game Of Uno (1F)	12 9:30 Gentle Moves (2F) 10:00 August Fact Or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F) 8:00 Pennsylvania Polka (1F)
	13 9:30 Whole Body Stretch (2F) 10:00 Moments From The Bible (2F) 10:30 Portals Of Prayer (2F) 12:00 Wine And Dine (DR) 2:00 Ed-U Presentation: <i>Scripture, Songs And Wisdom</i> By The Providence Place Players (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (2F) 6:00 Music And Mindful Colors (1F)	14 9:30 Target Legs Exercise (2F) 10:00 Reminisce: A Day In Your Life (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Scripture Of The Day EWTN 49 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Corn Hole Competition (FP)	15 9:30 Target Balance Exercise (2F) 10:00 Adventure Club: Yosemite National Park (2F) 10:30 Name The Actor (2F) 11:00 Mother Teresa Program EWTN 49 2:00 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 Front Porch Trivia (FP) 6:00 Mosaic Art With Jess (2F)	16 9:30 Move2Music (2F) 10:00 World News & Discuss (2F) 10:30 Humorous Short Stories (2F) 11:00 Trip To Bill's Farmer's Market **\$\$ (OOB) 2:00 Kitchen Crew: Fruit Dehydration (2F) 4:00 Scripture And Songs (2F) 6:00 Music And Mixed Drinks Social (1F)	17 9:30 Target Arms Exercise (2F) 10:00 Helping Hands: Set Up For Treasure Trove Displays (2F) 11:00 Antique Word Find Puzzle (2F) 2:00 Resident Treasure Trove Displays (2F) 4:00 Confident Cruisers (WP) 6:00 Canasta Club (2F)	18 9:30 Core Strength Exercise (2F) 10:00 iN2L Learning: Picture Prompts (2F) 11:00 Confident Cruisers (WP) 2:00 Ed-U Presentation: <i>Joyful Moments</i> By Celeste Bailey, Fitness Educator (2F) 3:30 Hydration Station: Vitamin Water (2F) 4:00 August Mining Puzzle (FP) 6:00 Game Of Uno (1F)	19 9:30 Gentle Moves (2F) 10:00 August Fact Or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F) 8:00 Pennsylvania Polka (1F)
	20 9:30 Whole Body Stretch (2F) 10:00 Moments From The Bible (2F) 10:30 Portals Of Prayer (2F) 12:00 Wine And Dine (DR) 2:00 Church Of God Service (2F) 3:00 Fellowship Hour (2F) 4:00 Confident Cruisers (2F) 6:00 Music And Mindful Colors (1F)	21 9:30 Target Legs Exercise (2F) 10:00 Reminisce: Wedding Day (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Scripture Of The Day EWTN 49 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Corn Hole Competition (FP)	22 9:30 Target Balance Exercise (2F) 10:00 Adventure Club: Sequoia National Park (2F) 10:30 Name The Actor (2F) 11:00 Mother Teresa Program EWTN 49 2:30 Ed-U Presentation: <i>Modern Crafting Technologies</i> By Bev Spittler (2F) 4:00 Front Porch Trivia (FP) 6:00 Mosaic Art With Jess (2F)	23 9:30 Move2Music (2F) 10:00 Community Outreach: Coupons For The Troops (1F) 10:30 Sweet Arrow Lake Picnic (OOB) 2:00 Jigsaw Puzzle Team (2F) 4:00 Scripture And Songs (2F) 6:00 Music And Mixed Drinks Social (1F)	24 9:30 Target Arms Exercise (2F) 10:00 World Briefs And Discuss (2F) 10:30 August Zodiac (2F) 11:00 Market Run: Boyers **\$\$ (OOB) 2:00 Phase 10 Card Club (2F) 4:00 Confident Cruisers (WP) 6:00 Canasta Club (2F)	25 9:30 Core Strength Exercise (2F) 10:00 History Of The USS Indianapolis (2F) 11:00 Confident Cruisers (WP) 2:00 Film Fest: <i>Jaws</i> (2F) 3:30 Popcorn And Soda Cart (2F) 4:00 Back to School Detective Puzzle (2F) 6:00 Game Of Uno (1F)	26 9:30 Gentle Moves (2F) 10:00 August Fact Or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F) 8:00 Pennsylvania Polka (1F)
	27 9:30 Whole Body Stretch (2F) 10:00 Moments From The Bible (2F) 10:30 Portals Of Prayer (2F) 12:00 Wine And Dine (DR) 2:00 iN2L: Catholic Service (2F) 3:00 iN2L: Methodist Service (2F) 4:00 Confident Cruisers (2F) 6:00 Music And Mindful Colors (1F)	28 9:30 Target Legs Exercise (2F) 10:00 Reminisce: Favorite Pets (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Scripture Of The Day EWTN 49 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Corn Hole Competition (FP)	29 9:30 Target Balance Exercise (2F) 10:00 Adventure Club: Hearst Castle (2F) 10:30 American Castle Trivia (2F) 11:00 Mother Teresa Program EWTN 49 2:00 Grateful Drumming With Joe (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 Front Porch Trivia (FP) 6:00 Mosaic Art With Jess (2F)	30 9:30 Move2Music (2F) 10:00 Community Outreach: Coupons For The Troops (1F) 10:30 Reminisce: Farmers Markets (2F) 2:00 Kitchen Crew: Peach Pies (2F) 4:00 Scripture And Songs (2F) 6:00 Music And Mixed Drinks Social (1F)	31 9:30 Target Arms Exercise (2F) 10:00 World Briefs And Discuss (2F) 10:30 <i>Conch Cats Of Ernest Hemmingway Home And Museum</i> Program (2F) 11:00 Name That Cat Trivia (2F) 2:00 Puzzle Packs On The Patio (FP) 3:30 Snow Cone Treats (FP) 4:00 Confident Cruisers (WP) 6:00 Canasta Club (2F)	<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (L) Lobby (RP) Rear Patio (FP) Front Patio (WP) Walking Path	

# August 2023