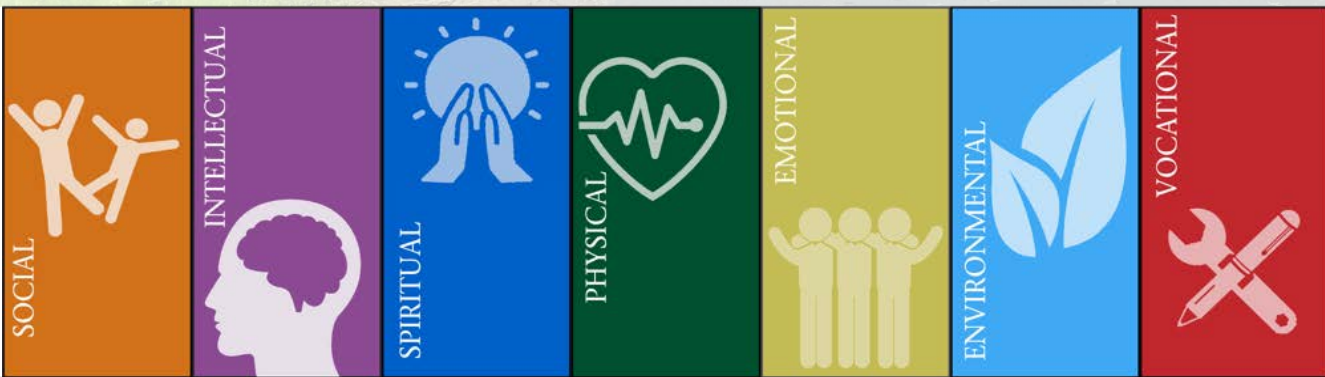


# Focus on Wellness

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!



Dimensions  
of Wellness

## Resident Birthdays

### August

Adele Llewellyn  
Nancy Reber  
Carol Benner  
John Budwash  
Jane DiCasimirro  
Marie Kilmer  
Alverna Havrilko  
John Lazarski  
Rosemary Czulada  
Paul Maurer  
Mollie Katchur

### September

Geraldine Delinko  
Rosemarie Noon  
Sang O'Reilly  
Agnes Leffler  
Clara Mason  
Joanne Kinder  
Gladys Bachman  
Anna Upton  
Martha Kenney  
James Smith

Audrey Serrian  
Elizabeth Lavenberg  
Lee Miller  
Janet Merryfield

Q3: August 2023

## A Note from the Executive Director

As summer is starting to wind down, our residents are thoroughly enjoying their time outside. We had a great time our 4<sup>th</sup> of July and stay tuned for details for our Labor Day festivities and our End Of Summer Block Party on 9/10.

Please continue to join us for our Summer Concert Series, with our last one on August 17<sup>th</sup>! Simply BYOC (bring your own chair) – the rest is on us ☺

Over the next couple months, Connections Neighborhood Terrace will be getting painted and we will be getting a new floor in the dining room. Please pardon our mess while we keep our campus fresh for everyone.

As always, myself and my team are always available for comments, ideas or concerns.

Best,

*Melissa Melnick*

*Executive Director*

## Highlighted Events

- 9 – **Pet Parade** @ 2pm
- 10 – **EdU Presentation:** The Pottsville Maroons @ 3pm
- 15 – **Souper Tuesday Luncheon** @ 12pm
- 16 – **Fireside Chat** @ 2pm
- 17 – **Summer Concert Series** @ 7pm
- 22 – **Men's Group:** Sweet Arrow Lake Outing @ 2pm
- 24 – **Hollywood Casino** @ 11am

## Welcome New Residents

Gay T.  
Beverly Z.  
Martha K.  
Elias B.  
John L.  
Marie G.  
Maryann L.  
Dolores M.  
Joseph M.  
John R.  
Dorothy B.  
Rosemary M.  
Alan P.  
Barbara P.  
Elizabeth D.  
Joan D.




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 9:00 Brain Games: Word Play (ML) 10:30 Balloon Volleyball (P) 11:00 Helping Hands: Setting up Luncheon (P) 12:00 Souper Tuesday Luncheon: Basil Zucchini Soup **(P) 2:00 Dining Committee Meeting (P) 2:00-4:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$\$ (P)	2 9:00 Coffee, Donuts, & Daily News (P) 10:30 Lite & Lively (P) 1:30 Book Club (P) 2:00 Acrylic Paint Class with Shannon **(P) 2:30 Helping Hands: Setting Up Social (P) 3:00 Ice Cream Sandwich Social Hour (P) 6:00 Birthday Club (P)	3 9:00 Walking Club (ML) 10:30 Errand Run: Banks & Post Office **\$(OOB) 1:00 Shopping Trip: Walmart **\$(OOB) 2:00 Brain Games: Word Hive (P) 3:30 Community Life Planning Meeting (P) 7:00 Gospel Singers (CH)	4 9:00 Green Thumb Club: Tending to the Plants (TB & 1FP) 10:30 Curls for Girls **(P) 1:30 Seated Zumba with Michele (P) 1:30-2:30 Traveling Store (ML) 3:00 Communion Service (CH) 3:30 Who, What, Where Game (P)	5 9:00 Color Me Creative (P) 10:30 Horse Racing (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: New Zealand with Lolly Cake (P)		
		6 9:00 Hymn Sing a Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Sunday Matinee: <i>The Best of Me</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	7 9:00 Brain Games: August Trivia (ML) 10:30 Seated Yoga with Michele (P) 1:30 Movie Buffs Club (P) 2:00 Sunshine Committee (P) 3:00 Communion Service (CH) 3:30 XBOX Bowling (P)	8 9:00 Walking Club (ML) 10:30 Golden Voices Choir (P) 1:30 Gratitude Club: Making the Dog Days of Summer Easier for Our Furry Friends (P) 2:00-4:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$\$ (P)	9 9:00 Coffee, Muffins, & Current Events (P) 10:00 Protestant Worship (CH) 10:30 Seated Motown Exercise Class (P) 2:00 Dog Days of Summer Pet Parade (P) 3:00 Dog Days of Summer Social Hour (P) 4:00 Helping Hands: Cleaning Up Social (P) 6:00 Crimson Academy Dancers (P)	10 9:00 Brain Games: Word Association (ML) 10:30 Silver Bell Ringers (P) 1:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 2:00 Welcome Committee (P) 3:00 Ed-U Presentation: <i>The Pottsville Maroons</i> by the Sch. County Historical Society (P) 5:30 Foodie Club: Dine in with Jake **(DR)	11 9:00 Walking Club (ML) 10:30 Cuisine Club: Honey Joys (P) 1:30 Seated Zumba with Michele (P) 1:30-2:30 Traveling Store (ML) 3:00 Mass & Confession with Father (CH) 3:30 Craft Corner: Outback Art (P)	12 9:00 Board Games: Connect 4 (P) 10:30 Auto Racing (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Book Lover's Bingo (P) 3:00 Vagabond Travelers: Kangaroo Valley with Honey Joys (P)
		13 9:00 Hymn Sing a Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Sunday Matinee: <i>Dear John</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	14 9:00 Walking Club (ML) 10:30 Seated Yoga with Michele (P) 1:30 Safety Club (P) 3:00 Communion Service (CH) 3:30 Wall Memory (P)	15 9:00 Brain Games: Word Within a Word (ML) 10:30 Keep Kicking Kickball (P) 11:00 Cuisine Club: Helping Prep for Luncheon (P) 12:00 Souper Tuesday Luncheon: Coriander Chicken Noodle Soup **(P) 2:00-4:00 Summer Glow Spa Treatment **(P) 6:00 Nickel Bingo \$\$ (P)	16 9:00 Coffee, Danish, & Discussion (P) 9:00 Shopping Trip: Walmart **\$(OOB) 10:30 Strength Training Exercise (P) 2:00 Fireside Chats with Management (P) 3:00 That's So Corny Social Hour (P) 4:00 Helping Hands: Cleaning Up Social (P) 6:00 Movie Night by the Movie Buffs Club (P)	17 11:00-1:00 Thrifting Swap (P) 2:00 Drum Circle with Joe (P) 3:00 Cuisine Club: Prepping Peaches (P) 7:00 Summer Concert Series: Rob & Marty with Peach Sundaes (P)	18 9:00 Green Thumb Club: Tending to the Plants (TB & FP) 10:30 Curls for Girls **(P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service (CH) 3:30 Wall Scrabble (P)	19 9:00 Card Games: War (P) 10:30 Punch Your Luck (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Traveling Through Sydney with Australian Sausage Rolls (P)
		20 9:00 Hymn Sing a Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Sunday Matinee: <i>Where the Crawdads Sing</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	21 9:00 Brain Games: Word Association (ML) 10:30 Seated Yoga with Michele (P) 2:00 Silver Foxes: Lazy Day of Fishing (1FP) 3:00 Communion Service (CH) 3:30 Plinko: 1920's (P)	22 9:00 Walking Club (ML) 10:30 Silver Bell Ringers (P) 2:00 Silver Foxes: Country Ride to Sweet Arrow Lake ** (OOB) 2:00-4:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$\$ (P)	23 9:00 Coffee, Current Events, & Coffee Cake (P) 10:00 Protestant Worship (CH) 10:30 Gentle Stretching & Meditation (P) 2:00 Entertainment: Jason Brauer, Concert Pianist (P) 3:00 Smore's Social Hour (P) 5:00 Cuisine Club: Packing Lunches (P) 6:00 Wheel of Fortune (P)	24 9:00 Brain Games: Movie Trivia (ML) 10:30 Golden Voices Choir (P) 11:00 Day Excursion: Hollywood Casino **\$(OOB) 2:00 Virtual Tour of Reading Museum (P) 3:00 Outback Flora & Fauna Scavenger Hunt (P) 6:00 Ice Cream Run: Dairy Queen **\$(OOB)	25 9:00 Walking Club (ML) 10:30 Cuisine Club: Making Cherry Ripe Slice (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service (CH) 3:30 Craft Corner: Scented Summer Cooling Spray (P)	26 9:00 Word Puzzles & Brain Teasers (P) 10:30 Po-Ke-No (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Diving the Great Barrier Reef with Cherry Ripe Slices (P)
		27 9:00 Hymn Sing a Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 12:00 Wine & Dine (DR) 1:00 Sunday Matinee: <i>Still Alice</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	28 9:00 Walking Club (ML) 10:30 Seated Yoga with Michele (P) 2:00 Operation Boots on the Ground Committee Meeting (P) 3:00 Communion Service (CH) 3:30 Cornhole (P)	29 9:00 Brain Games: Pictionary (ML) 10:30 Balloon Volleyball (P) 1:00 Pet Visit (P) 2:00 Birthday Club: Making a Birthday Cake (P) 2:00-4:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$\$ (P)	30 9:00 Coffee, International Pastries, & World Wide Headlines (P) 10:30 Seated Total Body Workout (P) 2:00 Ed-U Presentation: <i>History of Local Author John O'Hara</i> by Sch. Co. Historical Society (P) 3:00 Outback Oasis Social Hour (P) 4:00 Helping Hands: Cleaning Up Social (P) 6:00 Jeopardy (P)	31 9:00 Walking Club (ML) 11:00 Foodie Club: Dining Out **\$(OOB) 2:00 Ed-Wellness: <i>Bladder Health &amp; Incontinence</i> by Brittany Gaffney LPN, DOW (P) 3:30 Ed-U Presentation: <i>PA Dutch Folk Medicine</i> with Porcupine Pat (P) 5:00 Resident Birthday Dinner (P)	<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved CH Chapel 1FP 1st Floor Patio P Pub PL Parking Lot ML Main Lobby TB Throughout Building  <h1>August</h1> <h1>2023</h1>	