

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!



Resident Birthdays

July

Mary Isenberg
Jane Tyson
Barbara Lawrence
Nada Kennedy
Dorothy Harris
Leevester Taylor
Theresa Kuhna
Chester Garman
Jean Stambaugh

August

Sarah Pryor
Shirley Shilling
Elizabeth McCoy
Agnes Maurello
Helen Wenger
Susan Downin
Benjamin Davis

Paul Nicarry
Marion King
Peggy Gsell
Lydia Baker
Agnes Peden
Mary Emmons
Jean Wengert
Dorothy Davis
Rosemary Sheridan
Shirley St. Clair

Alice Davis
Mary Mathias
Anne Marie Hickey
Susan McCarl
Amy Keifman
John Hazlinsky
Dorothy Paylor

September

Lois Garman
Karen Boyd
Betty Fogelsanger
Guy Musick
Sally Ann McCleary
Virginia Federhoof
Earl Robinson
Joann Bachtell
Leon McIntyre
William Brindle
K Lorraine Shaffer
Bonita Mearkle
Stephen Martin
Robert Eslinger
LeVaun Stouffer



Providence Place SENIOR LIVING News

Q3: July 2024

A Note from the Executive Director

Thank you to everyone who joined us for our Father's Day festivities and our Spring Family Meeting - we love seeing all of the families and friends in our community.

As we step into summer, be sure to stay cool while walking the nature path and enjoying the patios and scenic areas around the campus.

Please join us for our upcoming Fourth of July festivities or our Picnic at Caledonia State Park on the 24th.

As always, if you have any questions or concerns throughout the month, please reach out anytime.

Cheers to summer,

Holly Townsend
Executive Director

Highlighted Events

- 4 - **Fireworks** @ 8:30pm
- 6 - **Outing to Jim's Farmer's Market** @ 11am
- 16- **Outing to Gettysburg Battlefields and lunch** @ 10am
- 21- **Outing to Totem Pole Playhouse:** Tuesdays with Morrie @ 1pm
- 31 - **Co-worker vs. Resident Jeopardy** @ 2pm

Welcome New Residents

Doris S.
John W.
Samuel W.
Donna G.
Helen W.
Helen B.




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
<h1>July</h1> <h1>2024</h1>	1	2	3	4	5	6
	9:00 Light & Lively Exercise (3E) 9:30 Who, What, Where? Who Am I? (L) 10:00 Community Life Planning Mtg. (P) 1:30 Balance & Action (3E) 2:00 Nickel Bingo \$\$ (2A) 3:00 Documentary: <i>Betsy Ross A Life Sewn in Myth</i> with Marla Miller (2A) 6:00 Resident Run Blitz (2A)	9:00 Sit & Be Fit Exercise (3E) 9:30 Shopping Trip: Walmart ***\$(OOB) 10:00 Circle of Friends w/ Chap Rick (PDR) 1:30 Acrylic Canvas Paintings (C) 2:00 Contagious Living Life Chats with Chaplain Rick (2A) 3:00 2024 1/2 Mid Year Social Mixer (P) 6:00 Card Club: Dealer's Choice (2A)	9:00 Seated Weights with Leah (3E) 10:00 Design Club: Independence Day (P) 2:00 <i>Tragedies Suffered by Those Who Signed the Declaration of Independence</i> With Jane T. (P) 3:00 Design Your Own Providence Place Flag (C) 4:30 Dinner on the Deck **(P) 6:00 Resident Run Sequence (2A)	9:00 Balloon Ball Exercise (3E) 10:00 Special Edition Prize Bingo (2A) 2:00 Worship Service with Guest Sharon Weisser (2A) 3:00 Bomb Pop Social (P) 8:30 Viewing Memorial Park Fireworks From the Deck (PD) Independence Day	9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Community Service: Removal of the American Flags (FL) 1:30 Balance & Action (3E) 2:00 Independence Day Trivia (P) 3:00 Never Have I Ever with Chips and Dips (P) 6:00 Movie & Popcorn: <i>Born on the Fourth of July</i> (3A)	9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops (C) 10:00 Snack Cake Bingo with Jen (2A) 11:00 Local Fares: Jims Farmers Market***\$(OOB) 2:00 Movie Matinee: 1776 (3A) 3:00 Game Club: Scrabble (C) 6:00 Card Club: Rummy (2A)
	7	8	9	10	11	12
9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Polish and Paint Nail Service (BL) 11:30 Wine and Dine (DR) 2:00 Worship Service with David And Anna Lee Kopp (2A) 3:00 Musical Entertainment Featuring Bryan Herber (2A) 6:00 Resident Run Pinochle (3A)	9:00 Light & Lively Exercise (3E) 10:00 Birthday Gang Committee Mtg. (L) 1:30 Balance & Action (3E) 2:00 Kindly Canines (Building Wide) 2:00 Prize Bingo (2A) 3:00 Documentary: <i>Top 15 Places to Visit in Pennsylvania</i> (2A) 6:00 Resident Run Blitz (2A)	9:00 Sit & Be Fit Exercise (3E) 9:30 Shopping Trip: Goodwill***\$(OOB) 10:00 Circle of Friends w/Chap Rick (PDR) 11:30 Franklin County Library Bookmobile (LD) 1:30 Acrylic Canvas Paintings (C) 2:00 Contagious Living Life Chats with Chaplain Rick (2A) 3:00 Pennsylvania Trivia (P) 6:00 Card Club: Dealer's Choice (2A)	9:00 Seated Weights with Leah (3E) 10:00 Dining Committee Meeting (2A) 1:30 Musical Entertainment Featuring Jessica Snyder (2A) 3:00 Our Journey Together with Chaplain Rick (2A) 4:30 Dinner on the Deck **(P) 6:00 Resident Run Sequence (2A)	9:00 Yoga with Beth (3E) 10:00 Media Class with Leah (P) 10:00 Garden Club (FL) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:00 Wii Bowling League (3E)	9:00 Light & Lively Exercise (3E) 10:00 Providence Place Chambersburg Antique Road Show (2A) 1:30 Balance & Action (3E) 2:00 Catholic Mass with Corpus Christi Catholic Church (2A) 3:00 Celebrating National Frankfurter Day With Trivia & Lil' Smokies (P) 6:00 Movie & Popcorn: <i>Queen Bees</i> (3A)	9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops(C) 10:00 Nickel Bingo \$(2A) 1:30 Stair Stepper Exercise (3E) 2:00 Local Fares: Rita's Italian Ice ***\$(OOB) 3:00 Game Club: Scrabble (C) 6:00 Card Club: Rummy (2A)
	14	15	16	17	18	19
9:00 Light & Lively Exercise (3E) 9:30 Trivia Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:00 Resident Run Pinochle (3A)	9:00 Light & Lively Exercise (3E) 9:30 Who, What, Where? Who Am I? (L) 10:00 Resident Safety Cmt. Mtg. (2A) 1:30 Balance & Action (3E) 2:00 Prize Bingo (2A) 3:00 Documentary: <i>Royal Christmas in Germany, 1907-Holiday Traditions</i> (2A) 6:00 Resident Run Blitz (2A)	9:00 Sit & Be Fit Exercise (3E) 10:00 Circle of Friends w/Chap Rick (PDR) 10:00 Destination Discovery: The Battlefields of Gettysburg & Lunch Out ***\$(OOB) 2:00 Contagious Living Life Chats with Chaplain Rick (2A) 6:00 Card Club: Dealer's Choice (2A)	9:00 Seated Weights with Leah (3E) 10:00 Appreciate & Thank Club: Goody Bags for Dining Dept. (C) 1:30 Blood Pressure Clinic (2A) 2:00 Community Meeting with Department Managers (2A) 3:00 Cooking Creation: Holiday Sugar Cookies (C) 4:30 Dinner on the Deck **(P) 6:00 Resident Run Sequence (2A)	9:00 Balloon Ball Exercise (3E) 10:00 Directional Dance with Leah (BL) 2:00 Celebration of Life (2A) 3:00 Appreciate & Thank Club: Gifting Dining Department Goody Bags (FL) 3:00 Bible Study (PDR) 6:00 Wii Bowling League (3E)	9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 1:00 Workout with Julie From Powerback Rehabilitation (3E) 2:00 Musical Entertainment Featuring Lee Moyer (2A) 3:00 Sugar Cookies, Hot Cocoa and Christmas Carols (P) 6:30 Movie & Popcorn: <i>Jailhouse Rock</i> (3A)	9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops (C) 10:00 Snowball Team Toss (2A) 1:30 Stair Stepper Exercise (3E) 2:00 Christmas in July Bingo (2A) 3:00 Game Club: Scrabble (C) 6:00 Card Club: Rummy (2A)
	21	22	23	24	25	26
9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordie Handout (L) 10:00 Polish and Paint Nail Service (BL) 1:00 <i>Tuesdays with Morrie</i> at The Totem Pole Playhouse ***\$(OOB) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:00 Resident Run Pinochle (3A)	9:00 Light & Lively Exercise (3E) 10:00 New Resident Ambassador Orientation (C) 1:30 Balance & Action (3E) 2:00 Prize Bingo (2A) 3:00 Documentary: <i>History's Worst Hurricanes-Code Red-Earth Stories</i> (2A) 6:00 Supporting Healthy Food Choices with Gayle B.(C)	9:00 Sit & Be Fit Exercise (3E) 10:00 Circle of Friends w/Chap Rick (PDR) 1:00 Nellie Fox Bowling ***\$(OOB) 1:30 Acrylic Canvas Paintings (C) 2:00 Contagious Living Life Chats with Chaplain Rick (2A) 3:00 Strawberry Fun Fact Trivia (P) 6:00 Card Club: Dealer's Choice (2A)	9:00 Seated Weights with Leah (3E) 10:00 Garden Club (FL) 11:00 Picnic At Caledonia State Park **(OOB) 2:00 Rosary with Corpus Christi Catholic Church (2A) 3:00 Men's Club: Axe Throwing (P) 4:30 Dinner on the Deck **(P) 6:30 Gospel Hymns with Spring Valley Mennonite Church (2A)	9:00 Balloon Ball Exercise (3E) 10:00 Media Class with Leah (P) 10:00 Garden Club (FL) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:00 Wii Bowling League (3E)	9:00 Light & Lively Exercise (3E) 10:00 Cooking Creation: Strawberry Shortcakes (C) 1:30 Balance & Action (3E) 2:00 Summer Olympic Kick Off (P) 3:00 Strawberry Shortcake Social (P) 6:00 Movie & Popcorn: <i>Les Miserables</i> (3A)	9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops(C) 10:00 Media Class with Leah (P) 11:30 Local Fares: Applebees***\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Game Club: Scrabble (C) 6:00 Card Club: Rummy (2A)
	28	29	30	31	<div style="display: flex; align-items: center; justify-content: center;">  </div>	
9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:00 Resident Run Pinochle (3A)	9:00 Light & Lively Exercise (3E) 9:30 Who, What, Where? Who Am I? (L) 10:00 Design & Plan: Fall Fest 2024 (P) 1:30 Balance & Action (3E) 2:00 Prize Bingo (2A) 3:00 Documentary: <i>How the 1936 Olympics Were Used to Unveil Nazism To The World</i> (2A) 6:00 Resident Run Blitz (2A)	9:00 Sit & Be Fit Exercise (3E) 9:30 Shopping Trip: Dollar Tree ***\$(OOB) 10:00 Circle of Friends w/ Chap Rick (PDR) 1:30 Acrylic Canvas Paintings (C) 2:00 Contagious Living Life Chats with Chaplain Rick (2A) 3:00 July Trivia (P) 6:00 Card Club: Dealer's Choice (2A)	9:00 Seated Weights with Leah (3E) 10:00 New Program Alert: Finish the Lyric (P) 2:00 Coworker Vs. Resident Jeopardy (2A) 3:00 Our Journey Together with Chaplain Rick (2A) 6:00 Musical Entertainment Featuring Leo Disanto (2A)	<p>Calendar Key: Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Back Lobby (BL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections (CN), Pub Deck (PD) Back Yard (BY) **Registration Required, \$\$ Cost Involved</p>		