

# 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

7 - Kenneth Pepper  
9 - Marian Moats  
10 - Jane Tyson  
11 - Barbara Lawrence  
12 - Nada Kennedy  
13 - Theresa Kuhna  
13 - Leevester Taylor  
15 - Chester Garman  
15 - Jean Stambaugh  
15 - Keith Shanholtz  
17 - Sarah Pryor

### August

21 - Shirley Shilling  
22 - Agnes Maurello  
24 - Helen Wenger  
25 - Doris Dull  
26 - Susan Downin  
27 - Benjamin Davis  
27 - Martha Sipos

4 - Paul Nicarry  
4 - Marion King  
5 - Peggy Gsell  
6 - Elizabeth Stewart  
10 - Lydia Baker  
12 - Agnes Peden  
12 - Robert Lunsford  
13 - Beverly Barnes  
14 - Jean Wengert  
14 - Jean Underwood  
14 - Dorothy Davis

### September

18 - Rosemary Sheridan  
19 - Ruth Killian  
24 - Mary Mathias  
24 - Shirley St. Clair  
24 - Alice Davis  
25 - Susan McCarl  
25 - Anne Marie Hickey  
30 - Dorothy Paylor  
31 - Clair Baker

1 - Terry Auvil  
1 - Lois Hoover  
4 - Lois Garman  
6 - Donald Duffey  
8 - Betty Fogelsanger  
8 - Karen Boyd  
9 - Sandra Bender  
10 - Elizabeth Hammaker  
12 - Virginia Federhoof  
13 - Earl Robinson  
17 - Joann Bachtell

17 - Leon McIntyre  
24 - Eleanora Duffey  
24 - Stephanie Coldsmith  
25 - William Brindle  
26 - K Lorraine Shaffer  
26 - Carolyn Rotz  
28 - Bonita Mearkle  
29 - Stephen Martin  
30 - LeVaun Stouffer  
30 - Betty Petrie



# Providence Place SENIOR LIVING News

Q3: July 2025

## A Note from the Executive Director

It has been wonderful seeing so many residents, family members and others utilizing our outdoor spaces and the walking trail. A quick reminder that call pendants are available at the receptionist desk to borrow during your walk. You can check one out from the receptionist if you feel safer having that while walking on campus and then return it upon completion of your walk.

Also, remember that there are benches, gazebos and picnic tables on our beautiful 17-acre property. If you are looking to host a gathering of friends or family members you can always reserve an indoor or outdoor space. Lorelei or Leah in Community Life can assist you in making reservations. Because this is your home and sometimes it is easier to bring the fun celebrations here to Providence Place rather than venturing out to areas that can be challenging if you have physical limitations!

I hope you are enjoying your summer thus far. Stay safe and stay healthy.

Best,

*Holly Townsend*  
Executive Director

## Highlighted Events

4 - **July 4th festivities + Fireworks**

8 - **Franklin County Bookmobile**  
@ 11am

9 - **Dementia Support Group**  
@ 6pm - *Connections*

16 - **Community Meeting** @ 2pm

Saturdays at 10am-  
**Personal Device/Technology Assistance**

## Welcome New Residents

Boyd Hey  
Doris Hey  
Cynthia Walker  
Betty Petrie  
Stephen Underwood  
Jean Underwood  
Ingrid Moynihan



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		
<div>THE</div> <div>Club</div>		1 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 10:30 Canada Day Worksheets (3A) 1:45 Craft with Connections: Patriotic Tye-Dye Napkins (CN) 2:00 Cool Off in the Courtyard (CN) 2:00 Premiering Entertainment with Eric Everett (2A) 3:00 Jingle Bells In July (3A) 6:00 Resident Run Rummikub (2A)	2 9:00 Morning Meeting & Fitness Flow (2A) 9:30 Daily Chronicle and Discussion (2A) 10:00 Shopping Trip: Walmart \$\$ (OOB) 10:00 New Zealand Worksheets (3A) 1:30 Day Excursion: Shippensburg Rita's (OOB) 2:00 4th of July Fireworks Show (CN) 3:00 Palette of Memories: Fun Sponge Fireworks (3A) 6:00 Resident Run Sequence (2A)	3 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Matching Sundaes Worksheet (3A) 1:45 Food Creation: Firecracker Float (CN) 2:30 Star-Spangled Sundae Bash (CN) 3:00 Bloom and Grow Club (PD) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)	4 Independence Day 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Let Freedom Ring Worksheet (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Aim For the Stars (2A) 3:00 Banana Ice Cream Sundae (P) 6:00 Movie & Popcorn: <i>Attack on the Iron Coast</i> (3A) 9:00 Memorial Park Fireworks (Pub Deck)	5 9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 10:00 TV Sitcom Comedy Hour: Resident's Choice (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Matching Club: Uno (3A) 3:00 Hydration and Finishing the Lines (P) 6:00 Card Club: Rummy (2A)		
		6 9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Teamwork Toss: Cornhole (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Matching Dominos (3A) 6:00 Resident Run Pinochle (3A)	7 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Imagery Fitness (3A) 2:00 Prize Bingo (3A) 3:00 Curious Minds: <i>Hurricane Dorian Gathering Storm</i> (3A) 6:00 Resident Run Blitz (2A)	8 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Mixed-Up Summer Worksheet (3A) 1:45 Craft with Connections: Whimsical Windchimes (CN) 2:30 Refreshment with Friends (CN) 3:00 Can You Picture This? (3A) 6:00 Resident Run Rummikub (2A)	9 9:00 Morning Meeting & Fitness Flow (2A) 10:00 Shopping Trip: Giant \$\$ (OOB) 10:00 Dinning Committee Meeting (2A) 1:30 Day Excursion: July Joyride (OOB) 2:00 World Famous Island Of Garden (CN) 3:00 Compound Your Memory (3A) 6:00 Dementia Care Partner Support Group (CN) 6:00 Resident Run Sequence (2A)	10 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 A-Mazing Worksheets (3A) 1:45 Food Creation: Oreo Ice Box Cake (CN) 2:30 The Cool Cookie Soirée (CN) 3:00 Bloom and Grow Club (PD) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)	11 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Providence Place Chambersburg Antique Road Show (2A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Catholic Mass with Corpus Christi Catholic Church (2A) 2:00 Aromatherapy and Nails (3A) 3:00 Reader's Theater: <i>Cacao Magico</i> (3A) 6:00 Movie & Popcorn: <i>Shall We Dance?</i> (3A)	12 9:00 Morning Meeting & Sunrise Zen (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Linda's Movie Matinee: <i>Bonnie and Clyde</i> (3A) 2:00 Dot to Dot (P) 3:00 Matching Club: The Uzzle (3A) 6:00 Card Club: Rummy (2A)
		13 9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Teamwork Toss: Horseshoes (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: My 2 Cents (3A) 6:00 Resident Run Pinochle (3A)	14 9:00 Yoga with Beth (3E) 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Prize Bingo (3A) 1:30 Kindly Canines (Building Wide) 2:00 Woodcrafts with Amber ** ( C ) 3:00 Curious Minds: <i>Deadly Disasters—Blizzards</i> (3A) 6:00 Resident Run Blitz (2A)	15 9:00 Morning Meeting Flex & Stretch (3A) 10:00 Working with Letters (3A) 1:30 Day Excursion: Windy Knolls (OOB) 2:00 Craft with Connections: Summertime Sun Prints (CN) 2:30 Cool Off in the Courtyard (CN) 3:00 Celebrating Chester's Birthday (3A) 6:00 Resident Run Rummikub (2A) 6:00 Wii Bowling for Beginners (3E)	16 9:00 Morning Meeting & Fitness Flow (3A) 10:00 Shopping Trip: Dollar Tree \$\$ (OOB) 10:00 Resident Calander Meeting (3A) 10:30 Table Topics (3A) 1:30 Blood Pressure Clinic (2A) 2:00 Community Meeting with Department Managers (2A) 3:00 Photographic Memory (3A) 6:00 Resident Run Sequence (2A)	17 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 FLINT Categories (3A) 1:30 Walk and Stroll Club (HW) 2:00 Celebration of Life (2A) 3:00 Bloom and Grow Club (PD) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Musical Entertainment Featuring One Man Marching Band, Nick Disanto (2A)	18 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:00 Workout with Julie From Powerback Rehabilitation (3E) 1:30 Walk and Stroll Mail Check (MR) 2:00 Book Club: <i>The Grayling Homestead</i> (3A) 3:00 New Neighbor Welcome Hour (P) 6:00 Movie & Popcorn: <i>The Quiet Man</i> (3A)	19 9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 10:00 TV Sitcom Comedy Hour: Resident's Choice (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Matching Club: Uno (3A) 3:00 My Scrapbook Story (3A) 6:00 Card Club: Rummy (2A)
		20 9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Teamwork Toss: Skee Ball (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Po-Ke-No (3A) 6:00 Resident Run Pinochle (3A)	21 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Imagery Fitness (3A) 2:00 Prize Bingo (3A) 3:00 Curious Minds: <i>2004 Terror in Thailand</i> (3A) 6:00 Resident Run Blitz (2A)	22 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Ready 'For" It Worksheets (3A) 1:45 Craft with Connections: Wooden Watermelon Coasters (CN) 2:30 Refreshments with Friends (CN) 3:00 Men's Club: Motorcycle Ride Worksheet (3A) 6:00 Resident Run Rummikub (2A)	23 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Shopping Trip: TJ Max \$\$ (OOB) 10:00 CREAM Categories (3A) 1:30 Day Excursion: Summer Breeze Bus Bash (OOB) 2:00 Wonders of Planet Earth (CN) 3:00 Summer Guess the Word (3A) 6:00 Front Porch Sitting (FP) 6:30 Gospel Hymns with Spring Valley Mennonite Church (2A)	24 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 July IQ (3A) 1:45 Food Creation: Banana Split (CN) 2:30 July Banana Bonanza Bash (CN) 3:00 Bloom and Grow Club (PD) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)	25 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Celebrating Doris's Birthday (3A) 3:00 Fact or Fiction with Chips & Salsa (P) 6:00 Movie & Popcorn: <i>The Sacketts</i> (3A)	26 9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Matching Club: The Uzzle (3A) 3:00 Which Picture Fits Here (3A) 6:00 Card Club: Rummy (2A)
		27 9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Teamwork Toss: Bowling (3A) 10:00 Communion with Corpus Christi Church (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Kerplunk (3A) 6:00 Resident Run Pinochle (3A)	28 9:00 Yoga with Beth (3E) 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Memory Magic (3A) 1:30 Imagery Fitness (3A) 2:00 Prize Bingo (3A) 3:00 Curious Minds: <i>100 Facts About Dogs That Will Surprise You</i> (3A) 6:00 Resident Run Blitz (2A)	29 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Cranium Crunches (3A) 1:45 Craft with Connections: Suds & Science (CN) 2:30 Bubbly Beverages (CN) 3:00 Jeopardy Trivia (3A) 6:00 Resident Run Rummikub (2A) 6:00 Wii Bowling for Beginners (3E)	30 9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Shopping Trip: Target \$\$ (OOB) 10:00 Junk Drawer Detective (3A) 1:30 Day Excursion: Buskers in the Bramble (OOB) 2:00 Secret Lives of Hummingbirds (CN) 3:00 What's the Scoop? (3A) 6:00 Resident Run Sequence (2A)	31 9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 You Can Puzzle Too (3A) 1:45 Food Creation: Fruit Cones (CN) 2:30 Summer Citrus Cone Social (CN) 3:00 Bloom and Grow Club (PD) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)	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), Front Lobby (FL), Building Wide (BW) **Registration Required, \$\$ Cost Involved	
<div>July</div> <div>2025</div>								