# Focus on (1)ellness

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

27 - Randi Stetz

28 - Betty Sardella

### July

3 - Joseph Giansanta 5 - Sara Waslick 7 - Michael D'Orazio 10 - Richard Pollard 11 - Constance Warr 21 - John Hilson 27 - Maryanna Kropp 27 - Theresa Chenosky 31 - Loretta Demito

## August

5 - Pauline Timcho 7 - Horace Troxel 9 - Dorothy Watson 12 - Diane Edmunds 14 - Margueritta Mackey 14 - Laura Black 17 - Eileen Werst 21 - Dorothy Schmidt 22 - Marie Innaurato

September

1 - James Diccianni 26 - Beverly Berlin 3 - Rita Vitale 26 - Susan Garifallou 19 - Diane Kenworthy 25 - Vivian Coscia 28 - Arlene Hanlon 26 - Bruce Summerfield 29 - Jose Garcia



## A Note from the Executive Director

One of the goals of Providence Place is to continually grow, improve and provide high standards of care and quality of life for your loved ones. As a part of this commitment, we've been working on some important cultural changes within our community--changes that are designed to strengthen our teamwork, reinforce accountability and support a more consistent and resident-centered environment.

We recognize that change, even when it's positive and necessary, can be challenging. People respond to change in different ways, and the process of adapting takes time, patience, and compassion. For some, it is an opportunity to grow and thrive; for others, it can feel uncomfortable or uncertain.

Thank you to everyone who joined us for our Sock Hop and for the moments of joy, laughter and togetherness. I am grateful to be here, and a part of the Providence Place family and I am thankful for you and the journey we have been on together in the last few months.

As always, I am willing to hear feedback on what you'd like to see more of in our community and our communications.

Thank you for committing to partner together,

Kellee Silhan Executive Director



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

**O3: July 2025** 

Highlighted Events

**3 - Outing to Scoop Deville** @1:30pm Welcome New Resident Happy **Hour** @ 3:30pm 17 - Community Meeting @ 2:30pm 22 - Outing to Reading Phillies Game @ 12:30pm 24 - Cooking Demo + Dining Committee @ 2:30pm 26 - Outing to Our Town Alley Bowling @ 1pm

#### **Destination Discoveries:**

Every Thursday @ 10:30am

Welcome New Residents

Helga Rutledge Elizabeth McGowan James McFarlane

SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	Friday	SATURDAY
Comn	unity Life	1 9:30 Sit and Be Fit Exercises (CR) 10:00 Shopping Trip: Worthwhile Thrift **\$\$ (OOB) 10:00 Rummikub (P) 11:00 Ed-U: <i>History of Cananda Day</i> (T) 1:30 W.O.W. Bookmobile (OOB) 2:30 Circle of Friends with Chaplain Nichole (T) 3:30 Catholic Mass with St. Eleanor's (CR) 3:30 Happy Hour (P) 6:00 Pool Tournament (OL)	2 9:30 Sit and Be Fit Exercises (CR) 10:00 Rosary with St. Eleanor's (T) 10:00 Patriotic Word Search (P) 11:00 Yahtzee (P) 1:30 Mid-Week Service with Chaplain Nichole (CR) 2:30 Penny Pokeno (AR) 2:30 Make-A-Word (T) 3:30 Comedy Hour (T) 6:00 The Providence Gem's Club (AR)	3 9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 10:30 Destination Discovery: Washington DC (T) 11:00 Dominoes (P) 1:30 Trip to Scoop Deville **\$\$ (OOB) 2:30 Community Life Meeting with Joe (AR) 3:30 Welcome New Residents Happy Hour with Bob Hamel (P) 6:00 Nickel Bingo \$\$ with Marlene (AR)	4 9:30 Sit and Be Fit Exercises (CR) 10:00 Manicures with Barb (P) 10:30 Patriotic Sing-Along (P) 11:00 Rummikub (P) 1:30 Red, White & Blue Bingo (AR) 2:30 Movie Matinee: <i>The Music Man</i> (T) 3:30 Red White & Blue Pops (BP) 6:00 Friday Evening Shabbat (T) Independence Day	5 9:30 Sit and Be Fit Exercises (CR) 10:00 In the News with Joe (T) 10:30 Card Games (P) 1:30 Candy Bingo (CR) 2:30 Movie Matinee: <i>Hamilton</i> (T) 3:30 Back Porch Games with Refreshments (BP) 4:00 Green Thumbs Club (AR) 6:00 Independent Games (P)
6 9:30 Sit and Be Fit Exercises (CR) 10:00 Coffee & Conversation (P) 10:30 Livestream Catholic Mass (T) 11:00 Dominoes (P) 1:30 Ecumenical Worship Service & Communion with Chaplain Nichole (CR) 2:30 Name That Tune (CR) 3:30 Lemonade Social (BP) 6:00 Board Games (P)	7 9:30 Sit and Be Fit Exercises (CR) 10:00 Community Crossword Puzzle (AR) 11:00 Library Committee (L) 11:00 Romeo's Dine-Out Choice**\$\$ (OOB) 1:30 Comfort Caring Canine Visit with Cash (P) 1:30 Bible Study with Chaplain Nichole (T) 2:30 Music & Meditation with Nadine (P) 3:30 Candy Bingo (AR) 6:00 Shuffleboard (AR)	8 9:30 Sit and Be Fit Exercises (CR) 10:00 Shopping Trip: World Market **\$\$ (OOB) 10:00 Rummikub (P) 11:00 Ed-U: Boston Tea Party (T) 1:30 Knitting Club (AR) 2:30 Circle of Friends with Chaplain Nichole (T) 3:30 Happy Hour (P) 6:00 Pool Tournament (OL)	<ul> <li>9:30 Sit and Be Fit Exercises (CR)</li> <li>10:00 Rosary with St. Eleanor's (T)</li> <li>10:00 1970's Trivia (P)</li> <li>11:00 Rummy 500 (P)</li> <li>1:30 Mid-Week Service with Chaplain Nichole (CR)</li> <li>2:30 Penny Pokeno (AR)</li> <li>2:30 Make-A-Word (T)</li> <li>3:30 Learn How to Play Pool (OL)</li> <li>6:00 The Providence Gem's Club (AR)</li> </ul>	10 9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 10:30 Destination Discovery: Boston (T) 11:00 Dine Out: UNO's Chicago Grill **\$\$ (OOB) 1:30 Jeopardy (T) 2:30 Back Porch Chat (BP) 3:30 Picture This Happy Hour (P) 6:00 Nickel Bingo \$\$ with Marlene (AR)	11 9:30 Sit and Be Fit Exercises (CR) 10:00 In the News with Joe (T) 10:00 Word Search & Coffee (P) 11:00 Sunshine Club (AR) 1:30 Rummikub (P) 2:30 Providence Player's Drama Club (T) 3:30 Entertainment Featuring Ken Peirson (P) 6:00 Friday Evening Shabbat (T)	12 9:30 Sit and Be Fit Exercises (CR) 10:00 Manicures with Marisa (AR) 10:30 Card Games (P) 1:30 Candy Bingo (AR) 2:30 Movie Matinee: <i>Mission Impossible Dead Reckoning</i> (T) 3:30 Back Porch Games with Refreshments (BP) 4:00 Green Thumbs Club (AR) 6:00 Independent Games (P)
13 9:30 Sit and Be Fit Exercises (CR) 10:00 Coffee & Conversation (P) 10:30 Livestream Catholic Mass (T) 11:00 Dominoes (P) 1:30 Ecumenical Worship Service with Evansburg Church (CR) 2:30 Name That Tune (CR) 3:30 Back Porch Social (BP) 6:00 Board Games (P)	14 9:30 Sit and Be Fit Exercises (CR) 10:00 Community Crossword Puzzle (AR) 11:00 Library Committee (L) 1:30 Comfort Caring Canine Visit with Cash (P) 1:30 Bible Study with Chaplain Nichole (T) 2:30 Music & Meditation with Nadine (P) 3:30 Candy Bingo (AR) 6:00 Shuffleboard (AR)	15 9:30 Sit and Be Fit Exercises (CR) 10:00 Shopping Trip: Redner's **\$\$ (OOB) 10:00 Rummikub (P) 11:00 Ed-U: Valley Forge Park (T) 1:30 W.O.W. Bookmobile (OOB) 1:30 W.O.W. Bookmobile (OOB) 1:30 Knitting Club (AR) 2:30 Circle of Friends with Chaplain Nichole (T) 3:30 Happy Hour (P) 6:00 Pool Tournament (OL)	<ul> <li>5</li> <li>9:30 Sit and Be Fit Exercises (CR)</li> <li>10:00 Rosary with St. Eleanor's (T)</li> <li>10:00 Name That Tune (P)</li> <li>11:00 UNO (P)</li> <li>1:30 Mid-Week Service with Chaplain Nichole (CR)</li> <li>2:30 Penny Pokeno (AR)</li> <li>2:30 Make-A-Word (T)</li> <li>3:30 Billiards (OL)</li> <li>6:00 The Providence Gem's Club (AR)</li> </ul>	17 9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 10:30 Destination Discovery: Atlanta (T) 11:00 Movie & Dine-Out: Movie Tavern: <i>Superman</i> **\$\$ (OOB) 1:30 Rummikub (P) 2:30 Community Meeting with Kellee (CR) 3:30 Happy Hour (P) 6:00 Nickel Bingo with Marlene \$\$ (AR)	18 9:30 Sit and Be Fit Exercises (CR) 10:00 Manicures with Marisa (AR) 10:00 Word Search & Coffee (P) 11:00 Sunshine Club (AR) 1:30 Rummikub (P) 2:30 Providence Players Drama Club (T) 3:30 Entertainment Featuring Terry Kane (P) 6:00 Friday Evening Shabbat (T)	19 9:30 Sit and Be Fit Exercises (CR) 10:00 In the News with Joe (T) 10:30 Card Games (P) 1:30 Candy Bingo (AR) 2:30 Movie Matinee: <i>The Long Game</i> (T) 3:30 Back Porch Games with Refreshments (BP) 4:00 Green Thumbs Club (AR) 6:00 Independent Games (P)
20 9:30 Sit and Be Fit Exercises (CR) 10:00 Coffee & Conversation (P) 10:30 Livestream Catholic Mass (T) 11:00 Dominoes (P) 1:30 Ecumenical Worship Service with Chaplain Nichole (CR) 2:30 Name That Tune (CR) 3:30 Lemonade Social (BP) 6:00 Board Games (P)	21 9:30 Sit and Be Fit Exercises (CR) 10:00 Community Crossword Puzzle (AR) 11:00 Library Committee (L) 1:30 Comfort Caring Canine Visit with Cash (P) 1:30 Bible Study with Chaplain Nichole (T) 2:30 Music & Meditation with Nadine (P) 3:30 Candy Bingo (AR) 6:00 Shuffleboard (AR)	22 9:30 Sit and Be Fit Exercises (CR) 10:00 Rummikub (P) 10:30 Trip to Reading Fightin' Phillies Baseball Game **\$\$ (OOB) 11:00 Ed-U: Francis Scott Key (T) 1:30 Knitting Club (AR) 2:30 Circle of Friends with Chaplain Nichole (T) 3:30 Happy Hour (P) 6:00 Pool Tournament (OL)	<ul> <li>2</li> <li>9:30 Sit and Be Fit Exercises (CR)</li> <li>10:00 Rosary with St. Eleanor's (T)</li> <li>10:00 Name That Tune (P)</li> <li>11:00 RACKO (P)</li> <li>1:30 Mid-Week Service with Chaplain Nichole (CR)</li> <li>2:30 Penny Pokeno (AR)</li> <li>2:30 Make-A-Word (T)</li> <li>3:30 Billiards (OL)</li> <li>4:00 Juliets Dine-Out Choice **\$\$ (OOB)</li> </ul>	24 9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 10:30 Destination Discovery: Baltimore (T) 11:00 Dine Out: The Cage **\$\$ (OOB) 1:30 Rummikub (P) 2:30 Dining Committee & Cooking Demo (AR) 3:30 Solve the Mystery Happy Hour (P) 6:00 Nickel Bingo with Marlene \$\$ (AR)	25 9:30 Sit and Be Fit Exercises (CR) 10:00 In the News with Joe (T) 10:00 Word Search & Coffee (P) 11:00 Sunshine Club (AR) 1:30 Rummikub (P) 2:30 Providence Players Drama Club (T) 3:30 Entertainment Featuring Bill Long (P) 6:00 Friday Evening Shabbat (T)	26 9:30 Sit and Be Fit Exercises (CR) 10:00 Manicures with Marisa (AR) 10:30 Card Games (P) 1:00 Weekend Excursion Trip: Bowling **\$\$ (OOB) 1:30 Candy Bingo (AR) 2:30 Movie Matinee: <i>Garbo, Where</i> <i>Did You Go?</i> (T) 3:30 Back Porch Games (BP) 6:00 Independent Games (P)
27 9:30 Sit and Be Fit Exercises (CR) 10:00 Coffee & Conversation (P) 10:30 Livestream Catholic Mass (T) 11:00 Dominoes (P) 1:30 Ecumenical Worship Service with Chaplain Nichole (CR) 2:30 Name That Tune (CR) 3:30 Back Porch Social (BP) 6:00 Board Games (P)	28 9:30 Sit and Be Fit Exercises (CR) 10:00 Community Crossword Puzzle (AR) 11:00 Library Committee (L) 1:30 Comfort Caring Canine Visit with Cash (P) 1:30 Bible Study with Chaplain Nichole (T) 2:30 Music & Meditation with Nadine (P) 3:30 Candy Bingo (AR) 6:00 Shuffleboard (AR)	<ul> <li>9:30 Sit and Be Fit Exercises (CR)</li> <li>10:00 Shopping Trip: Dollar Tree **\$\$ (OOB)</li> <li>10:00 Rummikub (P)</li> <li>11:00 Ed-U: Our First Capitol (T)</li> <li>1:30 Knitting Club (AR)</li> <li>2:30 Circle of Friends with Chaplain Nichole (T)</li> <li>3:30 Happy Hour (P)</li> <li>6:00 Pool Tournament (OL)</li> </ul>	<ul> <li>30</li> <li>9:30 Sit and Be Fit Exercises (CR)</li> <li>10:00 Rosary with St. Eleanor's (T)</li> <li>10:00 Name That Tune (P)</li> <li>11:00 Rummy 500 (P)</li> <li>1:30 Mid-Week Service with Chaplain Nichole (CR)</li> <li>2:30 Penny Pokeno (AR)</li> <li>2:30 Make-A-Word (T)</li> <li>3:30 Billiards (OL)</li> <li>6:00 The Providence Gem's Club (AR)</li> </ul>	31 9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 10:30 Destination Discovery: New York (T) 11:00 Dine Out: Long Horn's Steakhouse**\$\$ (OOB) 1:30 Rummikub (P) 2:30 Word Game (AR) 3:30 July Birthday Celebration Happy Hour (P) 6:00 Nickel Bingo \$\$ with Marlene (AR)	Calendar Key: *** Registration Required \$\$ Cost Involved (AR) Activity Room (BP Back Porch (CR) Community Room (DR) Dining Room (L) Library (OL) Old Library (OCB) Out of the Building (P) Pub (T) Theater	July 2025 Events & Programs are Subject to Change