

# 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

### August

4 - Paul Nicarry	13 - Beverly Barnes	24 - Shirley St. Clair
4 - Marion King	14 - Jean Wengert	24 - Alice Davis
5 - Peggy Gsell	14 - Jean Underwood	25 - Susan McCarl
6 - Elizabeth Stewart	14 - Dorothy Davis	25 - Anne Marie Hickey
10 - Lydia Baker	18 - Rosemary Sheridan	30 - Dorothy Paylor
12 - Agnes Peden	19 - Ruth Killian	31 - Clair Baker
12 - Robert Lunsford	24 - Mary Mathias	

### September

1 - Terry Auvil	12 - Virginia Federhoof	26 - Carolyn Rotz
1 - Lois Hoover	13 - Earl Robinson	28 - Bonita Mearkle
2 - George Shearer	17 - Joann Bachtell	29 - Stephen Martin
4 - Lois Garman	17 - Leon McIntyre	30 - LeVaun Stouffer
6 - Donald Duffey	24 - Stephanie Coldsmith	30 - Betty Petrie
8 - Betty Fogelsanger	25 - William Brindle	
8 - Karen Boyd	26 - K Lorraine Shaffer	
9 - Sandra Bender		
10 - Elizabeth Hammaker		



# Providence Place SENIOR LIVING News

Q3: August 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!

SAVE THE DATE: we will be hosting a Tailgate Party of September 10th - stay tuned for details!

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

Best,

*Holly Townsend*  
Executive Director

## Highlighted Events

9 - **The Singing Mayor** @ 2pm  
12 - **Dementia Support Group**  
@ 6pm - *Connections*  
23 - **Celebrating Betty's 100th**  
@ 11:30am  
27 - **Picnic Outing** @ 11am  
Caledonia State Park

Saturdays at 9:30am-  
**Community Outreach**

## Welcome New Residents

Keith Shanholtz  
Joyce Purkey  
James Mellott  
George Shearer  
Vivian Brewbaker




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>31</div> <div>           9:00 Light &amp; Lively Exercise (3E)            9:30 Puzzling Puzzles Handout (L)            10:00 Polish and Paint Nail Service (BL)            10:00 Communion with Corpus Christi Church (2A)            11:30 Wine and Dine (DR)            2:00 Worship Service (2A)            3:00 Jello Shot Shooters (C)            3:00 Mexican Train Dominoes Club ( C )         </div>	<div>  </div>		<div> <div>August</div> <div>2025</div> </div>	<div> <b>Calendar Key:</b>            Café ( C )   Loading Dock (LD)            Library (L)   Pub (P)            Back Lobby (BL)            2nd Floor Activity Room (2A)            3rd Floor Activity Room (3A)            3rd Floor Exercise Room (3E)            Private Dining Room (PDR)            Out of Building (OOB)            Connections (CN)            Building Wide (BW)            Front Porch (FP)  <b>**Registration Required, \$\$ Cost Involved</b> </div>	<div> <div>1</div> <div>           9:00 Seated Weights with Leah (3E)            10:00 Bible Study with Sharon (PDR)            10:00 Personal Device                Technical Support Assistance (C)            1:30 Garden Club (BL)            2:00 Pickle Flights ( P )            3:00 Musical Entertainment                Featuring Jay Smar (3A)            6:00 Movie &amp; Popcorn:                <i>Eat, Pray. Love</i> (3A)         </div> </div>	<div> <div>2</div> <div>           9:00 Light &amp; Lively Exercise (3E)            9:30 Community Outreach:                Coupons for Troops (C)            10:30 Local Fares:                Windy Knoll **\$\$ (OOB)            1:30 Stair Stepper Exercise (3E)            2:00 Nickel Bingo \$\$ (2A)            3:00 Game Club: Scrabble (C)            6:00 Card Club: Rummy (2A)         </div> </div>
<div>3</div> <div>           9:00 Light &amp; Lively Exercise (3E)            9:30 Puzzling Puzzles Handout (L)            10:00 Polish and Paint Nail Service (BL)            10:00 Communion with Corpus Christi Church (2A)            11:30 Wine and Dine (DR)            2:00 Worship Service (2A)            3:00 Orange Cream Floats (C)            3:00 Mexican Train Dominoes Club (C)            6:00 Resident Run Pinochle (3A)         </div>	<div> <div>4</div> <div>           9:00 Yoga with Beth (3E)            9:30 Who, What, Where? Who Am I? (L)            10:00 New Neighbor Building Tour                &amp; Orientation (FL)            1:30 Balance &amp; Action (3E)            2:00 Prize Bingo (3A)            3:00 Curious Minds:                <i>Aerial America–</i>                <i>The Best of the Midwest</i> (3A)            6:00 Kings in the Corner Card Game (2A)         </div> </div>	<div> <div>5</div> <div>           9:00 Sit &amp; Be Fit Exercise (3E)            9:00 Shopping Trip: Walmart **\$(OOB)            1:30 Balance &amp; Action (3E)            1:30 Acrylic Canvas Paintings (C)            2:00 Corn Hole Tournament (3E)            3:00 Interesting Mid West Facts (P)            6:00 Resident Run Rummikub (2A)            6:00 Wii Bowling for Beginners (3E)         </div> </div>	<div> <div>6</div> <div>           9:00 Seated Weights with Leah (3E)            10:00 Circle of Friends (PDR)            10:00 Seated Foot Race For a Prize (C)            1:30 Balance &amp; Action (3E)            2:00 Jeopardy (2A)            3:00 Spiritual Life Planning Meeting (2A)            4:30 Dinner on the Deck **(P)            6:00 Front Porch Sitting (FP)            6:00 Resident Run Sequence (2A)         </div> </div>	<div> <div>7</div> <div>           9:00 Walk Or Roll Outside Walking Path            10:00 Move 2 Music (BL)            10:00 <i>The Chosen</i> Series (PDR)            1:30 Art Exploration: Mixed Media (C)            2:00 Mid Week Worship Service (2A)            3:00 Bible Study (PDR)            3:00 Farmer's Market Stand (P)            6:00 Wii Bowling League (3E)         </div> </div>	<div> <div>8</div> <div>           9:00 Light &amp; Lively Exercise (3E)            10:00 Cooking Creation:                Spinach Artichoke Dip (C)            1:30 Garden Club (BL)            2:00 Catholic Mass with Corpus Christi                Catholic Church (2A)            2:00 Providence Place Chambersburg                Antique Road Show (3A)            3:00 Blind Tasting: Hummus (P)            6:00 Movie &amp; Popcorn: <i>Breakheart Pass</i> (3E)         </div> </div>	<div> <div>9</div> <div>           9:00 Light &amp; Lively Exercise (3E)            9:30 Community Outreach:                Coupons for Troops (C)            10:00 Nickel Bingo \$\$ (2A)            1:30 Stair Stepper Exercise (3E)            2:00 Musical Entertainment                Featuring Singing Mayor                Chuck Mummert (2A)            3:00 Game Club: Scrabble (C )            6:00 Card Club: Rummy (2A)         </div> </div>
<div>10</div> <div>           9:00 Light &amp; Lively Exercise (3E)            9:30 Trivia Handout (L)            10:00 Polish and Paint Nail Service (BL)            10:00 Communion with Corpus Christi Church (2A)            11:30 Wine and Dine (DR)            2:00 Worship Service (2A)            3:00 Spinach Artichoke Dip (C)            3:00 Mexican Train Dominoes Club (C)            6:00 Resident Run Pinochle (3A)         </div>	<div> <div>11</div> <div>           9:00 Yoga with Beth (3E)            9:30 Destination Travel to Kansas (L)            10:00 Cards with Friends (C)            1:30 Balance &amp; Action (3E)            1:00 Kindly Canines (Building Wide)            2:00 Prize Bingo (3A)            3:00 Curious Minds:                <i>50 Best Places to Visit in the US</i> (3A)            6:00 Kings in the Corner Card Game (2A)         </div> </div>	<div> <div>12</div> <div>           9:00 Sit &amp; Be Fit Exercise (3E)            9:30 Shopping Trip: Marshalls,                5 Below or Shoe Dept. **\$(OOB)            11:00 Franklin County Library                Bookmobile (LD)            1:30 Acrylic Canvas Paintings (C)            2:00 Ladder Ball Tournament (3E)            3:00 State Capitals and Fun Facts (P)            6:00 Resident Run Rummikub (2A)            6:00 Wii Bowling for Beginners (3E)         </div> </div>	<div> <div>13</div> <div>           9:00 Seated Weights with Leah (3E)            10:00 Dining Committee Meeting (2A)            10:00 Circle of Friends (PDR)            2:00 Glamour Shot Photos (P)            3:00 Men's Club with Chaplain Rick                Ice Cream on Us ** (P)            5:00 Ice Cream Sundaes with Target                Dream Team (DR)            6:00 Dementia Care Partner                Support Group (CN)            6:00 Resident Run Sequence (2A)         </div> </div>	<div> <div>14</div> <div>           9:00 Walk Or Roll Outside Walking Path            10:00 <i>The Chosen</i> Series (PDR)            10:00 Chats with Chaplain (C)            1:30 Balance &amp; Action (3E)            1:30 Art Exploration: Mixed Media (C)            2:00 Mid Week Worship Service (2A)            3:00 Bible Study (PDR)            3:00 Crotchet Club (L)            6:00 Wii Bowling League (3E)         </div> </div>	<div> <div>15</div> <div>           9:00 Seated Weights with Leah (3E)            10:00 Bible Study with Sharon (PDR)            10:00 Personal Device                Technical Support Assistance (C)            1:00 Workout with Julie From                Powerback Rehabilitation (3E)            1:30 Garden Club (BL)            2:00 UNO with Leah (P)            3:00 New Neighbor Welcome Social (P)            6:00 Movie &amp; Popcorn: <i>Raising Arizona</i> (3A)         </div> </div>	<div> <div>16</div> <div>           9:00 Light &amp; Lively Exercise (3E)            9:30 Community Outreach:                Coupons for Troops (C)            10:00 Local Fares:                Jims Farmers Market **\$( OOB)            1:30 Stair Stepper Exercise (3E)            2:00 Nickel Bingo \$\$ (2A)            3:00 Game Club: Scrabble (C)            6:00 Card Club: Rummy (2A)         </div> </div>
<div>17</div> <div>           9:00 Light &amp; Lively Exercise (3E)            9:30 Wacky Wordie Handout (L)            10:00 Polish and Paint Nail Service (BL)            10:00 Communion with Corpus Christi Church (2A)            11:30 Wine and Dine (DR)            2:00 Worship Service (2A)            3:00 Bubbly Punch with Friends (C)            3:00 Mexican Train Dominoes Club (C)            6:00 Resident Run Pinochle (3A)         </div>	<div> <div>18</div> <div>           9:00 Yoga with Beth (3E)            9:30 Who, What, Where? Who Am I? (L)            10:00 Birthday Gang Committee Mtg. ( L )            1:30 Balance &amp; Action (3E)            2:00 Prize Bingo (3A)            3:00 Curious Minds:                <i>Uncovering the Secrets of New York City</i>                <i>Drain the Oceans</i> (3A)            6:00 Kings in the Corner Card Game (2A)         </div> </div>	<div> <div>19</div> <div>           9:00 Sit &amp; Be Fit Exercise (3E)            9:30 Shopping Trip: Fayetteville                Antique Mall **\$(OOB)            10:00 Cooking Creation:                Pickle Pasta Salad (C)            1:30 Balance &amp; Action (3E)            1:30 Acrylic Canvas Paintings (C)            2:00 Hallway Bowling Tournament (3E)            3:00 New York City Trivia (P)            6:00 Resident Run Rummikub (2A)         </div> </div>	<div> <div>20</div> <div>           9:00 Seated Weights with Leah (3E)            10:00 Circle of Friends (PDR)            1:30 Blood Pressure Clinic (2A)            2:00 Community Meeting with                Department Managers (2A)            3:00 Bible Trivia (PDR)            3:00 Coffee &amp; Conversations (P)            4:30 Dinner on the Deck **(P)            6:00 Front Porch Sitting (FP)            6:00 Resident Run Sequence (2A)         </div> </div>	<div> <div>21</div> <div>           World Senior Citizen Day            9:00 Walk Or Roll Outside Walking Path            10:00 Move 2 Music (BL)            10:00 <i>The Chosen</i> Series (PDR)            1:30 Balance &amp; Action (3E)            1:30 Art Exploration: Mixed Media (C)            2:00 Musical Entertainment Featuring                Tom Shultz (CN)            3:00 Bible Study (PDR)            3:00 Popcorn Station (BL)            6:00 Wii Bowling League (3E)         </div> </div>	<div> <div>22</div> <div>           9:00 Light &amp; Lively Exercise (3E)            10:00 Ed-U: <i>John Brown In Chambersburg</i>                Presented by Adam Leeper (2A)            1:30 Garden Club (BL)            2:00 Wall Games:                Chinese Checkers (P)            3:00 Table Topics with                Pickle Pasta Salad (P)            6:00 Movie &amp; Popcorn:                <i>The Prairie Home Companion</i> (3A)         </div> </div>	<div> <div>23</div> <div>           9:00 Light &amp; Lively Exercise (3E)            9:30 Community Outreach:                Coupons for Troops (C)            10:00 Personal Device                Technical Support Assistance ©            11:30 Celebrating Betty M.'s 100th (DR)            1:30 Stair Stepper Exercise (3E)            2:00 Nickel Bingo \$\$ (2A)            3:00 Game Club: Scrabble (C)            6:00 Card Club: Rummy (2A)         </div> </div>
<div>24</div> <div>           9:00 Light &amp; Lively Exercise (3E)            9:30 Magazine Kiosk (L)            10:00 Polish and Paint Nail Service (BL)            10:00 Communion with Corpus Christi Church (2A)            11:30 Wine and Dine (DR)            2:00 Worship Service (2A)            3:00 Design Your Own Ice Coffee Bar (C)            3:00 Mexican Train Dominoes Club (C)            6:00 Resident Run Pinochle (3A)         </div>	<div> <div>25</div> <div>           9:00 Yoga with Beth (3E)            9:30 Movie Mania Trivia Handout (L)            10:00 Community Life Planning Mtg. (P)            1:30 Balance &amp; Action (3E)            2:00 Prize Bingo (3A)            3:00 Curious Minds: <i>The Survivors of the</i>                <i>Deadly 1999 Oklahoma Tornado Outbreak</i>                (3A)            6:00 Kings in the Corner Card Game (2A)         </div> </div>	<div> <div>26</div> <div>           9:00 Sit &amp; Be Fit Exercise (3E)            9:30 Shopping Trip:                Dollar Tree**\$( OOB)            10:00 New Neighbor Building Orientation                And Tour (FL)            1:30 Acrylic Canvas Paintings (C)            2:00 Time Word Search Tournament (P)            3:00 Twister Tornado Trivia (P)            6:00 Resident Run Rummikub (2A)            6:00 Wii Bowling for Beginners (3E)         </div> </div>	<div> <div>27</div> <div>           9:00 Seated Weights with Leah (3E)            10:00 Circle of Friends (PDR)            11:00 Picnic at Caledonia                State Park ** (OOB)            2:00 Rosary with                Corpus Christi Catholic Church (2A)            3:00 Chef's Table (C)            4:30 Dinner on the Deck **(P)            6:00 Front Porch Sitting (FP)            6:30 Gospel Hymns with Spring Valley                Mennonite Church (2A)         </div> </div>	<div> <div>28</div> <div>           9:00 Walk Or Roll Outside Walking Path            10:00 Cooking Creation:                Red, White, &amp; Blue Cake (C)            10:00 <i>The Chosen</i> Series (PDR)            1:30 Balance &amp; Action (3E)            1:30 Art Exploration: Mixed Media (C)            2:00 Mid Week Worship Service (2A)            3:00 Bible Study (PDR)            3:00 Memory Café: Storms of Our Lives (P)            6:00 Wii Bowling League (3E)         </div> </div>	<div> <div>29</div> <div>           9:00 Seated Weights with Leah (3E)            9:30 Chambersburg Hearing Clinic Test or                Cleaning (PDR)            10:00 Personal Device                Technical Support Assistance (C)            1:30 Garden Club (BL)            2:00 Teamwork Mad Libs (P)            3:00 Fact or Fiction with Oklahoma                Walking Frito Chili Pies (P)            6:00 Movie &amp; Popcorn: <i>Oklahoma</i> (3A)         </div> </div>	<div> <div>30</div> <div>           9:00 Light &amp; Lively Exercise (3E)            9:30 Community Outreach:                Coupons for Troops (C)            10:00 Craft Creation:                Beaded Bracelets (C)            2:00 Nickel Bingo \$\$ (2A)            3:00 Game Club: Scrabble (C)            6:00 Card Club: Rummy (2A)         </div> </div>