

PROVIDENCE MEADOWS

Gracious Retirement Living

4123 Kuykendall Road • Charlotte, NC 28270 • Phone (704) 708-9931 • www.seniorlivinginstyle.com

JULY 2019

PROVIDENCE MEADOWS STAFF

Managers..... CHRISTOPHER & WINDY READ
 Assistant Managers.. PAXTON & CATHY SCHMIDT
 Executive Chef.....ANTOINE ROBINSON
 Sous Chef JASMINE WORTHINGTON
 Activity Coordinator ADRIANA RIVERA
 Maintenance WESLEY HARDY
 Bus Driver CARMELLA WATSON

TRANSPORTATION

Monday & Wednesday, 10 a.m.: Shopping
Tuesday & Thursday,
9 a.m.-noon & 12:30-2 p.m.:
 Medical Appointments
Friday, TBA: Trips

HAWTHORN
 SENIOR LIVING

New Neighbors

These are some of our new residents and new people in our Community! We welcome you!



Pax and Cindy, our new Assistant Managers. They came from Oregon to form part of our amazing family.



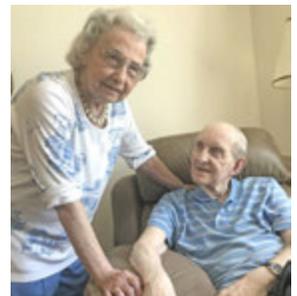
Debra and Rich, our Trainee Managers. Get ready to learn and laugh with our family.



Linda loves to dance, play the piano and be active.



Jullie, always willing to learn new things and new people.



Ann and Bob have been married for 70 years.



Don and Pat are the funny couple.



Phillis and Rob, our neighbors from South Carolina.

Trivia With Troop 1510

In our Community, it is important to keep our body healthy and active, as well as our brain. That is the reason why Trivia has become a hit. With a variety of categories, each Thursday our residents challenge their intellect and give themselves permission to learn fun facts, random facts and simple facts that make them more brain active.

Once a month, the Trivia is led by the Girl Scout Troop 1510. They come with their own questions in a slide show presentation to challenge our residents. Their charm makes the whole activity step up to a whole new level of interaction. Different generations sharing knowledge and having fun makes hope a reality again.



Two Different-Colored Shoes Day

There was a group of residents that made the afternoon funnier just by celebrating the Two Different-Colored Shoes Day. Thank you, Ann, Maria, MaryAnn, Ray and Lorreine for being crazy funny! That is all we need here.



Wii Bowling League and the Champions

We are so proud to announce the winners of the Season IV Wii Bowling Tournament, and to share all the incredible participants who made Wii Bowling a total success in our Community. Team No. 1 (Rita, Fran, Betty S. and Bill) were our champions for the season.



Benefits of Laughter

Every morning, either in the Fitness Center or in the Activity Room, you can hear the crazy but contagious laughter of our residents. Some of you may think that they are silly or even delusional, but the truth is that laughter has a real impact, not only in our humor but also in our physical health. So, every morning after stretching, our residents “rewire” their brains by laughing for about a minute. They laugh to boost their immune system, release stress, to change their humor and for the fun of it. Commit yourselves to laugh every day for a minute, and you will see how even the way you perceive your surroundings changes.



Paul and Pat showing their smiles.

23 BENEFITS OF LAUGHTER

1. It relaxes the whole body
2. It boosts the immune system
3. It triggers the release of endorphins
4. It protects the heart
5. It lowers stress hormones
6. It relaxes your muscles
7. It enhances resilience
8. It adds joy to life
9. It improves your mood
10. It strengthens relationships
11. It enhances teamwork
12. It helps defuse conflict
13. It eases anxiety and fear
14. It lowers blood pressure
15. It increases memory
16. It helps oxygen flow to the brain
17. It maintains healthy blood sugar levels
18. It promotes better sleep
19. It is contagious
20. It improves alertness
21. It makes you more creative
22. It is a workout for your abs, shoulders, and diaphragm
23. It gives you more energy

Laugh
More



Ruth, going around showing her doggy socks!



“Be happy, and the reason will come along.”



“A smile is the prettiest thing you can wear.”



Beautiful Smiles



Happy people!

JULY 2019

Birthdays

Doris Shaad, 6th
 Columba Lee, 6th
 Marian Baldash, 8th
 Dan Rampolla, 12th
 Linda Wallace, 13th
 Donald Rampolla, 13th
 Bob Morin, 14th
 Ruth Stewart, 17th
 Nancy Parker, 19th
 Shirley Harris, 20th
 Joe Seasely, 23rd
 Susan Welfare, 23rd
 Donna Sheik, 26th
 Rita Brennan, 31st

Locations

Activity Room, AR
 Atrium, A
 Billiards Room, BR
 Chapel, C
 Dining Room, DR
 Fitness Center, FC
 Grandma's Kitchen, GK
 Library, L
 Outside, O
 Television Room, TV
 Theater, TH

“Great minds discuss ideas. Average minds discuss events. Small minds discuss people.”

—Eleanor Roosevelt

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Stretching, FC 1 10:00 <i>Coffee with Windy & New Residents Meeting, AR</i> 10:30 Fast Paced Walking Club, O 11:00 Bingo with Adriana, AR 2:00 Hand and Foot, TV 2:00 Dominoes, AR 2:30 Slow Paced Walking Club, O 4:00 Beach Volleyball, AR 7:00 Movie Night, TH	9:30 Knitting Club, L 2 9:30 Golf with Chris, O 10:00 <i>Let's Talk About It! CBD, AR</i> 11:00 Line Dancing 1:30 Mahjong, TV 1:45 Bingo with Mobility and More, AR 2:00 Bridge Club, BR 3:00 Big Crossword, AR 4:00 Wii Bowling, AR 7:00 Billiards, BR 7:00 Movie Night, TH	9:30 Stretching, FC 3 10:30 Fast Paced Walking Club, O 11:00 Lunch Outing! 11:00 Bunco!, AR 12:30 Dulcimer Club, FC 2:00 Levine Hearing Aid Clean and Check Clinic, AR 2:00 Euchre, BR 2:30 Slow Paced Walking Club, O 3:00 Chair Yoga with Carey 4:00 Trivia!, AR 7:00 Movie Night, TH 7:00 Board Game with the Reads, DR	INDEPENDENCE DAY 4 10:00 Shake Your Body!, AR 11:00 PM Hand Bell Choir Practice, AR 12:30 Independence Day Buffet, DR 12:30 <i>Chef's Table, DR</i> 2:00 Bible Study 2:00 Craft Time, AR 3:00 <i>Right at Home Wellness Check, AR</i> 4:00 Wii Bowling, AR 7:00 Movie Night, TH	9:30 Stretching, FC 5 10:00 Adult Coloring 10:30 Fast Paced Walking Club, O 11:00 Line Dancing, AR 2:00 Hand and Foot, TV 2:00 Bridge Club, BR 2:30 Slow Paced Walking Club, O 4:00 Beanbag Baseball, AR 7:00 Bingo with Gloria, AR 7:00 Action Movie Night, TH	10:00 Praying the Rosary, C 6 11:00 Bunco!, AR 2:00 <i>Community Store Open</i> 3:00 Canasta, BR 3:00 Wii Bowling for Beginners, AR 4:00 Bingo with Gloria, AR 7:00 Billiards, BR 7:00 Movie Night, TH 
10:30 Catholic Communion, C 7 11:00 Presbyterian Service, TH 2:00 Sunday Matinee, TH 3:00 Sunday Worship, C 4:00 Candy Bar Bingo with Chris!, AR 7:00 Movie with Windy!, TH 7:00 Movie Night, TH	Hawaiian Luau Week 8 9:30 Stretching, FC 10:30 Fast Paced Walking Club, O 11:00 Bingo with Adriana, AR 2:00 Tie-Dye Shirts, AR 2:00 Hand and Foot, TV 2:30 Slow Paced Walking Club, O 3:00 Dominoes, AR 4:00 Beach Volleyball, AR 7:00 Movie Night, TH 	Hawaiian Luau Week 9 9:30 Knitting Club, L 9:30 <i>Coffee & Donuts with Chris, AR</i> 10:00 Shake Your Body!, AR 11:00 Line Dancing 1:30 Mahjong, TV 2:00 Create Your Hawaiian Skirt, AR 2:00 Bridge Club, BR 3:00 Big Crossword, AR 4:00 Dominoes, AR 4:00 Wii Bowling, AR 7:00 Billiards, BR 7:00 Movie Night, TH	Hawaiian Luau Week 10 9:30 Stretching, FC 10:00 <i>Resident/Managers' Meeting, AR</i> 10:30 Fast Paced Walking Club, O 11:00 Bunco with FirstLight Home Care, AR 12:30 Dulcimer Club, FC 2:00 Piña Colada Afternoon, AR 2:00 Euchre, BR 2:30 Slow Paced Walking Club, O 3:00 Chair Yoga with Carey 4:00 Trivia!, AR 7:00 Brian M'Carroll Entertainer, AR	Hawaiian Luau Week 11 8:00 Waffle Breakfast!, DR 9:00 Catholic Mass, C 10:00 Shake Your Body!, AR 10:30 Let's Talk About It!, AR 11:00 PM Hand Bell Choir Practice, AR 2:00 Brain Games!, AR 2:00 Bible Study 3:00 Karaoke!, AR 4:00 Dominoes, AR 4:00 Wii Bowling, AR 7:00 Movie Night, TH	Hawaiian Luau Week 12 9:30 Stretching, FC 10:00 Adult Coloring 10:30 Fast Paced Walking Club, O 11:00 Line Dancing, AR 2:00 Hand and Foot, TV 2:00 Bridge Club, BR 2:30 Slow Paced Walking Club, O 4:00 Beanbag Baseball, AR 7:00 Bingo with Gloria, AR 7:00 Action Movie Night, TH 	10:00 Praying the Rosary, C 13 11:00 Bunco!, AR 2:00 <i>Community Store Open</i> 3:00 Canasta, BR 4:00 Bingo with Gloria, AR 7:00 Cribbage, AR  7:00 Billiards, BR  7:00 Movie Night, TH 
10:30 Catholic Communion, C 14 11:00 Presbyterian Service, TH 2:00 Sunday Matinee, TH 3:00 Sunday Worship, C 4:00 Candy Bar Bingo with Chris!, AR  7:00 Movie Night, TH	9:30 Stretching, FC 15 10:30 Fast Paced Walking Club, O 11:00 Bingo with Adriana, AR 2:00 Hand and Foot, TV 2:00 Dominoes, AR 2:30 Slow Paced Walking Club, O 4:00 Beach Volleyball, AR 7:00 Movie Night, TH	9:30 Knitting Club, L 16 9:30 Golf with Chris, O 10:00 <i>Let's Talk About It! Chaos to Calm, AR</i> 11:00 Line Dancing 1:30 Mahjong, TV 1:45 Bingo with Right at Home!, AR 2:00 Bridge Club, BR 3:00 Big Crossword, AR 4:00 Wii Bowling, AR 7:00 Billiards, BR 7:00 Movie Night, TH	9:30 Stretching, FC 17 10:30 Fast Paced Walking Club, O 11:00 Lunch Outing! 11:00 Bunco!, AR 12:30 Dulcimer Club, FC 2:00 Euchre, BR 2:30 Slow Paced Walking Club, O 3:00 Chair Yoga with Carey 4:00 Trivia!, AR 7:00 Movie Night, TH 7:00 Board Game with the Reads, DR 	9:30 <i>Resident/Activity Meeting, AR</i> 18 10:00 Shake Your Body!, AR 10:30 Chef's Presentation — All Aboard!, GK 11:00 PM Hand Bell Choir Practice, AR 2:00 Bible Study 2:00 Craft Time, AR 4:00 Wii Bowling, AR 7:00 Movie Night, TH	9:30 Stretching, FC 19 10:00 Adult Coloring 10:30 Fast Paced Walking Club, O 11:00 Line Dancing, AR 2:00 Hand and Foot, TV 2:00 Bridge Club, BR 2:30 Slow Paced Walking Club, O 4:00 Beanbag Baseball, AR 7:00 Bingo with Gloria, AR 7:00 Action Movie Night, TH 	10:00 Praying the Rosary, C 20 11:00 Bunco!, AR 2:00 <i>Community Store Open</i> 3:00 Canasta, BR 3:00 Wii Bowling for Beginners, AR 4:00 Bingo with Gloria, AR 7:00 Billiards, BR  7:00 Movie Night, TH 
10:30 Catholic Communion, C 21 11:00 Presbyterian Service, TH 2:00 Sunday Matinee, TH 3:00 Sunday Worship, C 4:00 Candy Bar Bingo with Chris!, AR 7:00 Movie Night, TH	Wear a Red Shirt Day 22 9:30 Stretching, FC 10:00 Let's Bake It! 10:30 Fast Paced Walking Club, O 11:00 Bingo with Adriana, AR 2:00 Hand and Foot, TV 2:30 Slow Paced Walking Club, O 3:00 Dominoes, AR 4:00 Beach Volleyball, AR 7:00 Movie Night, TH	Wear Your Team Shirt Day 23 9:30 Knitting Club, L 9:30 <i>Coffee & Donuts with Chris, AR</i> 10:00 Shake Your Body!, AR 10:30 <i>Let's Talk About It: Life Happens Social Security, AR</i> 11:00 Line Dancing 1:30 Mahjong, TV 2:00 Games! 2:00 Bridge Club, BR 3:00 Big Crossword, AR 4:00 Dominoes, AR 4:00 Wii Bowling, AR 7:00 Billiards, BR  7:00 Movie Night, TH	Twin Day 24 9:30 Stretching, FC 10:30 Knitting with Lynne, L 10:30 Fast Paced Walking Club, O 11:00 Bunco!, AR 12:30 Dulcimer Club, FC 2:00 Live Entertainment: David Shoff 2:00 Euchre, BR 2:30 Slow Paced Walking Club, O 3:00 Chair Yoga with Carey 4:00 Trivia!, AR 7:00 Movie Night, TH	Jeans Day 25 10:00 Shake Your Body!, AR 10:30 <i>Resident/Chef Meeting, AR</i> 11:00 PM Hand Bell Choir Practice, AR 1:45 Health Talk with Beth, AR 2:00 Brain Games!, AR 2:00 Bible Study 3:00 Karaoke!, AR 4:00 Dominoes, AR 4:00 Wii Bowling, AR 7:00 Movie Night, TH	Gentlecare Nail Services in Your Apartment PJ Day 26 9:30 Stretching, FC 10:00 Adult Coloring 10:30 Fast Paced Walking Club, O 11:00 Line Dancing, AR 2:00 Hand and Foot, TV 2:00 Bridge Club, BR 2:30 Slow Paced Walking Club, O 4:00 Beanbag Baseball, AR 7:00 Bingo with Gloria, AR 7:00 Action Movie Night, TH 	10:00 Praying the Rosary, C 27 11:00 Bunco!, AR 2:00 <i>Community Store Open</i> 3:00 Canasta, BR 4:00 Bingo with Gloria, AR 7:00 Cribbage, AR 7:00 Billiards, BR 7:00 Movie Night, TH
10:30 Catholic Communion, C 28 11:00 Presbyterian Service, TH 2:00 Sunday Matinee, TH 3:00 Sunday Worship, C 4:00 Candy Bar Bingo with Chris!, AR 4:30 Performer: Natasha Williams, AR 7:00 Movie Night, TH	9:30 Stretching, FC 29 10:30 Fast Paced Walking Club, O 11:00 Bingo with Adriana, AR 2:00 Hand and Foot, TV 2:30 Slow Paced Walking Club, O 4:00 Beach Volleyball, AR 7:00 Movie Night, TH	9:30 Knitting Club, L 30 10:00 Shake Your Body!, AR 11:00 Line Dancing 1:30 Mahjong, TV 2:00 Bridge Club, BR 3:00 Big Crossword, AR 4:00 Wii Bowling, AR 7:00 Billiards, BR 7:00 Movie Night, TH	9:30 Stretching, FC 31 10:30 Fast Paced Walking Club, O 11:00 Bunco!, AR 12:30 Dulcimer Club, FC 2:00 Euchre, BR 2:30 Slow Paced Walking Club, O 3:00 Chair Yoga with Carey 4:00 Trivia!, AR 7:00 Live Entertainment: Paul Indelicato, AR 			

Kentucky Derby

Our horses were ready, our hats too, and only with a quarter you could win the Derby, too!

The Activity Room was transformed into a horse track. There were six horses ready to run, and as the people started to get to the room, everyone was ready to bet. A quarter was enough to be part of the race. As soon as Mary Jane started throwing the dice, the horses were excited to get to the finish line. In only about 15 minutes, the race was over. But the excitement during the race was priceless. Seeing everyone cheering their horses (actually me, the official jockey of the horses) was entertaining. So we are probably going to have more races next month. Get ready!



Shirley throwing "horseshoes."



The first, second and third places of the Kentucky Derby



MaryAnn and Lorreine!

**We Keep
Ourselves
Busy!**



Stretching in the morning!



Bonita's Art Class



Dottie in the process ...

Recognition Time!

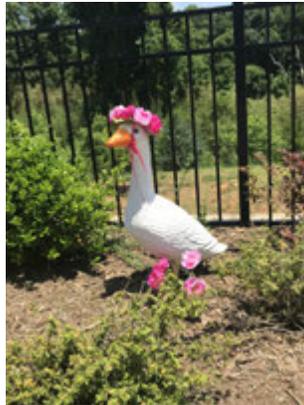
1. Congratulations to our Occupational Therapist, Danielle Latoni, who recently got engaged. We send our best wishes to both of you in this new chapter. Thank you for your patience, your support, and your beautiful and warm smile.
2. The Gardeners, a group of our residents, every day provide maintenance to our beautiful gardens. We thank you for making our home look pretty and full of life. Marion, Linda W. and Rachel, thank you for all you do!
3. One of our less noticeable but well-known characters from our Community is the duck that is in the backyard near the birdhouses. One of our residents always make sure that the duck is dressed for the season. Thank you, Pat H.; those little details make our Community special.
4. Our Resident, Ed, scored 300 and 299 on a bowling game, breaking the record. It is a shame he was only practicing. Congrats anyway!



*Danielle Latoni,
showing the ring!*



Ed, Hurray!



Our Fashionista Duck!



*"All gardeners live in beautiful places,
because they make them so."*

Mother's Tea Party

The Friday prior to Mother's Day, the Activity Room was transformed into a beautiful garden. In it, the mothers of our building had a nice tea party in commemoration of the purest love and sacrifice that it is to be a mother. They spent the afternoon telling funny stories about their children, grandchildren, and great-grandchildren. Some of them made confessions about who is easier to raise (girls or boys), what age is easier to handle, and how they keep seeing their children as babies, although most of them are 55-plus.

It was a comforting afternoon. Everyone got to know something new about each other, and I was officially adopted by 48 new grandmothers! Happy Mother's Day to all of you who have gave love to someone without asking anything in return.



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Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

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