

Focus on Wellness

Every September we celebrate National Assisted Living week. This year, from September 13th – 19th, we look forward to something positive to celebrate in all Providence Place communities as this has been a challenging year!

This is an opportunity to take the time to say a special thank you to our team of essential workers for all of the time and energy they give to making this community feel like a family. We know many of our staff call the residents their “second family”.

Please check out all of the events that are planned in the coming weeks to celebrate Assisted Living Week. And please join us in expressing your appreciation to a co-worker.

Thank you today and always -- we can't wait to have some fun!

For more information on National Assisted Living Week or this year's theme, **“Caring is Essential”**,

please visit:
www.ACHANCAL.org



*Dimensions
of Wellness*



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 ProvidenceRetirement@gmail.com.



www.Providence-Place.com



Providence Place SENIOR LIVING News

Q3: September 2020

A Note from the Executive Director

Dear Residents and Families,

According to the Mayo clinic, “everyone benefits from regular exercise, regardless of age, sex, or physical ability.” There are also studies that show making time for exercise provides some serious mental health benefits. Some benefits include:

- 1) Reducing stress
- 2) Boost happy chemicals
- 3) Improve self-confidence
- 4) Enjoy the great outdoors
- 5) Prevent cognitive decline
- 6) Alleviate anxiety
- 7) Boost Brainpower
- 8) Sharpen memory
- 9) Help control addiction
- 10) Increase relaxation
- 11) Get more done
- 12) Tap into creativity
- 13) Inspire others

During these challenging times, it is remarkable to see the number of residents who are remaining physically active. Many residents are walking in the hallways during inclement weather or high pollen counts. Many others are making it a point to get fresh air and enjoy our beautiful walking trail. Keep up the great job and remain active!

Holly Townsend, Executive Director

Resident Birthdays

September

- 4 – Hazie Garman
- 5 – Earl McClain
- 8 – Betty Furst
- 9 – Frank Sturtz & Sally Ann McCleary
- 12 – Virginia Federhoof & John Hampton
- 13 – Evelyn Gingrich
- 22 – Louise Miner
- 25 – Ruth Sheruda
- 26 – Lorraine Shaffer & Vivian Calimer
- 28 – Bonnie Mearkle
- 30 – Bob Foust

Welcome New Residents

Ellen O’Shaughnessy
Robert & Lillian Foust
Marlin Wagner
Elizabeth Fedele

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p style="text-align: center;">THE <i>Club</i></p>		1 9:30 Morning Meeting (P) 10:00 Friends Helping Friends: Corn Husking (GR) 1:30 Balance & Action (3E) 1:30 Bible Study (PDR) 2:00 Scenic Bus Ride (FL) 3:30 Walk & Roll Walking Group (FL)	2 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Pottery With Mary (3A) 1:30 Balance In Action (3E) 3:00 Refresh & Relax: Apple Nachos (P) 6:30 Evening Worship Service (2A)	3 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 11:30 Bookmobile (LD) 1:30 Balance & Action (3E) 1:30 Friends Helping Friends: Gamers Choice (GR) 3:30 Polish & Shine Nail Care (3A)	4 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3E) 2:00 Men's Club (FL) 2:30 Memory Magic (3A) 3:30 Crosswords & Word Finds (3A)	5 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 2:00 Kentucky Derby Viewing (3A) 2:30 Friends Helping Friends: Social Hour (GR) 3:30 Puzzle Club (3A)		
		6 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 2:00 Musical Entertainment by Bryan Herber (2A) 3:00 Polish & Shine Nail Care (3A) 6:30 Evening Worship Service (2A)	7 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3E) 2:00 White Board Word Games (3A) 3:00 Luau Super Social Hour (P) 6:30 Monday Movie Night: <i>Meet Me In St. Louis</i> (3A) Labor Day	8 9:30 Morning Meeting (P) 10:00 Friends Helping Friends: Corn Husking (GR) 1:30 Balance & Action (3E) 1:30 Bible Study (PDR) 2:00 Scenic Bus Ride (FL) 3:30 Walk & Roll Walking Group (FL)	9 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance In Action (3E) 2:00 Prize Bingo! (3A) 3:00 Refresh & Relax: S'more Snack (P) 6:30 Evening Worship Service (2A)	10 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3E) 1:30 Friends Helping Friends: Gamers Choice (GR) 2:00 Musical Entertainment by Tom Schultz (2A) 3:30 Polish & Shine Nail Care (3A)	11 9:30 Morning Meeting (P) 9:45 Patriots Day Trivia & History (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3E) 2:00 Flag Ceremony (FL) 3:00 Patriots Day Social (P) Patriot Day	12 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 1:30 Musical Entertainment by Jessica Snyder (2A) 2:30 Friends Helping Friends: Social Hour (GR) 3:00 Coupon Cutting for Veterans (3A)
		13 9:30 Morning Meeting (P) 9:45 Grandparents Day History (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 1:45 Sitcom Sunday (3A) 3:00 Polish & Shine Nail Care (3A) 6:30 Evening Worship Service (2A) Grandparents Day	14 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3E) 2:00 Memory Magic (3A) 3:00 Flavors of the Oreos (3A) 6:30 Monday Movie Night: <i>The Shack</i> (3A)	15 9:30 Morning Meeting (P) 10:00 Friends Helping Friends: Corn Husking (GR) 1:30 Balance & Action (3E) 1:30 Bible Study (PDR) 2:00 Prize Bingo! (3A) 3:00 Board Games With Friends (3A) 3:30 Walk & Roll Walking Group (FL)	16 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 11:30 Chef's Table With Preston (PDR) 1:00 Puzzle Club (3A) 2:00 Fireside Chat (2A) 3:00 Chef's Pairing (P) 6:30 Evening Worship Service (2A)	17 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3E) 1:30 Friends Helping Friends: Gamers Choice (GR) 3:30 Polish & Shine Nail Care (3A)	18 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3E) 2:00 Men's Club (FL) 2:30 New Resident Welcome Committee (P) 3:00 Social Hour (P) Rosh Hashanah	19 9:00 Walk To End Alzheimer's (FL) 9:30 Morning Meeting (P) 1:30 Sit & Stretch (3A) 2:00 Snow Cone Station (LD) 2:30 Friends Helping Friends: Social Hour (GR) 3:00 Puzzle Club (3A)
		20 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 1:45 Sitcom Sunday (3A) 3:00 Polish & Shine Nail Care (3A) 6:30 Evening Worship Service (2A)	21 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3E) 2:00 Memory Magic (3A) 3:00 Social Hour (P) 6:30 Monday Movie Night: <i>Charlie Chaplin</i> (3A)	22 9:30 Morning Meeting (P) 10:00 Friends Helping Friends: Corn Husking (GR) 1:30 Balance & Action (3E) 1:30 Bible Study (PDR) 2:00 Scenic Bus Ride (FL) 3:00 White Board Word Games (3A) 3:30 Walk & Roll Walking Group (FL)	23 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance In Action (3E) 2:00 Prize Bingo! (3A) 3:00 Refresh & Relax: Sweet Potato Chips (C) 6:30 Evening Worship Service (2A)	24 9:30 Morning Meeting (P) 10:00 DOW Wellness Talk (2A) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3E) 1:30 Friends Helping Friends: Gamers Choice (GR) 3:30 Polish & Shine Nail Care (3A)	25 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3E) 2:00 Hymnal Fellowship (3E) 2:30 Craft Station (3A) 3:30 Finishing Lines (3A)	26 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 2:30 Friends Helping Friends: Social Hour (GR) 3:00 Coupon Cutting for Veterans (3A)
		27 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 1:45 Sitcom Sunday (3A) 3:00 Polish & Shine Nail Care (3A) 3:00 Popcorn Station (FL) 6:45 Evening Worship Service (2A) Yom Kippur	28 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3E) 2:00 Memory Magic (3A) 3:00 Social Hour (P) 6:30 Monday Movie Night: <i>Western Movie</i> (3A)	29 9:30 Morning Meeting (P) 10:00 Friends Helping Friends: Corn Husking (GR) 1:30 Balance & Action (3E) 1:30 Bible Study (PDR) 2:00 Scenic Bus Ride (FL) 3:30 White Board Word Games (3A) 3:30 Walk & Roll Walking Group (FL)	30 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance In Action (3E) 2:00 Prize Bingo! (3A) 3:00 Refresh & Relax: Fresh Smoothies (P) 6:30 Evening Worship Service (2A)	<p>Calendar Key: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Meditation Room (MR), Loading Dock (LD), Library (L), Private Dining Room (PDR), **Registration Required, \$\$ Cost Involved</p>		<h1>September</h1> <h1>2020</h1>