

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				
		1 9:00 Light & Lively Exercise (3E) 10:00 Garden Club clean up (FL) 1:30 Balance & Action (3E) 1:30 Bible Study (PDR) 1:30 Art Class with Doretta (C) 3:00 Prize BINGO (2A) 6:30 Dealing with Loss Support Group (CR)	2 9:00 Balloon Ball Exercise (3E) 10:00 Craft Corner: Derby Hats (C) 1:30 Art: Pottery (3A) 1:30 Balance & Action (3E) 2:00 Horseshoes (3E) 3:00 Circle of Friends (PDR) 6:30 Horseshoes (3E)	3 9:00 Stretch & Hold Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 11:30 Bookmobile (LD) 1:30 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Prize BINGO (2A) 3:00 Social Hour (P) 6:30 Evening Worship Service (2A)	4 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 Men's Club (FL) 3:00 Horseshoes (3E) 6:30 Movie Night: <i>Oklahoma</i> (3A)	5 9:00 Light & Lively Exercise (3E) 10:00 Kitchen Creation: Derby Treats (C) 1:30 Stair Stepper Exercise (3E) 2:00 Kentucky Derby Viewing (P) 3:00 Kentucky Derby Super Social (P) 6:30 Cards with Ruth (2A)				
		6 9:00 Light & Lively Exercise (3E) 10:00 Nail Polish Station (2A) 11:30 Wine and Dine (DR) 2:00 Musical Entertainment by Bryan Herber (2A) 3:00 Scrabble (C) 6:30 Evening Worship Service (2A)	7 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 10:30 Billiards (3E) 1:30 Balance & Action (3E) 3:00 Luau Super Social (P) 6:30 Sequence (2A)	8 9:00 Light & Lively Exercise (3E) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 1:30 Bible Study (PDR) 3:00 Prize BINGO (2A) 6:30 Dealing with Loss Support Group (CR)	9 9:00 Balloon Ball Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 10:00 Dining Committee (DR) 1:30 Balance & Action (3E) 2:00 Prize BINGO (2A) 3:00 Circle of Friends (PDR) 6:30 Cards with Ruth (2A)	10 9:00 Stretch & Hold Exercise (3E) 10:00 Kitchen Creation: Lazy Cookies (C) 1:30 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Musical Entertainment: Tom Shultz (2A) 3:00 Social Hour (P) 6:30 Evening Worship Service (2A)	11 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 Flag Ceremony (FL) 3:00 Patriot Day Social (P) 6:30 Movie Night: <i>Breakheart Pass</i> (3A)	12 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Stair Stepper Exercise (3E) 1:30 Musical Entertainment: Jessica Snyder (2A) 2:00 Chocolate Bar Bingo (2A) 3:00 Sequence (2A) 6:30 Cards with Ruth (2A)		
		Labor Day		13 9:00 Light & Lively Exercise (3E) 10:00 Nail Polish Station (2A) 11:30 Wine and Dine (DR) 2:00 Coupon Cutting for Veterans (C) 3:00 Mexican Train Dominoes (C) 6:30 Evening Worship Service (2A)	14 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 Activity Cart Station (2A) 3:00 Horseshoe (3E) 6:30 Billiards (3E)	15 9:00 Light & Lively Exercise (3E) 10:00 Sequence (2A) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 1:30 Bible Study (PDR) 3:00 Coffee Talk (P) 6:30 Dealing with Loss Support Group (CR)	16 9:00 Balloon Ball Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 11:30 Chef's Table with Preston (PDR) 2:00 Fireside Chat (2A) 3:00 Circle of Friends (PDR) 3:00 Chef's Pairing (P) 6:30 Sequence (2A)	17 9:00 Stretch & Hold Exercise (3E) 10:00 Sunflower Fields Bus Trip **(OOB) 1:30 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Prize BINGO (2A) 3:00 Sequence (2A) 6:30 Evening Worship Service (2A)	18 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Balance and Action (3E) 2:00 Men's Club (FL) 2:30 New Resident Welcome Committee (P) 3:00 Social Hour (P) 6:30 Movie Night: <i>West Side Story</i> (3A)	19 9:00 Walk to End Alzheimer's (FL) 10:00 Horseshoes (3E) 2:00 Snow Cone Station (LD) 3:00 Scrabble (C) 6:30 Cards with Ruth (2A)
		Grandparents Day		20 9:00 Light & Lively Exercise (3E) 10:00 Nail Polish Station (2A) 11:30 Wine and Dine (DR) 2:00 Stair Climber Exercise (3E) 3:00 Card Club (2A) 6:30 Evening Worship Service (2A)	21 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 Blood Pressure Clinic (2A) 3:00 Social Hour (P) 6:30 Sequence (2A)	22 9:00 Light & Lively Exercise (3E) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 1:30 Bible Study (PDR) 2:00 Horseshoes (3E) 3:00 Tea Talk (P) 6:30 Dealing with Loss Support Group (CR)	23 9:00 Balloon Ball Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 BINGO with Jaimie from Bayada (2A) 3:00 Circle of Friends (PDR) 6:30 Cornhole (3E)	24 9:00 Stretch & Hold Exercise (3E) 10:00 DOW Wellness Talk (2A) 1:30 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Prize BINGO (2A) 3:00 Social Hour (P) 6:30 Evening Worship Service (2A)	25 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 Hymnal Fellowship (3E) 3:00 Community Life Committee (3A) 6:30 Movie Night: Night at the Museum (3 A)	26 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Stair Stepper Exercise (3E) 2:00 Coupon Clipping for Veterans (C) 3:00 Sequence (2A) 6:30 Cards with Ruth (2A)
		Yom Kippur		27 9:00 Light & Lively Exercise (3E) 10:00 Nail Polish Station (2A) 11:30 Wine and Dine (DR) 2:00 Scrabble (C) 3:00 Popcorn Station (FL) 6:30 Evening Worship Service (2A)	28 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 Activity Cart Station (2A) 3:00 Social Hour (P) 6:30 Billards (3E)	29 9:00 Light & Lively Exercise (3E) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 1:30 Bible Study (PDR) 3:00 Specialty Wine Tasting (P) 6:30 Dealing with Loss Support Group (CR)	30 9:00 Balloon Ball Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 Craft Corner: Pumpkins (C) 3:00 Circle of Friends (PDR) 6:30 Card Club (2A)	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) Conference Room (CR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB) **Registration Required, \$\$ Cost Involved		<h1>September</h1> <h2>2020</h2>