

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

Hello September-

It's been a long hot summer. I was thrilled to see many of my residents outdoors soaking up the sun, enjoying ice cream treats, and reminiscing with friends here at Providence Place.

We have all done an excellent job keeping COVID out of our community, especially since many cases keep showing up in our area. I appreciate all of our residents and coworkers working together to maintain social distancing, sanitation, and mask wearing throughout our building. COVID will not stop us from enjoying the end of summer and start of fall.

We have many outdoor entertainers planned this month. I enjoy the month of September. Children back-to-school, pumpkin spice everything, and preparing for fall.

I hope we all have an enjoyable month and let's make it a September to remember. As always, if there is something special you would need, please come see me anytime. My team and myself are always willing to go above and beyond for our residents.

Kim Perchak, Executive Director

Resident Birthdays

September

- 6 – Anita Molitoris
- 7 – Mary Ator
- 9 – Ramona Mcardle & Raymond Nesler
- 11 – David Narrow
- 17 – Danae Renn
- 19 – Norman Schuettrumpf
- 20 – Helen Zukowski
- 24 – Robert Defant & Dorothy Stoffa
- 26 – Patricia Gasser

Welcome New Residents

- Cora Berger
- George Berger
- Joseph Meighan
- Irene Moscon
- John Moscon
- Raymond Nesler
- Douglas Skene
- Janet Walters

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		1 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:45 Craft Club: Decoupage Luminary (3rd) 2:30 Circle of Friends (SR) 3:00 Men's Club (3rd) 4:00 Art Exploration (3rd) 6:00 Confident Cruisers (ML)	2 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary (Ch) 1:30 Sit & Be Fit Exercise (2nd) 2:00 Bible Study with Deacon Beverly (Ch) 2:30 Bingo (3rd) 4:00 Cocktail Hour (1st) 6:00 Popcorn Cart (A)	3 9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise (2nd) 1:30 Country Singalong (3rd) 2:00 Visits with Deacon Beverly (ML) 2:30 Country Ride** (OOB) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	4 9:00 Daily Chronicle & Headlines (1st) 10:00 Stretch Exercise (2nd) 1:30 Finish the Lyrics (3rd) 2:00 Hymn Sing with Deacon Beverly (Ch) 2:30 Community Life Committee (3rd) 4:00 Colorama (1st) 6:00 Evening Book Club (2nd)	5 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary (Ch) 1:45 Strength Exercise (2nd) 3:00 Kentucky Derby Celebration Social (3rd) 4:00 Confident Cruisers (ML) 5:30 Art Club (3rd) 6:00 Movie Matinee: <i>Secretariat</i> (2nd)		
		6 9:00 Worship Service (3rd) 10:30 Stretch Exercise (2nd) 11:15 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 5:30 Brain Teasers (1st) 7:00 Knit & Crochet Club (3rd)	7 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 11:00 Labor Day Celebration Picnic (FP & DR) 1:45 What's My Job? (1st) 2:30 Outdoor Musical Entertainment by Windfall (FP) 4:00 Cornhole (FP) 6:30 Pinochle Players Club (3rd) Labor Day	8 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:45 Flower Cart: Make Your Own Bouquet (3rd) 2:30 Circle of Friends (SR) 3:00 Men's Club (3rd) 4:00 Art Exploration (3rd) 6:00 Confident Cruisers (ML)	9 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Cooking Club: Apple Cranberry Cider (C) 2:00 Bible Study with Deacon Beverly (Ch) 2:30 Bingo (3rd) 4:00 September Birthday Celebration Dinner (DR) 6:00 Popcorn Cart (A)	10 9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise (2nd) 1:30 Craft Club: American Flag Sponge Painting (3rd) 2:00 Visits with Deacon Beverly (ML) 2:30 Country Ride** (OOB) 4:00 Singalong (3rd) 6:30 Pinochle Players Club (3rd)	11 9:00 Daily Chronicle & Headlines (1st) 10:00 Stretch Exercise (2nd) 1:30 Patriot Day Memorial Service (Ch) 2:30 Patriotic Entertainment By Glenn Faul (FP) 3:30 Tech World & You (3rd) 4:00 Confident Cruisers (ML) 6:30 Community Puzzle Club (3rd) Patriot Day	12 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:30 Hymn Sing with Deacon Beverly (Ch) 2:00 Dessert & Discussion (DR) 3:00 12-Game 10-Cent Polish Bingo (3rd) 4:00 Cocktail Hour (1st) 6:00 Confident Cruisers (ML)
		13 9:00 Worship Service (3rd) 10:00 Stretch Exercise (2nd) 10:30 Cooking Club: Grands! Cherry Cobbler Biscuits (C) 11:15 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:30 Grandparent Visits & Photos (ML) 6:00 Knit & Crochet Club (3rd) Grandparents Day	14 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Crossword Challenge (C) 2:00 Providence Place Senior Living Employee Recognition Awards (1st) 3:00 Confident Cruisers (ML) 4:00 Veterans Club (3rd) 6:30 Pinochle Players Club (3rd)	15 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:30 Trivia Challenge (1st) 2:00 Cookie Station for Staff (1st) 2:30 Circle of Friends (SR) 3:00 Men's Club (3rd) 4:00 Cocktail Hour (1st) 6:00 Art Exploration (3rd)	16 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary (Ch) 1:30 Sit & Be Fit Exercise (2nd) 2:00 Bible Study with Deacon Beverly (Ch) 2:30 Candy Bar Bingo (3rd) 4:00 Confident Cruisers (ML) 6:00 Popcorn Cart (A)	17 9:00 Daily Chronicle & Headlines (1st) 10:00 Fitness with Genesis (2nd) 2:00 Country Ride: Francis E. Walter Dam** (OOB) 2:30 Dealing with Loss Support Group (SR) 3:00 Dining Committee (3rd) 4:00 Finish the Phrase (1st) 6:30 Pinochle Players Club (3rd)	18 9:00 Daily Chronicle & Headlines (1st) 9:45 Edu-Presentation: Senior Scams <i>What You Should Know</i> (3rd) 10:30 Cooking Club: Baked Honey Apples (C) 1:30 Hymn Sing with Deacon Beverly (Ch) 2:00 Stretch Exercise (2nd) 2:30 Smoothies for Staff (1st) 4:00 Rosh Hashanah Resolutions (1st) Rash Hashanah	19 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary (Ch) 1:45 Strength Exercise (2nd) 2:30 Ice Cream Cart: Banana Splits (A) 3:30 Confident Cruisers (ML) 4:00 Community Puzzle Club (1st) 6:00 Movie Matinee: <i>An Autumn Afternoon</i> (2nd)
		20 9:00 Worship Service (3rd) 10:30 Stretch Exercise (2nd) 11:15 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 5:30 Brain Teasers (1st) 7:00 Knit & Crochet Club (3rd)	21 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Singalong (1st) 2:30 Dining Demo with Chef Ashley (DR) 3:30 Destination Education (3rd) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	22 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:45 Farmer's Market Cart (3rd) 2:30 Circle of Friends (SR) 3:00 Men's Club (3rd) 4:00 Art Exploration (3rd) 7:00 Evening Sports Club (3rd)	23 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary (Ch) 1:30 Sit & Be Fit Exercise (2nd) 2:00 Hymn Sing with Deacon Beverly (Ch) 2:30 Craft with Kim (3rd) 3:30 Confident Cruisers (ML) 6:00 Popcorn Cart (A)	24 9:00 Daily Chronicle & Headlines (1st) 10:00 Cooking Club: BLT Bites (C) 1:30 Balance in Action Exercise (2nd) 2:00 Wellness Check: Blood Pressure & Weights (3rd) 2:30 Country Ride** (OOB) 4:00 Literacy for All Ages (3rd) 6:30 Pinochle Players Club (3rd)	25 9:00 Daily Chronicle & Headlines (1st) 10:00 Stretch Exercise (2nd) 1:30 Hymn Sing with Deacon Beverly (Ch) 2:30 Bingo (3rd) 3:30 Brain Teasers (1st) 4:00 Cocktail Hour (1st) 6:00 Confident Cruisers (ML)	26 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 11:30 Take Out: Vesuzio's Pizza** (ML) 1:30 Welcome Committee (3rd) 2:00 Chef's Pairings (DR) 3:30 X-Box Bowling (2nd) 6:00 Cornhole (FP)
		27 9:00 Worship Service (3rd) 10:00 Yom Kippur Pomegranate Wall Hanging (3rd) 11:15 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 5:30 Brain Teasers (1st) 7:00 Knit & Crochet Club (3rd) Yom Kippur	28 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Coffee & Tea 101 (1st) 2:30 Red or Black Game (2nd) 3:30 Confident Cruisers (ML) 4:00 Art Club (3rd) 6:30 Pinochle Players Club (3rd)	29 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 2:00 Bingo (3rd) 2:30 Circle of Friends (SR) 3:00 Men's Club (3rd) 4:00 Cocktail Hour (1st) 6:00 Art Exploration (3rd)	30 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary (Ch) 1:30 Sit & Be Fit Exercise (2nd) 2:00 Bible Study with Deacon Beverly (Ch) 2:30 Musical Entertainment by George Rittenhouse (FP) 4:00 Confident Cruisers (ML) 6:00 Popcorn Cart (A)	Calendar Key: Front Porch (FP), Chapel (Ch) Sunroom (SR), Café (C) Dining Room (DR), All Floors (A) Out of Building (OOB) First Floor (1st), Second Floor (2nd), Third Floor (3rd), Meet in Lobby (ML) **Registration Required \$\$Cost Involved		<h1>September</h1> <h1>2020</h1>