

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

A Note from the Executive Director

Hello everyone,

Thank you for all of your patience and diligence over the past few months as we navigate this new normal. We have been grateful to see our dining room and activities reopen and we have had so much fun finding creative ways to interact with everyone.

Our team members will continue to work hard to keep everyone as safe and healthy as possible. That being said, we will be continuing COVID surveillance testing for both residents and staff.

If you would like to set up virtual or window visits during red or yellow phases, please let us know. When we are in green, we can also schedule outdoor visits with family and friends.

Kindest regards,

Anna Zuratt, Executive Director

Resident Birthdays

September

- 2 – Joan Fede
- 8 – Emma Wolfe
- 15 – Dorothy Snell
- 16 – Nancy Wagner
- 18 – Jessie Wesner
- 27 – Warren Klein

Welcome New Residents

John Forney
JoRetha Scouten

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p style="text-align: center;">THE <i>Club</i></p>		1 9:15 Morning Meeting & Prayer (1F) 10:00 Physical Fitness: Parachute (2F) 10:30 Coffee Crew (Read Poems) (1F) 11:00 Discuss & Recall: Mozart (1F) 2:00 Bingo (1F) 4:00 Social Gathering (1F) 5:00 Phase 10 (2F)	2 9:15 Morning Meeting & Prayer (1F) 10:00 Exercise: Ball Toss (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: V-J Day (1F) 2:00 Activity Cart (RM) 4:00 Social Gathering: Popsicles (1F) 5:00 Jigsaw Puzzles (2F)	3 9:15 Morning Meeting & Prayer (1F) 10:00 Bowling (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Constellations (1F) 2:00-3:45 Country Rides: Food Bank Drop Off (OOB) 4:00 Memory Magic (1F) 5:00 Board Games (2F)	4 9:15 Morning Meeting & Prayer (1F) 10:00 Morning Moves (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Wild Life (1F) 2:00 Bingo (1F) 4:00 Social Hour (1F) 5:00 Checkers (2F)	5 9:15 Morning Meeting & Prayer (1F) 10:00 Exercise: Balloon Toss (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Football (1F) 2:00 - 4:00 Afternoon Matinee (1F) 5:00 Board Games (2F)		
		6 9:15 Morning Meeting & Prayer (1F) 10:00 Gentle Stretches (1F) 10:30 iN2L: Word Games (1F) 11:00 Discuss & Recall: Literature (1F) 2:00 Manicures (1F) 3:00 Social Hour: Coffee Ice Cream (1F) 5:00 Uno (2F)	7 9:15 Morning Meeting & Prayer (1F) 10:00 Exercise: Drums Alive (1F) 10:30 Social Gathering (1F) 11:00 Discuss & Recall: Labor Day (1F) 2:00 Let's Get Crafting (1F) 3:00 Patio Talk (OOB) 5:00 Dominos (2F) Labor Day	8 9:15 Morning Meeting & Prayer (1F) 10:00 Move to Music (2F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Famous Nurses (1F) 2:00 Bingo (1F) 4:00 Social Gathering (1F) 5:00 Solitaire (2F)	9 9:15 Morning Meeting & Prayer (1F) 10:00 Exercise: Balloon Toss (1F) 10:30 Crafting Corner (1F) 11:00 Discuss & Recall: Teddy Bears (1F) 2:00 Let's take a Trip (JAPAN) (1F) 2:30 Sugar & Spice Club: Vanilla Bean Cake (1F) 4:00 Social Gathering (1F) 5:00 Outdoor Walk (OOB)	10 9:15 Morning Meeting & Prayer (1F) 10:00 Physical Fitness: Parachute (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: School Days (1F) 2:00-3:45 Country Rides (OOB) 4:00 Patio Talk (OOB) 5:00 Board Games (2F)	11 9:15 Morning Meeting & Prayer (1F) 10:00 Physical Fitness (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Patriot's Day (1F) 2:00 Bingo (1F) 4:00 Social Gathering (1F) 5:00 Connect Four (2F) Patriot Day	12 9:15 Morning Meeting & Prayer (1F) 10:00 Exercise Class (1F) 10:30 Social Hour (1F) 11:00 Discuss & Recall: Farm Animals (1F) 2:00 - 4:00 Afternoon Matinee (1F) 5:00 Patio Talk (OOB)
		13 9:15 Morning Meeting & Prayer (1F) 10:00 Exercise: Ball Toss (1F) 10:30 iN2L: Astronomy Trivia (1F) 11:00 Discuss & Recall: Grandparents (1F) 2:00 Manicures (1F) 3:00 Social Hour (1F) 5:00 Jigsaw Puzzles (2F) Grandparents Day	14 9:15 Morning Meeting & Prayer (1F) 10:00 Exercise: Drums Alive (1F) 10:30 Social Gathering (1F) 11:00 Discuss & Recall: Donuts (1F) 2:00 Let's Get Crafting (1F) 3:00 iN2L: Space Trivia (1F) 5:00 Phase 10 (2F)	15 9:15 Morning Meeting & Prayer (1F) 10:00 Physical Fitness: Parachute (2F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Hats in Fashion (1F) 2:00 Bingo (1F) 4:00 Sing-a-Long (1F) 5:00 Outdoor Walk (OOB)	16 9:15 Morning Meeting & Prayer (1F) 10:00 Lets Get Moving (1F) 10:30 Gross Motor Activity: Play-do (1F) 11:00 Discuss & Recall: The Mayflower (1F) 2:00 Activity Cart (RM) 4:00 Social Gathering (1F) 5:00 Dominos (2F)	17 9:15 Morning Meeting & Prayer (1F) 10:00 Chair Exercises (1F) 10:30 Read All About It (1F) 11:00 Discuss & Recall: All Things Apples (1F) 2:00-3:45 Country Rides (OOB) 4:00 Social Gathering (1F) 5:00 Junk Drawer Detective (2F)	18 9:15 Morning Meeting & Prayer (1F) 10:00 Move to Music (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Careers (1F) 2:00 Bingo (1F) 4:00 iN2L: Learn about the Air Force (1F) 5:00 Solitaire (2F) Rosh Hashanah	19 9:15 Morning Meeting & Prayer (1F) 10:00 Fitness with Friends (1F) 10:30 Social Hour: Butter Scotch Pudding (1F) 11:00 Discuss & Recall: Dancing (1F) 2:00 - 4:00 Afternoon Matinee (1F) 5:00 Yahtzee (2F)
		20 9:15 Morning Meeting & Prayer (1F) 10:00 Move to Music (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Mythology (1F) 2:00 Manicures (1F) 3:00 iN2L: Comedy Show (1F) 5:00 Phase 10 (2F)	21 9:15 Morning Meeting & Prayer (1F) 10:00 Exercise (Drums Alive) (1F) 10:30 Social Gathering (1F) 11:00 Discuss & Recall: City Life (1F) 2:00 Let's Get Crafting (1F) 3:00 iN2L: Travel to NYC (1F) 5:00 Dominos (2F)	22 9:15 Morning Meeting & Prayer (1F) 10:00 Physical Fitness (Parachute) (2F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Elephants (1F) 2:00 Bingo (1F) 4:00 Social Gathering (1F) 5:00 Headbands Game (2F)	23 9:15 Morning Meeting & Prayer (1F) 10:00 Exercise: Ball Toss (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Dogs (1F) 2:00 Let's Take a Trip: Mexico (1F) 2:30 Sugar & Spice Club: Churro Cupcakes (1F) 4:00 Patio Talk (OOB) 5:00 Jigsaw Puzzles (2F)	24 9:15 Morning Meeting & Prayer (1F) 10:00 Chair Exercises (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: The Constitution (1F) 2:00-3:45 Country Rides (OOB) 4:00 Sing-a-Long (1F) 5:00 Board Games (2F)	25 9:15 Morning Meeting & Prayer (1F) 10:00 Exercise Class (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Comic Books (1F) 2:00 Bingo/Bingo Store Shopping(1F) 4:00 Story Telling (1F) 5:00 Uno (2F)	26 9:15 Morning Meeting & Prayer (1F) 10:00 Exercise: Balloon Toss (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Whales (1F) 2:00 - 4:00 Afternoon Matinee (1F) 5:00 Patio Talk (OOB)
		27 9:15 Morning Meeting & Prayer (1F) 10:00 Outdoor Walk (OOB) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Ocean Animals (1F) 2:00 Manicures (1F) 3:00 Social Hour (1F) 5:00 Magazine Hunt (2F) Yom Kippur	28 9:15 Morning Meeting & Prayer (1F) 10:00 Exercise (Drums Alive) (1F) 10:30 Social Gathering (1F) 11:00 Discuss & Recall: Families (1F) 2:00 Let's Get Crafting (1F) 3:00 iN2L: Geography Quiz (1F) 5:00 Word Searches (2F)	29 9:15 Morning Meeting & Prayer (1F) 10:00 Physical Fitness (Parachute) (2F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: VFW Day (1F) 2:00 Bingo (1F) 4:00 Sing-a-Long (1F) 5:00 Checkers (2F)	30 9:15 Morning Meeting & Prayer (1F) 10:00 Exercise (Ball Toss) (1F) 10:30 Hot Mulled Cider Tasting (1F) 11:00 Discuss & Recall: Chewing Gum (1F) 2:00 Activity Cart (RM) 4:00 Outdoor Walk (OOB) 5:00 Phase 10 (2F)	<p>Calendar Key: (1F) First Floor Activity Room (2F) Second Floor Activity Room (RM) Room (OOB) Out Of Building</p>		<h1>September</h1> <h2>2020</h2>