

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
		1	2	3	4	5
		8:00 Start of S.P.C.A. Donation Drive 9:30 Move2Music (2F) 10:00 Fireside Chat with Anna (2F) 10:30 Opinion Column & Discuss (2F) 11:30 Confident Cruisers (1F) 2:00 Holiday Fair Committee (2F) 3:30 Food4Thought: Fresh Fruit (2F) 6:30 Card Club: Phase 10 (2F)	9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 Cookbook Committee (2F) 11:00 Picnic at Sweet Arrow Lake** (OOB) 2:30 Jigsaw Puzzles (2F) 3:00 Confident Cruisers (1F) 6:30 Chinese Checker Club (2F)	9:30 Guided Meditation (2F) 10:00 Moral Decisions (2F) 10:30 Where in the World? (2F) 11:30 Selected Poetry & Discuss: <i>In Flanders Fields</i> (2F) 2:00 Crochet Corner (2F) 3:00 Refreshment Cart (2F) 3:30 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)	9:30 Bodypump (2F) 10:00 Today's Headlines (2F) 10:30 The Common Factor (2F) 11:00 Amen Corner (2F) 2:00 Art Exploration Session: Fall Crafts (2F) 3:00 Confident Cruisers (1F) 6:30 Mindful Color (2F)	9:30 Muscle & Mind Fitness (2F) 10:00 World News (2F) 10:30 Finish the Lines: Lyrics (2F) 11:00 iN2L Learning: <i>On This Day</i> (1F) 2:00 Bingo (2F) 3:00 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:30 The Lawrence Welk Show (1F)
6	7	8	9	10	11	12
9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Joel Osteen Ministries (2F) 12:00 Wine & Dine (DR) 1:30 Bible Reading Club: <i>Psalm 1</i> (2F) 2:00 Church of God Worship (DR) 3:00 Social Hour (DR) 3:30 Confident Cruisers (1F) 6:30 Card Club: Rummy (2F)	9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 11:00 Helping Hands: Set Up Refreshment Cart (2F) 12:00 Picnic Lunch (DR) 2:00 Musical Entertainment by Dedra & Al (DR) 3:30 Social Hour & Small Plates (2F) Labor Day	9:30 Move2Music (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Kitchen Garden Club (2F) 11:30 Confident Cruisers (1F) 2:00 Gentlemen's Gathering (2F) 3:30 Food4Thought: Fresh Fruit (2F) 6:30 Card Club: Phase 10 (2F)	9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 Dining Committee (2F) 11:00 Diners Caravan & Shopping: Arby's & Dollar Store**\$\$ (OOB) 2:30 Jigsaw Puzzles (2F) 3:00 Confident Cruisers (1F) 6:30 Chinese Checker Club (2F)	9:30 Guided Meditation (2F) 10:00 Moral Decisions (2F) 10:30 Where in the World? (2F) 11:30 Selected Poetry & Discuss: <i>Moonlight</i> (2F) 2:00 Faith Studies by Church of God (1F) 3:00 Social Hour & Small Plates (1F) 3:30 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)	9:30 Bodypump (2F) 10:00 Today's Headlines (2F) 10:30 The Common Factor (2F) 11:00 Amen Corner (2F) 2:00 We Will Never Forget : Walk-a-thon (OOB) 3:00 Outdoor Refreshment Cart (OOB) 6:30 Mindful Color (2F) Patriot Day	9:30 Muscle & Mind Fitness (2F) 10:00 World News (2F) 10:30 Finish the Lines: Lyrics (2F) 11:00 iN2L Learning: <i>On This Day</i> (1F) 2:00 Bingo (2F) 3:00 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:30 The Lawrence Welk Show (1F)
13	14	15	16	17	18	19
9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Joel Osteen Ministries (2F) 12:00 Wine & Dine (DR) 1:30 Bible Reading Club: <i>Psalm 2</i> (2F) 2:30 The Special Bond: Grandparents (2F) 6:30 Card Club: Rummy (2F) Grandparents Day	9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Read My List (2F) 2:00 St. Paul's Worship Service (L) 3:00 Hymn Sing-a-long with Rose Mary (L) 4:00 Confident Cruisers (1F) 6:30 Game Club: Checkers (2F)	9:30 Move2Music (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Spotlight on Management: Director of Wellness 11:30 Confident Cruisers (1F) 2:00 Holiday Fair Crafters Meeting (2F) 3:30 Food4Thought: Fresh Fruit (2F) 6:30 Card Club: Phase 10 (2F)	9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 Welcome Committee (2F) 2:00 Crochet Corner (2F) 2:30 Kitchen Gardeners Club (2F) 3:00 Confident Cruisers (1F) 6:30 Chinese Checker Club (2F)	9:30 Guided Meditation (2F) 10:00 Moral Decisions (2F) 10:30 Where in the World? (2F) 11:30 Selected Poetry & Discuss: <i>The Night has a Thousand Eyes</i> (2F) 2:00 Crochet Corner (2F) 3:00 Refreshment Cart (2F) 3:30 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)	9:30 Bodypump (2F) 10:00 Today's Headlines (2F) 10:30 The Common Factor (2F) 11:00 Amen Corner (2F) 2:00 Art Exploration: A <i>Tree-medous</i> Apple Painting (2F) 6:30 Mindful Color (2F) Rosh Hashanah	9:30 Muscle & Mind Fitness (2F) 10:00 World News (2F) 10:30 Finish the Lines: Lyrics (2F) 11:00 iN2L Learning: <i>On This Day</i> (1F) 2:00 Bingo (2F) 3:00 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:30 The Lawrence Welk Show (1F)
20	21	22	23	24	25	26
9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Joel Osteen Ministries (2F) 12:00 Wine & Dine (DR) 1:30 Bible Reading Club: <i>Psalm 3</i> (2F) 2:00 Church of God Worship (DR) 3:00 Social Hour (DR) 3:30 Confident Cruisers (1F) 6:30 Card Club: Rummy (2F)	9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Read My List (2F) 1:30 Hand Massages by Shirley (2F) 2:00 Manicures (2F) 4:00 Confident Cruisers (1F) 6:30 Game Club: Checkers (2F)	9:30 Move2Music (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Brain Busters (2F) 11:30 Confident Cruisers (1F) 2:00 Yoga with Leah (2F) 3:30 Food4Thought: Fresh Fruit (2F) 6:30 Card Club: Phase 10 (2F)	9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 Cookbook Committee (2F) 11:00 Crossword Puzzles (2F) 2:00 Cooking Demo with Chef Ryan (1F) 3:00 Confident Cruisers (1F) 6:30 Chinese Checker Club (2F)	9:30 Guided Meditation (2F) 10:00 Moral Decisions (2F) 10:30 Where in the World? (2F) 11:30 Selected Poetry & Discuss: <i>Charge of the Light Brigade</i> (2F) 2:00 Faith Studies by Church of God (1F) 3:00 Social Hour & Small Plates (1F) 3:30 Confident Cruisers (1F) 5:00 Birthday Celebration Dinner (DR)	9:30 Bodypump (2F) 10:00 Today's Headlines (2F) 10:30 The Common Factor (2F) 11:00 Amen Corner (2F) 2:00 Kitchen Krew: Pumpkin Cookies (2F) 3:00 Confident Cruisers (1F) 6:30 Mindful Color (2F)	9:30 Muscle & Mind Fitness (2F) 10:00 World News (2F) 10:30 Finish the Lines: Lyrics (2F) 11:00 iN2L Learning: <i>On This Day</i> (1F) 2:00 Bingo (2F) 3:00 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:30 The Lawrence Welk Show (1F)
27	28	29	30	<div style="text-align: center;"> <h1>September</h1> <h2>2020</h2> </div>		
9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Joel Osteen Ministries (2F) 12:00 Wine & Dine (DR) 1:30 Bible Reading Club: <i>Pathways to Joy</i> (2F) 2:00 Church of God Worship (DR) 3:00 Social Hour (DR) 6:30 Movie: <i>A Whale for Jonah</i> (2F) Yom Kippur	9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Read my List (2F) 2:00 St. Paul's Worship Service (L) 3:00 Hymn Sing with Rose Mary (L) 4:00 Confident Cruisers (1F) 6:30 Game Club: Checkers (2F)	9:30 Move2Music (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Brain Busters (2F) 11:30 Confident Cruisers (1F) 2:00 Drum Class (2F) 3:30 Food4Thought: Fresh Fruit (2F) 6:30 Card Club: Phase 10 (2F)	9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 Cookbook Committee (2F) 11:00 Crossword Puzzles (2F) 2:00 Memory Magic (2F) 3:00 Confident Cruisers (1F) 6:30 Chinese Checker Club (2F)			