

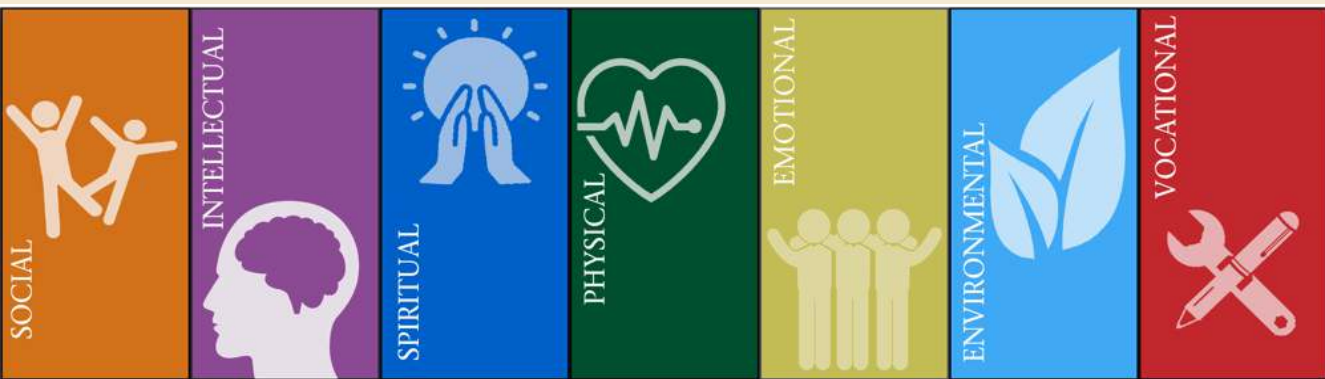
# Focus on Wellness

As amazing as it sounds, fall is upon us. With the fall season, also comes flu season and the need to take care of ourselves and others. The Centers for Disease Control (CDC) recommends everyone 6 months and older receive a yearly flu vaccine as the first and most important step for protection. While there are many different flu strands, the flu vaccine protects against the viruses that research suggests will circulate the most this season. Even healthy people can get the flu, and it can be serious. Let's each do our part.

Each Providence Place campus will be hosting vaccination clinics to make it easy for our residents and co-workers to participate. Please feel free to reach out to your Executive Director or Director of Wellness for specific details regarding your community clinic and upcoming booster opportunities.

*Cynthia Avant, RN*

Director of Clinical Services



*Dimensions  
of Wellness*

## Resident Birthdays

### September

Lois Garman  
Nathan Eshleman  
Sally Ann McCleary  
John Hampton  
Virginia Federhoof  
Earl Robinson

Harold Gsell  
Dorothy Miner  
Kathryn Shaffer  
Vivian Calimer  
Bonita Mearkle

Q3: September 2021

## A Note from the Executive Director

It is hard to believe summer is rounding out and we have seen back-to-school.

I am pleased to announce we have hired several new managers in the past month. Heather Crider has accepted the position as Director of Wellness. Heather lives in Shippensburg and has over 10 years' experience working with seniors. Last week our new Director of Dining, Dustin Dumire (Hagerstown) joined our team. Dustin comes to us with experience in both senior living facilities and restaurants.

Please join us in celebrating National Assisted Living week this month (9/12-9/18) with lots of fun and activities.

Many of our residents participated in some fun competition in July for the Providence Place Olympics. They competed in many events, including Wii Bowling, walking laps, and trivia. Our community also donated over 200 pounds of food to a local food pantry. We have many champions and medal winners living her in Chambersburg Providence Place. There are a multitude of events to become active with. Please review the Community Life calendar and stay engaged and active!

Fall Blessings,

*Holly Townsend, Executive Director*

## Highlighted Events

7 – **Not Forgotten Ministries**

**Premier @ 6pm**

15 – **Exploring Franklin County:**

Lesher Sunflower Field Outing

28 – **Hagerstown Valley Mall**

**Shopping Trip @ 9:30am**

## Welcome New Residents

Jean Wengert

Robert Morris

Virginia Stouffer

Donald Koons

Shirley Koons

Barbara Lawrence

Vonna Miller

Peggy "Betty" Wright



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p style="text-align: center;"><b>THE</b> <i>Club</i></p>		<p><b>Calendar Key:</b> 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), Connections (CN)</p>	<p>1 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Flower Oasis: Plant Checkup (P) 1:00 Helping Hands: Recycling Club (P) 1:30 Art: Pottery ( C ) 2:00 Shopping Trip: Walmart (OOB) 2:30 Hydration Station (3A) 3:00 Walk and Stroll Walking Club (FL) 6:00 Puzzle Club (L)</p>	<p>2 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Worship Services (CN) 10:00 Dance Class with Jess (FL) 1:30 Art Exploration (C) 2:00 Book Club: Chicken Soup (3A) 2:30 Hydration Station (3A) 3:00 Timeless Trivia (3A) 6:00 Chit Chat On The Porch (FL)</p>	<p>3 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Walk &amp; Roll Walking Club (FL) 1:30 Prize Bingo (3A) 2:30 Brain Games (3A) 3:00 Relax &amp; Hydrate On The Deck (P) 3:00 Walk and Stroll Walking Club (FL) 6:00 Movie Night: Forrest Gump (3A)</p>	<p>4 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Memory Magic (3A) 1:30 Country Bus Ride: Shippensburg (OOB) 2:00 Prize Bingo (3A) 2:30 Hydration Station (3A) 3:00 Food for Thought: Pumpkins (P) 6:00 Game Shows (Channel 78)</p>		
		<p>5 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Book Club: Chicken Soup (3A) 1:30 Chair Stretches (3A) 2:00 Aromatherapy and Nail Care (3A) 2:30 Relax &amp; Hydrate On The Deck (P) 3:15 Musical Entertainment with Bryan Herber (3A) 6:00 Song and Scripture (Ch.809)</p>	<p>6 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hymn Sing (2A) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 Hydration Station (3A) 3:00 00 iN2L: Labor Day Concert from Time Square Church (2A) 6:00 Card Club (3A)  Labor Day</p>	<p>7 9:00 Morning Meeting and Inspirations (P) 9:30 Laugh Therapy (P) 10:00 Walk &amp; Roll Walking Club (FL) 1:30 Acrylic Canvas Painting (C) 2:00 Labor Day Social (CN) 3:00 Jeopardy! (2A) 6:00 Game Shows (Channel 78)</p>	<p>8 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dinning Committee Meeting (DR) 1:30 Balance &amp; Action (3E) 1:00 Helping Hands: Recycling Club (P) 2:00 Flower Oasis: Plant Checkup (P) 2:30 Hydration Station (3A) 3:00 Memory Support Group (CN) 6:00 Chit Chat On The Porch (FL)</p>	<p>9 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Worship Services (CN) 10:00 Dance Class with Jess (FL) 1:30 Art Exploration (C) 2:00 Book Club: Chicken Soup (3A) 2:30 Hydration Station (3A) 3:00 Card Club (3A) 6:00 Puzzle Club (L)</p>	<p>10 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Flower Oasis: Plant Checkup (P) 1:30 Cross Words (3A) 2:00 Brain Games (3A) 2:30 Relax &amp; Hydrate On The Deck (P) 3:00 Laugh Therapy (3A) 6:00 Movie Night: Forever My Girl (3A)</p>	<p>11 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Walk and Stroll Walking Club (FL) 1:30 Walk and Stroll Walking Club (FL) 2:00 Prize Bingo (3A) 2:30 Hydration Station (3A) 3:00 Brain Games: Word Search (3A) 6:00 Puzzle Club (3A)  Patriot Day</p>
		<p>12 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Book Club: Chicken Soup (3A) 1:30 Hand Massages (3A) 2:00 Aromatherapy and Nail Care (3A) 2:30 Relax &amp; Hydrate On The Deck (P) 3:00 Grandparent Day Photo Shoot (3A) 6:00 Song and Scripture (Ch.809)  Grandparents Day</p>	<p>13 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hymn Sing (2A) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 Country Cruise Bus Ride (OOB) 2:30 Hydration Station (3A) 3:00 Bible Study (CN) 6:00 Game Shows (Channel 78)</p>	<p>14 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Detective Brain Games (3A) 12:00 Pizza Party (P) 1:30 Acrylic Canvas Painting (C) 2:30 Hydration Station (3A) 3:00 Resident Vs. Coworker Jeopardy (2A) 6:00 Card Club (3A)</p>	<p>15 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Flower Oasis: Plant Checkup (P) 1:00 Helping Hands: Recycling Club (P) 1:30 Balance &amp; Action (3E) 2:00 Fireside Chat (2A) 3:00 Frozen Daiquiri Social (P) 6:00 Card Club (3A)</p>	<p>16 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Worship Services (CN) 1:30 Art Exploration (C) 2:00 Popcorn Station (FL) 2:30 Hydration Station (3A) 3:00 Book Club: Chicken Soup (3A) 6:00 Puzzle Club (3A)</p>	<p>17 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Walk &amp; Roll Walking Club (FL) 1:30 Cross Words (3A) 2:00 Brain Games (3A) 2:30 Relax &amp; Hydrate On The Deck (P) 3:00 Laugh Therapy (3A) 6:00 Movie Night: Message in a Bottle (3A)</p>	<p>18 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Scavenger Hunt 1:30 Memory Magic (3A) 2:00 Musical Entertainment with Leo Disanto (2A) 3:00 Hydration Station (3A) 6:00 Game Shows (Channel 78)</p>
		<b>September 12 - 18, 2021 National Assisted Living Week</b>						
<p>19 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Book Club: Chicken Soup (3A) 1:30 Sunday Sitcom Shirley Temple (3A) 2:00 Aromatherapy and Nail Care (3A) 2:30 Relax &amp; Hydrate On The Deck (P) 3:00 Getting to Know Your Friends (P) 6:00 Song and Scripture (Ch.809)</p>	<p>20 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hymn Sing (2A) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 Country Cruise Bus Ride (OOB) 2:30 Hydration Station (3A) 3:00 Bible Study (CN) 6:00 Chit Chat On The Porch (FL)</p>	<p>21 9:00 Morning Meeting and Inspirations (P) 9:30 National Day Facts (P) 10:00 Walk &amp; Roll Walking Club (FL) 1:30 Acrylic Canvas Painting (C) 2:00 How to Make Shoofly Pie (P) 2:30 Hydration Station (3A) 3:00 Shoofly Pie Tasting (P) 6:00 Puzzle Club (L)</p>	<p>22 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Flower Oasis: Plant Checkup (P) 1:00 Helping Hands: Recycling Club (P) 1:30 Balance &amp; Action (3E) 2:00 Prize Bingo (3A) 2:30 Hydration Station (3A) 3:00 Walk and Stroll Walking Club (FL) 6:00 Game Shows (Channel 78)</p>	<p>23 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Worship Services (CN) 1:30 Art Exploration (C) 2:00 September Birthday Celebrations (CN) 2:30 Hydration Station (3A) 3:00 Timeless Trivia (3A) 6:00 Chit Chat on the Front Porch (FP)</p>	<p>24 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Ed-U Wellness: Mental Health Awareness (2A) 1:30 Book Club: Chicken Soup (3A) 2:00 Brain Games (3A) 2:30 Relax &amp; Hydrate On The Deck (P) 3:00 Name that Tune (P) 6:00 Movie Night: The Last Song (3A)  Native American Day</p>	<p>25 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Memory Magic (3A) 1:30 Craft Corner: Gnome Pumpkins (P) 2:30 Hydration Station (3A) 3:00 Brain Games: Word Search (3A) 6:00 Puzzle Club (3A)</p>		
<p>26 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Book Club: Chicken Soup (3A) 1:30 Sunday Sitcom I Love Lucy (3A) 2:00 Aromatherapy and Nail Care (3A) 2:30 Relax &amp; Hydrate On The Deck (P) 3:00 Reminisce and Relate (P) 6:00 Song and Scripture (Ch.809)</p>	<p>27 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hymn Sing (2A) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 iN2L:Ed-U Oh My Gourd! The Jack-O-Lantern Spectacular Story (2A) 2:30 Hydration Station (3A) 3:00 Bible Study (CN) 6:00 Game Club: Connect Four (3A)</p>	<p>28 9:00 Morning Meeting and Inspirations (P) 9:30 Laugh Therapy (P) 10:00 Walk &amp; Roll Walking Club (FL) 1:30 Acrylic Canvas Painting (C) 2:00 Prize Bingo (3A) 2:30 Hydration Station (3A) 3:00 Junk Drawer Detective (3A) 6:00 Game Shows (Channel 78)</p>	<p>29 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Flower Oasis: Plant Checkup (P) 1:00 Helping Hands: Recycling Club (P) 1:30 Balance &amp; Action (3E) 2:00 Meadows Frozen Custard (OOB) 3:00 Craft Corner: Paper Dowel Rod Media (P) 6:00 Chit Chat On The Porch (FL)</p>	<p>30 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Worship Services (CN) 1:30 Art Exploration (C) 2:00 Book Club: Chicken Soup (3A) 2:30 Hydration Station Bubble Tea (3A) 6:00 Puzzle Club (L)</p>	<p style="font-size: 48px; margin: 0;"><b>September</b></p> <p style="font-size: 48px; margin: 0;">2021</p>			