

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

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.



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
		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), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB), Pub Deck (PD) **Registration Required, \$\$ Cost Involved	1 9:00 Balloon Ball Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 10:00 Prize Bingo 1ST FLOOR (2A) 1:30 Balance & Action (3E) 1:30 Art: Pottery (C) 2:00 Musical Entertainment with Jay Smar, Coal Mining Music (2A) 3:00 Bible Study (PDR) 6:15 Blitz with Ruth (2A)	2 9:00 Transitions Dealing with Loss (C) 9:30 Wii Bowling League (3E) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration Mixed Media (C) 2:00 Mid Week Devotions (2A) 2:00 Ed-U Presentation: Native Americans in Eastern USA (3A) 3:00 Circle of Friends (PDR) 6:15 Card Club: Pinochle (2A)	3 9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 10:00 Prize Bingo 2ND FLOOR (2A) 1:30 Balance & Action (3E) 2:00 September Birthday Celebrations (P) 3:00 Brain Games: Geographical Trivia (P) 6:15 Movie Night: <i>Forrest Gump</i> (3A)	4 9:00 Light and Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Local Fares: Milky Way **\$(OOB) 12:00 Penn St Vs Wisconsin Badgers (P) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo 3RD FLOOR (2A) 3:00 Game Club: Mexican Train Dominoes (C) 6:15 Horseshoes (3E)
		5 9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:15 Musical Entertainment with Bryan Herber (2A) 6:00 Not Forgotten Ministries (2A)	6 Labor Day 9:00 Light & Lively Exercise (3E) 9:30 Garden Club (DR) (FL) 10:00 iN2L: Prize Bingo 2ND FLOOR (2A) 1:30 Seated Chair Exercise (2A) 2:00 iN2L: Ed-U Surviving the Fall out of 9/11 (2A) 3:00 iN2L: Labor Day Concert from Time Square Church (2A) 6:15 Billiards (3E)	7 9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Musical Entertainment with Jean Wert (2A) 3:00 Jeopardy! (2A) 6:15 Card Club: Rummy (2A)	8 9:00 Strengthening Stretches (3E) 9:30 Walk and Roll Walking Club (FL) 10:00 Dining Committee Meeting (DR) 1:30 Balance & Action (3E) 2:00 Prize Bingo 1ST FLOOR (2A) 3:00 Bible Study with Joan (PDR) 3:00 Memory Support Group (CC) 3:00 Meet & Greet: Chef Dustin (P) 6:15 Card Club: Pinochle (2A)	9 9:00 Light & Lively Exercise (3E) 9:30 Exploring Franklin County: Leshner Sunflower Field **\$(OOB) 1:30 Balance & Action (3E) 1:30 Art Exploration Mixed Media (C) 2:00 Prize Bingo 3RD FLOOR (2A) 3:00 ALW Coworker Appreciation Gift Basket Wrap Up (P) 6:15 Game Club: Sequence (3E)
12 Grandparents Day 9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 2:00 Happy Grandparents Day! Photo Booth (FL) 3:00 Game Club: Mexican Train Dominoes (C) 6:30 Song and Scripture (Ch.809)	13 9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 10:00 Hymn Sing (2A) 1:30 Seated Chair Exercise (2A) 2:00 iN2L: Prize Bingo 3rd FLOOR (2A) 3:00 iN2L: Ed-U Costa Rica, The Oldest People in the World (2A) 6:15 Horseshoes (3E)	14 9:00 Light & Lively Exercise (3E) 10:00 Shopping Trip: Schiers Antique Market **\$(OOB) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Prize Bingo \$\$ 1st FLOOR (2A) 3:00 Resident Vs. Coworker Jeopardy (2A) 6:30 Musical Entertainment with Cumberland Valley Men's Quartet (2A)	15 9:00 Balloon Ball Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Game Club: Sequence (2A) 1:30 Balance & Action (3E) 2:00 Fireside Chat (2A) 3:00 Bible Study with Joan (PDR) 6:15 Cornhole (3E)	16 9:00 Light & Lively Exercise (3E) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration Mixed Media (C) 2:00 Popcorn Station (FL) 3:00 Card Club: Spades (2A) 6:15 Game Club: Sequence (3E)	17 9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 2:00 F&M Trust Bank presents: Investments and Trusts (2A) 3:00 Card Club: Pinochle (2A) 6:15 Movie Night: <i>Message in a Bottle</i> (3A)	18 9:00 Light and Lively Exercise (3E) 9:30 Scavenger Hunt (Posted on Doors) 10:00 Prize Bingo 2ND FLOOR (2A) 1:30 Stair Stepper Exercise (3E) 2:00 Card Club (2A) 3:00 Assisted Living Week Finale Social (P) 6:15 Horseshoes (3E)
September 12 - 18, 2021 National Assisted Living Week						
19 9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 10:00 Nickel Bingo \$\$ 2ND FLOOR (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Nickel Bingo \$\$ 3RD FLOOR (2A) 3:00 Game Club: UNO (2A) 6:30 Song and Scripture (Ch.809)	20 9:00 Light & Lively Exercise ((3E) 9:30 Wii Bowling League (3E) 10:00 iN2L:Hymn Sing (2A) 1:30 Seated Chair Exercise (2A) 2:00 Blood Pressure Clinic (2A) 3:00 iN2L: Ed-U Comanche Tribe (2A) 6:15 Ladder Ball (3E)	21 9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Nickel Bingo \$\$ 1ST FLOOR (2A) 3:15 New Resident Welcome Social (P) 6:15 Game Club: Pinochle (2A)	22 9:00 Strengthening Stretches (3E) 10:00 Ed-U Wellness: Mental Health Awareness (2A) 1:30 Balance & Action (3E) 2:00 Prize Bingo 3RD FLOOR (2A) 3:00 Bible Study with Joan (PDR) 6:15 Card Club: Rummy (2A) Mexican Train Dominoes (C)	23 9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 2:00 Fall Tasting Menu with Dining (PDR) 3:00 Prize Bingo 1ST FLOOR (2A) 6:15 Game Club: Sequence (3E)	24 Native American Day 9:00 Light and Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Kitchen Creation: Indian Fry Bread (C) 1:30 Balance & Action (3E) 2:00 Prize Bingo 2ND FLOOR (2A) 3:00 Native American Heritage Social (P) 6:15 Movie Night: <i>The Last Song</i> (3A)	25 9:00 Light and Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Horseshoes (3E) 1:30 Stair Stepper Exercise (3E) 2:00 Billiards (3E) 3:00 Card Club: Spades (2A) 6:15 Puzzle Club (L)
26 9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 10:00 Game Club: Sequence (2A) 2:00 Mexican Train Dominoes (C) 3:00 Game Club: Scrabble (P) 6:30 Song and Scripture (Ch.809)	27 9:00 Light & Lively Exercise ((3E) 9:30 Wii Bowling League (3E) 10:00 Hymn Sing (2A) 1:30 Seated Chair Exercise (2A) 2:00 Prize Bingo 1ST FLOOR (2A) 3:00 iN2L:Ed-U Oh My Gourd! The Jack-O-Lantern Spectacular Story (2A) 6:15 Game Club: Pinochle (2A)	28 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Valley Mall Hagerstown **\$(OOB) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Horseshoes (3E) 3:00 Kitchen Creations: Edible Acorns (C) 6:15 Game Club: Sequence (2A)	29 9:00 Balloon Ball Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 10:00 Craft Corner: Sunflower Wreaths** (C) 1:30 Balance & Action (3E) 2:00 Prize Bingo 2ND FLOOR(2A) 3:00 Bible Study with Joan (PDR) 6:15 Card Club: Pinochle (2A)	30 9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 2:00 Men's Club (P) in2l 3:00 PRIZE BINGO 3RD FLOOR (2A) 6:15 Billiards (3E)	<h1>September</h1> <h1>2021</h1>	