

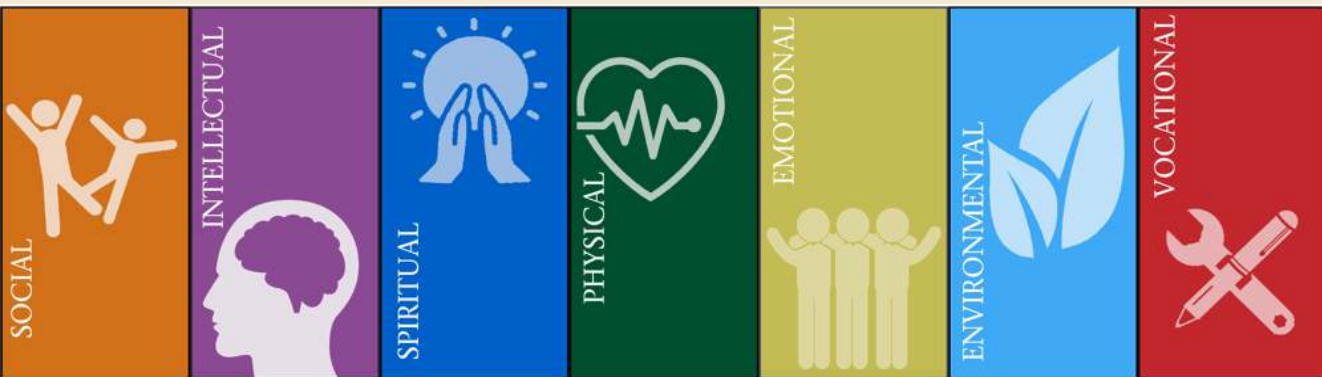
Focus on Wellness

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

Blanche Clark

Jean Lacy



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 2021

A Note from the Executive Director

What a beautiful summer we are rounding out (lots of sunshine and warmth for sure). We are so happy to see so many residents and families enjoying our outdoor spaces and enjoying time together.

We have welcomed many new residents to our community this month. What a great opportunity it has been for our residents to expand their friendship circles.

Please join us in celebrating National Assisted Living Week this month (9/12-9/18) – we will have fun activities, giveaways and events. Be sure to thank each other and our dedicated team members for being a part of this fantastic community.

Hope you are enjoying your summer and we look forward to a fantastic fall.

Best,

Francie Hoch


Executive Director

Highlighted Events

- 2 – **EdU: Rescue in Manilla**
With Steven Pollack @ 1pm
- 9 – **Valley Forge Casino Outing**
@ 10:30am
- 9 – **Fireside Chat with Francie** @ 1pm
- 14 – **Shady Maple Outing** @ 10am
- 24 – **Apple Festival Happy Hour** @ 4pm
Hard Ciders in the Pub &
entertainment by Jerry Trecoce

Welcome New Residents

Harry Conaway
Linda Conaway
Beverly Berlin
Bob Berlin
Robert Fox
Kathleen Sherwood
Anne Adams
Mary Pagnotti

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (DR) Dining Room (GR) Game Room (L) Lobby (OL) Old Lobby (P) Pub	1 9:00 Walk and Roll Club (L) 10:00 Rosary and Spiritual Prayer Group w/ St. Eleanor's Legion of Mary (T) 1:15 Balance Fitness w/ Nadine (CR) 2:00 Creative Arts: Fall Wreath Session 1 3:00 Crossword Puzzle (CR) 4:00 Uno Card Game (CR)	2 9:00 Walk and Roll Club (L) 10:00 Scenic Drive** 10:30 Wii Bowling (CR) 1:00 ED-U Rescue in Manilla w/ Guest Speaker Steve Pollack (CR) 2:30 Ladderball (CR) 3:30 Comedy Hour (T) 4:30 Wine and Dine Happy Hour (DR)	3 9:00 Walk and Roll Club (L) 10:00 Those Were the Days (CR) 11:00 Resident Crossword Puzzle (CR) 1:00 Wii Bowling (CR) 2:00 Racko Card Game (P) 3:30 Pinochle Card Club (CR) 4:00 Outdoor Walk (L)	4 9:00 Walk and Roll Club (L) 10:00 Current Events (CR) 11:00 Those Were the Days (CR) 1:00 Bingo (CR) 2:15 Make-A-Word (CR) 3:30 Rummy Club (AR) 4:00 Happy Hour (P)		
		5 8:00 Televised Catholic Mass (Ch. 291) 9:30 Distribution of Communion (CR) 10:00 The Daily Chronicle (CR) 11:00 Tai Chi (CR) 1:00 Sunday Movie Matinee (T) <i>Poms</i> 3:00 Pinochle Card Club (AR) 4:00 Outdoor Nature Walk (L)	6 9:00 Walk and Roll Club (L) 10:00 Those Were the Days (CR) 11:00 Scrabble (CR) 1:00 Pinochle Card Club (AR) 2:00 Crossword Puzzle (CR) 3:00 Rummy Club (AR) 4:00 Wii Bowling (CR) Labor Day	7 10:00 Retail Shopping at Wal-Mart** 10:30 Wii Bowling (CR) 11:30 Walk and Roll w/ Genesis (L) 1:00 Racko Card Club (P) 2:00 Green Thumbs Club (OL) 3:00 Scrabble (CR) 4:00 Resident Run Rosary (T)	8 9:00 Walk and Roll Club (L) 10:00 Rosary and Spiritual Prayer Group w/ St. Eleanor's Legion of Mary (T) 1:15 Balance Fitness w/ Nadine (CR) 2:00 Creative Arts: Fall Canvas Painting (AR) 2:15 Words on Wheels (L) 3:30 Crossword Puzzle (CR) 4:30 Outdoor Nature Walk (L)	9 9:00 Walk and Roll Club (L) 10:30 Valley Forge Casino Trip**\$\$ 11:00 Wii Bowling (CR) 1:00 Fireside Chat (AR) 2:00 Racko Card Club (P) 3:00 Green Thumbs Tending to Plants (OL) 4:00 UNO Card Game (AR) 6:00 Bingo (AR)	10 9:00 Walk and Roll Club (L) 10:00 Wii Bowling (CR) 11:00 Those Were the Days (CR) 1:00 Bingo (AR) 2:15 Word Games (CR) 3:00 Pinochle Club (AR) 4:00 Happy Hour Celebrating all of Our Grandparents Featuring Entertainer Jimmy Edwards (P)	11 9:00 Walk and Roll Club (L) 10:00 Those Were the Days (CR) 11:00 The Daily Chronicle (CR) 1:00 Wii Bowling (CR) 2:00 Rummy Club (L) 3:00 Crossword Puzzle (CR) 4:00 Nature Walk (L) Patriot Day
		12 8:00 Televised Catholic Mass (Ch 291) 9:30 Distribution of Communion (CR) 10:00 The Daily Chronicle (CR) 11:00 Those Were the Days (CR) 1:00 Eagles take on the Falcons (T) 4:00 Outdoor Nature Walk (L) Grandparents Day	13 9:00 Walk and Roll Club (L) 10:30 Baking Club: Apple Pie (AR) 11:00 The Daily Chronicle (AR) 1:00 Staff and Resident Bingo (AR) 2:15 Polonaise Dancing w/ Nadine (CR) 4:00 Happy Hour (P)	14 10:00 Lunch Trip to Shady Maple**\$\$ 10:30 Wii Bowling 11:30 Walk and Roll w/ Genesis (L) 1:00 Racko Card Game (P) 2:00 Crossword Puzzle (CR) 3:30 Make-A-Word (CR)	15 9:00 Walk and Roll Club (L) 10:00 Rosary and Spiritual Prayer Group w/ St. Eleanor's Legion of Mary (T) 1:15 Balance Fitness w/ Nadine (CR) 2:00 Creative Arts: Appreciation Cards for our Providence Place Team Members (AR) 4:00 Men's Club (P)	16 9:00 Walk and Roll Club (L) 10:00 Scenic Drive** 10:30 Wii Bowling (CR) 1:00 Baby Picture Game Contest (P) 2:00 Cornhole (CR) 3:30 Racko Card Game (P) 6:00 Happy Hour (P)	17 9:00 Walk and Roll Club (L) 10:00 Those Were the Days (CR) 11:00 Resident Scrabble Game (CR) 1:00 Wii Bowling (CR) 2:00 Rummy Club (AR) 6:00 Movie Night: <i>A Walk to Remember</i> (T)	18 9:00 Walk and Roll Club (L) 10:00 Therapy Dogs International Visits 11:00 Those Were the Days (CR) 1:00 Bingo (CR) 2:15 Crossword Puzzle (CR) 3:00 Pinochle Club (AR) 4:00 Happy Hour (P)
		September 12 - 18, 2021 National Assisted Living Week						
		19 8:00 Televised Catholic Mass (Ch 291) 9:30 Distribution of Communion (CR) 10:00 The Daily Chronicle (CR) 11:00 Tai Chi (CR) 1:00 Eagles take on the 49ers (T) 3:00 Pinochle Club (AR) 4:00 Outdoor Nature Walk (L)	20 9:00 Walk and Roll Club (L) 10:30 Baking Club: Apple Crisp (AR) 1:00 Community Life Committee (AR) 1:15 Bingo (AR) 2:15 Polonaise Dancing w/ Nadine (CR) 3:30 Pinochle Club (AR) 4:00 Happy Hour (P)	21 10:00 Shopping Trip to Giant 10:30 Wii Bowling (CR) 11:00 Catholic Mass w/ St Eleanor's (CR) 11:30 Walk and Roll w/ Genesis (L) 1:00 Racko Card Game (P) 2:00 Green Thumbs Club (OL) 3:00 Scrabble (CR) 4:00 Resident Run Rosary (T)	22 9:00 Walk and Roll Club (L) 10:00 Rosary and Spiritual Prayer Group w/ St. Eleanor's Legion of Mary (T) 1:15 Balance Fitness w/ Nadine (CR) 2:15 Words on Wheels (L) 3:30 Cooking Demo w/ Chad (AR) 4:30 Outdoor Nature Walk (L)	23 9:00 Walk and Roll Club (L) 10:30 Billiards (GR) 1:00 ED-U On Impeachment w/ Guest Speaker Gary Murway (CR) 1:30 Trip to Merrymead Farm**\$\$ 3:00 Green Thumbs Tending to Plants (OL) 4:00 Wii Bowling (CR)	24 9:00 Walk and Roll Club (L) 10:00 Wii Bowling (CR) 11:00 Those Were the Days (CR) 1:00 Bingo (AR) 2:15 Rummy Club (AR) 4:00 Apple Festival Featuring Hard Ciders w/ Entertainer Jerry Trecoce (P) Native American Day	25 9:00 Walk and Roll Club (L) 10:00 Those Were the Days (CR) 11:00 The DAILY Chronicle (CR) 1:00 Wii Bowling (CR) 2:00 Rummy Club (L) 3:00 Crossword Puzzle (CR) 4:00 Nature Walk (L)
26 8:00 Televised Catholic Mass (Ch 291) 9:30 Distribution of Communion (CR) 10:00 The Daily Chronicle (CR) 11:00 Those Were the Days (CR) 1:00 Sunday Movie Matinee (T) <i>Greater</i> 3:00 Pinochle Club (AR)	27 9:00 Walk and Roll Club (L) 10:00 Baking Club: Homemade Apple Sauce (AR) 1:00 Dining Services Committee (AR) 1:15 Bingo (AR) 2:15 Polonaise Dancing w/ Nadine (CR) 4:00 Happy Hour (P) 8:15 Eagles take on the Cowboys (T)	28 10:00 Shopping trip to the Dollar Store** 10:30 Wii Bowling (CR) 11:30 Walk and Roll w/ Genesis (L) 1:00 Racko Card Club (P) 2:00 Green Thumbs Club (OL) 3:30 Pinochle Card Club (AR) 4:00 Resident Run Rosary (T)	29 9:00 Walk and Roll (L) 10:00 Rosary and Spiritual Prayer Group w/ St. Eleanor's Legion of Mary (T) 1:15 Balance Fitness w/ Nadine (CR) 2:30 Creative Arts: Fall Wreath session 2 3:30 Cooking Demo w/ Chad (AR) 4:30 Outdoor Nature Walk (L)	30 9:00 Walk and Roll Club (L) 10:00 Scenic Drive** 11:00 Wii Bowling (CR) 1:00 Exploring Germany Google Earth (CR) 2:00 Racko Card Club (P) 3:00 Comedy Hour (T) 5:00 Harvest Moon Themed Dinner Featuring Wine Tasting (DR)	<h1>September</h1> <h2>2021</h2>			