

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



Providence Place SENIOR LIVING News

Q3: September 2021

A Note from the Executive Director

The dog days of Summer are winding down! We are excited to have our annual Luau coming up this month. We will have dancers, a lei-making station, Hawaiian cocktails and, of course, a pig roast! Please join us on September 9th from 4pm-6pm. Invitations will be going out to your family members with RSVP request.

Please remember, with our campus being fully-vaccinated, to take advantage of the outside spaces when you have visits with family and friends. Don't forget the great walking trail that goes around the building – and be sure to check out and utilize our center courtyard and patio areas. We have new seating areas and will be holding socials and gardening clubs in the courtyard and patio area. See the activity calendar for details and for some great trips out and about. Visits with family and friends are welcomed & encouraged, just make sure guest check in at the front desk. All visitors must wear mask at all times.

Our staff would be more than happy to continue to assist with virtual visits such as FaceTime, Zoom, and Skype if you prefer. Thank you for your cooperation, and enjoy the end of Summer and beginning of Fall.

Howard Holben
Executive Director

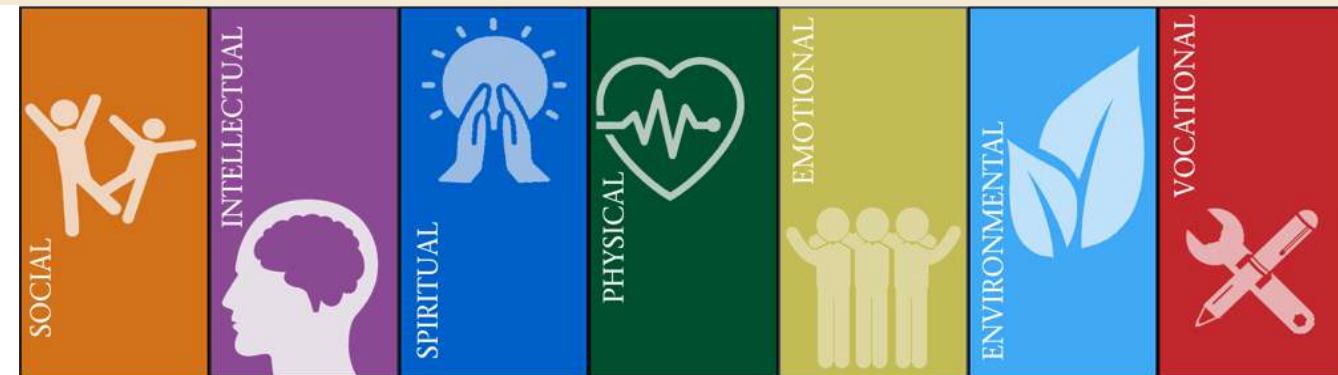
Highlighted Events

- 7 – **Gentleman's Dinner Out** @ 4pm
- 9 – **Outdoor LUAU**
Resident & team families welcome!
- 12th – 18th – **National Assisted Living Week** *see calendar events!*
- 28 – **Super Happy Hour** @ 2pm
- 30 – **Fireside Chat with Howard**
@ 3pm

Welcome New Residents

Virginia Smeltzer
Nellie Mott
Loretta Deller
Ronald Reigle
Ruth Laughman
Clyde Waltemyer

Dimensions of Wellness



Resident Birthdays

September

Eleanor Loftus
Mildred Becker
Bertha Alwine
Sally Messenger
Fairy Carver
Helen Kathleen Waters
Patricia Myers
Joann Lehman
Deloris Crone

J. Morgan Stobie
Ruth Laughman
Claire Papenberg
Carol Murphy
William Wendel



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
THE <i>Club</i>		Calendar Key: ** Registration Required \$\$ Cost Involved Activity Room (AR) Community Room/Chapel (CR/CH) Pub (P) Connections Neighborhood (CN) 100 Hall Patio (100 Hall) Court Yard (CY) Front Porch (FP)	1 9:30 Daily Reading and Drinks (P) 9:45 What Am I? (P) 10:00 Church Service with Pastor (CR/CH) 10:15 Table Top Game (P) 10:45 Menu Review (P) 1:15 September Trivia (P) 3:00 Bingo (AR) 6:00 Sit and Chat in the Lobby	2 9:30 Daily Reading and Drinks (CR/CH) 9:45 IN2L Fitness (CR/CH) 10:00 Explore the World (CR/CH) 10:45 Menu Review (CR/CH) 1:15 Fun Facts about Marathons (CR/CH) 1:30 Culinary Creations (CN) 3:00 Hymns with the Pastor (CR/CH) 6:00 Sit and Chat in the Lobby	3 9:30 Daily Reading and Drinks (CR/CH) 9:45 Working with Words (CR/CH) 10:00 Fitness Dice (CR/CH) 10:30 Timed Trivia (CR/CH) 10:45 Menu Review (CR/CH) 1:15 Penny Art (CR/CH) 6:00 Sit and Chat in the Lobby	4 9:30 Daily Reading (CR/CH) 9:45 Discussion and Danish (CR/CH) 10:15 Card Crunch Fitness (CR/CH) 10:45 Menu Review (CR/CH) 1:15 Dessert make and Take (CR/CH) 1:30 Culinary Creations (AR) 6:00 Sit and Chat in the Lobby
		5 9:30 Daily Reading and Hot Drinks (P) 9:45 Song and Scripture (P) 10:15 Digits and Resistance (P) 10:30 Name the Tune & Menu Review (P) 1:15 NASA Day Celebration (P) 1:30 Snack Bar Social (P) 3:00 Church Service with Pastor (CR/CH) 6:00 Sit and Chat in the Lobby	6 9:30 Daily Reading (P) 9:40 Five Minutes of Exercise (P) 9:45 Sing along with the Ladies (P) 10:30 Coffee and Devotions (AR) 1:15 Why celebrate Labor Day? (CR/CH) 1:15 Bingo with Friends (CN) 2:30 Finish the Phrase (CR/CH) 6:00 Sit and Chat in the Lobby Labor Day	7 9:30 Daily Reading and Drinks (CR/CH) 10:00 Grief Share (P) 10:15 Imagery Fitness (CR/CH) 10:30 Why we don't wear White (CR/CH) 10:45 Menu Review (CR/CH) 1:30 Social with Friends (CN) 3:15 Balance Class (FR) 6:00 Sit and Chat in the Lobby	8 9:30 Daily Reading and Drinks (P) 9:45 What Am I? (P) 10:00 Church Service with Pastor (CR/CH) 10:15 Table Top Game (P) 10:45 Menu Review (P) 1:15 Pink Panther Smoothie (P) 3:00 Bingo (AR) 6:00 Sit and Chat in the Lobby	9 9:30 Daily Reading and Drinks (CR/CH) 9:45 IN2L Fitness (CR/CH) 10:00 Explore the World—Mexico (CR/CH) 11:00 Mexican Luncheon (CR/CH) 1:15 Make Peace not WAR (CR/CH) 1:30 Culinary Creations (CN) 3:00 Hymns with the Pastor (CR/CH) 6:00 Sit and Chat in the Lobby
12 9:30 Daily Reading and Hot Drinks (P) 9:45 Song and Scripture (P) 10:15 Digits and Resistance (P) 10:30 Name the Tune & Menu Review (P) 1:15 Chicken Soup Reading (P) 1:30 Snack Bar Social (P) 3:00 Church Service with Pastor (CR/CH) 6:00 Sit and Chat in the Lobby Grandparents Day	13 9:30 Daily Reading (P) 9:40 Five Minutes of Exercise (P) 9:45 Sing along with the Ladies (P) 10:30 Coffee and Devotions (AR) 1:15 Memories in the Making (CR/CH) 2:30 Milton Hershey & Chocolate (CR/CH) 6:00 Sit and Chat in the Lobby	14 9:30 Daily Reading and Drinks (CR/CH) 10:00 Grief Share (P) 10:15 Imagery Fitness (CR/CH) 10:45 Menu Review (CR/CH) 1:15 Memories of School (CR/CH) 1:30 Social with Friends (CN) 3:00 Out door Picnic (PUB) 6:00 Sit and Chat in the Lobby	15 9:30 Daily Reading and Drinks (P) 9:45 Dot to Dot Day (P) 10:00 Church Service with Pastor (CR/CH) 10:15 Table Top Game (P) 10:45 Menu Review (P) 1:30 Resident Show and Tell Photos (AR) 3:00 Bingo (AR) 6:00 Sit and Chat in the Lobby	16 9:30 Daily Reading and Drinks (CR/CH) 9:30 Baltimore Aquarium Trip (\$\$OOB) 9:45 IN2L Fitness (CR/CH) 11:00 Mexican Luncheon (CR/CH) 1:30 Culinary Creations (CN) 3:00 Hymns with the Pastor (CR/CH) 6:00 Sit and Chat in the Lobby	17 9:30 Daily Reading and Drinks (CR/CH) 9:45 Working with Words (CR/CH) 10:00 Fitness Dice (CR/CH) 10:30 Timed Trivia (CR/CH) 10:45 Menu Review (CR/CH) 1:15 Who was Forrest Gump (CR/CH) 2:30 Therapy dog visit & Treat Making (AR) 6:00 Sit and Chat in the Lobby	18 9:30 Daily Reading (CR/CH) 9:45 Discussion and Danish (CR/CH) 10:15 Card Crunch Fitness (CR/CH) 10:45 Menu Review (CR/CH) 1:15 Create and Take Water Bottle (CR/CH) 1:30 Culinary Creations (AR) 6:00 Sit and Chat in the Lobby
September 12 - 18, 2021 National Assisted Living Week						
19 9:30 Daily Reading and Hot Drinks (P) 9:45 Song and Scripture (P) 10:15 Digits and Resistance (P) 10:30 Name the Tune & Menu Review (P) 1:15 Who was Mary Tyler Moore (P) 1:30 Snack Bar Social (P) 3:00 Church Service with Pastor (CR/CH) 6:00 Sit and Chat in the Lobby	20 9:30 Daily Reading (P) 9:40 Five Minutes of Exercise (P) 9:45 Sing along with the Ladies (P) 10:30 Coffee and Devotions (AR) 1:15 Memory Magic (CR/CH) 1:15 Bingo with Friends (CN) 2:30 Cars of America (CR/CH) 6:00 Sit and Chat in the Lobby	21 9:30 Daily Reading and Drinks (CR/CH) 10:00 Grief Share (P) 10:15 Imagery Fitness (CR/CH) 10:45 Menu Review (CR/CH) 1:15 Breakfast Bar in the middle of the Day (CR/CH) 1:30 Social with Friends (CN) 3:15 Balance Class (FR) 6:00 Sit and Chat in the Lobby	22 9:30 Daily Reading and Drinks (P) 9:45 What Am I? (P) 10:00 Church Service with Pastor (CR/CH) 10:15 Table Top Game (P) 10:45 Menu Review (P) 1:15 Book Mark Elephants (P) 3:00 Bingo (AR) 6:00 Sit and Chat in the Lobby	23 9:30 Daily Reading and Drinks (CR/CH) 9:45 IN2L Fitness (CR/CH) 10:00 Explore the World (CR/CH) 10:45 Menu Review (CR/CH) 1:15 Cranberries 4 ways (CR/CH) 1:30 Culinary Creations (CN) 3:00 Hymns with the Pastor (CR/CH) 6:00 Sit and Chat in the Lobby	24 9:30 Daily Reading and Drinks (CR/CH) 9:45 Working with Words (CR/CH) 10:00 Fitness Dice (CR/CH) 10:30 Timed Trivia (CR/CH) 10:45 Menu Review (CR/CH) 1:15 Balloon Darts on the Dining Deck 6:00 Sit and Chat in the Lobby Native American Day	25 9:30 Daily Reading (CR/CH) 9:45 Discussion and Danish (CR/CH) 10:15 Card Crunch Fitness (CR/CH) 10:45 Menu Review (CR/CH) 1:15 Wild Life Jingo (CR/CH) 1:30 Culinary Creations (AR) 6:00 Sit and Chat in the Lobby
26 9:30 Daily Reading and Hot Drinks (P) 9:45 Song and Scripture (P) 10:15 Digits and Resistance (P) 10:30 Name the Tune & Menu Review (P) 1:15 History of Johnny Appleseed (P) 1:30 Snack Bar Social (P) 2:00 Mini Apple Pie Pancakes (P) 3:00 Church Service with Pastor (CR/CH) 6:00 Sit and Chat in the Lobby	27 9:30 Daily Reading (P) 9:40 Five Minutes of Exercise (P) 9:45 Sing along with the Ladies (P) 10:30 Coffee and Devotions (AR) 1:15 Last Monday of the Month Movie : <i>State Fair</i> starring Pat-Boone 6:00 Sit and Chat in the Lobby	28 9:30 Daily Reading and Drinks (CR/CH) 10:00 Grief Share (P) 10:15 Imagery Fitness (CR/CH) 10:45 Menu Review (CR/CH) 1:15 Who were the Beatles (CR/CH) 1:30 Social with Friends (CN) 3:15 Balance Class (FR) 6:00 Sit and Chat in the Lobby	29 9:30 Daily Reading and Drinks (P) 9:45 What Am I? (P) 10:00 Church Service with Pastor (CR/CH) 10:15 Table Top Game (P) 10:45 Menu Review (P) 1:15 National Biscotti Day (P) 3:00 Bingo (AR) 6:00 Sit and Chat in the Lobby	30 9:30 Daily Reading and Drinks (CR/CH) 9:45 IN2L Fitness (CR/CH) 10:00 Explore the World (CR/CH) 10:45 Menu Review (CR/CH) 1:15 Base Ball and Baby Ruth's (CR/CH) 1:30 Culinary Creations (CN) 2:00 Pumpkin Spice Happy Hour (PUB) 3:00 Hymns with the Pastor (CR/CH) 6:00 Sit and Chat in the Lobby	<h1>September</h1> <h2>2021</h2>	