

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

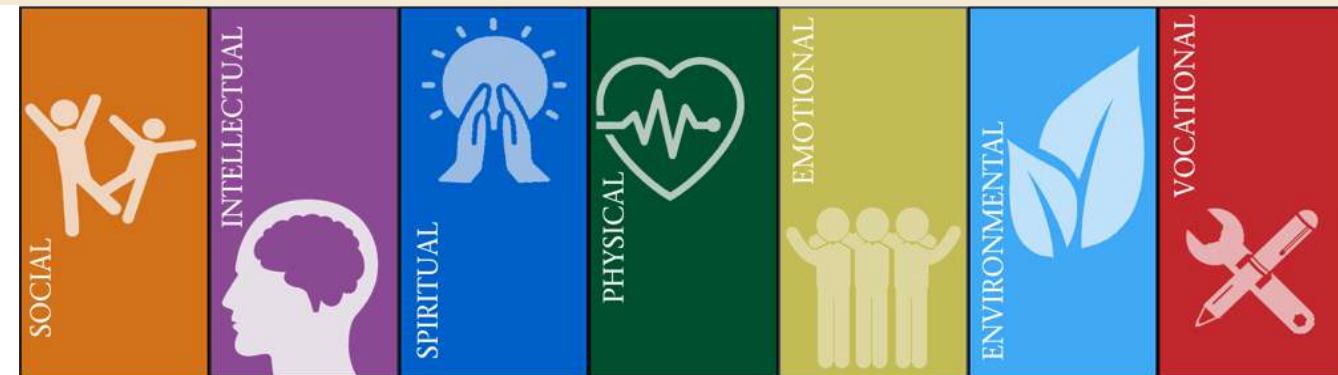
Highlighted Events

- 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
		Calendar Key: (AR) Activities Room, (DR) Dining Room (FR) Fitness Room, (P) PUB (CR) Community Room, (CY) 100 Hall Court Yard (L) Lobby (OOB) Out of the Building ** Registration Required \$\$ Cost Involved	1 9:30 Chair Fitness (AR) 10:00 Worship Service (CR) 10:00 Lunch Bunch: Panera**\$\$ (OOB) 1:15 Trivia (AR) 2:30 Bingo (AR) 3:30 Uno (AR) 6:00 Swing Dance Lessons With Randi (CR)	2 9:30 Chair Fitness (AR) 10:00 Bible Study & Refreshments (P) 10:30 Rosary (AR) 11:00 Birthday Lunch (AR) 1:30 Birthday Celebration For All (AR) 3:00 Spiritual Life Hymns (CR) 4:00 Hibachi Night**\$\$ (OOB) 6:00 The Price Is Right with IN2L (AR)	3 9:30 Chair Fitness (AR) 10:00 Chefs Demo (AR) 1:15 Sun Kiss Stroll (OOB) 2:00 Create & Design: Bob Ross (AR) 3:30 Boss Ross Biography (AR) 5:30 Fresh Air & Conversations (OOB) 6:00 Resident Hosted; Bingo (AR)	4 9:30 Chair Fitness (AR) 10:00 House Of Café & Current Events (AR) 1:30 Culinary Creation; M&M Cookie Bars (AR) 3:30 Discussion Starters (AR) 6:00 Resident Hosted; Poker Night (AR)
		5 9:30 Chair Fitness (AR) 10:00 Be Kind to Our Plants & Refreshments (AR) 1:15 Sing Along with Suzie Q (AR) 2:00 Walking Taco Bar (AR) 3:00 Church Service (CR) 6:00 Resident Hosted; 500 Cards (AR)	6 9:30 Chair Fitness (AR) 9:45 Sing-along by Sunshine Gang (P) 10:30 House Of Café (AR) 1:15 Sun Kiss Stroll (OOB) 2:00 Labor Day Festivities (AR) 5:30 Fresh Air & Conversations (OOB) 6:00 Crochet Circle (AR) Labor Day	7 9:30 Chair Fitness (AR) 10:00 Grief Share Support Group (P) 10:00 Weis Market **\$\$ (OOB) 10:30 Yoga with Alison (FR) 1:00 Tiki Jewelry Creation with Jojo (AR) 2:00 Happy Hour (P) 4:00 Gentleman's Dinner **\$\$ (OOB) 6:00 Bingo & Mocktails (AR)	8 9:30 Balance in Action with Lora (AR) 10:00 Kings In The Corner (AR) 1:15 Wii Bowling (AR) 2:30 Bingo (AR) 3:30 This or That (AR) 6:00 Resident Hosted Jingo (AR)	9 9:30 Chair Fitness (AR) 10:00 Bible Study & Refreshments (P) 10:30 Rosary (AR) 1:30 Luau Celebration (OOB) 6:00 Fresh Air & Conversations (OOB)
12 9:30 Chair Fitness (AR) 10:00 Table Top Games (AR) 1:30 Grandparents Day Celebration (P) 3:00 Church Service (CR) 6:00 Resident Hosted; Poker Night (AR) Grandparents Day	13 9:30 Chair Fitness (AR) 9:45 Sing-along by Sunshine Gang (P) 10:30 House Of café (AR) 1:15 Sun Kiss Stroll (OOB) 2:00 DIY Organic Hand Scrubs (AR) 3:30 Born Different Series (AR) 5:30 Fresh Air & Conversations (OOB) 6:00 Book Discussion (AR)	14 9:30 Chair Fitness (AR) 10:00 Boscov's **\$\$ (OOB) 10:00 Grief Share Support Group (P) 1:30 Outdoor Picnic (OOB) 3:30 Balance Class (FR) 6:00 Bingo & Mocktails (AR)	15 9:30 Chair Fitness (AR) 10:00 Worship Service (CR) 11:00 Lunch Bunch; McDonalds (AR) 1:30 Show & Tell Bring A Photo (AR) 3:00 Bingo with IN2L (AR) 6:00 Swing Dance Lessons With Randi (CR)	16 9:30 Chair Fitness (AR) 10:00 Bible Study & Refreshments (P) 10:00 Baltimore Aquarium **\$\$ (OOB) 10:30 Rosary (AR) 1:30 Jingo 3:00 Hymns with Chaplain (CR) 4:00 Casino Night **\$\$ (OOB) 6:00 Resident Hosted; Uno (AR)	17 9:30 Chair Fitness (AR) 10:00 Chefs Demo 1:15 Sun Kiss Stroll (OOB) 2:00 Musical Entertainment by Thomas Shultz (P) 2:30 Therapy Dog Visit (AR) 3:30 Tunes & Mingle (AR) 5:30 Fresh Air & Conversations (OOB) 6:00 Resident Hosted; Bingo (AR)	18 9:30 Chair Fitness (AR) 10:00 House Of Café & Current Events (AR) 1:30 Culinary Creation; Fancy Grilled Cheese (AR) 2:00 Musical Entertainment by Tom & Randy (P) 3:00 Mingle & Mocktails (P) 6:00 Resident Hosted; Poker (AR)
September 12 - 18, 2021 National Assisted Living Week						
19 9:30 Chair Fitness (AR) 10:00 Be Kind to Our Plants & Refreshments (AR) 1:15 Music Therapy by Mai Abe (AR) 2:00 Mini Bagel Bar (AR) 3:00 Church Service (CR) 6:00 Resident Hosted; 500 Cards (AR)	20 9:30 Chair Fitness (AR) 9:45 Sing-along by Sunshine Gang (P) 10:00 Cognitive Group with Bethany Guevara (AR) 1:15 Sun Kiss Stroll (OOB) 2:00 Manicures & Mocktails (AR) 5:30 Fresh Air & Conversations (OOB) 6:00 Crochet Circle (AR)	21 9:30 Chair Fitness (AR) 10:00 Grief Share Support Group (P) 10:00 Dollar Store **\$\$ (OOB) 10:30 Yoga with Alison (FR) 11:00 Gentlemen's Lunch & A Show (CR) 1:15 Sun Kiss Stroll (OOB) 2:00 Happy Hour (P) 3:30 Balance Class (FR)	22 9:30 Chair Fitness (AR) 10:00 Spades (AR) 1:30 Name That Tune with IN2L (AR) 2:30 Bingo (AR) 3:30 Kings In A Corner (AR) 6:00 Resident Hosted Jingo (AR)	23 9:30 Chair Fitness (AR) 10:00 Bible Study & Refreshments (P) 10:30 Rosary (AR) 11:00 Bob Evans**\$\$ (OOB) 1:00 Country Ride (OOB) 2:00 Happy Hour; Fair Food (P) 3:00 Spiritual Life Hymns (CR) 5:00 Movie Cinema **\$\$ (OOB) 6:00 Fresh Air & Conversations (OOB)	24 9:30 Chair Fitness (AR) 10:00 Bayada Wellness Talk (AR) 1:30 Culinary Creation; Cherokee Fried Bread 2:30 Create & Design; Native American Rain Sticks (AR) 5:30 Fresh Air & Conversations (OOB) 6:00 Resident Hosted; Bingo (AR) Native American Day	25 9:30 Chair Fitness (AR) 10:00 House Of Café & Current Events (AR) 1:30 Culinary Creation; Personal Pizzas (AR) 3:00 Discussion Starters with IN2L (AR) 6:00 Resident Hosted; Tabletop Games (AR)
26 9:30 Chair Fitness (AR) 10:00 Table Top Games (AR) 1:15 Sing Along with Tom Melady IN2L (AR) 2:00 Ice Cream Sunday Bar (AR) 3:00 Church Service (CR) 6:00 Resident Hosted; Poker Night (AR)	27 9:30 Chair Fitness (AR) 9:45 Sing-along by Sunshine Gang (P) 10:30 House Of Café 1:15 Sun Kiss Stroll (OOB) 2:00 DIY Organic Facial Scrubs (AR) 3:00 Born Different Series (AR) 5:30 Fresh Air & Conversations (OOB) 6:00 Book Discussion (AR)	28 9:00 Mens Breakfast **\$\$ (OOB) 9:30 Chair Fitness (AR) 10:00 Grief Share Support Group (P) 10:30 Yoga with Alison (FR) 1:15 Sun Kiss Stroll (OOB) 2:00 Super Happy Hour (P) 6:00 Bingo & Mocktails (AR)	29 9:30 Chair Fitness (AR) 10:00 Worship Service (CR) 11:00 Lunch Bunch; Chick-Fil-A (AR) 1:15 Games with IN2L (AR) 2:30 Bingo Blast (AR) 6:00 Swing Dance Lessons With Randi (CR)	30 9:30 Chair Fitness (AR) 10:00 Bible Study & Refreshments (P) 10:30 Rosary (AR) 1:00 Country Ride (OOB) 2:00 Happy Hour; Pumpkin Spice 3:00 Fireside Chat with ED Howard 5:00 Dinner & A Show (CR) 6:00 Games with IN2L (AR)	<h1>September</h1> <h2>2021</h2>	