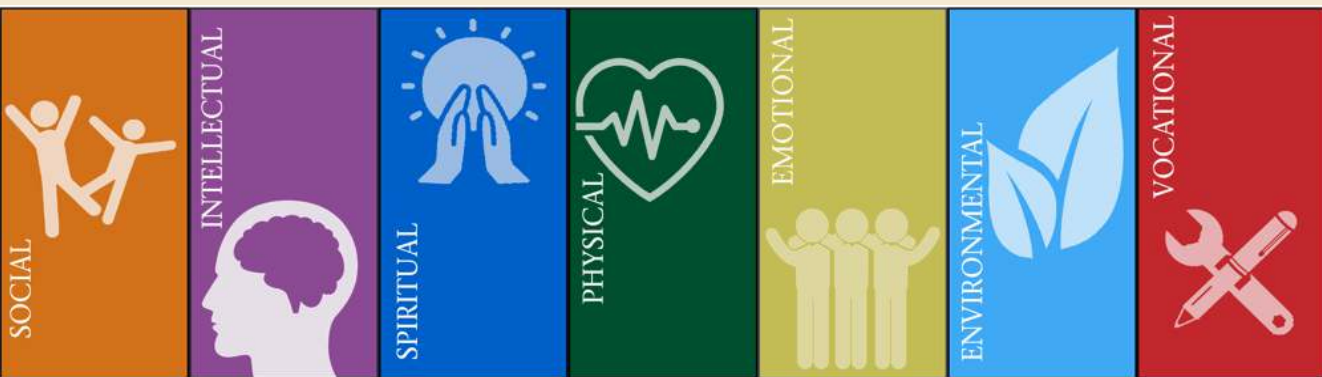


Focus on Wellness

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

Anita Molitoris
David Narrow
Danae Renn
Helen Zukowski
Dorothy Stoffa
Robert Defant
Patricia Gasser



Providence Place SENIOR LIVING News

Q3: September 2021

A Note from the Executive Director

It has been so nice to see families visiting and residents engaging with one another this summer – what a delight.

As you may have noticed, we have enhanced our Community Life activities and are having loads of fun. We had some great summer activities and are gearing up for our Fall Outdoor Flea Market on September 25th – come check out the fun, food and vendors at our community.

We will also be celebrating National Assisted Living Week September 12th – 18th – check out the calendar for details to give thanks and recognition to our dedicated team members.

As always, my team is here for any of your concerns or needs. Reach out anytime to chat.

Continue to stay safe, happy, and healthy and enjoy this transition into a beautiful fall,

Kim Perchak

Executive Director

Highlighted Events

- 3 – **Trip to Eckley Miners Villiage**
@ 1:15pm
- 16 – **Improv Drawing** @ 1:45pm
With Tim Stauffer
- 23 – **EdU Presentation: Native Americans of Eastern PA**
@ 2:30pm By Terry Neumyer
- 25 – **Outdoor Flea Market**
@ 9am – 1pm
- 29 – **Edu Presentation: Apollo 11 Mission & Landing** @ 2pm
by Night Wonders of Astronomy

Welcome New Residents

Ann Harvilla
Patricia McNamara
Dale Smith
Anthony Tomaselli



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
<p style="text-align: center;">THE <i>Club</i></p>		<p>Calendar Key: ** Registration Required Cost Involved (\$\$), Chapel (Ch), Sunroom (SR), Main Lobby (ML), Dining Room (DR), First Floor (1st), Second Floor (2nd), Third Floor (3rd), Connections (CN), Front Patio (FP), Café (C)</p>	<p>1 9:00 Morning Meeting & Chronicle (2nd) 9:30 Retail Shopping at Boscov's**\$\$ (OOB) 10:00 Rosary (Ch) 1:30 Ed-U Presentation: Rosh Hashanah & Yom Kippur Traditions By Rabbi Larry Kaplan (3rd) 2:45 Bingo (3rd) 4:00 Community Outreach: Make Back to School Supply Bags For Drums Elementary Students (2nd) 6:30 Dominoes (2nd)</p>	<p>2 9:00 Morning Meeting & Chronicle (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Mass with Father Mike (DR) 1:30 Nail Care (3rd) 2:00 Craft Club: September Birthday Cards (CN) 3:30 Cooking Club: Cranberry & Pear Spinach Salad (C) 6:30 Pinochle Players Club (3rd)</p>	<p>3 9:00 Morning Meeting & Chronicle (2nd) 9:30 Strength Exercise with Hand Weights (2nd) 10:00 Bible Study By Linda of Bayada Hospice (Ch) 10:30 Art Exploration: Button Art: Bookmarks (3rd) 1:30 TED Talk & Discussion: <i>Life's Third Act</i> (3rd) 2:30 Dessert Caravan: Ice Cream at Milkhouse Creamery**\$\$ (OOB) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)</p>	<p>4 9:00 Morning Meeting & Chronicle (2nd) 10:00 Rosary (Ch) 10:30 Helping Hands Club: Husk Corn for Labor Day BBQ (FP) 1:00 Memory Magic (CN) 2:00 Bingo (CN) 4:00 Charades (1st) 6:30 Movie Matinee: "A Beautiful Day in the Neighborhood" (2nd)</p>
		<p>5 9:00 TV Catholic Mass Service (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Sit and Be Fit Exercise (2nd) 11:00-1:00 Wine and Dine (DR) 1:30 Hymn Sing (Ch) 2:00 Table Games and Iced Tea (CN) 4:00 iN2L: Freedom Tower (3rd) 6:30 Knit & Crochet Club (3rd)</p>	<p>6 9:00 Morning Meeting & Chronicle (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 11:00-11:00 Labor Day BBQ (DR & FP) 1:30 Circles of Life (SR) 2:30 Holiday Musical Entertainment By "Windfall" (CN) 4:00 Cornhole Tournament (FP) 6:30 Pinochle Players Club (3rd)</p> <p style="text-align: center;">Labor Day</p>	<p>7 9:00 Morning Meeting & Chronicle (2nd) 9:30 Breakfast Caravan: Mary's Restaurant**\$\$ (OOB) 10:00 Holistic Wellness Aromatherapy (2nd) 10:30 Cooking Club: Honey Roasted Apples (C) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Cooking Club: Apple Pie Cookies (CN) 3:30 Welcome Ambassadors Comm. Mtg. (3rd) 6:30 Scrabble (1st)</p>	<p>8 9:00 Morning Meeting & Chronicle (2nd) 9:30 Shopping Trip: Dollar Tree**\$\$ (OOB) 10:00 Rosary (Ch) 10:30 Sit & Be Fit Exercise (2nd) 1:30 Bible Study by Deacon Bob Roman © & Apple Pie Cookies (CN) 2:00 Rosh Hashanah Poetry & Apple Pie Cookies (CN) 2:30 September Birthday Sundaes Social: Hosted by Resident Birthday Committee (3rd) 4:00 September Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)</p>	<p>9 9:00 Morning Meeting & Chronicle (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Saint of the Day: St. Peter Claver (2nd) 10:30 TED Talk & Discussion: <i>How To Be A Change Maker</i> (2nd) 1:30 Dessert & Discussion with Chef Ashley: Banana Sushi (DR) 2:30 Ed-U Presentation: Chainsaw Woodcarving Display By Chris DeMars (FP) 3:30 Providence Place Walking Club (ML) 6:30 Pinochle Players Club (3rd)</p>
<p>12 9:00 TV Catholic Mass Service (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service (Ch) 2:30 Grandparents Day Social: All Families Welcome!** (3rd) 4:00 iN2L: Oldies Singalong (3rd) 6:30 Knit and Crochet Club (3rd)</p> <p style="text-align: center;">Grandparents Day</p>	<p>13 9:00 Morning Meeting & Chronicle (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Community Outreach: Deliver Back To School Supply Bags** (OOB) 1:30 Circles of Life (SR) 2:00 Yard Games and Lemonade (CN) 4:00 Finish the Lyrics (1st) 6:30 Pinochle Players Club (3rd)</p>	<p>14 9:00 Morning Meeting & Chronicle (2nd) 9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Holistic Wellness Aromatherapy (2nd) 10:30 Hymn Sing (Ch) 1:30 Stretch Exercise (2nd) 2:00 Cooking Club: Creamy Cucumber Salad (CN) 3:40 New Resident Cocktail Mixer (1st) 6:30 Scrabble (1st)</p>	<p>15 9:00 Morning Meeting & Chronicle (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Cooking Club: Eggplant Fries (C) 12:00 Big Brown Fish & Pay Lake**\$\$ (OOB) 2:00 Alzheimer's Support Group Meeting (SR) 2:45 Bingo (3rd) 4:00 Trivia Challenge (3rd) 6:30 Dominoes (1st)</p>	<p>16 9:00 Morning Meeting & Chronicle (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Balance in Action Fitness Class By Genesis (2nd) 10:30 TED Talk & Discussion: What's Your Happiness Score? (2nd) 1:45 Improvisation Drawing By Tim Stauffer (3rd) 3:00 Dining Service Committee Meeting (3rd) 4:00 Providence Place Walking Club (ML) 6:30 Pinochle Players Club (3rd)</p>	<p>17 9:00 Morning Meeting & Chronicle (2nd) 9:30 Strength Exercise with Hand Weights (2nd) 10:00 Bible Study By Linda of Bayada Hospice (Ch) 10:30 Art Exploration: Button Art: Button Bouquets (3rd) 1:30 Resident Birthday Committee Meeting (3rd) 2:30 Musical Entertainment by Frankie Gervasi (CN) 3:30 Dealing with Loss Support Group (SR) 6:30 LCR Dice Game (1st)</p>	<p>18 9:00 Morning Meeting & Chronicle (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Leaf Bowls (3rd) 1:00 Finish Lines (CN) 2:30 ED-U Demo: Soap Making By Sugarloaf Soaps (C) 3:30 Charades (1st) 6:30 Movie Matinee: <i>Planes, Trains, & Automobiles</i> (2nd)</p>
September 12 - 18, 2021 National Assisted Living Week						
<p>19 9:00 TV Catholic Mass Service (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Hymn Sing (Ch) 2:45 Bingo (3rd) 4:00 iN2L: America's Best Fairs & Festivals (3rd) 6:30 Knit & Crochet Club (3rd)</p>	<p>20 9:00 Morning Meeting & Chronicle (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Famous Birthdays: Sophia Loren (3rd) 1:30 Circle of Friends (SR) 2:30 Chef's Pairings with Chef Ashley: Angry Orchard Cider & Ginger Cookies (C) 3:30 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>21 9:00 Morning Meeting & Chronicle (2nd) 9:30 Grocery Run: Aldi's**\$\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Ed-U Wellness Presentation: Mental Health /Flu Vaccination Awareness With DOW Courtney (3rd) 3:30 TED Talk: The Magic of Kindness (3rd) 6:30 Scrabble (1st)</p>	<p>22 9:00 Morning Meeting & Chronicle (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Cooking Club: Farmhouse Apple Coleslaw (C) 1:30 Bible Study by Deacon Bob Roman (C) 2:00 Cooking Club: Noodle Pudding (Kugel) (CN) 2:30 Bingo (3rd) 3:30 Apple Cider & Karaoke Singalong (3rd) 6:30 Dominoes (1st)</p>	<p>23 9:00 Morning Meeting & Chronicle (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Technology Committee: Apps 101 (2nd) 10:30 Saint of the Day: St. Padre Pio (2nd) 1:30 Providence Place Walking Club (ML) 2:00 Country Ride** (OOB) 2:30 Ed-U Presentation: "Native Americans" Of Eastern PA" by Terry Neumyer (3rd) 3:30 Crossword Challenge (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>24 9:00 Morning Meeting & Chronicle (2nd) 9:30 Strength Exercise with Hand Weights (2nd) 10:00 Helping Hands Club: Prep Refreshments for Presentation (C) 10:30 Art Exploration: Button Art: Button Art Dream Catchers (3rd) 1:30 Ed-U Presentation: "Native American Saints & Martyrs" By Walter Camier (3rd) 2:30 Musical Entertainment by Glenn Faul (DR) 3:30 Dealing with Loss Support Group (SR)</p> <p style="text-align: center;">Native American Day</p>	<p>25 9:00-1:00 Providence Place Outdoor Flea Market: Shop & Sell, Tricky Trays, Food Concession, Baked Goods (Side Lawn) 9:00 Morning Meeting & Chronicle (2nd) 9:30 Drum Stick Exercise (2nd) 10:30 Rosary (Ch) 1:45 Garden Club: Corn Husk Votive Jars (3rd) 3:00 Country Ride** (OOB) 6:30 Movie Matinee: <i>Dances with Wolves</i> (2nd)</p>
<p>26 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Apollo 11 Astronauts (3rd) 6:30 Knit & Crochet Club (3rd)</p>	<p>27 9:00 Morning Meeting & Chronicle (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Food For Thought: PA Cuisine (3rd) 1:30 Circle of Life (SR) 2:30 Book Club With PP Resident Stephanie Liva (3rd) 3:30 iN2L: Google Earth (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>28 9:00 Morning Meeting & Chronicle (2nd) 9:30 Trip Out: Mohegan Sun Casino**\$\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Hymn Sing (Ch) 1:30 TED Talk & Discussion: <i>3 Secrets of Resilient People</i> (3rd) 2:00 Dining Demo with Chef Ashley: Homemade Apple Dumplings (DR) 3:30 Fireside Chat (1st) 4:00 X-Box Bowling (2nd) 6:30 Scrabble (1st)</p>	<p>29 9:00 Morning Meeting & Chronicle (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Helping Hands Club: Decorate for Presentation (3rd) 1:30 Craft Club: Candy Torah (CN) 3:00 Ed-U Presentation: "Apollo 11 Mission & Landing" By Night Wonders of Astronomy (CN) 5:30 Dominoes (1st) 6:30 Musical Entertainment By Pianist Jay Daniels (3rd)</p>	<p>30 9:00 Morning Meeting & Chronicle (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Trivia Challenge (2nd) 10:30 Diner's Lunch Caravan: Alfredo's Pizzeria**\$\$ (OOB) 1:45 Craft with ED Kim (2nd) 2:45 Bingo (3rd) 4:00 Spelling Bee Challenge (2nd) 6:30 Pinochle Players Club (3rd)</p>	<h1>September</h1> <h1>2021</h1>	