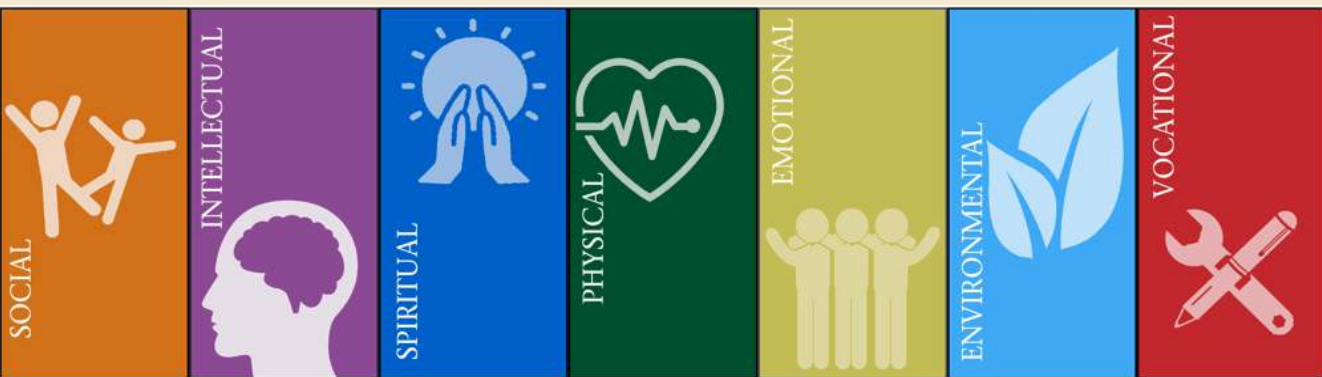


# Focus on Wellness

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



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)



# 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 25<sup>th</sup> – come check out the fun, food and vendors at our community.

We will also be celebrating National Assisted Living Week September 12<sup>th</sup> – 18<sup>th</sup> – 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
		<b>Calendar Key:</b> ** Registration Required, \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) 3rd Floor Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor (ML) Meet in Lobby, Café (C)	1 9:30 Retail Shopping: Boscov's*** (OOB) 10:00 Rosary (Ch) 10:30 Sit & Be Fit Exercise (2nd) 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 (1st)	2 9:30 Balance in Action Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Community Life Committee Mtg. (3rd) 1:30 Nail Care (3rd) 2:30 Men's Club: Video Presentation: "Every Man A Hero: A Memoir of D-Day" (C) 3:30 Cooking Club: Cranberry & Pear Spinach Salad (C) 6:30 Pinochle Players Club (3rd)	3 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)	4 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Helping Hands Club: Husk Corn for Labor Day BBQ (FP) 1:30 Garden Club: Virtual Tour: Gingham Gardens Fall Flower Tour (3rd) 2:30 Trip Out: Eckley Miner's Village*** (OOB) 4:00 Charades (1st) 6:30 Movie Matinee: "A Beautiful Day in the Neighborhood" (2nd)			
		5 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Hymn Sing (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Freedom Tower (3rd) 6:30 Knit & Crochet Club (3rd)	6 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 11:00-1:00 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)	7 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) 2:45 Bingo (3rd) 3:30 Welcome Ambassadors Comm. Mtg. (3rd) 6:30 Scrabble (1st)	8 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 (C) 2:30 September Birthday Sundae Social: Hosted by Resident Birthday Committee (3rd) 4:00 August Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	9 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)	10 9:30 Strength Exercise with Hand Weights (2nd) 10:00 Bible Study By Linda of Bayada Hospice (Ch) 10:30 Art Exploration: Button Art: Family Tree Keepsakes (3rd) 1:30 Focus on Health: Blood Pressure Checks (3rd) 2:00 "Drumming" Class by Joe Ciarvella (2nd) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	11 9:30 Drum Stick Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Clean Out Vegetable Planters (ML) 1:30 Painting Class with Jennie Perez (3rd) 2:30 Patriot Day Memorial Service By Chaplain Marianne (Ch) 3:30 Patriotic Singalong (3rd) 6:30 Movie Matinee: <i>Flight 93</i> (2nd)	
		Labor Day		Patriot Day					
		12 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) 2:30 Grandparents Day Social: All Families Welcome!** (3rd) 4:00 iN2L: Oldies Singalong (3rd) 6:30 Knit & Crochet Club (3rd)	13 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) 2:30 Ed-U Presentation: "Opioid Crisis: What Senior Need to Know" By Michelle Nutter of PA Office of AG (3rd) 4:00 Finish the Lyrics (1st) 6:30 Pinochle Players Club (3rd)	14 9:30 Shopping Trip: Walmart*** (OOB) 10:00 Holistic Wellness Aromatherapy (2nd) 10:30 Hymn Sing (Ch) 1:30 Stretch Exercise (2nd) 2:30 Community Outreach: Make Fabric Toys For Hazleton Animal Shelter (3rd) 3:30 New Resident Cocktail Mixer (1st) 6:30 Scrabble (1st)	15 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Cooking Club: Eggplant Fries (C) 12:00 Men's Club Trip: 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)	16 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)	17 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 Celebration of Life Service (Ch) 3:30 Dealing with Loss Support Group (SR) 6:30 LCR Dice Game (1st)	18 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Leaf Bowls (3rd) 1:30 Community Outreach: Deliver Fabric Toys To Hazleton Animal Shelter** (OOB) 2:30 Ed-U Demo: Soap Making By Sugarloaf Soaps (C) 3:30 Charades (1st) 6:30 Movie Matinee: Planes, Trains & Automobiles (2nd)	
Grandparents Day		September 12 - 18, 2021 National Assisted Living Week							
19 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 Hymn Sing (Ch) 2:45 Bingo (3rd) 4:00 iN2L: America's Best Fairs & Festivals (3rd) 6:30 Knit & Crochet Club (3rd)	20 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Famous Birthdays: Sophia Loren (3rd) 1:30 Circles of Life (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)	21 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)	22 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) 2:30 Bingo (3rd) 3:30 Apple Cider & Karaoke Singalong (3rd) 6:30 Dominoes (1st)	23 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) 2:30 Ed-U Presentation: "Native Americans" Of Eastern PA" by Terry Neumyer (3rd) 3:30 Crossword Challenge (3rd) 6:30 Pinochle Players Club (3rd) 6:45 Trip Out: Greater Hazleton Concert Series: "Jukebox Saturday Night"*** (OOB)	24 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 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) 6:30 LCR Dice Game (1st)	25 9:00-1:00 Providence Place Outdoor Flea Market: Shop & Sell, Tricky Trays, Food Concession, Baked Goods (Side Lawn) 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)			
Native American Day		September 26 - 27, 2021 National Assisted Living Week							
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)	27 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Food For Thought: PA Cuisine (3rd) 1:30 Circles 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)	28 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) 3:00 Fireside Chat (1st) 4:00 X-Box Bowling (2nd) 6:30 Scrabble (1st)	29 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Helping Hands Club: Decorate for Presentation (3rd) 2:00 Ed-U Presentation: "Apollo 11 Mission & Landing" By Night Wonders of Astronomy (3rd) 3:00 Cooking Club: Funnel Cakes (C) 5:30 Dominoes (1st) 6:30 Musical Entertainment By Pianist Jay Daniels (3rd)	30 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)	<h1>September</h1> <h2>2021</h2>				