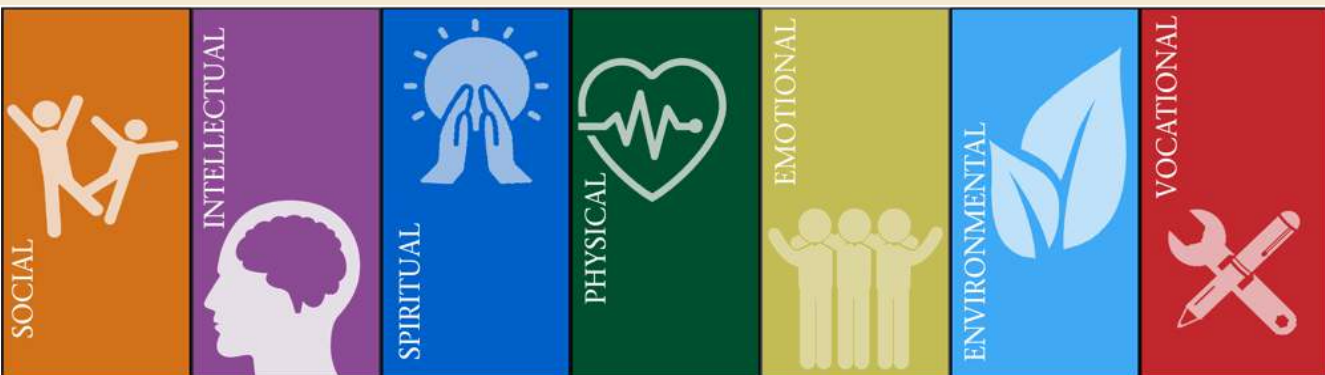


# Focus on Wellness

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

Naomi Nagy  
Evelyn Houck  
Betty Hess  
Patricia Coller  
Norma Fink



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

Our September calendar is packed full of activities and outings! You can look forward to Tai Chi fitness, Penn State football gatherings, educational events, a flag retiring ceremony, and the men's luncheon just to name a few.

In addition to all these events, September 12<sup>th</sup> – 18<sup>th</sup> is *National Assisted Living Week*. There will be raffles, food, and tons of fun! Be sure to thank our wonderful staff during this week. It is a privilege to serve you and your loved ones.

COVID-19 cases are increasing in Pennsylvania, therefore, please continue to wear masks throughout our community. We will communicate any changes in reference to this issue and the safety of our community.

Wishing you health and safety,


*Donna O'Leary*  
Executive Director

## Highlighted Events

- 3 – **Out of This World Super Social**  
@ 2:30pm
- 10 – **House of Worship Tour @ Lunch Outing** (Cork & Cap) @ 10am
- 12<sup>th</sup> – 18<sup>th</sup> – **National Assisted Living Week Festivities**  
(see calendar for details)
- 20 – **Wellness Edu: Mental Health Awareness & Flu Facts** @ 10am
- 22 – **Men's Luncheon & Motorcycle Side Car Rides** @ 12pm
- 28 – **Chef's Pairings** @ 1:45pm

## Welcome New Residents

Patricia Book  
Sheldon Hall  
Ruth Fasnacht  
Doris Casady

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Calendar Key:</b> (CH) Chapel, (AR) Activity Room, (GL) Governor's Lounge, (2FL) 2nd Floor, (PT) Pool Table, (FP) Fireplace Room (NHP) North Hall Porch (L) Lobby, (LIB) Library, (S) Salon - 3rd Floor (OOB) Out Of Building ** Registration Required, \$\$ Cost Involved	1 9:30 Armchair Exercises (CH) 10:00 Midweek Worship Service (CH) 2:00 Dessert & Discussion: <i>Why You Should Think Twice What Aging Means to You</i> (CH) 2:30 Dining Service Committee Mtg (DR) 3:15 iN2L Bingo (CH) 4:15 iN2L Exploration (CH) 6:15 Dominoes (CH)	2 9:30 Balance in Action (CH) 10:00 Diners Caravan Lunch Out & Shop: Park City Center**\$\$ (OOB) 10:30 Puzzling Puzzles & Word Finds (AR) 1:30 Tai Chi Fitness with Laura (CH) 2:15 Healthy Cooking Experience with Chef Jeff (CH) 3:30 Community Life Planning Committee (AR) 6:15 Catch Phrase Game (AR)	3 9:15 Shopping Trip: Wegman's**\$\$ (OOB) 10:00 Matinee: <i>The Mars Generation</i> (CH) 11:00 Welcome Ambassador Cmte (AR) 1:00 Super Rummikub Club (AR) 2:30 <i>Out of this World</i> Super Social (CH) 3:00 The Dime Store (L) 6:15 Coupons for Troops (AR)	4 10:00 Bingo (CH) 11:00 Finish the Lines (CH) 12:00 Penn State vs. Wisconsin Football Game (PT) 1:00 Super Rummikub Club (AR) 2:00 Ed-U Presentation <i>Apollo 11</i> by Night Wonders of Astronomy, Ron & Crystal Bolton (CH) 3:15 Paints on Canvas: <i>Galaxy</i> (AR) 6:15 Word Finds & Puzzles (AR)
		5 10:00 Foodies Club: Movie Snacks Prep & Random Trivia (AR) 10:30 Sunshine Committee (AR) 2:00 Super Sundae Bar (L) 3:00 Worship Service (CH) 4:15 & 5:30 Table Mate Trivia (DR) 6:15 Movie: <i>Singing in the Rain</i> (CH)	Labor Day 6 9:30 iN2L Yoga (CH) 10:00 iN2L Google Earth (CH) 11:30 Labor Day Picnic Celebration (DR) 1:30 Balloon Volleyball Competition (CH) 2:00 Art Exploration: PotteryWorks** (AR) 3:00 Manicures and MockMosas** (AR) 6:15 Horse Racing Game (AR)	Rosh Hashanah 7 9:15 Free Weights Exercise (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 11:30 Movie Buffs Club: October Planning Movies (AR) 1:30 Finish the Lines (AR) 2:00 Circle of Friends: My Life Story (AR) 3:00 Jeopardy & Mini Floats (CH) 6:15 Movie: <i>Footnote</i> (CH)	8 9:30 Armchair Exercises (CH) 10:00 Midweek Worship Service (CH) 11:15 Name that Tune (AR) 2:00 Ed-U Presentation: <i>Beautiful Beasts of Australia</i> by Local Retired Teacher Terry Numyer (CH) 3:00 iN2L Bingo (CH) 4:15 iN2L Exploration (CH) 6:15 Dominoes (CH)	9 9:30 Balance in Action by Genesis Health & Rehab (CH) 10:00 <i>Griefshare</i> (CH) 11:45 Diners Caravan Lunch Out: Strasburg Rail Road Café 1832**\$\$ (OOB) 1:30 Tai Chi Fitness with Laura (CH) 2:15 LCR with Chaplain Jeff (AR) 6:15 Catch Phrase Game (AR)
Grandparents Day 12 10:30 Assisted Living Week Kickoff for Team Members of Providence Place (AR) 1:30 Hometown Pride Countryside Ride** (OOB) 3:00 Worship Service (CH) 4:15 & 5:30 Table Mate Trivia (DR) 7:00 Grandparent's Day Celebration: Game Stations & Movie Night** (OOB)	13 9:30 iN2L Yoga (CH) 10:00 Ed-U Presentation <i>A Day in the Life at Wheatland</i> by Stephanie Celiberti from Lancaster History (CH) 11:00 & 1:00 Tie Dye T-Shirts Station (AR) 1:30 Balloon Volleyball Competition (CH) 2:30 <i>Thanks-A-Latte</i> Appreciation Booth for Team Members - 1st Round (FP) 6:30 Appreciation Booth - 2nd Round (FP)	14 9:15 Free Weights Exercise (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 11:30 & 1:30 Assisted Living Week Appreciation: S'more Kits (AR) 2:00 Circle of Friends (AR) 3:00 Jeopardy & Mini Floats (CH) 6:15 Movies: <i>Light Between Oceans</i> (CH)	15 9:30 Armchair Exercises (CH) 10:00 Midweek Worship Service (CH) 1:30 Assisted Living Week Appreciation: Tootsie Roll Kits (AR) 2:00 Ed-U & Musical Presentation <i>Ol Time Mountain Folk &amp; Coal Mine Stories</i> by Jay Smar (CH) 3:00 iN2L Bingo (CH) 6:15 Dominoes (CH)	Yom Kippur 16 9:30 Balance in Action (CH) 10:00 <i>Griefshare</i> (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 LCR with Chaplain Jeff (AR) 3:00 Assisted Living Week Appreciation: <i>Helping Spread the Message</i> (CH) 6:15 Catch Phrase Game (AR)	17 9:30 Sit & B-Fit Exercise (CH) 10:00 Shopping Trip: Kitchen Kettle Village **\$\$ (OOB) 10:00 Matinee: <i>The Majestic</i> (CH) 1:00 Super Rummikub Club (AR) 2:00 Fireside Chat with E.D. Donna while <i>Spreading the Message</i> (CH) 3:00 The Dime Store (L) 6:15 Coupons for Troops (AR)	18 10:00 Bingo (CH) 11:00 Name that Tune: 1940's Hits (CH) 1:00 Super Rummikub Club (AR) 2:00 COMMUNITY Support: Homemade Dog Treats for SPCA (AR) 3:15 Paints on Canvas (AR) 6:15 Word Finds & Puzzles (AR) 7:30 Penn State vs. Auburn Football Game (PT)
<b>September 12 - 18, 2021 National Assisted Living Week</b>						
19 10:00 ALZ Week: Build-a-Baskets (AR) 10:30 Foodies Club: Movie Snacks Prep & Random Trivia (AR) 2:00 Super Sundae Bar (L) 3:00 Worship Service (CH) 4:15 & 5:30 Table Mate Trivia (DR) 6:15 Movie: <i>Mama Mia</i> (CH)	20 9:30 iN2L Yoga (CH) 10:00 Wellness Ed-U on <i>Mental Health Awareness &amp; Facts about the Flu</i> by Natasha Miller from Bayada Home Health Care (CH) 11:00 ALZ Week: Pretzel Booth Sales (L) 1:30 Balloon Volleyball Competition (CH) 2:15 Manicures and MockMosas** (AR) 2:30 ALZ Week: Pretzel Booth Sales (L) 3:00 Thank You Candy Grams (AR) 6:15 Horse Racing Game (AR)	First Day of Sukkot 21 9:15 Free Weights Exercise (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 11:30 Finish the Lyrics (CH) 1:30 Moral Dilemma & Discussion: <i>What Would You Do?</i> (CH) 2:00 Circle of Friends: My Life Story (AR) 3:00 Jeopardy & Mini Floats (CH) 6:15 Movies: <i>The Diary of Anne Frank</i> (CH)	22 9:30 Armchair Exercises (CH) 10:00 Midweek Worship Service (CH) 12:00 Men's Luncheon & Motorcycle Side Car Rides (CH) (OOB) 1:45 County Side Rides** (OOB) 2:00 ALZ Week - Foodies 101: Baking Goods (AR) 2:30 ALZ Week: Spot the Baby (L) 3:00 iN2L Bingo (CH) 4:15 iN2L Exploration (CH) 6:15 Dominoes (CH)	23 9:30 Balance in Action (CH) 10:00 <i>Griefshare</i> (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:15 LCR with Chaplain Jeff (AR) 3:30 ALZ Week: Bake Sale (L) 6:15 Catch Phrase Game (AR)	Native American Day 24 9:30 Sit & B-Fit Exercise (CH) 10:00 Hour of Worship Tour at St. Peters Evangelical Lutheran Church**\$\$ (OOB) 9:30 Matinee: <i>The New World</i> (CH) 1:00 Super Rummikub Club (AR) 2:00 Ed-U Presentation: <i>History of the Conestoga River</i> by Lisa Sanchez (CH) 3:00 The Dime Store (L) 4:30 Happy September Birthday Celebration Dinner <i>Football Teams</i> (DR) 6:15 Coupons for Troops (AR)	25 9:30 Big Community Event: Walk to END ALZ at Overlook Park** (OOB) 1:00 Super Rummikub Club (AR) 2:00 Bingo (AR) 3:00 Musical Entertainment featuring Organist Gary Collier (CH) 6:15 Spot It Game (AR) TBD Penn State vs. Villanova Football Game (PT)
26 10:30 Foodies Club: Movie Snacks Prep (AR) 1:30 Hometown Pride Countryside Ride** (OOB) 3:00 Worship Service (CH) 4:15 & 5:30 Table Mate Trivia (DR) 6:15 Movie: <i>Hairspray</i> (CH)	27 9:30 iN2L Yoga (CH) 10:00 iN2L Guided Tours (CH) 10:45 Manicures and MockMosas** (AR) 1:30 Balloon Volleyball Competition (CH) 2:15 Manicure & MockMosas** (AR) 3:30 Lifelong Learning: Oktoberfest (AR) 6:15 Horse Racing Game (AR)	28 9:15 Free Weights Exercise (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 11:30 Finish the Words (CH) 1:45 Chef's Pairings (CH) 2:00 Circle of Friends: My Life Story (AR) 3:00 Speed Friending (CH) 6:15 Movies: <i>Fiddler on the Roof</i> (CH)	29 9:30 Armchair Exercises (CH) 10:00 Midweek Worship Service (CH) 12:00 Ladies Lunch Pizza Social (CH) 2:00 Languages 101: French by Community Life Director, John (AR) 3:00 iN2L Bingo (CH) 4:15 iN2L Exploration (CH) 6:15 Dominoes (CH)	30 9:30 Balance in Action (CH) 10:00 <i>Griefshare</i> (CH) 10:30 Art: Wood Burning (AR) 1:30 Tai Chi Fitness with Laura (CH) 2:15 LCR (AR) 3:00 Yom Kippur Traditions: Apple Pomander (AR) 6:15 Catch Phrase Game (AR)	<h1>September</h1> <h1>2021</h1>	