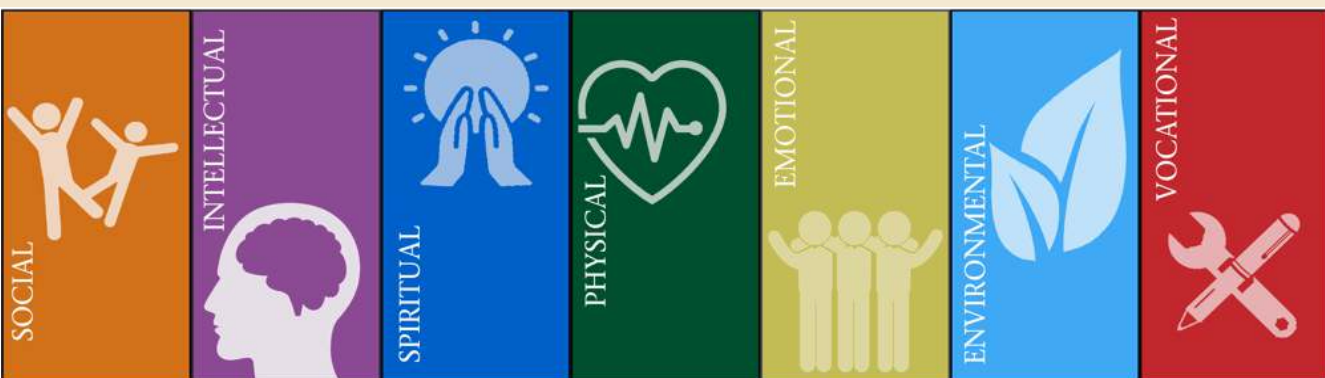


Focus on Wellness

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

Joan Fede
Emma Wolfe
Dorothy Snell
Jacob Jamison
Jessie Wesner



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



Providence Place SENIOR LIVING News

Q3: September 2021

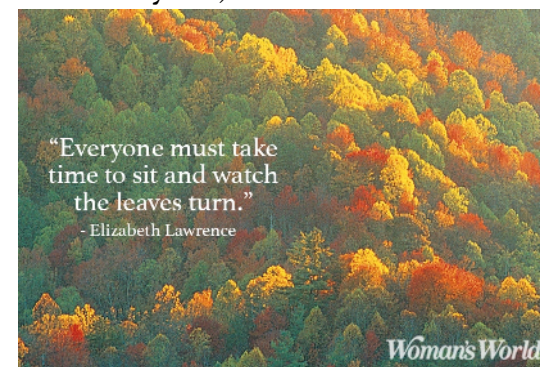
A Note from the Executive Director

The Grove continues to be COVID-free and visitation is open as usual. We do ask visitors to be masked at all times when in our campus. We have hand sanitizer placed at the front desk and throughout the building to help prevent the spread of infection.

Flu season is fast approaching and our nursing department will be reaching out to residents and their families to get flu shot consent forms filled out. Our clinic will be Thursday 10/28/21.

On the entertainment front, we will be having an outdoor concert Friday, September 24th. Please feel free to come and enjoy it with your loved ones. Our own Executive Chef Sean will be preparing food for you to enjoy while listening to the music.

I'll leave you with this thought as we head into fall (my favorite time of the year).



Sincerely,


Julie Wallace, Executive Director

Highlighted Events

- 8 – **Entertainment: Strolling with Kathy** @ 2pm
- 13 – **EdU Presentation: Journey to America** @ xpm
- 18 – **EdU Presentation: Nights of Wonders Astronomy** @ 11am
- 22 – **Cooking Demo with Chef Sean** @ 1:30pm
- 24 – **Outdoor Summer Concert:** Larry & The Dreamers @ 6:30pm
- 27 – **Mary Kay Make-overs** @ 2pm
- 30 – **Diner's Caravan:** Red Lion Cafe @ 11am

Welcome New Residents

Eleanor Jamison
Jacob Jamison
Grace Bast
Sandra Mitchell

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (FP) Front Patio (RP) Rear Patio	1 9:30 Move2Music (2F) 10:00 Fireside Chat with Julie (2F) 10:30 iN2L Travel: National Parks Alaska (2F) 11:30 Outdoor Walk (OOB) 1:30 Kitchen Krew: Magic Donuts (2F) 3:30 Caring is Sharing Club: Donuts & Coffee (FP) 6:30 Scripture Reading EWNT 49	2 9:30 Genesis Exercise (2F) 10:00 Planning Committee (1F) 10:30 Southern Charm: History Of Cotillions (2F) 11:00 Card Club: Game of War (1F) 2:00 Ambassador Welcome Social (2F) 3:30 Welcome Bingo Game (2F) 6:30 Scrabble Team (1F)	3 9:30 Core Strength Exercise (2F) 10:00 Market Run: BG'S (2F) 11:00 Outdoor Walking Path (2F) 1:30 Mother Teresa EWNT 49 2:00 September Trivia (1F) 3:30 Jigsaw Puzzle Team (2F) 6:30 Music & Mindful Colors (1F)	4 9:30 Gentle Moves (2F) 10:00 Wii Bowling League (2F) 10:30 Coffee & Brain Games (2F) 11:00 in2L: Comedy Classics (2F) 2:00 Prize Bingo (2F) 3:30 Ice Cream Social (2F) 4:00 Crossword Puzzle of the Week (1F) 5:30 Jeopardy (2F) 6:30 Pennsylvania Polka (2F)
		5 9:30 Whole Body Stretch (2F) 10:00 Activities for the Soul (2F) 11:00 Amen Corner (2F) 12:00 Wine & Dine (DR) 1:30 Hymn Sing Along (2F) 2:00 Church of God Service (DR) 3:30 Memorial Service (DR) 6:30 iN2L: Catholic Service (2F)	6 9:30 Stretch & Tone (2F) 10:00 Tools of the Trade (2F) 10:30 Mass with Deacon Henninger (1F) 11:00 Outdoor Walking Path (OOB) 2:00 Film Fest: <i>Working 9 to 5</i> (2F) 3:30 Rosary EWNT 49 6:30 Game Night: Monopoly (2F) Labor Day	7 9:30 Core Strength (2F) 10:00 Today in History (2F) 10:30 Dining Committee (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Yoga with Leah (2F) 3:30 Karaoke with Alexa (2F) 6:30 Game Night: Dominoes (1F)	8 9:30 Move2Music (2F) 10:00 Dining Committee (2F) 10:30 Garden Club: Gathering Roses (OOB) 11:00 Cool Drinks Happening (RP) 2:00 Entertainment: Strolling with Kathy (DR) 3:30 Happy Hour & Hors d'oeuvres (1F) 6:30 Scripture Reading EWTN 49	9 9:30 Balance in Action (2F) 10:00 Ed-U Presentation: DOW Meghan Injuries & Wounds (2F) 10:30 Southern Charm: History Of Debutantes (2F) 11:00 Card Club: Game of War (1F) 12:00 Birthday Celebration Meal (DR) 2:00 Memory Magic (2F) 6:30 Scrabble Team (1F)
12 9:30 Whole Body Stretch (2F) 10:00 Activities for the Soul (2F) 10:30 Grandparents Day Scrabble (2F) 11:00 Amen Corner (2F) 12:00 Wine & Dine (DR) 1:30 Hymn Sing Along (2F) 2:00 iN2L: Methodist Service (2F) 6:30 iN2L: Catholic Service (2F) Grandparents Day	13 9:30 Stretch & Tone (2F) 10:00 iN2L: Word Grid (2F) 10:30 Mass with Deacon Henninger (1F) 11:00 Outdoor Walking Path (OOB) 2:00 Ed-U Presentation: Journey to America by Shirley Vasquez (2F) 3:30 Rosary EWNT 49 6:30 Game Night: Monopoly (2F)	14 9:30 Core Strength (2F) 10:00 Today in History (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Service in Action: Farm to Table Meal Making Greek Salad (2F) 3:30 Mindful Color & Music (2F) 6:30 Game Night: Dominoes (1F)	15 9:30 Move2Music (2F) 10:00 Mother Teresa EWNT 49 10:30 iN2L Travel: Alaska (2F) 1:30 Ed-U Presentation: Night of Wonders Astronomy Apollo 11 3:30 Helping Hands: Serving Popcorn (2F) 6:30 Scripture Reading EWNT 49	16 9:30 Genesis Exercise (2F) 10:00 Men's Club: Country Ride (OOB) 10:30 Southern Charm: Wedding Traditions (2F) 2:00 Ed-U Presentation: Porcupine Pat Native American Pow Wows (2F) 6:30 Scrabble Team (1F)	17 9:30 Core Strength Exercise (2F) 10:00 Market Run: BG'S (2F) 11:00 Outdoor Walking Path (2F) 1:30 Mother Teresa EWNT 49 2:00 September Trivia (1F) 3:30 Jigsaw Puzzle Team (2F) 6:30 Music & Mindful Colors (1F)	18 9:30 Gentle Moves (2F) 10:00 Wii Bowling League (2F) 10:30 Coffee & Brain Games (2F) 11:00 in2L: Comedy Classics (2F) 2:00 Prize Bingo (2F) 3:30 Ice Cream Social (2F) 4:00 Crossword Puzzle of the Week (1F) 5:30 Jeopardy (2F) 6:30 Pennsylvania Polka (2F)
September 12 - 18, 2021 National Assisted Living Week						
19 9:30 Whole Body Stretch (2F) 10:00 Activities for the Soul (2F) 11:00 Amen Corner (2F) 12:00 Wine & Dine (DR) 1:30 Hymn Sing Along (2F) 2:00 Church of God Service (DR) 3:30 Fellowship Social (DR) 6:30 iN2L: Catholic Service (2F)	20 9:30 Stretch & Tone (2F) 10:00 iN2L: Word Grid (2F) 10:30 Mass with Deacon Henninger (1F) 11:00 Outdoor Walking Path (OOB) 2:00 Film Fest: <i>Norma Rae</i> (2F) 3:30 Rosary EWNT 49 6:30 Game Night: Monopoly (2F)	21 9:30 Core Strength (2F) 10:00 Today in History (2F) 10:30 Dining Committee (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Yoga with Leah (2F) 3:30 Karaoke with Alexa (2F) 6:30 Game Night: Dominoes (1F)	22 9:30 Move2Music (2F) 10:00 Giant Crossword Puzzle (2F) 10:30 iN2L Travel: National Parks Maine(2F) 11:30 Outdoor Walk (OOB) 1:30 Cooking Demo with Sean (1F) 2:30 Crafty Corner: Making Afghan Blanket With Your Hands (2F) 6:30 Scripture Reading EWNT 49	23 9:30 Genesis Exercise (2F) 10:00 Cookbook Committee (1F) 10:30 Southern Charm: History Of Double Name Trends (2F) 11:00 Card Club: Game of War (1F) 2:00 iN2L Native Seed Podcast: Kai Ora Life Giving Food (2F) 3:30 Native American Snack Tasting (2F) 6:30 Scrabble Team (1F)	24 9:30 Core Strength Exercise (2F) 10:00 Market Run: Dollar Store (2F) 11:00 Outdoor Walking Path (2F) 1:30 Mother Teresa EWNT 49 2:00 September Trivia (1F) 3:30 Helping Hands: Summer Punch (2F) 6:30 Outdoor Summer Concert: Larry & the Dreamers (FP) Native American Day	25 9:30 Gentle Moves (2F) 10:00 Wii Bowling League (2F) 10:30 Coffee & Brain Games (2F) 11:00 in2L: Comedy Classics (2F) 2:00 Prize Bingo (2F) 3:30 Ice Cream Social (2F) 4:00 Crossword Puzzle of the Week (1F) 5:30 Jeopardy (2F) 6:30 Pennsylvania Polka (2F)
26 9:30 Whole Body Stretch (2F) 10:00 Activities for the Soul (2F) 11:00 Amen Corner (2F) 12:00 Wine & Dine (DR) 1:30 Hymn Sing Along (2F) 2:00 iN2L: Methodist Service (2F) 3:30 Word Mining (2F) 6:30 iN2L: Catholic Service (2F)	27 9:30 Stretch & Tone (2F) 10:00 Tools of the Trade (2F) 10:30 Mass with Deacon Henninger (1F) 11:00 Outdoor Walking Path (OOB) 2:00 Ed-U Presentation: Jennifer O'Conner Mary Kay Make Overs (2F) 3:00 Glamor Photo Shot (2F) 6:30 Game Night: Monopoly (2F)	28 9:30 Core Strength (2F) 10:00 Today in History (2F) 10:30 Daily Chronical & Discuss (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Drum Circle (2F) 3:30 Mindful Colors & Music (2F) 6:30 Game Night: Dominoes (1F)	29 9:30 Move2Music (2F) 10:00 Opinion column & Discuss (2F) 10:30 iN2L Travel: National Parks Alaska (2F) 11:00 Diner's Café: Red Lion Cafe **\$\$ (OOB) 2:00 Outdoor Walk (OOB) 6:30 Scripture Reading EWNT 49	30 9:30 Genesis Exercise (2F) 10:00 Holiday Bazaar Committee (1F) 10:30 Southern Charm: History Of Southern Traditions (2F) 11:00 Card Club: Game of War (1F) 2:00 Awareness & Opinion: How to Trust Your Body's Wisdom (2F) 3:00 Strawberry Daiquiri Social (2F) 6:30 Scrabble Team (1F)	<h1>September</h1> <h2>2021</h2>	