

Focus on Wellness

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 clinic & upcoming booster opportunities.

Cynthia Avant, RN
Director of Clinical Services

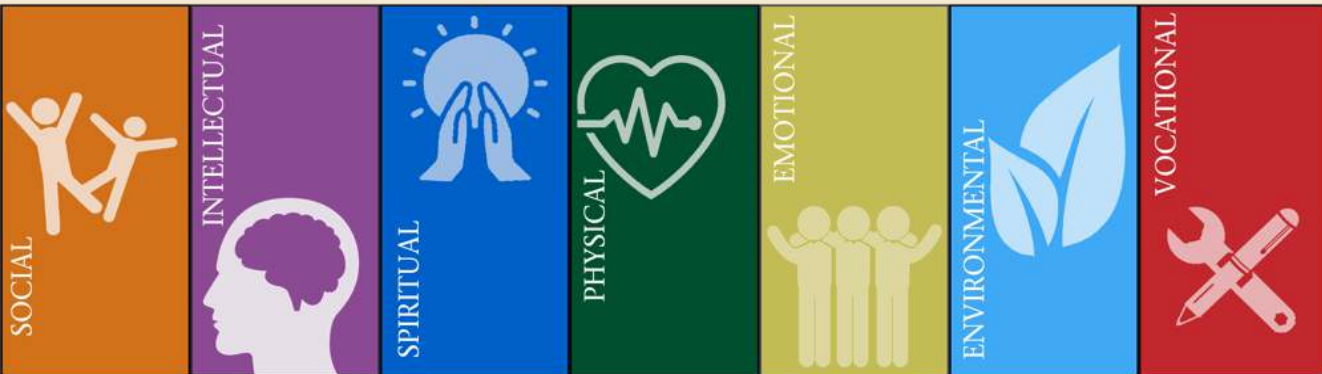
*Flu Clinic
(Chambersburg)*

Tuesday, October 12th
9am - 1pm



Providence Place SENIOR LIVING News

Q4: October 2021



*Dimensions
of Wellness*

A Note from the Executive Director

Soon we will see the fall colors on the trees and feel the cool refreshing air. There is a lot of planning going on to celebrate autumn with new menus and activities. Please review the calendar for the upcoming weeks!

We have been monitoring the COVID positivity rates in Franklin County. We continue to see a rise in the rates so we need to be diligent in our prevention measures. Please always wear a mask when visiting and check in at the front desk for required screening questions. We continue to follow all COVID guidelines. If any new information is available, Providence Place will be certain to notify you.

Many of our residents participated in some fun activities for National Assisted Living Week and we are grateful to our dedicated team members here in Chambersburg.

We look forward to a festive fall season.

Best,

Holly Townsend, Executive Director

Highlighted Events

- 8 – **Roy Justice Performance @ 2pm**
- 12 – **Flu Shot Clinic @ 9am – 1pm**
- 21 – **Pendant Cleaning Clinic**
11am – 1pm
- 27 – **Friends & Family Halloween**
Open House @ 6:30pm

Resident Birthdays

October

Doris Black
Anna Houpt
Wayne Gunnelson
Mary Phillips
Gaylyne LeVan
Martha Vink
Loretta Cornelius
Lois Powers
Sheldon Mizell
Felicia Stevens
Shirley Koons

November

Catherine Shields
Joan Thorpe
Wayne Grimes
Nancy Crowder
Phillis Shindle
Janet Eshleman
Doris Miller
Carl Miller
Frances Wadel
Joan Deffenbaugh
Richards Decker Sr.
Frank Newman
Raymond Maurello

December

Mossie Sites
Alice Galbraith
Norman Kennedy
Donald Bankert
Dona Zullinger
Ray Kaufman
Donald Begalke
Reuben Wadel
Lavada Norko
Dorothy Wallace

Ronald Hocker
Frances Kerlin
Ruth Yocum
John Houpt
Mary Hocker
Dolores Howard



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>31</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Televised Church Service (3A) 1:30 Memory Magic (3A) 2:00 Aromatherapy and Nail Care (3A) 3:00 Book Club: Edgar Allen Poe (3A) 6:15 Songs and Scripture (Ch. 809)</p> <p>Halloween</p>	<p>THE</p> <h1>Club</h1>		<p>Calendar Key: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC) **Registration Required, \$\$ Cost Involved</p>	<p>October</p> <p>2021</p>	<p>1</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Flower Oasis: Plant Checkup (P) 1:30 Balance and Actions (3E) 2:30 Music with Dave (CN) 3:00 Walk and Stroll (3A) 6:15 Movie Night: The Music Man (3E)</p>	<p>2</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Junk Drawer Detective (3A) 1:30 Scenic Bus Ride (OOB) 3:30 Afternoon Stroll: Mail Delivery (3A) 6:15 Puzzle Club (3A)</p>
<p>3</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Televised Church Service (3A) 1:30 Laugh Therapy (3A) 2:00 Aromatherapy and Nail Care (3A) 3:00 Book Club: Edgar Allen Poe (3A) 6:15 Not Forgotten Ministries (2A)</p>	<p>4</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 iN2L: Ancient Mysteries: Dark History Of Witches (2A) 10:00 Seated Chair Exercise (2A) 1:30 Pink Lady's Club (CN) 2:00 Pumpkin Coffee & Spiced Tea Social (P) 3:00 Brain Games: Word Search (3A) 6:15 Musical Entertainment by Joyful Noise (2A)</p>	<p>5</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L Prize Bingo (3A) 1:30 Acrylic Canvas Painting (C) 2:00 Puzzle Club: Lovely Pasta Search and Solve (3A) 3:00 Afternoon Stroll: Recycle Club (3A) 6:15 Game Shows (Ch. 78)</p>	<p>6</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Wacky Wordies (P) 1:30 Art: Pottery (C) 1:30 Balloon Ball Exercise (3A) 2:00 Game Club: Charades (3A) 3:00 Hydration Station: Raspberry Tea (P) 6:15 Musical Entertainment with Dave Clugh—A Night of Hymns (2A)</p>	<p>7</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 1:30 Walk and Stroll Walking Club 2:00 EdU Presentation: Battle of Gettysburg with Terry N. (2A) 3:00 Helping Hands: Recycle Club (3A) 6:15 Chit Chat in the Front Lobby (FL)</p>	<p>8</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Flower Oasis: Plant Checkup (P) 1:30 Balance and Actions (3E) 2:00 Musical Entertainment with ROY JUSTICE via Zoom (CC) 3:00 Chocolate Greetings (3A) 6:15 Movie Night: Addams Family (3E)</p>	<p>9</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Helping Hands: Recycling Club 2:00 Mike the Magician (CN) 3:30 Afternoon Stroll: Mail Delivery (3A) 6:15 Puzzle Club (3A)</p>
<p>10</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Televised Church Service (3A) 1:30 Memory Magic (3A) 2:00 Aromatherapy and Nail Care (3A) 3:00 Book Club: Edgar Allen Poe (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>11</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 iN2L: Apple Orchard Field Trip (3A) 10:00 Seated Chair Exercise (2A) 1:30 Pink Lady's Club (CN) 2:00 iN2L: Indigenous People Day (2A) 3:00 Brain Games: Word Search (3A) 6:15 Horseshoes (3E)</p>	<p>12</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L Prize Bingo (3A) 1:30 Acrylic Canvas Painting (C) 2:00 Crafty Creations: Apple Tree Painting (CN) 3:00 Afternoon Stroll: Recycle Club (3A) 6:15 Game Shows (Ch. 78)</p>	<p>13</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dining Committee Meeting (DR) 1:30 Balloon Ball Exercise (3A) 2:00 Musical Entertainment with New Horizons Pop Ensemble Ragtime to Rock (2A) 3:00 Hydration Station: Lemonade (P) 6:15 Horseshoes (3E)</p>	<p>14</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 1:30 October Birthday Celebration (CN) 2:00 Helping Hands: Recycle Club (3A) 3:00 Musical Entertainment with Tom Shultz (2A) 6:15 Chit Chat in the Front Lobby (FL)</p>	<p>15</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Making Homemade apple sauce (P) 10:00 Flower Oasis: Plant Checkup (P) 1:30 Balance and Actions (3E) 2:00 I Love Lucy (3A) 3:00 Card Club: UNO (3A) 6:15 Movie Night: Calamity Jane (3E)</p>	<p>16</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Junk Drawer Detective (3A) 1:30 Scenic Bus Ride (OOB) 3:30 Afternoon Stroll: Mail Delivery (3A) 6:15 Puzzle Club (3A)</p>
<p>17</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Televised Church Service (3A) 1:30 Game Club: UNO (3A) 2:00 Aromatherapy and Nail Care (3A) 3:00 Book Club: Edgar Allen Poe (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>18</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Seated Chair Exercise (2A) 1:30 Pink Lady's Club (CN) 2:00 Brain Games: Word Search (3A) 3:00 iN2L: Virtual Tour Oktoberfest (3A) 6:15 Card Club (3E)</p>	<p>19</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L Prize Bingo (3A) 1:30 Acrylic Canvas Painting © 1:30 Oktoberfest social (CN) 2:00 Puzzle Club (3A) 3:00 Afternoon Stroll: Recycle Club (3A) 6:15 Game Shows (Ch. 78)</p>	<p>20</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cooking Creation: Pumpkin Fudge (C) 1:00 Nelly Fox bowling w/ Connections (OOB) 2:30 Fireside Chat (2A) 3:00 Hydration Station: Peach Tea (P) 6:15 Horseshoes (3E)</p>	<p>21</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 11:00 Call Bell Cleaning 1:30 Dessert Caravan: South Mountain Creamery (OOB) 2:00 Decorating Pumpkins (CN) 3:00 Walk and Stroll (FL) 6:15 Chit Chat in the Front Lobby (FL)</p>	<p>22</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Flower Oasis: Plant Checkup (P) 1:30 Balance and Actions (3E) 2:00 Musical Entertainment with Adelynn Wood (2A) 3:00 October Trivia (CN) 6:15 Movie Night: American Master's Edgar Allen Poe (3E)</p>	<p>23</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Memory Magic (3A) 1:30 Scenic Bus Ride (OOB) 3:30 Afternoon Stroll: Mail Delivery (3A) 6:15 Puzzle Club (3A)</p>
<p>24</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Televised Church Service (3A) 1:30 Junk Drawer Detective (3A) 2:00 Aromatherapy and Nail Care (3A) 3:00 Book Club: Edgar Allen Poe (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>25</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Seated Chair Exercise (2A) 1:30 Pink Lady's Club (CN) 2:00 Brain Games: Word Search (3A) 3:00 iN2L: Ed-U The Origin of Halloween (2A) 3:00 Making chocolate cookies (C) 6:15 Horseshoes (3E)</p>	<p>26</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L Prize Bingo (3A) 1:30 Acrylic Canvas Painting (C) 2:00 Halloween Trivia (3A) 3:00 Afternoon Stroll: Recycle Club (3A) 6:15 Game Shows (Ch. 78)</p>	<p>27</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Spooky Snow Globes (3A) 1:30 Balloon Ball Exercise (3A) 2:00 Halloween Party w/ Connections (CN) 3:00 Hydration Station: FantaJack-o-lanta Floats(CN) 6:15 Horseshoes (3E)</p>	<p>28</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 1:30 Gifts for Giving: Crafting Halloween (3A) 2:00 Pumpkin Milkshakes (CN) 3:00 Helping Hands: Recycle Club (3A) 6:15 Chit Chat in the Front Lobby (FL)</p>	<p>29</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Flower Oasis: Plant Checkup (P) 1:30 Balance and Actions (3E) 2:00 Hydration Station with Witches Brew (3A) 3:00 Society of Halloween Candy Tasters (3A) Candy Tasters (P) 6:15 Movie Night: Hocus Pocus (3E)</p>	<p>30</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cooking Creation: Pumpkin Rice Crispy Treats (3A) 1:30 Scenic Bus Ride (OOB) 3:30 Afternoon Stroll: Mail Delivery (3A) 6:15 Puzzle Club (3A)</p>