

# 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

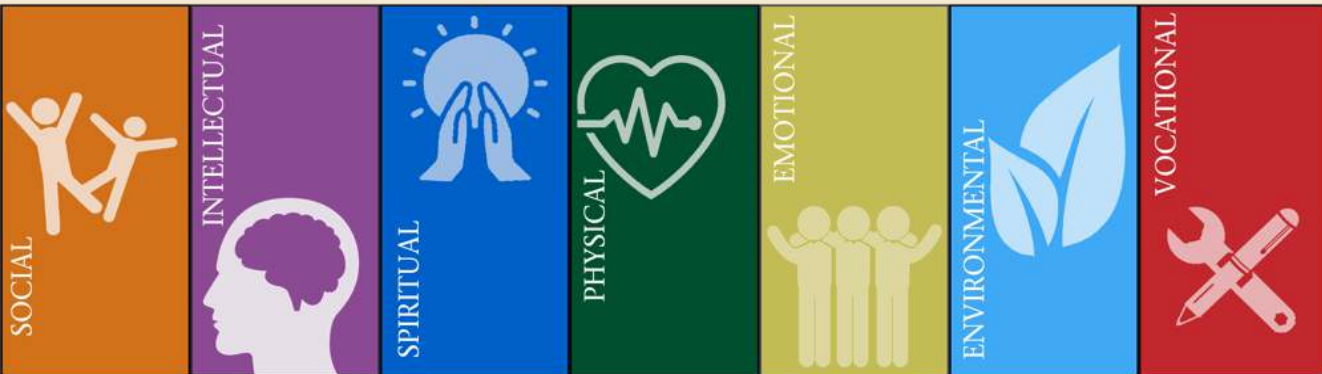
*Flu Clinic  
(Chambersburg)*

Tuesday, October 12<sup>th</sup>  
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  
Gaylynn 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](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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31</p> <p>9:00 Light &amp; Lively Exercise (3E) 9:30 Walk and Roll Walking Club (HW) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes ( C ) 6:30 Song and Scripture (Ch.809)</p> <p>Halloween</p>			<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 2021</p>	<p>1</p> <p>9:00 Light &amp; Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Nickel Bingo \$\$ (2A) 1:30 Balance &amp; Action (3E) 2:00 Ed U Presentation with Franklin County Historical Society (2A) 3:00 Social Hour Featuring Mini Floats (P) 6:15 Movie Night: <i>The Music Man</i> (3E)</p>	<p>2</p> <p>9:00 Light and Lively Exercise (3E) 9:30 Walk &amp; Roll Walking Club (Indoors) 10:00 Jeopardy! (2A) 1:00 Penn State Vs. Indiana Football (P) 1:30 Stair Stepper Exercise (3E) 2:00 Mexican Train Dominoes ( C ) 3:00 Helping Hands Club: Coupons for Troops ( C ) 6:15 Horseshoes (3E)</p>
<p>3</p> <p>9:00 Light &amp; Lively Exercise (3E) 9:30 Walk and Roll Walking Club (HW) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Hymns &amp; Worship with Anna Lee and David Kopp (2A) 3:00 Card Club: Pinhole (2A) 6:00 Musical Entertainment with Not Forgotten Ministry (2A)</p>	<p>4</p> <p>9:00 Light &amp; Lively (3E) 9:30 Wii Bowling League (3E) 10:00 iN2L: Hymn Sing (2A) 1:30 Seated Chair Exercise (2A) 2:00 iN2L Exploring the System (2A) 3:00 iN2L: The World's Grandest Luxury Hotel (2A) 6:15 Game Club: Sequence (2A)</p>	<p>5</p> <p>9:00 Light &amp; Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Game Club: Rummy (2A) 1:30 Balance &amp; Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Prize Bingo (2A) 3:00 Get to Know Your Neighbor with Fact or Fiction Game (P) 6:15 Game Club: Pinochle (2A)</p>	<p>6</p> <p>9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit :YMCA **\$(OOB) 10:00 Magazine Kiosk (L) 1:30 Balance &amp; Action (3E) 1:30 Art: Pottery (C) 2:00 Blood Pressure Clinic (2A) 3:00 Bible Study with Joan (PDR) 6:15 Blitz with Ruth (2A)</p>	<p>7</p> <p>9:00 Sit &amp; Be Fit Exercise (3E) 9:30 Puzzling Puzzles &amp; Word Finds (L) 10:00 Dance Class with Jess (FL) 1:30 Art Exploration Mixed Media (C) 1:30 Balance &amp; Action (3E) 2:00 EdU Presentation: <i>Battle of Gettysburg</i> by Terry N. (2A) 3:00 Popcorn Station (FL) 6:15 Horseshoes (2A)</p>	<p>8</p> <p>9:00 Light &amp; Lively Exercise (3E) 9:30 Walk &amp; Roll Walking Club (Indoors) 10:00 Nickel Bingo \$\$ (2A) 1:30 Balance &amp; Action (3E) 2:00 Musical Entertainment with ROY JUSTICE via Zoom (CN) 3:00 Social Hour featuring Apple Nacho Bar (P) 6:15 Movie Night: <i>Addams Family</i> (3E)</p>	<p>9</p> <p>9:00 Light and Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Horseshoes (3E) 1:00 Penn State Vs. Iowa Buckeyes Football (P) 1:30 Stair Stepper Exercise (3E) 2:00 Card Club: Spades (2A) 3:00 Color Me Calm-Adult Coloring (L) 6:15 Billiards (3E)</p>
<p>10</p> <p>9:00 Light &amp; Lively Exercise (3E) 9:30 Walk and Roll Walking Club (HW) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Yahtzee (2A) 6:30 Song and Scripture (Ch.809)</p>	<p>11</p> <p>9:00 Light &amp; Lively (3E) 9:30 Wii Bowling League (3E) 10:00 iN2L: Hymn Sing (2A) 1:30 Seated Chair Exercise (2A) 2:00 iN2L: Prize Bingo 3rd Floor (2A) 3:00 iN2L:The Indigenous People Of America (2A) 6:15 Ladder Ball (3E)</p>	<p>12</p> <p>9:00 Light &amp; Lively Exercise (3E) 9:30 Walk &amp; Roll Walking Club (Indoors) 10:00 Kitchen Creation: Pumpkin Apple Muffins (C) 1:30 Balance &amp; Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Jeopardy! (2A) 3:00 Social Hour: Shots! (P) 6:15 Horseshoes (2A) Flu Vaccine Clinic</p>	<p>13</p> <p>9:00 Strengthening Stretches (3E) 9:30 Forever Fit :YMCA **\$(OOB) 10:00 Dining Committee Meeting (DR) 1:30 Balance &amp; Action (3E) 2:00 Prize Bingo 1st Floor (2A) 3:00 Bible Study with Joan (PDR) 3:00 Memory Support Group (CC) 6:15 Game Club: Sequence (2A)</p>	<p>14</p> <p>9:00 Sit &amp; Be Fit Exercise (3E) 9:30 Puzzle Club (L) 10:00 Dance Class with Jess (FL) 1:30 Art Exploration Mixed Media ( C ) 1:30 Balance &amp; Action (3E) 3:00 Musical Entertainment with Tom Shultz (2A) 6:15 Billiards (3E)</p>	<p>15</p> <p>9:00 Light &amp; Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Craft Creation: Balloon Pumpkins ( C ) 1:30 Balance &amp; Action (3E) 2:00 Nickel Bingo All Floors (2A) 3:00 Social Hour featuring Apple Cider or Apple Martini (P) 6:15 Movie Night: <i>Calamity Jane</i> (3E)</p>	<p>16</p> <p>9:00 Light and Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Prize Bingo 2nd Floor (2A) 2:00 Game Club: Pinochle (2A) 3:00 Scrabble ( C ) 6:15 Card Club: Dealers Choice (2A)</p>
<p>17</p> <p>9:00 Light &amp; Lively Exercise (3E) 9:30 Walk and Roll Walking Club (HW) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:30 Song and Scripture (Ch.809)</p>	<p>18</p> <p>9:00 Light &amp; Lively (3E) 9:30 Wii Bowling League (3E) 10:00 iN2L: Hymn Sing (2A) 1:30 Seated Chair Exercise (2A) 2:00 iN2L: Nickel Bingo \$(2A) 3:00 iN2L: Oktoberfest in Munich (2A) 6:15 Game Club: Sequence (2A)</p>	<p>19</p> <p>9:00 Light &amp; Lively Exercise (3E) 10:00 Cooking Creation: Beer Cheese Dip (C) 1:30 Balance &amp; Action (3E) 1:30 Acrylic Canvas Paintings (C) 3:00 Musical Entertainment with Jessica and Dave Perform (3A) 3:00 Oktoberfest! (P) 6:15 Card Club: Dealers Choice (2A)</p>	<p>20</p> <p>9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit YMCA **\$(OOB) 10:00 Wii Bowling League (3E) 1:30 Balance &amp; Action (3E) 12:00 Lunch with Lorelei ** (C) 2:00 Fireside Chat (2A) 3:00 Bible Study with Joan (PDR) 3:00 Germany Facts Vs. Fiction (P) 6:15 Card Club: Pinhole (2A)</p>	<p>21</p> <p>9:00 Sit &amp; Be Fit Exercise (3E) 9:30 Puzzling Puzzles &amp; Word Finds (L) 10:00 Dance Class with Jess (FL) 11:30-1:00 Call Bell Cleaning Clinic 1:30 Art Exploration Mixed Media (C) 2:00 Jeopardy! (2A) 3:00 Chef Tasting (P) 6:15 Horseshoes (2A)</p>	<p>22</p> <p>9:00 Light &amp; Lively Exercise (3E) 9:30 Puzzle Club (L) 10:00 Bingo with Jaime (2A) 1:30 Balance &amp; Action (3E) 2:00 Musical Entertainment with Adelynn Wood (2A) 3:00 Social Hour featuring Fall Beers (P) 6:15 Movie Night: <i>American Master's Edgar Allen Poe</i> (3A)</p>	<p>23</p> <p>9:00 Light and Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Moral Dilemma &amp; Discussion: <i>What Would You Do?</i> (P) 1:30 Stair Stepper Exercise (3E) 1:00 Penn St. Vs. Illinois Football (P) 2:00 Puzzle Club (L) 3:00 Prize Bingo (2A) 6:15 Card Club: Rummy (2A)</p>
<p>24</p> <p>9:00 Light &amp; Lively Exercise (3E) 9:30 Walk and Roll Walking Club (HW) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Hymns &amp; Worship with Anna Lee and David Kopp (2A) 3:00 Card Club: UNO (2A) 6:30 Song and Scripture (Ch.809)</p>	<p>25</p> <p>9:00 Light &amp; Lively (3E) 9:30 Walk and Roll Walking Club (HW) 10:00 iN2L: Hymn Sing (2A) 1:30 Seated Chair Exercise (2A) 2:00 Horseshoes (3E) 3:00 iN2L: Ed-U Ancient Mysteries: Dark History Of Witches (2A) 6:15 Game Club: Pinochle (2A)</p>	<p>26</p> <p>9:00 Light &amp; Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Corn Hole (3E) 1:30 Balance &amp; Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Nickel Bingo \$(2A) 3:00 Card Club: Rummy (2A) 6:15 Horseshoes (2A)</p>	<p>27</p> <p>9:00 Strengthening Stretches (3E) 9:30 Forever Fit YMCA **\$(OOB) 10:15 Helping Hands: Halloween Social Prep (P) 1:30 Balance &amp; Action (3E) 2:00 Halloween Trivia (P) 3:00 Bible Study with Joan (PDR) 3:00 Helping Hands: Trick or Treat Prep (P) 6:30 Halloween Open House (FL)</p>	<p>28</p> <p>9:00 Sit &amp; Be Fit Exercise (3E) 10:00 Prize Bingo: Halloween Edition (2A) 11:30 Lunch Outing: Red Lobster **\$(OOB) 1:30 Art Exploration Mixed Media (C) 2:00 Men's Club: Water Pong (P) 3:00 Game Club: Sequence (2A) 6:15 Blitz with Ruth (2 A)</p>	<p>29</p> <p>9:00 Light &amp; Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Cooking Creation: Halloween Edition (C) 1:30 Balance &amp; Action (3E) 2:00 Jay Smar Coal Mining Music (2A) 3:00 Social Hour featuring Tattoos and Brews (P) 6:15 Movie Night: <i>Hocus Pocus</i> (3E)</p>	<p>30</p> <p>9:00 Light and Lively Exercise (3E) 10:00 Taste of Town: Butcher Shoppe **\$(OOB) 1:00 Penn St. Vs. Ohio St. Football (3A) 1:30 Stair Stepper Exercise (3E) 2:00 Horseshoes (2A) 3:00 Spooks and Spirits Halloween Social (P) 6:15 Card Club: Dealers Choice (2A)</p>