

# 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 (Dover)

Tuesday, October 19<sup>th</sup>  
1pm – 3:30pm



# Providence Place SENIOR LIVING News

Q4: October 2021

## 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 York 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 thank you to everyone who joined us for our Luau in September.

We look forward to continued events for our residents and families.

Enjoy Fall,

*Howard Holben*

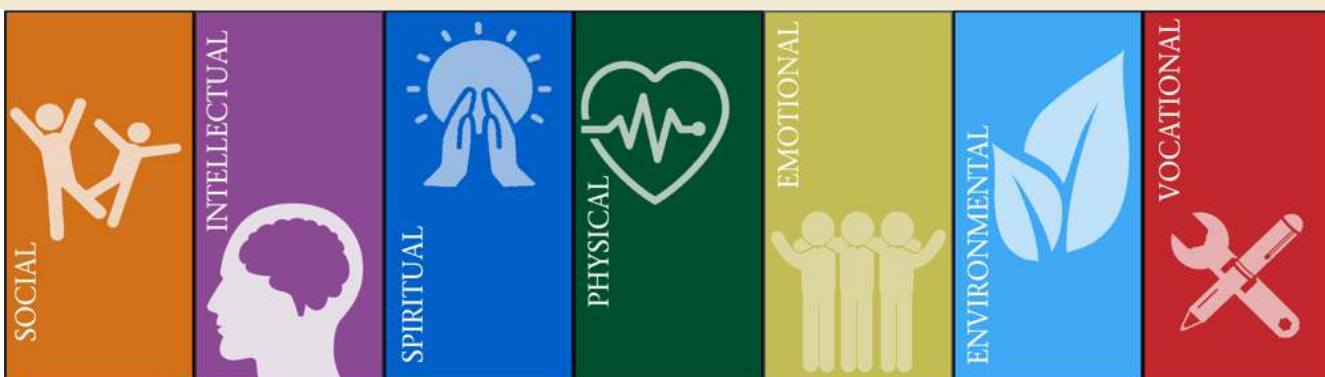
*Executive Director*

## Highlighted Events

- 5 – **Norlo Park Picnic & Bingo Outing** @ 4pm - *Connections Club*
- 7 – **Fall Festival** @ 1pm – 3:30pm
- 14 – **Lunch at Manchester Cafe**  
*Connections Club*
- 26 – **Pumpkin Spice Social Hour**  
@ 2:30 pm
- 29 – **Resident Trick-or-Treating**  
@ 2pm

## Welcome New Residents

Dona Grimm



*Dimensions  
of Wellness*

## October

Arthur Tomlinson  
Mary Finch  
Betty Collier  
Jean Neiman  
Dorothy Eberly  
Janet Becker  
Jean Jacobs  
Anna Mary Nace  
Betty Ruth  
Frederick Langham  
Virginia Angel  
Mary Anna Ferree  
William Shroyer  
Clyde Livingston  
Helen Bosserman

## Resident Birthdays

### November

Budd Lookingbill  
Eugene Hilt  
Frances Callahan  
Joan Miller  
Gloria Hively  
Janet Stine  
Robert Hughlett  
Nancy Brunk  
Carol Figdore

### December

Virginia Maloy  
Marjorie Zinn  
Grayson Starner  
Verna Wentz  
Betty Gingerich  
Dorothy Hartman  
Norma Malsky  
Sharon Warnecke  
Christine Koehnlein  
Lois Smith  
Mary Lou Rowlands




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>9:30 Chair Fitness (AR) 10:00 Tabletop Games (AR) 11:00 Spooky Lunch (DR) 1:15 Trick Or Treat Social (AR) 2:00 Halloween Bingo (AR) 3:00 Church Service (CR) 6:00 Resident Hosted; 500 Cards (AR)</p> <p>Halloween</p>			<p>Calendar Key: (AR) Activities Room, (DR) Dining Room (FR) Fitness Room, (P) PUB (CR) Community Room, (CY) 100 Hall Court Yard (L) Lobby (OOB) Out of the Building ** Registration Required \$\$ Cost Involved</p>	<p>October 2021</p>	<p>1</p> <p>9:30 Chair Fitness (AR) 10:00 Chefs Demo (AR) 1:15 Sun Kiss Stroll (OOB) 2:00 Virtual Viewing: The Families That Spend A Fortune Each Week (AR) 3:00 Create &amp; Design; Festive Pillows (AR) 6:15 Resident Hosted; Bingo (AR)</p>	<p>2</p> <p>9:30 Chair Fitness (AR) 10:00 House Of Café &amp; Current Events (AR) 1:30 Sun Kissed Stroll (OOB) 2:30 Bingo &amp; Mocktails 3:30 Performance By; M.M &amp; Littles (P) 6:00 Resident Hosted; Poker Night (AR)</p>
<p>3</p> <p>9:30 Chair Fitness (AR) 10:00 Be Kind to Our Plants (AR) 1:15 Resident Hosted; Uno (AR) 2:00 Revs Game*** (OOB) 3:00 Church Service (CR) 6:15 Resident Hosted; Uno (AR)</p>	<p>4</p> <p>9:30 Chair Fitness (AR) 9:45 Sing-along by Sunshine Gang (P) 10:30 House Of Café &amp; Daily Devotional (AR) 1:15 Sun Kissed Stroll (OOB) 2:30 Manicures &amp; Mocktails (AR) 6:15 Resident Hosted Table Top Games (AR)</p>	<p>5</p> <p>9:30 Chair Fitness (AR) 10:00 Grief Share Support Group (P) 10:30 Yoga with Alison (AR) 11:00 Gentlemen's Trip; That Fish Place *** (OOB) 1:30 Create &amp; Design; Fall Wreaths (AR) 2:30 Social Hour (P) 6:00 Bingo &amp; Mocktails (AR)</p>	<p>6</p> <p>9:30 Chair Fitness (AR) 10:00 iN2L Worship Service (CR) 1:15 Fact Or Fiction Game (AR) 2:30 iN2LBingo (AR) 3:30 Brain Games With iN2L (AR) 6:00 Swing Dance Lessons With Randi (CR)</p>	<p>7</p> <p>9:30 Chair Fitness (AR) 10:00 Bible Study &amp; Refreshments (P) 10:30 Rosary (AR) 1:00 Community Fall Fest (CY) - Live Music - Food Trucks - Hay Rides 6:00 Resident Hosted Tabletop Games (AR)</p>	<p>8</p> <p>9:30 Chair Fitness (AR) 10:00 Chefs Demo (AR) 1:15 Music Therapy with Lindsey (AR) 2:45 Virtual Viewing: Disney Cruise Line's Tangled: The Musical (CR) 6:15 Resident Hosted; Bingo (AR)</p>	<p>9</p> <p>9:30 Chair Fitness (AR) 10:00 House Of Café &amp; Current Events (AR) 1:30 Create &amp; Design; Straw Pumpkins (AR) 2:30 Culinary Creation; Chocolate Chip Muffins (AR) 6:00 Resident Hosted; Tabletop Games (AR)</p>
<p>10</p> <p>9:30 Chair Fitness (AR) 10:00 Tabletop Games (AR) 1:15 Game of True or False (AR) 2:00 Bingo In Silly Glasses (AR) 3:00 Church Service (CR) 6:00 Resident Hosted; 500 Cards (AR)</p>	<p>11</p> <p>9:30 Chair Fitness (AR) 9:45 Sing-along by Sunshine Gang (P) 10:30 House Of Café &amp; Daily Devotional (AR) 1:15 Sun Kissed Stroll (OOB) 2:30 Jingo (AR) 6:15 Resident Hosted Table Top Games (AR)</p>	<p>12</p> <p>9:30 Chair Fitness (AR) 9:30 Bats In Boxes (AR) 10:00 Dollar Tree *** (OOB) 10:00 Grief Share Support Group (P) 10:00 Wellness Talk With Jaime (CR) 1:15 Create &amp; Design; Fall Garland (AR) 2:00 Musical Entertainment by Joe Crispell (P) 5:00 Gentlemen's Bar Night; Pizza &amp; Wings (P)</p>	<p>13</p> <p>9:30 Chair Fitness (AR) 10:00 Salvation Army *** (OOB) 1:15 How Much Did It Cost? With iN2L (AR) 2:30 Bingo (AR) 3:30 Games With iN2L (AR) 6:00 Resident Hosted; Jingo (AR)</p>	<p>14</p> <p>9:30 Chair Fitness (AR) 10:00 Bible Study &amp; Refreshments (P) 10:30 Rosary (AR) 1:00 Art: Frightful Figurines (AR) 2:00 Social Hour (P) 3:00 Hymns with Chaplain (CR) 6:00 iN2L Comedy Night (AR)</p>	<p>15</p> <p>9:30 Chair Fitness (AR) 10:00 Chefs Demo (AR) 1:30 Walk For Alzheimer's (OOB) 2:00 Musical Entertainment by Thomas Shultz (P) 3:00 Sight &amp; Sound (AR) 6:15 Resident Hosted; Bingo (AR)</p>	<p>16</p> <p>9:30 Chair Fitness (AR) 10:00 Culinary Creation; Potato Soup (AR) 1:30 Potato Soup Social (AR) 2:30 In2I Name That Tune (AR) 6:00 Resident Hosted; Poker Night (AR)</p>
<p>17</p> <p>9:30 Chair Fitness (AR) 10:00 Be Kind to Our Plants &amp; Refreshments (AR) 1:15 iN2L: Brain Games (AR) 2:00 iN2L: Oktoberfest in Munich (AR) 3:00 Church Service (CR) 6:15 Resident Hosted; Kings In A Corner (AR)</p>	<p>18</p> <p>9:30 Chair Fitness (AR) 9:45 Sing-along by Sunshine Gang (P) 10:30 House Of Café &amp; Daily Devotional (AR) 1:15 Sun Kissed Stroll (OOB) 2:30 Manicures &amp; Mocktails (AR) 6:15 Resident Hosted Table Top Games (AR)</p>	<p>19</p> <p>9:30 Chair Fitness (AR) 10:00 Grief Share Support Group (P) 10:00 Weis Market *** (OOB) 10:30 Yoga with Alison (AR) 11:30 Gentlemen's Lunch; Gyros (CR) 1:30 Create &amp; Design; Pumpkin Painting (AR) 2:30 Social Hour (P) 6:00 Bingo &amp; Mocktails (AR)</p>	<p>20</p> <p>9:30 Chair Fitness (AR) 10:00 iN2L Worship Service (CR) 1:15 Name That Sound with iN2L (AR) 2:30 Bingo Blast (AR) 3:30 Games With iN2L (AR) 6:00 Swing Dance Lessons With Randi (CR)</p>	<p>21</p> <p>9:30 Chair Fitness (AR) 10:00 Bible Study &amp; Refreshments (P) 10:00 Amish Market *** (OOB) 10:30 Rosary (AR) 1:30 Candy Caravan; Throughout Building 3:00 Hymns with Chaplain (CR) 5:00 Movie Cinema; Adams Family Two *** (OOB)</p>	<p>22</p> <p>9:30 Chair Fitness (AR) 10:00 Chef Pairing (AR) 1:15 Music Therapy with Lindsey (AR) 2:45 Halloween Short Films (AR) 6:15 Resident Hosted; Bingo (AR)</p>	<p>23</p> <p>9:30 Chair Fitness (AR) 10:00 House Of Café &amp; Current Events (AR) 1:30 Jewelry Creation (AR) 2:30 Sing Along with Sue; iN2L (AR) 6:00 Resident Hosted; Tabletop Games (AR)</p>
<p>24</p> <p>9:30 Chair Fitness (AR) 10:00 Tabletop Games (AR) 1:15 iN2L: Name That Tune (AR) 2:00 iN2L: Ed-U Ancient Mysteries: Dark History Of Witches (AR) 3:00 Church Service (CR) 6:15 Resident Hosted; 500 Cards (AR)</p>	<p>25</p> <p>9:30 Chair Fitness (AR) 9:45 Sing-along by Sunshine Gang (P) 10:30 House Of Café &amp; Daily Devotional (AR) 1:30 Halloween Movie; Beetlejuice (CR) 6:15 Resident Hosted Table Top Games (AR)</p>	<p>26</p> <p>9:30 Chair Fitness (AR) 10:00 Grief Share Support Group (P) 10:00 Weis Market *** (OOB) 1:30 Pumpkin Painting Contest (P) 2:30 Pumpkin Spice Social Hour (P) 4:00 Gentleman's Dinner &amp; Show (CR) 6:00 Bingo &amp; Mocktails (AR)</p>	<p>27</p> <p>9:30 Chair Fitness (AR) 10:00 iN2L Worship Service (CR) 1:15 Halloween Fun Facts (AR) 2:30 Halloween Jingo (AR) 6:00 Resident Hosted; Jingo (AR)</p>	<p>28</p> <p>9:30 Chair Fitness (AR) 10:00 Bible Study &amp; Refreshments (P) 10:30 Rosary (AR) 1:00 Halloween Happy Hour (P) 2:00 Culinary Creation; Candy Apples (P) 3:00 Hymn Sing with Pastor Bob (CR) 5:00 Quaker Steak &amp; Lube*** (OOB)</p>	<p>29</p> <p>9:30 Chair Fitness (AR) 10:00 Meeting with the Chef (AR) 1:15 Sun Kiss Stroll (OOB) 2:00 Resident Trick or Treating Throughout Building 3:00 Costume Contest (P) 6:15 Resident Hosted; Bingo (AR)</p>	<p>30</p> <p>9:30 Chair Fitness (AR) 10:00 House Of Café &amp; Current Events (AR) 1:30 Culinary Creation; Halloween Oreo Brownie Bars (AR) 2:30 Sing Along with Mary Sue; iN2L (AR) 6:00 Resident Hosted; Poker Night (AR)</p>