

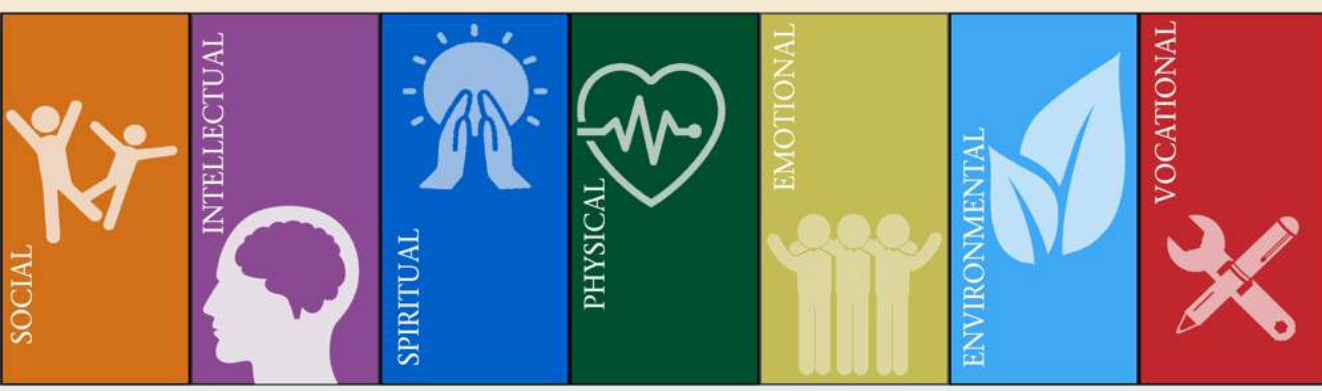
# Focus on Wellness

As we continue to navigate the COVID-19 pandemic, we must remain vigilant in our efforts to slow down the virus. To do this, vaccinations are crucial. For individuals that were fully-vaccinated more than 6 months ago, a booster is now available to ensure that our bodies remain able to fight the virus.

Each of our campuses will be hosting booster clinics for residents and co-workers that received the Pfizer or Moderna vaccine. Please contact your Executive Director or Director of Wellness for further details.

*Cynthia Avant*  
Director of Clinical Services

*Covid Booster Clinic  
(Chambersburg)*  
  
Thursday, November 11<sup>th</sup>  
9am - 12pm



*Dimensions  
of Wellness*

## Resident Birthdays

### November

Catherine Shields  
Joan Thorpe  
Wayne Grimes  
Nancy Crowder  
Phillis Shindle  
Janet Eshleman  
Doris Miller  
Carl Miller  
Frances Wadel

### December

Joan Deffenbaugh  
Lee Golden  
Richards Decker Sr.  
Frank Newman  
Raymond Maurello

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

## A Note from the Executive Director

We now 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.

Our Trick-or-Treat activities in the community were so fun and we cannot wait to celebrate the upcoming Thanksgiving season with everyone. Please stay tuned for plans!

Best,

*Holly Townsend, Executive Director*

## Highlighted Events

- 4 – **Beltone™ @ Home Hearing Care Event @ 1pm**
- 20 – **Greencastle Parade Outing @ 8am**
- 23 – **Hagerstown Valley Mall Outing @ 9:30am**

## Welcome New Residents

Charles Pulaski  
Lee Golden  
John Houpt  
Anna Louise Houpt  
Edna Scubelek  
Donald Bankert



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
<h1>November 2021</h1>	1	2	3	4	5	6
	9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Nickel Bingo \$\$ (2A) 1:30 iN2L® : Seated Chair Exercise (2A) 2:00 iN2L® : Brain Teasers (2A) 3:00 iN2L® : Dracula's Castle Myth or Reality (2A) 6:15 Horseshoes (3E)	9:00 Light & Lively Exercise (3E) 9:30 Election Day Voting **(OOB) 10:00 Cooking Creation: Pumpkin Butter ( C ) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Renfrew Museum Traveling Trunk Show (2A) 3:00 Taste and Tell: Pumpkin Butter (P) 6:15 Blitz with Ruth (2A)	9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit YMCA **\$\$ (OOB) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 1:30 Art: Pottery (C) 2:00 Blood Pressure Clinic (2A) 3:00 Holiday Photography Photos (TBD) 6:15 Card Club: Pinochle (2A)	9:00 Sit and Be Fit Exercise (3E) 9:30 Holiday Photography Photos (TBD) 10:00 Dance Class with Jess (FL) 1:00-4:00 Hearing Clinic ** (PDR) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Billiards (3E)	9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Holiday Photography Photos (TBD) 1:30 Balance & Action (3E) 2:00 Musical Entertainment with Home Comfort Bluegrass Band (2A) 3:00 Celebrating November Birthdays (P) 6:15 Movie Night: <i>Titanic</i> (3A)	9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Club (HW) 10:00 Horseshoes (3E) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Card Club: Rummy (2A) 6:15 Card Club: UNO (2A)
7	8	9	10	11	12	13
9:00 Light & 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 Sunday Sundaes (P) 6:00 Not Forgotten Ministries (2A)  Daylight Saving Ends	9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Community Life Planning Meeting (P) 1:30 iN2L® : Seated Chair Exercise (2A) 2:00 iN2L® : The US Enters WWII(2A) 3:00 Helping Hands: Thanksgiving Day Centerpieces for Dining ( C ) 6:15 Blitz with Ruth (2A)	9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Ed-U Presentation: <i>Civil War</i> with Retired Teacher Terry Neumyer (2A) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Coworker Vs Resident Jeopardy (2A) 3:00 Jeopardy After Party (P) 6:15 Game Club: Sequence (2A)	9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit YMCA **\$(OOB) 10:00 Dining Committee Meeting (2A) 1:30 Balance & Action (3E) 2:00 Mountain Music by Ralph Gann (2A) 3:00 Card Club: Dealers Choice (2A) 6:15 Horseshoes (2A)	9:00 Sit and Be Fit Exercise (3E) 10:00 Prize Bingo (2A) 12:00 Veterans Day Luncheon **(PDR) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Honoring Our Veterans (2A) 6:15 Horseshoes (3E)  Veteran's Day	9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 1:30 Balance & Action (3E) 2:00 Horseshoes (3E) 3:00 EdU Presentations: Gibbles Candy Making (2A) 6:15 Movie Night: <i>Thoroughly Modern Millie</i> (3A) 6:30 Community Church Door to Door Delivery (door knocks)	9:00 Light & Lively Exercise (3E) 10:00 Nickel Bingo \$\$ (2A) 1:30 Stair Stepper Exercise (3E) 2:00 Game Club: Sequence (2A) 3:00 Helping Hands: Coupons for Troops (C) 6:15 Blitz with Ruth (2A)
14	15	16	17	18	19	20
9:00 Light & 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)	9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Club (HW) 10:00 Welcome New Resident Ambassador Meeting (P) 1:30 Musical Entertainment with Lee Moyer (2A) 2:00 iN2L® : Nickel Bingo \$\$ (2A) 3:00 iN2L® : Beneath the Mysterious Canals Of Venice, Ancient Mysteries(2A) 6:15 Card Club: Pinochle (2A)	9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Kohls **\$(OOB) 10:00 Craft Corner: Name Tag Holders (C) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Helping Hands: Decking out the Bus For the Greencastle Parade (FL) 3:00 Horseshoes (3E) 6:15 Card Club: Rummy (2A)	9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit YMCA **\$(OOB) 10:00 Billiards with Lisa (3E) 11:00-12:30 Tailgate Party (DR) 1:30 Balance & Action (3E) 2:00 Fireside Chat (2A) 3:00 Blind Taste Test: Cake Donuts (P) 6:30 Horseshoes (3E)	9:00 Sit and Be Fit Exercise(3E) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Musical Entertainment with Robert Twine (2A) 3:00 Bible Study (PDR) 6:15 Blitz with Ruth (2A)	9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Ed-U Wellness: Brain Health (2A) 1:30 Balance & Action (3E) 2:00 National Play Monopoly Day! (2A) 3:00 Social Hour: Get to Know Your Neighbors with Fact or Fiction (P) 6:15 Movie Night: <i>Paris Holiday</i> (3A)	8:00 Greencastle Parade ** (OOB) 9:00 Light & Lively Exercise (3E) 10:00 Horseshoes (3E) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Card Club: Pinochle (2A) 6:15 Game Club: Sequence (2A)
21	22	23	24	25	26	27
9:00 Light & 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 Music Notes & Mini Floats (P) 6:30 Song and Scripture (Ch.809)	9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Brunch with Lorelei ** ( C ) 1:30 iN2L® Seated Chair Exercise (2A) 2:00 Card Making: Words of Gratitude ( C ) 3:00 iN2L® : History of Thanksgiving (2A) 6:15 Blitz with Ruth (2A)	9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Hagerstown Valley Mall **\$(OOB) 10:00 Game Club: Sequence (2A) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 3:00 Table Topics (P) 6:15 Horseshoes (3E)	9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit YMCA **\$(OOB) 10:00 Kitchen Creation: Apple Pies (C) 1:30 Balance & Action (3E) 2:00 Kitchen Creation: Pumpkin Pies (C) 3:00 Coffee and Conversations (P) 6:15 Card Club: Spades (2A)	9:00 Macy's Thanksgiving Day Parade (P) 9:30 Puzzle Club (L) 10:00 Prize Bingo (2A) 1:30 Waddle Walk (FL) 2:00 NFL Football in the Pub (P) 3:00 Bible Study (PDR) 6:15 Card Club: Pinochle (2A)  Thanksgiving	9:00 Light & Lively Exercise (3E) 9:30 Color Me Calm (L) 10:00 Nickel Bingo \$\$ (2A) 1:30 Balance & Action (3E) 2:00 Card Club: UNO (2A) 3:00 Social Hour: Hot Cocoa or Spiked Cocoa (P) 6:15 Movie Night: <i>Breakfast at Tiffany's</i> (3A)	9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Horseshoes (3E) 1:30 Stair Stepper Exercise (3E) 2:00 Jeopardy! (2A) 3:00 Board Game: Yahtzee (2A) 6:15 Card Club: Rummy (2A)
28	29	30	<b>Calendar Key:</b> 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) <b>**Registration Required, \$\$ Cost Involved</b>			
9:00 Light & 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 Game Club: Scrabble (C) 3:00 Helping Hands: Coupons for Troops (C) 6:30 Song and Scripture (Ch.809)	9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Helping Hands: Fall Décor Tear Down (FL) 1:30 iN2L® : Seated Chair Exercise (2A) 2:00 Helping Hands: Fall Décor Tear Down (FL) 3:00 iN2L® : The Best of Israel (2A) 6:15 Game Club: Sequence (2A)	9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Cooking Creation: Pumpkin Cheesecake (C) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Men's Club (P) 3:00 Nickel Bingo \$\$ (2A) 6:15 Blitz with Ruth (2A)				

