

# 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 (Lancaster)

Friday, November 12<sup>th</sup>  
1pm-3pm



*Dimensions  
of Wellness*

## Resident Birthdays

### November

Martha Winship  
Laura Green  
Tae Hwan Song  
Abram Rhoads  
Patricia Fath  
Louise Wingate  
Brubaker

Anne Adams  
Doris Casady  
Barbara Garretson  
J Roger Drolet  
Marian Moore

### December

Opal MacDurmon  
Sheldon Hall  
Barbara Good  
Beverly Spencer  
Dorothy George



# Providence Place SENIOR LIVING News

Q4: November 2021

## A Note from the Executive Director

Despite the dropping temperatures, we still have some warm days left! Please join your loved one at the community and enjoy what is left of fall.

October was an unexpected month for our community. Our staff worked diligently through the COVID outbreak to keep your loved one's safe and well cared for. We were excited to reopen and reschedule events that we had originally planned for October. Be sure to keep an eye on the November calendar and join us when you can!

As always, please continue to wear your mask when visiting the community, including the apartments. We administered flu shots to the community on October 26<sup>th</sup> and will be offering the COVID booster shot on November 12<sup>th</sup>.

More information regarding boosters will be coming soon.

Wishing you health and safety,

*Donna O'Leary*  
Executive Director

## Highlighted Events

- 8 – **JazzMe Duo Performance** @ 3pm
- 11 – **Honoring our Veterans** @ 2pm
- 12 – **Lancaster Parks & Recreation Presentation** @ 3:15pm  
*Connections*
- 18 – **Flag Retirement Ceremony**  
*With Trail Life Troop 316* @ 3:15pm
- 19 – **50's Rock Musical Entertainment**  
By Pat Kocen @ 3pm
- 23 – **Family-Style Thanksgiving**  
@ 11:30am - *Connections*

### Sunday's in November:

Cornhole League @ 10:30am

## Welcome New Residents

Anne Adams  
Anne Marie Baltz  
Ruth Fasnacht  
Rose Turnowchyk



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
	9:30 Chair Yoga (CH) 10:00 iN2L Games (CH) 10:30 Indoor Garden Club: Planting (AR) 1:15 Team Cuisine Cooking Club: Apple Butter Spice Cookies (AR) 2:00 Art Exploration: PotteryWorks (CH) 3:15 Fall Country Side Ride** (OOB) 6:15 Horse Racing Game (AR)	9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:30 Finish the Lines (CH) 2:00 Happy 101st Birthday Celebration for Dot Bender (DR) 3:15 Passport Travels: New York (AR) 6:15 Movie Night: <i>The Blind Side</i> (CH)	9:30 Chair Exercise (CH) 10:00 Midweek Worship Service (CH) 10:30 iN2L Brain Games (CH) 1:30 Dining Services Committee Meeting (CH) 2:00 iN2L Probing Science Club: Leaf Chromatography (CH) 3:00 iN2L Bingo (CH) 6:15 Coupons For Troops (AR)	9:00 CommUNITY Drive Kickoff 2-Week Drive for Local KPETS (FP) 9:30 Balance in Action (CH) 10:00 Spirituality with Chaplin (CH) 10:30 Christmas Choir Rehearsal (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Music by Frankie Widder (DR) 3:00 LCR with Chaplin (AR) 6:15 Card Games (AR)	9:30 Sit & Be Fit Exercise (CH) 10:00 Welcome Ambassador Committee Meeting (CH) 1:00 Super Rummikub Club (AR) 1:30 Examining Bible Prayers (CH) 2:00 Create & Design: Recognizing Our Veterans (AR) 3:00 The Dime Store (L) 6:15 Community Puzzle (AR)	9:30 Puzzles and Riddles (AR) 10:00 Bingo (CH) 1:00 Thankful Tree (AR) 2:00 Super Social Hour: Viva Los Vegas (GL) 3:15 Paints on Canvas (AR) 6:15 Adult Coloring (AR)
Daylight Saving Ends 7	8	9	10	Veteran's Day 11	12	13
9:30 Spiritual Hymns (CH) 10:00 Sunshine Committee (AR) 10:30 Cornhole League (CH) 2:00 Super Sundae Sunday Social (GL) 3:00 Worship Service (CH) 4:15/5:30 Table Mate Trivia (DR) 4:25 Kickoff Sunday: <i>Packers vs Chiefs (PT)</i> 6:00 Community Puzzle (AR) 6:15 Movie Night: <i>Disney Pixar's UP</i> (CH)	9:30 Chair Yoga (CH) 10:00 iN2L Coffee 101 (CH) 10:30 iN2L Brain Games (CH) 1:00 CommUNITY Support: Treats for KPETS (AR) 2:00 Balloon Volley Ball Competition (CH) 3:00 Musical Entertainment featuring JazzMe Duo (DR) 6:15 Horse Racing Game (AR)	9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:15 Ed-U Wellness Presentation: Hospice 101 through Wheel of Fortune by Beth Miller, Life Song Hospice (CH) 2:00 Circle of Friends (CH) 3:00 Community Life Planning Committee (AR) 6:15 Movie Night: <i>Grumpy Old Men</i> (CH)	9:30 Chair Exercise (CH) 10:00 Midweek Worship Service (CH) 10:30 Trip Out: Veterans Honor Park of Lancaster County** (OOB) 1:15 Veterans Day Trivia (CH) 2:00 Probing Science Club: Pumpkin Volcano (AR) 3:00 iN2L Bingo (CH) 6:15 Coupons for Troops (CH)	9:30 Balance in Action (CH) 10:00 Spirituality with Chaplin (CH) 10:30 Christmas Choir Rehearsal (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Honoring Our Veterans Ceremony by Veteran's Committee Partnership (DR) 3:30 Veterans Day Crosswords (AR) 6:15 Card Games (AR)	9:30 Sit & Be Fit Exercise (CH) 10:00 Painting with a Purpose: Positivity Rocks (AR) 1:00 Super Rummikub Club (GL) 1:30 Examining Bible Prayers (CH) 2:00 Ed-U Presentation Lisa Sanchez, Lanc. Parks & Rec (CH) 3:00 The Dime Store (L) 3:15 Friendsgiving Social Hour (GL) 6:15 Community Puzzle (AR)	9:30 Puzzles and Riddles (AR) 10:00 Bingo (CH) 10:45 Saturday Stroll (L) 1:00 World Kindness Day: Sending a Friend a Smile (AR) 2:00 Social Hour Throw Back to 1990's (GL) 3:15 Water Colors with Yoel (AR) 6:15 Adult Coloring (AR)
14	15	16	17	18	19	20
9:30 Spiritual Hymns (CH) 10:00 Manicures & Mocktails** (AR) 10:30 Cornhole League (CH) 2:00 Super Sunday Sundae Social (GL) 3:00 Worship Service (CH) 4:15/5:30 Table Mate Trivia (DR) 4:25 Kickoff Sunday: <i>Eagles vs Broncos (PT)</i> 6:00 Community Puzzle (AR) 6:15 Movie Night: <i>The Holiday</i> (CH)	9:30 Chair Yoga (CH) 10:00 Ed-U Wellness Presentation <i>Normal vs Not Normal Brain Changes</i> By Natasha Miller, Bayada Home Health (CH) 1:15 Team Cuisine Cooking Club: Homemade Bread (AR) 2:00 Balloon Volley Ball Competition (CH) 3:15 Fall Country Side Drive** (OOB) 6:15 Horse Racing Game (AR)	9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 1:30 Healthy Cooking Experience with Chef Jermel (CH) 2:00 Circle of Friends (CH) 3:00 Passport Travels: <i>Plymouth, MA</i> (CH) 6:15 Movie Night: <i>Curly Sue</i> (CH)	9:30 Chair Exercise (CH) 10:00 Midweek Worship Service (CH) 10:30 Got Science Club: Cranberry Chemistry (AR) 1:15 Cards to Campus: Pottsville (AR) 2:00 Ed-Presentation <i>American Owls</i> by Local Retired Educator Terry Neumyer (CH) 3:00 iN2L Bingo (CH) 6:15 Coupon For Troops (CH)	9:30 Balance in Action (CH) 10:00 Spirituality with Chaplin (CH) 10:30 Christmas Choir Rehearsal (CH) 1:30 Tai Chi Fitness with Laura (CH) 2:00 Dog Visits with KPETS (CH) 3:15 Flag Retirement Ceremony by Trail Life Troop 316 (2CY) 6:15 Card Games (AR)	9:30 Sit & Be Fir Exercise (CH) 10:00 Matinee: <i>Thunder Force</i> (CH) 11:00 Diners Caravan: Cracker Barrel**\$\$ (OOB) 1:30 Examining Bible Prayers (CH) 2:00 Fireside Chat with E.D. Donna O'Leary (CH) 3:00 Musical Entertainment featuring 50's Rock Musician Pat Kocen (CH) 3:00 The Dime Store (L) 4:15/5:30 Happy Nov. Bday Sock Hop (DR) 6:15 Community Puzzle (AR)	9:30 Puzzles and Riddles 10:00 Bingo (CH) 1:15 Thankful Crafting (AR) 2:00 Super Social Hour Lights, Camera, Action (GL) 3:15 Create & Design: Wood Burning (AR) 6:15 Adult Coloring (AR)
21	22	23	24	Thanksgiving 25	26	27
9:30 Spiritual Hymns (CH) 10:00 Manicures & Mocktails** (AR) 10:30 Cornhole League (CH) 2:00 Super Sunday Sundae Social (GL) 3:00 Worship Service (CH) 4:15/5:30 Table Mate Trivia (DR) 4:25 Kickoff Sunday: <i>Cowboys vs Chiefs (PT)</i> 6:00 Community Puzzle (AR) 6:15 Movie Night: <i>Wonder Woman</i> (CH)	9:30 Chair Yoga (CH) 10:00 iN2L Armchair Travel: Train Ride (CH) 10:30 iN2L Google Earth (CH) 1:15 Team Cuisine Cooking Club: Sliced Candy Apples (AR) 2:00 Balloon Volley Ball Competition (CH) 3:15 Jumbo Yahtzee (CH) 6:15 Horse Racing Game (AR)	9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 12:00 Men's Luncheon: Pizza & Speed Friending (CH) 1:30 Finish the Lines (CH) 2:00 Circle of Friends (CH) 3:00 Jeopardy (CH) 6:15 Hallmark Movie Night: <i>Love at the Thanksgiving Day Parade</i> (CH)	9:30 Chair Exercise (CH) 10:00 Midweek Worship Service (CH) 10:30 Thankful Tree reading (CH) 1:00 Cards to Campus: Chambersburg (AR) 2:00 Musical Entertainment Featuring Bonnie Koons <i>Thanks For the Memories</i> (DR) 3:00 iN2L Bingo (CH) 6:15 Coupon For Troops (AR)	9:00 Macy's Thanksgiving Day Parade (PT) 9:30 Turkey Trot Workout (CH) 10:00 Finish the Phrase: Pumk'n Style (AR) 10:30 Thanksgiving Fun Facts (AR) 1:15 Gobble Bingo (AR) 3:15 Short Stories: Kindness Train (CH) 6:15 Special Feature Movie: <i>A Charlie Brown Thanksgiving</i> (CH)	9:30 Sit & Be Fit Exercise (CH) 10:00 Matinee: <i>Free State of Jones</i> (CH) 11:00 Diners Caravan: Olive Garden**\$\$ (OOB) 1:00 Super Rummikub Club (AR) 1:30 Examining Bible Prayers (CH) 2:00 Thoughtful Crafting: Holiday Wreath (AR) 3:00 The Dime Store (L) 6:15 Community Puzzle (AR)	9:30 Puzzles and Riddles 10:00 Bingo (CH) 1:15 Water Colors with Yoel (AR) 2:00 Super Social Hour Toast to November (GL) 3:00 Musial Entertainment featuring Organist Gary Collier (CH) 6:15 Adult Coloring (AR)
28	29	30	<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (CH) Chapel (DR) Dining Room (PT) Pool Table Room (2CY) 2nd Floor Court Yard (AR) Activity Room (L) Lobby (OOB) Out of Building (GL) Governor's Lounge			
9:30 Spiritual Hymns (CH) 10:00 Manicures & Mocktails** (AR) 10:30 Cornhole League (CH) 2:00 Super Sunday Sundae Social (GL) 3:00 Worship Service (CH) 4:15/5:30 Table Mate Trivia (DR) 4:25 Kickoff Sunday: <i>Viking vs 49ers (PT)</i> 6:00 Community Puzzle (AR) 6:15 Movie Night: <i>When in Rome</i> (CH)	9:30 Chair Yoga (CH) 10:00 iN2L Brain Games (CH) 10:30 iN2L Train Your Brain Computer Lingo (CH) 1:15 Team Cuisine Cooking Club: Turkey Cranberry Sliders (AR) 2:00 Balloon Volley Ball Competition (CH) 3:15 Jumbo Yahtzee (CH) 6:15 Horse Racing Game (AR)	9:30 Free Weights Exercises (CH) 10:00 Spiritual Devotions (CH) 10:30 Hymn Sing (CH) 12:00 Ladies Lunch Pizza Social (AR) 1:45 Chef Pairing (CH) 2:30 Circle of Friends (CH) 3:00 Passport Travels: Canada (CH) 6:15 Movie Night: <i>The Christmas Chronicles</i> (CH)				