

# Focus on Wellness

SUMMER is here! Be sure to make the most of the season with these healthy tips:

- Stay Hydrated with plenty of water
- Use sunscreen and shade to enjoy the outdoors
- Enjoy socializing with friends in nature
- Enjoy local, seasonal produce in our dining programs

Please enjoy all of our outdoor walking paths and activities. Check your calendar for outings!



Dimensions of Wellness



# Providence Place SENIOR LIVING News

Q3: September 2022

## A Note from the Executive Director

Franklin County joins with Adams County for our upcoming Walk to End Alzheimer's which will be held on Saturday, September 17th in historic Gettysburg. For those who do not want to travel to Gettysburg, we are also planning a walk here at Providence Place that same day to support the cause.

We also have our **FALL FEST** coming up on September 28<sup>th</sup>. Please check out details on the calendar as well as the flyer provided. We hope to see plenty of family & friends to celebrate the season.

I hope that everyone enjoys our beautiful community and gets outside to enjoy this fantastic time of year. Walk on our nature trail, sit and visit in a gazebo & enjoy the refurbished picnic tables. While enjoying this area, you will likely see some wildlife as we have been spotting several deer, including two new fawns in recent weeks. Many of us have enjoyed spotting them frolic and play in the green area between the fence and the wooded area. If you don't want to walk too far, then enjoy the newly updated porch on the East wing. We hope that you can take advantage of these common spaces and enjoy each other's company.

Enjoy the remainder of summer!

*Holly Townsend*

*Executive Director*

## Highlighted Events

11-17 – **National Assisted Living**

**Week** – Appreciation Activities

*(Please see campus for details)*

17 – **Walk to End Alzheimer's**

Gettysburg Walk & On-Campus Walk

28 – **Friends & Family Fall Fest**

@ 4:30-6:30pm

*Families Welcome!*

30 – **Lincoln's Funeral Train**

with Author Scott Mingus @ 2pm

## Resident Birthdays

### September

4 – Lois G.

9 – Sally Ann M.

9 – Audrey E.

12 – Virginia F.

12 – John H.

13 – Earl R.

17 – Leon M.

18 – Ronald P.

26 – Kathryn S.

28 – Bonita M.

30 – Robert E.



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 style="text-align: center;"><b>THE</b> <i>Club</i></p>		<p><b>Calendar Key:</b> Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY) Connections (CN) Picnic Tables (PT) ** Registration Required \$\$ Cost Involved</p>	<h1>September 2022</h1>			<p style="text-align: right;">1</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Reminisce: Saying Hello and Good bye to Jobs (3A) 3:00 Junk Drawer Detective (3A) 6:15 Chit Chat in the Lobby (FL)</p>	<p style="text-align: right;">2</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Occupational Wheel of Fortune (3A) 1:30 Flower Oasis (P) 2:00 Singing with Dave Powers (CN) 3:00 Social Hour: 2 Truths &amp; a Lie (P) 6:15 Movie Night: Hidden Figures (3A)</p>	<p style="text-align: right;">3</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café &amp; Current Events ( P) 10:00 Labor Day Would you Rather (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)</p>
		<p style="text-align: right;">4</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Helping Hands: Staff Thank You Cards (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p style="text-align: right;">5</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 History of Labor Day (3A) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 Labor Day Trivia (3A) 3:00 Labor Day Social Featuring Introduction to Labor History (P) 6:15 Card Club (3A)</p> <p style="text-align: center;">Labor Day</p>	<p style="text-align: right;">6</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shark Facts (3A) 1:15 Kitchen Creation: Octopus Beach Magic Jell-O Cups (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Taste (CN) 3:00 Shark Bait Social (P) 6:15 Game Shows (ch.78)</p>	<p style="text-align: right;">7</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2I Documentary: Megalodon— king of the Seas (3A) 1:15 Crafty Creation: Shark Puppets (CN) 2:30 Great Mystery of the Deep Social (CN) 3:00 Under the Sea Social (P) 6:15 Horseshoes (3E)</p>	<p style="text-align: right;">8</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Sunflower Field (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Discuss (CN) 3:00 Shark Trivia (3A) 6:15 Chit Chat in the Lobby (FL)</p>	<p style="text-align: right;">9</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 1:30 Flower Oasis (P) 2:00 Discuss and Recall: Grandparents Special Bond (3A) 3:00 Social Hour: Sushi &amp; Sake Social (P) 6:15 Movie Night: Sharknado (3A)</p>	<p style="text-align: right;">10</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café &amp; Current Events ( P) 10:00 Aromatherapy and Nails (3A) 2:00 Popcorn &amp; A Movie (3A) 3:00 Helping Hands Club: Coupons for Troops (3A) 6:15 Puzzle Club (3A)</p>
<p style="text-align: right;">11</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Virtual Interactive Tour of 9/11 Memorial Museum (2A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Grandparents Day Social (P) 6:15 Songs and Scripture (Ch. 809)</p> <p style="text-align: center;">Grandparents Day &amp; Patriot Day</p>	<p style="text-align: right;">12</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 The " GRAND " Match (3A) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 Coworker Vs Resident Water Balloon Toss #2 (LD) 3:00 Hydration and Humor (PD) 6:15 Card Club (3A)</p>	<p style="text-align: right;">13</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Diners Caravan (OOB) 1:15 Helping Hands: Staff Appreciation Bracelet (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Show (CN) 3:00 Assisted Living Week Soft Pretzel Station (P) 6:15 Game Shows (ch.78)</p>	<p style="text-align: right;">14</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dining Committee Meeting (2A) 1:15 Kitchen Creation: Red Velvet Apple Frosted Cupcakes (CC) 2:30 Sip and Share (CN) 3:00 Random Trivia (3A) 6:15 Horseshoes (3E)</p>	<p style="text-align: right;">15</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Crafty Creation: Sand Art (3A) 3:00 Sip and Discuss (3A) 6:15 Chit Chat in the Lobby (FL)</p>	<p style="text-align: right;">16</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 1:30 Flower Oasis (P) 2:00 iN2L Games (3A) 3:00 Assisted Living Week Ice Cream Sundae Bar (P) 6:15 Movie Night: Secondhand Lions (3A)</p>	<p style="text-align: right;">17</p> <p>9:00-11:00 Alzheimer's Awareness Walk A Thon (FL) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)</p>		
<b>National Assisted Living Week</b>								
<p style="text-align: right;">18</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Indigenous People Secret Message (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p style="text-align: right;">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 iN2L: Seated Chair Exercise (2A) 2:00 Franklin Country Trivia (3A) 3:00 Ed-U Documentary: The Battle of Chambersburg to the Battle of Moorefield (2A) 6:15 Card Club (3A)</p>	<p style="text-align: right;">20</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Crafty Creations: Yarn Birds (3A) 1:15 Pirate Bingo (CN) 1:30 Acrylic Canvas Painting (C) 2:30 September Birthday Celebration (CN) 3:00 Social Hour: Sassafras Tea (P) 6:15 Game Shows (ch.78)</p>	<p style="text-align: right;">21</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Terry Neumyer Presents Native Americans in the Eastern US (2A) 1:00 Musical Entertainment Featuring Pianist Robert Earp (CN) 2:00 Iced Tea Time (CN) 3:00 Bead Weaving (3A) 6:15 Horseshoes (3E)</p>	<p style="text-align: right;">22</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Martin's Potato Roll Museum (CN) 2:00 Sip and Discuss (CN) 3:00 Chef Joseph Secret Code (3A) 6:15 Chit Chat in the Lobby (FL)</p>	<p style="text-align: right;">23</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Birthday Committee (3A) 1:30 Flower Oasis (P) 2:00 Ed-U Documentary: History of the Five Civilized Tribes of the North (2A) 3:00 Social Hour: Commel Cookies (P) 6:15 Movie Night: Last of the Mohicans (3A)</p> <p style="text-align: center;">Native American Day</p>	<p style="text-align: right;">24</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café &amp; Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:30 Saturday Sitcom (3A) 2:00 Wacky Wordies (3A) 3:00 Tea &amp; Crumpet Social (P) 6:15 Puzzle Club (3A)</p>		
<p style="text-align: right;">25</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Card Club: Giant Uno (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p style="text-align: right;">26</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Table Talk Tidbits (3A) 1:30 iN2L: Seated Chair Exercise (2A) 2:00 iN2L: Prize Bingo (3A) 3:00 DIY Bubble Gum (3A) 6:15 Card Club (3A)</p>	<p style="text-align: right;">27</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Kitchen Creation: Strawberry Cream Pie (C) 1:15 Crafty Creation: Sunflower Wreath (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Taste (CN) 3:00 Adam Leeper Presents Escape From Shangri-la (2A) 6:15 Game Shows (ch.78)</p>	<p style="text-align: right;">28</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 September IQ (3A) 1:30 Walk and Stroll Club (HW) 2:00 Musical Entertainment featuring Tom Shultz (2A) 3:00 National cherry Turnover &amp; Red Wine Day Celebration (P) 6:15 Horseshoes (3E)</p>	<p style="text-align: right;">29</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Nelly Fox Bowling (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Be Social (CN) 3:00 Famous September Birthdays (3A) 6:15 Chit Chat in the Lobby (FL)</p>	<p style="text-align: right;">30</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Searching for September (3A) 1:15 Kitchen Creation: Frozen Green Grape Bites (CN) 1:30 Flower Oasis (P) 2:00 Lincolns Funeral Train With Scott Mingus (2A) 3:00 Social Hour: Sunflower Seeds (P) 6:15 Movie Night: The Lightkeepers (3A)</p>			