

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

Resident Birthdays

September

- | | |
|------------------|-----------------|
| 4 – Lois G. | 17 – Leon M. |
| 9 – Sally Ann M. | 18 – Ronald P. |
| 9 – Audrey E. | 26 – Kathryn S. |
| 12 – Virginia F. | 28 – Bonita M. |
| 12 – John H. | 30 – Robert E. |
| 13 – Earl R. | |

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 28th. 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

Welcome New Residents

- Elvia K.
- Mildred “Mid” P.
- Ronald P.
- Ann Marie H.



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at 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.



www.Providence-Place.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Calendar Key: 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) **Registration Required, \$\$ Cost Involved	<h1>September 2022</h1>		1	2	3
		9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (C) 10:00 Brunch Club** (P) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Card Club: Pinochle (2A)	9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PDR) 1:30 Helping Hands Club: Coupons for Troops (C) 2:00 Prize Bingo (2A) 3:00 Ed-U Presentation: <i>Hero's of 9/11</i> by Joe and Dolores (2A) 4:00-7:00 Ice Cream Truck (LD) 6:30 Movie Night: <i>Hidden Figures</i> (3A)	9:30 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Goodwill Collection Begins (Flyer) 11:00 Local Fares: The Family Diner**\$\$ (OOB) 2:00 Stair Stepper Exercise (3E) 3:00 Game Club: Mexican Train Dominoes (C) 6:15 Card Club: Rummy (2A)			
4	5	6	7	8	9	10	
9:00 Light & Lively Exercise (3E) 9:30 Trivia Handouts (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Musical Entertainment featuring Bryan Herber (2A) 6:30 Not Forgotten Ministries (2A)	9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 2:00 Prize Bingo (2A) 3:00 Labor Day Social Featuring Introduction to Labor History (P) 6:15 Card Club: Dealer's Choice (2A) Labor Day	9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Nickel Bingo \$\$ (2A) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 iN2L Documentary: <i>Megalodon –King of the Seas</i> (2A) 3:00 Shark Bait Social (P) 6:15 Horseshoes (3E)	9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Polish and Paint Nail Service (2A) 1:30 Workout with Vickie From Genesis Rehabilitation (3E) 1:30 Pottery with Nicodemus Center for Ceramics (C) 2:00 Blood Pressure Clinic (2A) 3:00 Under the Sea Super Social (P) 6:15 Card Club: Pinochle (2A)	9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Horseshoes (3E)	9:00 Chair Yoga with Beth (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Theresa Waltersdorff, Humana Presents <i>Staying Social & How to Do It Right</i> (2A) 1:30 Shark Trivia Handout (L) 2:00 Community Life Planning Committee Meeting (P) 3:00 Candied Sushi & Sake Social (P) 6:30 Movie Night: <i>Sharknado</i> (3A)	9:30 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Billiards (3E) 1:30 Stair Stepper Exercise (3E) 2:00 Popcorn & A Movie (3A) 3:00 Helping Hands Club: Coupons for Troops (3A) 6:15 Blitz with Ruth (2A)	
11	12	13	14	15	16	17	
9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Virtual Interactive Tour of 9/11 Memorial Museum (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Grandparents Day Social (P) 6:30 Song and Scripture (Ch.809) Grandparents Day & Patriot Day	8:00 –9:30 Assisted Living Week Yogurt and Coffee Bar (DR's) 9:00 Light & Lively Exercise (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 2:00 Coworker Vs Resident Water Balloon Toss #2 (LD) 3:00 Horseshoes (3E) 6:15 Card Club: Pinochle (2A)	9:00 Light & Lively Exercise (3E) 9:30 Exploring Franklin County: Sunflower Field ** (OOB) 1:30 Acrylic Canvas Paintings (C) 2:00 Musical Entertainment featuring Robert Twine (2A) 3:00 Assisted Living Week Soft Pretzel Station (P) 6:15 Card Club: Dealer's Choice (2A)	National Assisted Living Week			8:00-9:30 Assisted Living Week Donut and Milk Bar (DR's) 9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 1:00 Goodwill Donation Trip **\$(OOB) 2:00 Assisted Living Week Ice Cream Sundae Bar hosted by Grane Hospice Care (P) 6:30 Movie Night: <i>Secondhand Lions</i> (3A)	9:00 Light & Lively Exercise (3E) 9:00-11:00 Community Walk to End Alzheimer's Walk-A-Thon (FL) 1:30 Helping Hands Club: Coupons for Troops (C) 2:00 Prize Bingo (2A) 3:00 Game Club: Scrabble (C) 6:00 Musical Entertainment Featuring Craig Johnson (2A)
18	19	20	21	22	23	24	
9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Mexican Train Dominoes (C) 6:30 Song and Scripture (Ch.809)	9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 2:00 Nickel Bingo **\$(2A) 3:00 Ed-U Documentary: <i>The Burning of Chambersburg to the Battle of Moorefield</i> (2A) 6:15 Card Club: Rummy (2A)	9:00 Light & Lively Exercise (3E) 9:30 Day Excursion: Downtown Chambersburg **\$(OOB) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Craft Corner: Beaded Corn (P) 3:00 Social Hour: Sassafras Tea (P) 6:15 Horseshoes (3E)	9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Ed-U Presentation by Terry Neumyer <i>Native Americans in the Eastern US</i> (2A) 1:30 Cooking Creation: Cornmeal Cookies (C) 2:30 Musical Entertainment featuring Pianist Robert Earp (2A) 4:00 Dinner Under the Trees ** (BY) 6:15 Card Club: Dealer's Choice (2A)	9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (C) 10:00 Craft with Bobbi: Floral Pumpkins (C) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Blitz with Ruth (2A)	9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Vaccination Awareness Jaime w/ Bayada Home Healthcare (2A) 2:00 EU-U Documentary <i>History Of The Five Civilized Tribes Of North America</i> (2A) 3:00 Social Hour: Cornmeal Cookies (P) 6:30 Movie Night: <i>Last of Mohicans</i> (3A) Native American Day	9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Recycling Collection (LR's, C, P) 10:00 Prize Bingo (2A) 1:30 Stair Stepper Exercise (3E) 2:00 Together Life Intergenerational Reading Program (2A) (See Flyer) 3:00 Tea & Crumpet Social (P) 6:15 Card Club: Pinochle (2A)	
25	26	27	28	29	30		
9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordies Handouts (L) 10:00 Polish and Paint Nail Service (2A) 12:00 Chambersburg Mall Matinee TBD **\$(OOB) 2:00 Worship Service (2A) 3:00 Horseshoes (3E) 6:30 Song and Scripture (Ch.809)	9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 2:00 Cooking Creation: Cupcakes for Fall Festival (C) 3:00 National Women's Equality Day Discuss & Recall (P) 6:15 Card Club: Dealer's Choice (2A)	9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Appreciate & Thank Club (C) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Prize Bingo (2A) 3:00 Adam Leeper Presents <i>Escape from Shangri-la</i> (2A) 6:15 Blitz with Ruth (2A)	9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 11:00 Local Fares: Nick's Airport Inn**\$(OOB) 2:00 Horseshoes (3E) 3:00 National Cherry Turnover & Red Wine Day Celebration (P) 4:30-6:30 Family & Friends Fall Festival ** (Loading Dock)	9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (C) 10:00 Nickel Bingo **\$(2A) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Corn Hole (3E)	9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Prize Bingo (2A) 1:30 Horseshoes (3E) 2:00 Lincolns Funeral Train with Author Scott Mingus (2A) 3:00 Social Hour: Wear Yellow Sunflower Seeds and Bees! (P) 6:30 Movie Night: <i>The Lightkeepers</i> (3A)		