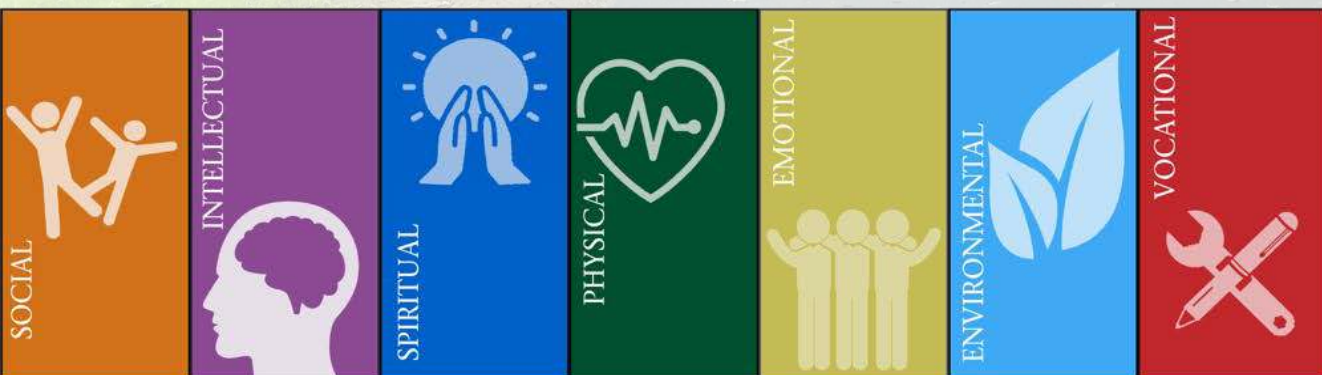


Focus on Wellness

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

- 3 - Blanche C.
- 3 - Rita V.



Providence Place SENIOR LIVING News

Q3: September 2022

A Note from the Executive Director

Our Collegeville Inn has been booming with summer activity. It has been great to see so many smiles on the front porch and also on the back deck over the past several weeks. The flowers our residents have been planting look beautiful.

Pardon our dust! Thank you for your understanding and patience during the flood wall construction. We have completed construction and will begin beautifying the renovations this month.

We are excited to launch our Connections Club this month – this is a signature program from Providence Place for early-stage memory loss (MCI) to help with brain fitness through additional daily structure and cueing. The Club will be led by a dedicated Coordinator, Alyssa. Please welcome Alyssa and see details in the announcement included with this newsletter.

Please feel free to have family and friends join us for entertainment and special events. We welcome you to join us for our next brunch on Sunday, September 18th, please make a reservation. It is truly my honor to work with such an amazing group of coworkers and residents.

Terri Sanelli

Executive Director

Highlighted Events

- 8 – **Fred Astaire Ballroom Dancers**
Performance & lessons @ 1pm
- 9 – **EdU Presentation:** The Apollo
Space Program @ 2:30pm
- 12-17 – **National Assisted Living
Week** – Joyful Moments Celebrations
(please see calendar for details)
- 29 – **Fishing Outing:** Center Point Pond
@ 9am
- 30 – **EdU Presentation:** Colonial
Philadelphia @ 2pm

Welcome New Residents

- Janet C.
- Ruth L.
- Rita N.
- Josephine M.
- Blanche F.
- Jeanette R.
- Victor M.
- Roberta M.
- Hilda D.
- Rita V.



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	
<p>THE <i>Club</i></p>		<p>Calendar Key: ** Registration Required \$\$ Cost Involved (CR) Community Room (P) Pub, (LIB) Library - 3rd Floor (OS) Outside, (AR) Activity Room (CN) Connections Neighborhood (T) Theater, (OL) Old Lobby (DR) Dining Room, (TB) Throughout Building</p>	<p>September 2022</p>		<p>1 9:15 Morning Meeting (CR) 9:45 Communion by St. Eleanor (T) 10:00 Chair Exercises (P) 10:30 Diners Caravan Lunch Out: Collegeville Diner (OOB) 1:00 Thankful to You Committee (P) 2:00 Community Crossword (P) 3:30 Karaoke Happy Hour (P) 6:00 Bingo (AR)</p>	<p>2 9:15 Morning Meeting (CR) 9:30 Chair Exercises (P) 10:30 Community Crossword (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Community Life Planning Committee Meeting (OS/P) 3:00 Picture Sharing (P/OS) 4:00 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)</p>	<p>3 9:30 Walking Club (OL) 11:00 Decorate Doughnuts from Collegeville Bakery (AR) 1:00 Nickel Bingo (AR) 2:00 Trivia & Games (OS/Pub) 3:00 Gardening Club (OS/AR) 3:30 Happy Hour (P) 6:15 Res. Run Dominoes (AR)</p>
		<p>4 10:30 Catholic Mass on Screen (T) 11:00 Knitting & Crochet Club (P) 11:30 Chair Exercises (P) 1:00 Gardening Club (OS) 2:00 Games in the Pub (P) 3:00 Bocce / Corn Hole (OS) 4:00 Photo Share (P) 6:00 Movie: <i>The Great Escape</i> (T)</p>	<p>Labor Day 5 9:15 Morning Meeting (CR) 9:30 Cranium Crunches (CR) 10:00 Create: Card Making (CR) 11:00 Chair Exercises (P) 1:00 Nickel Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Music & Movements (CN) 3:30 Walk to Dine (TB) 6:00 Labor Day Happy Hour (P)</p>	<p>6 9:15 Morning Meeting (CR) 9:30 Chair Exercises (CR) 10:30 Day Excursion: Picnic at Manderach Park (OOB) 1:00 iN2L Trivia Games (P) 2:00 Circle of Friends with Chaplain Tia (T) 3:30 Aerobic Drumming (P) 6:15 Community Board Games (P)</p>	<p>7 9:15 Morning Meeting (CR) 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 11:00 Games on the Porch (OS) 1:00 Hymn Sing with Chaplain Tia (T) 2:00 Spiritual Art with Chaplain Tia (AR) 3:00 Balloon Volleyball (P) 4:00 Look Who's Dancing Class (CN) 6:00 Card Games (P)</p>	<p>8 9:15 Morning Meeting (CR) 9:45 Communion by St. Eleanor (T) 10:00 Chair Exercises (P) 11:00 Racko (P) 12:00 Ordering Lunch In: Speck's**\$\$ (P) 1:00 Fireside Chat with Terri, E.D. (P) 2:00 Aerobic Drumming (P) 4:00 Happy Hour with Entertainer: Peter Scott Ruben (P) 6:00 Movie: <i>Apollo 13</i> (T)</p>	<p>9 9:15 Morning Meeting (CR) 9:30 Chair Exercises (P) 10:30 Community Crossword (P) 1:00 Dining Services Committee Meeting (AR) 1:30 Bingo Bucks Bingo (AR) 2:30 Ed-U: Night Wonders of Astronomy <i>The Apollo Space Program</i> (T) 3:30 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)</p>
<p>Grandparents Day & Patriot Day 11 10:30 Catholic Mass on Screen (T) 11:00 Knitting & Crochet Club (P) 11:30 Laugh & Learn with Chaplain Tia (P) 1:00 Non-Denominational Worship (T) 2:00 Bible Study (AR) 2:30 Bocce / Corn Hole (OS) 3:30 Card Club (P) 6:00 Downton Abbey (T)</p>	<p>12 9:15 Morning Meeting (CR) 9:30 Brain Busters (CR) 10:00 Create: Bird Feeders (CR) 11:00 Chair Exercises (P) 1:00 Nickel Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Music & Scarf Movements (CN) 4:00 Entertainment: Bruce Copp (P) 6:00 Happy Hour (P)</p>	<p>13 9:15 Morning Meeting (CR) 9:30 Chair Exercises (CR) 10:30 Day Excursion: Perkiomen Trail (OOB) 1:00 iN2L Trivia Games (P) 2:00 Circle of Friends with Chaplain Tia (T) 3:30 Aerobic Drumming (P) 6:15 Community Board Games (P)</p>	<p>14 9:15 Morning Meeting (CR) 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 11:00 Games on the Porch (OS) 1:00 Hymn Sing with Chaplain Tia (T) 2:00 Spiritual Art with Chaplain Tia (AR) 3:00 Balloon Volleyball (P) 4:00 Car Racing (P) 6:00 Card Games (P)</p>	<p>15 9:15 Morning Meeting (CR) 9:45 Communion by St. Eleanor (T) 10:00 Chair Exercises (P) 11:00 Racko (P) 1:00 The Price Is Right Game (P) 2:00 Community Crossword (P) 3:30 Happy Hour (P) 6:00 Nickel Bingo (AR)</p>	<p>16 9:15 Morning Meeting (CR) 9:30 Chair Exercises (P) 10:30 Community Crossword (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Ed-U Presentation: <i>Colonial Philadelphia</i> by Joseph McDevitt (T) 3:00 Picture Sharing (P/OS) 4:00 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)</p>	<p>17 9:30 Walking Club (L) 10:30 Cooking Group (AR) 1:00 Bingo in Hats (AR) 2:00 Trivia & Games (OS/Pub) 3:00 Gardening Club (OS/AR) 3:30 Happy Hour (P) 6:15 Dominoes (AR)</p>	
National Assisted Living Week							
<p>18 10:30 Catholic Mass on Screen (T) 11:00 Knitting & Crochet Club (P) 11:30 Laugh & Learn with Chaplain Tia (P) 1:00 Non-Denominational Worship (T) 2:00 Bible Study (AR) 2:30 Bocce / Corn Hole (OS) 3:30 Card Club (P) 6:00 Downton Abbey (T)</p>	<p>19 9:15 Morning Meeting (CR) 9:30 Cranium Crunches (CR) 10:00 Create: Calligraphy 101 (CR) 11:00 Chair Exercises (P) 1:00 Nickel Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Music & Movements (CN) 3:30 Walk to Dine (TB) 6:00 Happy Hour (P)</p>	<p>20 9:15 Morning Meeting (CR) 9:30 Chair Exercises (CR) 10:30 Day Excursion: Mystery Location (OOB) 1:00 iN2L Trivia Game (P) 2:00 Circle of Friends with Chaplain Tia (T) 3:30 Aerobic Drumming (P) 6:15 Community Board Games (P)</p>	<p>21 9:15 Morning Meeting (CR) 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 11:00 Games on the Porch (OS) 1:00 Hymn Sing with Chaplain Tia (T) 2:00 Ed-U Wellness Presentation by Beth Pope, Powerback (T) 3:00 Balloon Volleyball (P) 4:00 Look Who's Dancing Class (CN) 6:00 Card Games (P)</p>	<p>22 9:15 Morning Meeting (CR) 9:45 Communion by St. Eleanor (T) 10:00 Chair Exercises (P) 10:30 Service in Action: Montgomery Co SPCA** (OOB) 1:00 Community Crossword (P) 2:00 Exercises with Weights (P) 4:00 Name That Tune Happy Hour (P) 6:00 Nickel Bingo (AR)</p>	<p>Native American Day 23 9:15 Morning Meeting (CR) 9:30 Chair Exercises (P) 10:30 Community Crossword (P) 1:00 Bingo Bucks Bingo (AR) 2:00 TED Talk: <i>Native American Storytelling & History</i> (T) 3:00 Picture Sharing (P/OS) 4:00 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)</p>	<p>24 9:30 Walking Club (L) 10:30 Cooking Group (AR) 1:00 Bingo in Scarves (AR) 2:00 Trivia & Games (OS/Pub) 3:00 Gardening Club (OS/AR) 3:30 Happy Hour (P) 6:15 Dominoes (AR)</p>	
<p>25 10:30 Catholic Mass on Screen (T) 11:00 Knitting & Crochet Club (P) 11:30 Laugh & Learn Chaplain Tia (P) 1:00 Non-Denominational Communion (T) 2:00 Bible Study (AR) 2:30 Bocce / Corn Hole (OS) 3:30 Card Club (P) 6:00 Downton Abbey (T)</p>	<p>26 9:15 Morning Meeting (CR) 9:30 Brain Busters (CR) 10:00 Create: Garden Stones (CR) 11:00 Chair Exercises (P) 11:30 Woofs of Wisdom with Ellie Mae (P) 1:00 Nickel Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Music & Movements (CN) 3:30 Walk to Dine (TB) 6:00 Happy Hour (P)</p>	<p>27 9:15 Morning Meeting (CR) 9:30 Chair Exercises (CR) 10:30 Musical Engagement (CN) 1:00 iN2L Trivia Game (P) 2:00 Circle of Friends with Chaplain Tia (T) 3:30 Aerobic Drumming (P) 6:15 Community Board Games (P)</p>	<p>28 9:15 Morning Meeting (CR) 9:30 Chair Exercises (CR) 10:00 Praying the Rosary (T) 11:00 Games on the Porch (OS) 1:00 Hymn Sing with Chaplain Tia (T) 2:00 Spiritual Art with Chaplain Tia (AR) 3:00 Balloon Volleyball (P) 4:00 Car Racing (P) 6:00 Card Games (P)</p>	<p>29 9:15 Morning Meeting (CR) 9:45 Communion by St. Eleanor (T) 10:00 Chair Exercises (P) 1:00 Community Crossword (P) 2:00 Exercises with Weights (P) 3:00 Catholic Mass by St. Eleanor Catholic Church (T) 3:30 Happy Hour (P) 6:00 Nickel Bingo (AR)</p>	<p>30 9:15 Morning Meeting (CR) 9:30 Chair Exercises (P) 10:30 Community Crossword (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Checkers Championship (P) 3:00 Picture Sharing (P/OS) 4:00 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)</p>		