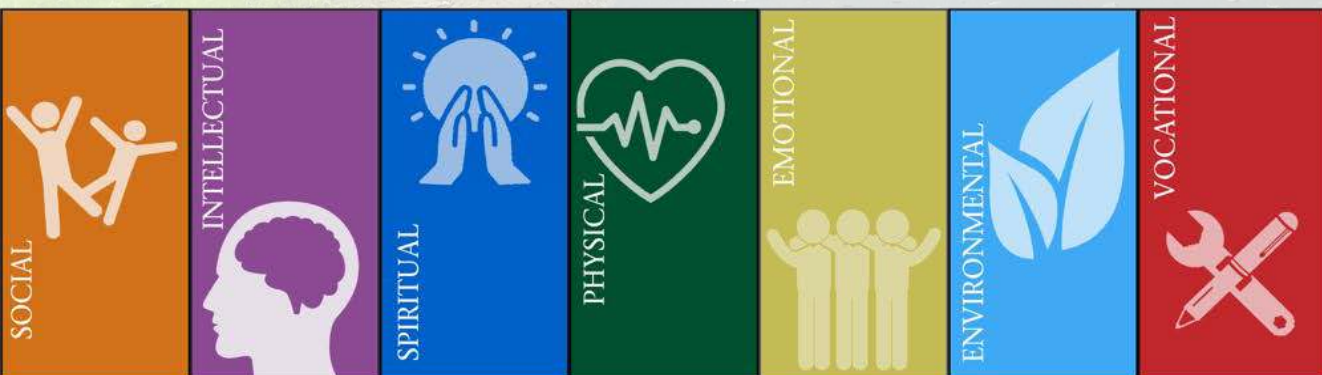


Focus on Wellness

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	
		Calendar Key: ** Registration Required \$\$ Cost Involved (CR) Community Room (AR) Activity Room (P) Pub, (C) Connections Neighborhood (DR) Dining Room, (OL) Old Lobby (GR) Game Room, (LIB) Library (ML) Main Lobby, (OS) Outside	<h1>September 2022</h1>		1 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Chair Exercises (P) 10:30 Diners Caravan Lunch Out: Collegeville Diner*** (OOB) 11:00 Games on the Porch (OS) 1:00 Thankful to You Committee (P) 1:00 - 3:00 Meditation in the Theater (T) 2:00 Community Crossword (P) 3:30 Karaoke Happy Hour (P) 6:00 Nighttime Bingo (AR)	2 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)	3 9:30 Walking Club (L) 11:00 Decorate Collegeville Bakery Doughnuts (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)
		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)	5 10:00 - 12:00 Meditation in the Theater (T) 10:30 Sharing Our Stories with Chaplain Tia (T) 11:00 Chair Exercises (P) 11:30 - 1:30 Luau Celebration (DR) 1:30 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:00 Creative Crafting (AR) 6:00 Happy Hour (P) Labor Day	6 9:30 Chair Exercises (CH) 10:30 Day Excursion: Picnic at Manderach Park** (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (P) 2:00 Circle of Friends with Chaplain Tia (T) 3:30 Aerobic Drumming (P) 6:15 Community Board Games (P)	7 9:30 Chair Exercises (CR) 10:00 Praying the Rosary with St. Eleanor Catholic Church (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 <i>Look Who's Dancing</i> Aerobics (C) 6:00 Res. Run Card Games (P)	8 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Chair Exercises (P) 11:00 Racko (P) 12:00 Ordering Lunch In: Speck's*** (OOB) 1:00 Fred Astaire Ballroom Dancers (P) 2:00 Aerobic Drumming (P) 4:00 Happy Hour with Entertainer: Peter Scott Ruben (P) 6:00 Movie: <i>Apollo 13</i> (T)	9 9:30 Chair Exercises (P) 10:30 Community Crossword (P) 1:00 Dinning Services Committee Mtg (AR) 1:30 Bingo Bucks Bingo (AR) 2:30 Ed-U Presentation <i>The Apollo Space Program</i> by Night Wonders of Astronomy (T) 3:30 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)
11 10:30 Catholic Mass on Screen (T) 11:00 Knitting & Crochet Club (P) 11:30 Laugh & Learn w/ Chap. 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 <i>Downton Abbey</i> (T) Grandparents Day & Patriot Day	12 11:00 Chair Exercises (P) 1:00 Nickel Bingo \$\$ (AR) 1:30 - 3:30 AL Week <i>Joyful Moments</i> featuring Boat Regatta, Games & More (OS) 3:30 Nadine's Music & Meditation (P) 4:00 Entertainer: Bruce Copp (P) 6:00 Happy Hour (P)	13 9:30 Chair Exercises (P) 10:00 Shopping Trip: Giant*** (OOB) 10:30 Grief Share with Chaplain Tia (T) 1:30-3:30 AL Week <i>Joyful Moments</i> Games & Balloon Volleyball (AR) 3:30 Circle of Friends with Chaplain Tia (T) 6:15 Community Board Games (P)	National Assisted Living Week		15 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Chair Exercises (P) 11:00 Racko (P) 1:30 - 3:30 AL Week <i>Joyful Moments</i> Karaoke & The Price is Right (P) 4:00 Happy Hour (P) 6:00 Nickel Bingo (AR)	16 9:30 Chair Exercises (P) 10:30 Community Crossword (P) 1:00 Bingo Bucks Bingo (AR) 1:30 - 3:30 AL Week <i>Joyful Moments</i> Basketball & Wheel Of Fortune (P) 4:00 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)	17 9:30 Walking Club (L) 10:30 Cooking Group (AR) 1:30 AL Week <i>Joyful Moments</i> and Closing Ceremony (P) 3:30 Happy Hour with Performer: Bruce Copp (P) 6:15 Dominoes (AR)
18 10:30 Catholic Mass on Screen (T) 11:00 Knitting & Crochet Club (P) 11:30 Laugh & Learn w/ Chap. 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 <i>Downton Abbey</i> (T)	19 11:00 Chair Exercises (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:00 Creative Crafting (P) 6:00 Happy Hour (P)	20 9:30 Chair Exercises (CH) 10:00 Shopping Trip: Boscov's*** (OOB) 10:30 Grief Share with Chaplain Tia (T) 10:30 Games in the Pub (P) 1:00 Balance in Action Class by Genesis Health & Rehab (P) 2:00 Bible Study with Chaplain Tia (T) 3:30 iN2L Trivia and Games (P) 6:15 Community Board Games (P)	21 9:30 Chair Exercises (CR) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Games on the Porch (OS) 1:00 Hymn Sing with Chaplain Tia (T) 2:00 Ed-U Wellness: by Beth Pope, PT from Genesis (T) 3:00 Balloon Volleyball (P) 4:00 <i>Look Who's Dancing</i> Aerobics (C) 6:00 Res. Run Card Games (P)	22 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Chair Exercises (P) 10:30 Service in Action Trip: Montgomery County SPCA** (OOB) 1:00 Fireside Chat with Terri, E.D. (P) 1:00 - 3:00 Meditation in Theater (T) 2:00 Exercises with Weights (P) 4:00 Memorial Service with Chaplain Tia (T) 6:00 Nickel Bingo (AR)	23 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 Shakespeare Rehearsal (T) 4:00 Happy Hour (P) 6:00 Res. Run: Billiards (OL) Native American Day	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)	
25 10:30 Catholic Mass on Screen (T) 11:00 Knitting & Crochet Club (P) 11:30 Laugh & Learn w/ Chap. 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 <i>Downton Abbey</i> (T)	26 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) 3:30 Creative Crafting (P) 6:00 Happy Hour (P)	27 9:30 Chair Exercises (CH) 10:00 Shopping Trip: Dollar Store*** (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (P) 2:00 Circle of Friends with Chaplain Tia (T) 3:30 iN2L Aerobic Drumming (P) 6:15 Community Board Games (P)	28 9:30 Chair Exercises (CH) 10:00 Praying the Rosary with St. Eleanor Catholic Church (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) 6:00 Res. Run Card Games (P)	29 9:00 Fishing Expedition at Center Point Pond ** (OOB) 9:45 Communion w/ St. Eleanor (T) 10:00 Chair Exercises (P) 1:00 Community Crossword (P) 1-3 Meditation in the Theater (T) 2:00 Exercises with Weights (P) 3:00 Catholic Mass St. Eleanor Catholic Church (T) 4:00 Name That Tune Happy Hour (P) 6:00 Nickel Bingo (AR)	30 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)		