

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

- | | |
|----------------|-------------------|
| 1 – Eleanor L. | 17 – Walter M. |
| 8 – Sally M. | 20 – J. Morgan S. |
| 9 – Fairy C. | 21 – Ruth L. |
| 16 – Joann L. | 27 – Mildred B. |
| | 29 – William W. |



Providence Place SENIOR LIVING News

Q3: September 2022

A Note from the Executive Director

As we continue to face new variants of the COVID virus, we are all working together to keep our community a safe environment while maintaining active programming. We thank you for playing your part by continuing to cooperate with our masking requirements, sign-in process and social distancing during visits.

At this time, we continue with our community dining and an active Community Life schedule of events and programs - we are hopeful that this will not change recognizing what an important role socialization and engagement play in the health and wellness of our residents.

Make sure to check your calendars for the upcoming activities and events. **Our annual Luau will be held September 22nd.** Details are on this month's calendar and provided on the LUAU flyer – please join us!

Keep enjoying our outside walking trail and patios as we move into this fall season.

Best,
Howard Holben
Executive Director

Highlighted Events

- 2 – **Men's Club:** Dart Competition @ 2:30pm
- 8 – **Grateful Drumming with Joe** @ 2pm
- 11 – **Grandparent's Day Breakfast** @ 7-10am
- 12-16 – **National Assisted Living Week** – Appreciation Activities (please see detailed calendar)
- 13 – **Dinner Out:** Miller's Smorgasbord @ 2pm
- 22 – **Annual LUAU** @ 4pm Families Welcome!
- 26 – **Club & Family Pizza Party & Support Group** @ 4:30pm Connections Club
- 27 – **Tour Around the World** @ 10a-3p

Welcome New Residents

- Glenn F.
- Margaret S.
- Walter M.
- Carman B.
- Donna R.



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		
THE <i>Club</i>		Calendar Key: ** Registration Required \$\$ Cost Involved (100 Hall Pat) (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (LB) Lobby (P) Pub (FP) Front Porch (DRP) Dining Room Patio	September 2022			1	2	3
		9:30 Morning Exercise (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:45 Daily Reading and Menu Review (CR) 1:00 Catholic Communion (CR) 1:15 Helping Hands: Key Lime Pies (CR) 2:15 Armchair Travel: Florida Keys 3:15 Bingo (AR)	9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Culinary Creations: Blueberry Popsicles (CR) 11:00 Menu Review (CR) 12:45 Employee Appreciation Table (FL) 2:15 Popsicles on the Patio (100 Hall Pat) 2:30 Men's Club: Darts and Discussions (P) 3:00 Rays to Grow Garden Crew (AR) 4:00 Menu Review (100 Hall Patio)	9:30 Morning Exercise (AR) 10:15 Donuts & Daily Reading (CR) 10:45 Current Events & Menu Review (CR) 1:30 Walk Outdoors (LB) 1:45 Afternoon Refreshments: Lemonade (100 Hall Pat) 2:30 Patio Bowling (100 Hall Pat) 4:00 Menu Review (100 Hall Pat)				
4	5	6	7	8	9	10		
9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 In2L Current Events and Brain Games (CR) 11:00 Menu Review (CR) 1:15 Jingo (P) 2:15 Tea & Trivia (P) 3:00 Church Service (CR) 4:00 Menu Review & Fancy Facts (P)	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Table Top Game: LCR Dice 11:30/12:00 Labor Day Picnic (DR) 1:30 Melodies with Katie (AR) 2:30 Afternoon Fitness: Workout Dice (CR) 3:00 Brain Boosters (CR) 4:00 Menu Review (CR) Labor Day	9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Memories in the Making (CR) 11:00 Menu Review (CR) 1:15 Create & Design with Friends: Minute to Win It (CN) 1:30 Faith Film with Chaplain Shawn (CR) 3:00 Social Hour (100 Hall Pat) 4:00 Menu Review (P)	9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Time Slips & Discussion (CR) 11:00 Menu Review (CR) 1:30 Mid Week Worship (CR) 2:30 Critter Connections (CN) 4:00 Menu Review (P)	9:30 Morning Exercise (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:00 Club & Conn. Country Ride (LB) 1:00 Catholic Communion (CR) 1:15 Daily Reading & Drinks (P) 2:00 Grateful Drumming with Joe (AR) 3:15 Bingo (AR) 4:00 Menu Review (CR)	9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations: Slow Cooker Chicken Wings (AR) 11:00 Menu Review (AR) 12:45 Employee Appreciation Table (FL) 2:15 Musical Entertainment: Featuring Memory Music (P) 4:00 Menu Review (100 Hall Patio)	9:30 Morning Exercise (AR) 10:15 Donuts & Daily Reading (CR) 10:45 Current Events & Menu Review (CR) 1:30 Walk Outdoors (LB) 1:45 Afternoon Refreshments: Raspberry Iced Tea (100 Hall Pat) 2:30 Bingo on the Patio (100 Hall Pat) 4:00 Menu Review (CR)		
11	12	13	14	15	16	17		
9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 in2L Current Events and Brain Games (CR) 11:00 Menu Review (CR) 1:15 Words in a Word Game (P) 2:15 DIY: Soda Floats (P) 3:00 Church Service (CR) 4:00 Menu Review & Fancy Facts (P) Grandparents Day & Patriot Day	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Making Meme Cards (CR) 11:00 Menu Review (CR) 1:30 Melodies with Katie (AR) 2:00 Ed- Presentation: Honoring the Heroes of 9/11 (AR) 2:30 Afternoon Fitness: Card Crunch (CR) 3:00 Brain Boosters (CR) 4:00 Menu Review (CR)	9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:00 Ed- Presentation: The Importance of Being Vaccinated (AR) 11:00 Menu Review (CR) 1:15 Create & Design with Friends: Tie Dye with Staff (CN) 1:30 Faith Film with Chaplain Shawn (CR) 4:00 Menu Review (P)	9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Helping Hands: Team Member Appreciation Goodie Assembly (AR) 11:00 Menu Review (CR) 1:30 Mid Week Worship (CR) 3:15 Sea What you mean to Me (AR) 4:00 Menu Review (P)	9:30 Morning Exercise (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:45 Daily Reading & Menu Review (CR) 1:00 Catholic Communion (CR) 1:15 Tropical Drinks for Staff (CN) 2:00 Musical Entertainment: Featuring Jazz Lee Moyer (P) 3:15 Bingo (AR) 4:00 Menu Review (CR)	9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Candy Grahams for Staff Assembly (AR) 11:00 Menu Review (AR) 12:45 Employee Appreciation Table (FL) 2:15 Drinks on the House : Raspbubly (100 Hall Pat) 4:00 Menu Review (100 Hall Patio)	9:30 Morning Exercise (AR) 10:15 Donuts & Daily Reading (CR) 10:45 Current Events & Menu Review (CR) 1:45 Afternoon Refreshments: Ice Pops (DRP) 2:00 Musical Entertainment: Featuring Tom and Randi (P) 3:00 Creative Crafting (AR) 4:00 Menu Review (CR)		
National Assisted Living Week								
18	19	20	21	22	23	24		
9:30 Morning Fitness (AR) 10:00 Cooking with Adam: Macaroni Salad (AR) 1:15 Taste What We Create (AR) 2:00 Card Club: Kings in the Corner (AR) 3:00 Church Service (CR) 4:00 Menu Review & Fancy Facts (P) 6:30 Front Porch Fellowship (FP)	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Table Top Game: Card Game (CR) 11:00 Menu Review (CR) 1:30 Melodies with Katie (CR) 2:30 Afternoon Fitness: Fitness Ball (CR) 3:00 Brain Boosters (CR) 4:00 Menu Review (CR)	9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Table Read Around Aloud (CR) 11:00 Menu Review (CR) 1:15 Create & Design with Friends: Forget Me Not Rocks (CN) 2:00 Ed- U Presentation: Maximize Your Aging (AR) 1:30 Faith Film with Chaplain Shawn (CR)	9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Junk Drawer Detective (CR) 11:00 Menu Review (CR) 1:30 Mid Week Worship (CR) 2:30 Out side Sip & Chat (DRP) 4:00 Menu Review (P)	9:30 Morning Exercise (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:15 Daily Reading & Drinks (P) 10:30 Culinary Creations: Flip Flop Cookies (P) 1:15 Outside Sip & Chat (DRP) 4:00 Providence Place Community Event Luau (100 Hall Patio)	9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations: 3 Seasoned Oyster Crackers (AR) 11:00 Menu Review (AR) 12:45 Employee Appreciation Table (FL) 2:15 Men's Club: Happy Hour (P) 4:00 Menu Review (CR) Native American Day	9:30 Morning Exercise (AR) 10:15 Donuts & Daily Reading (CR) 10:45 Current Events & Menu Review (CR) 1:15 Name that Country Tune (CR) 2:30 Creative Crafting (AR) 4:00 Menu Review (CR)		
25	26	27	28	29	30			
9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 in2L Current Events and Brain Games (CR) 11:00 Menu Review (CR) 1:15 Name that Tune (P) 2:15 Try something new: Fruit Slushies (P) 3:00 Church Service (CR) 4:00 Menu Review & Fancy Facts (P)	9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Movie Prep: Hard Knock Life Cereal Treats (CR) 11:00 Menu Review (CR) 1:30 Musical Matinee: Annie (CR) 4:00 Menu Review (CR) 4:30 Club & Family Pizza Party (100 Hall Pat)	9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Learn a bit of Language (CR) 11:00 Menu Review (CR) 1:15 Create & Design with Friends (CN) 1:30 Faith Film with Chaplain Shawn (CR) 2:00 Tour Around the World (AR) 3:00 Social Hour (100 Hall Pat) 4:00 Menu Review (P)	9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Helping Hands: Walkers & Wheelchair Cleaning (CR) 11:00 Menu Review (CR) 1:30 Mid Week Worship (CR) 2:30 Jingo (P) 4:00 Menu Review (P)	9:30 Morning Exercise (AR) 10:00 Hymns with Chaplain Shawn (CR) 11:00 Club & Conn. Lunch Out: Greens (LB) 2:00 Musical Entertainment: Featuring Suba Steve and the Swinging Sax (P) 3:15 Bingo (AR) 4:00 Menu Review (CR)	9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations: Pumpkin Pudding (AR) 11:00 Menu Review (AR) 12:45 Employee Appreciation Table (FL) 3:00 Rays to Grow Garden Crew (AR) 4:00 Menu Review (100 Hall Patio)			