

# 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](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	
		Calendar Key: (AR) Activities Room, (DR) Dining Room (FR) Fitness Room, (P) PUB (CR) Community Room (CDR) Create & Design Room (CY) 100 Hall Court Yard (PT) Pool Table, (L) Lobby, (CW) Campus Wide, (FP) Front Patio, (FL) Front Lobby, (CN) Connections (OOB) Out of the Building, ** Registration Required, \$\$ Cost Involved	<h1>September</h1> <h2>2022</h2>		1 9:30 Morning Exercise (AR) 10:00 Hymn Sing w/ Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:30 Dining Room Committee Meeting With Chef Joe (AR) 2:15 Armchair Travels: Florida (AR) 3:15 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:15 iN2L: Brain Teasers (AR)	2 9:30 Morning Exercise (AR) 10:00 Fit Feet Walking Group (FL) 10:30 Coupons For Troops (AR) 1:30 Sunshine Committee (AR) 2:30 Men's Club: Darts Competition (P) 3:00 Rays to Grow Garden Crew (AR) 6:30 Resident Run: Bingo (AR)	3 9:30 Morning Exercise (AR) 10:00 House Of Café: Doughnut Mind If I Do! (AR) 10:30 Moral Dilemma & Discussion (AR) 1:30 Wall Jeopardy (AR) 2:30 Creative Crafting (AR) 6:30 Cards Club (AR)
		4 9:30 Morning Exercise (AR) 10:00 Making It Easy Cooking Club Deviled Eggs (AR) 1:15 Taste What We Create (AR) 2:00 Pokeno (AR) 3:00 Worship Service (CR) 6:30 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	5 9:30 Morning Exercise (AR) 10:00 Life Chat with Chaplin Shawn (P) 11:30 & 12 Labor Day Picnic (DR) 1:30 Melodies by Katie (AR) 2:00 Circle of Friends with Chaplin Shawn (P) 2:30 Country Side Ride **(OOB) 6:15 Rummikub (FL)  Labor Day	6 9:30 Morning Exercise (AR) 10:00 Fit Feet Walking Club (FL) 10:30 Top Ten Tuesday (AR) 1:00 Catholic Communion (CR) 1:30 Tuesdays at the Movies with Chaplin Shawn (CR) 2:00 My Life Story (AR) 3:00 Social Hour (P) 6:00 Bingo (AR)	7 9:30 Morning Exercise (AR) 10:00 Balance in Action with Laura, Powerback Rehab (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:15 Shopping Trip: Dollar Tree **\$\$ (OOB) 1:30 Prayer & Worship Service (CR) 2:30 Cards Club: Uno (P) 3:00 Bible Study (CR) 5:00 Table Mate Trivia (DR)	8 9:30 Morning Exercise (AR) 10:00 Hymn Sing w/ Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:30 Community Life Planning Committee (AR) 2:00 Grateful Drumming with Joe (AR) 3:15 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:15 iN2L: Brain Teasers (AR)	9 9:30 Morning Exercise (AR) 10:00 Fit Feet Walking Group (FL) 10:30 Veterans Club (P) 1:30 Thankful To You Committee (AR) 2:15 Musical Entertainment By Music Memory Featuring Broadway Hits (P) 3:00 Brain Teasers Would You Rather (AR) 6:30 Resident Run: Bingo (AR)
11 7-10 Grandparents Celebration Breakfast (DR) 10:30 Honoring the Origins of Grandparents Day (AR) 1:15 Taste What We Create (AR) 2:00 Grand Bingo (AR) 3:00 Worship Service (CR) 6:30 Poker Club (AR) 6:30 Front Porch Fellowship (FP)  Grandparents Day & Patriot Day	12 9:30 Morning Exercise (AR) 10:00 Life Chat with Chaplin Shawn (P) 1:00 Catholic Communion (CR) 1:30 Melodies by Katie (AR) 2:00 Ed-U Presentation <i>Honoring the                Heroes of 9/11</i> presented by Joe and Dolores McDevitt (AR) 6:15 Rummikub (FL)	13 9:30 Morning Exercise (AR) 10:00 Ed-U Wellness: <i>Vaccination                Awareness</i> by Laura Lamber, Program Manager Bayada Home Health Care (AR) 1:00 Tie-Die with Team Members (AR) 1:30 Tuesdays at the Movies w/ Chaplin (CR) 2:00 Dinner Out: Millers Smorgasbord**\$\$ (OOB) 6:00 Bingo (AR)	14 9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:15 Helping Hands: Team Member Appreciation Goodies (AR) 1:30 Prayer & Worship Service (CR) 2:30 Cards Club: Uno (P) 3:00 Bible Study (CR) 6:15 Movie Night <i>The Shepard of the Hills</i> (CR)	15 9:30 Morning Exercise (AR) 10:00 Hymn Sing w/ Chaplin Shawn (CR) 10:15 Helping Hands: Tropical Treats (AR) 10:30 Praying the Rosary (P) 2:00 Musical Entertainment Featuring Gentlemen of Jazz Lee Moyer (P) 3:15 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:15 iN2L: Brain Teasers (AR)	16 9:30 Morning Exercise (AR) 10:00 Fit Feet Walking Group (FL) 10:30 Helping Hands: Candy Gram (AR) 1:30 Brain Teasers: This or That (AR) 2:30 Fire Side Chat with ED Howard (AR) 3:00 Front Porch Fellowship (AR) 6:30 Resident Run: Bingo (AR)	17 9:30 Morning Exercise (AR) 10:00 House Of Café: Doughnut Mind If I Do! (AR) 10:30 Moral Dilemma & Discussion (AR) 1:30 Family Feud (AR) 2:00 Musical Entertainment Featuring Tom and Randy (P) 3:00 Creative Crafting (AR) 6:30 Cards Club (AR)	
National Assisted Living Week							
18 9:30 Morning Exercise (AR) 10:00 Making It Easy Cooking Club Hawaiian Macaroni Salad (AR) 1:15 Taste What We Create (AR) 2:00 Kings in the Corner (AR) 3:00 Worship Service (CR) 6:30 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	19 9:30 Morning Exercise (AR) 10:15 Brain Game with Bethany, Powerback Rehab (AR) 1:00 Catholic Communion (CR) 1:30 Melodies by Katie (AR) 2:00 Circle of Friends with Chaplin Shawn (P) 2:30 Art Exploration <i>The Glazing Sun</i> (AR) 6:15 Rummikub (FL)	20 9:30 Morning Exercise (AR) 10:00 Fit Feet Walking Club (FL) 1:30 Hawaiian Myths and Legend's (AR) 2:00 Ed-U Presentation <i>Maximize Your                Aging Experience</i> by Cathy Bollinger, Embracing Aging & OLLI Edu. (AR) 3:00 Tropical Shell Hunt (AR) 6:00 Bingo (AR)	21 9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 10:15 Shopping Trip: Giant Food Store **\$\$ (OOB) 1:30 Prayer & Worship Service (CR) 2:30 Hawaiian Pictionary (AR) 3:00 Bible Study (CR) 5:00 Table Mate Trivia (DR) 6:15 Game Night with Dover Women of Today (AR)	22 9:30 Morning Exercise (AR) 10:00 Hymn Sing w/ Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:30 Hawaiian Word Mingle (AR) 2:00 The History Behind the Luau (AR) 3:15 Bingo (AR) 4-6:30 Friends & Family of Providence Place Community Luau Event (100P) 6:30 iN2L: Brain Teasers (AR)	23 9:30 Morning Exercise (AR) 10:00 Fit Feet Walking Group (FL) 10:30 TED Talk & Discussion: <i>Why                Having Fun is the Secret to Life</i> (AR) 2:00 Ed-U Presentation: <i>Indian Steps</i> by Mary Robins, Conservation Society of York County (AR) 3:00 Front Porch Fellowship (FL) 6:30 Resident Run: Bingo (AR)  Native American Day	24 9:30 Morning Exercise (AR) 10:00 House Of Café: Doughnut Mind If I Do! (AR) 10:30 Moral Dilemma & Discussion (AR) 1:30 Family Feud (AR) 2:30 Creative Crafting (AR) 6:30 Cards Club (AR)	
25 9:30 Morning Exercise (AR) 10:00 Making it Easy Cooking Club Upside Down Pineapple Cake (AR) 1:15 Taste What We Create (AR) 2:00 Jingo (AR) 3:00 Worship Service (CR) 6:30 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	26 9:30 Morning Exercise (AR) 10:00 Life Chat with Chaplin Shawn (P) 1:00 Catholic Communion (CR) 1:30 Cooking Creations by Chef Joe (AR) 2:00 Circle of Friends with Chaplin Shawn (P) 2:30 Final Monday Movie with Jenny (CR) 6:15 Rummikub (FL)	27 9:30 Morning Exercise (AR) 10-3 Tour Around the World (CW) 10:00 Fit Feet Walking Club (FL) 1:30 Discuss and Recall: Travelers Personal Experiences (AR) 2:00 Tour Around the World (CN) 3:00 All Around this World Party (P) 6:00 Bingo (AR)	28 9:00 Day Excursion: 50+ Expo York County **\$\$ (OOB) 9:30 Morning Exercise (AR) 10:00 Life Chats with Chaplin Shawn (P) 1:30 Prayer & Worship Service (CR) 2:30 Cards Club: Uno (P) 3:00 Bible Study (CR) 5:00 Table Mate Trivia (DR) 6:15 Game Night with Girl Scouts in the Heart of PA (AR)	29 9:30 Morning Exercise (AR) 10:00 Hymn Sing w/ Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:15 Welcome Ambassador Meeting (AR) 2:00 Musical Entertainment Featuring Suba Steve and the Swinging Sax (P) 3:15 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:15 iN2L: Brain Teasers (AR)	30 9:30 Morning Exercise (AR) 10:00 Fit Feet Walking Group (FL) 10:30 Coupons For Troops (AR) 1:30 Brain Teasers: List It! (AR) 2:30 Men's Club: Happy Hour (P) 3:00 Fall Foliage: The Science of It All (AR) 6:30 Resident Run: Bingo (AR)		