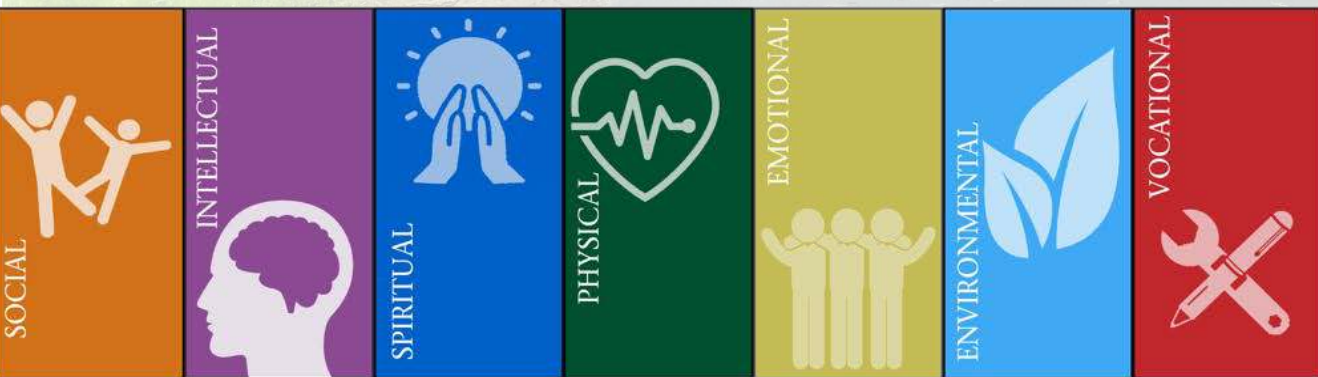


Focus on Wellness

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

- | | |
|----------------|------------------|
| 6 – Anita M. | 20 – Helen Z. |
| 8 – Joseph Z. | 24 – Dorothy S. |
| 8 – Glenda S. | 24 – Virginia S. |
| 11 – David N. | 25 – Barbara R. |
| 12 – Edward W. | 26 – Patricia G. |
| 17 – Danae R. | |



Providence Place SENIOR LIVING News

Q3: September 2022

A Note from the Executive Director

Summer days are winding down. Our residents are still enjoying sitting out on our porches and decks, walking around our beautiful walking path, and breathing some fresh air.

This month brings a lot of community gatherings we hope you can participate in! Our Labor Day Picnic is 9/5, our Grandparent's Day Milkshake Social is 9/11 and we will be celebrating National Assisted Living week 9/12-9/17 – Joyful Moments.

At Providence Place of Drums, my entire team is committed to be sure our residents are treated like family and we will go above and beyond to find ways to say "YES".

Thank you to all the staff, residents, and families who have supported us to build a strong compassionate team. As always, I am available for comments, ideas, and concerns.

Stay healthy and think happy,

Kim Perchak

Executive Director

Highlighted Events

- 2 – **Musical Entertainment:**
Glenn Faul @ 2:30pm
- 5 – **Labor Day PICNIC** @ 11am-1pm
- 8 – **EdU Presentation:** Tribute to 9/11 @ 2:30pm
- 11 – **Grandparent's Day Milkshake Social** @ 2:30pm
- 20 – **EdU Presentation: Water & Life** by Roger C. @ 2:30pm
- 30 – **Men's Club:** Craft Beer Social @ 3:30pm
- 11th-17th: **National Assisted Living Week**
(Please see calendar for detailed celebrations)

Welcome New Residents

- Lillian R.
- Glenda S.
- Norbert C.
- Eugene R.
- Nicholas G.
- Anatasia G.
- Mary 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	
<p>THE</p> <h1>Club</h1>		<p>Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building (FP) Front Porch (SR) Sun Room (DR) Dining Room (Ch) Chapel (1st) First Floor, (2nd) Second Floor. (3rd) Third Floor (ML) Main Lobby, (C) Café</p>	<h1>September</h1> <h1>2022</h1>		1	2	3
		<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Prayer and Meditation (CH) 10:00 Mass with Father Mike (DR) 10:30 Art Exploration: Bookmarks (3rd) 1:30 Manicures & Mocktails (2nd) 2:30 Craft: Labor Day <i>Thank You for Your Service</i> Cards (T) 3:30 Providence Place Walking Club (ML) 6:00 Words Search Puzzle (2nd)</p>			<p>9:00 Daily Chronicle Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 1:30 Dealing with Loss Support Group (SR) 2:30 Musical Entrainment featuring Glenn Faul (DR) 3:30 Chicken Soup Soul Talk (3rd) 6:00 Cross Word Puzzle (2d)</p>	<p>9:00 Daily Chronicle/Inspiration (2nd) 09:30 Pedal Exercises (2nd) 10:00 Rosary (Ch) 10:30 Helping Hands Club: Husk Corn for Labor Day BBQ (FP) 1:45 Matinee: <i>A Beautiful Day in the Neighborhood</i> (2nd) 3:30 Porch Talk (3rd) 6:30 Uno Card Game (2nd)</p>	
4	5	6	7	8	9	10	
<p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance(1ST) 10:30 Sit & Be Fit Exercise (2nd) 11:00 - 1:00 Wine & Dine (DR) 1:30 Hymn Sing (CH) 2:45 Bingo (3rd) 4:00 iN2L: History of Labor Day (3rd) 6:30 Knit & Crochet Club (3rd)</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Rosary (CH) 10:00 Yoga Fitness by Bill (CH) 11 - 1 Labor Day BBQ (DR &FRP) 1:30 Holiday Craft: Labor Day Bracelet (T) 2:30 Musical Entertainment featuring Windfall (CN) 6:30 Pinochle Players Club (3rd)</p> <p>Labor Day</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Leg Exercises (2nd) 10:30 Finish The Lyric (2nd) 1:30 Interactive Music Class by Cynthia (2nd) 2:45 Bingo (3rd) 6:00 Dominoes (2nd)</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Balance and Strength Exercises (2nd) 10:00 Rosary (Ch) 10:30 Cooking Club: S'mores (C) 1:30 Bible Study by Deacon Roman (C) 2:30 Craft Club: Fall Leaf Jar (T) 6:00 Word Search (2nd)</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Balance and Strength Exercises (2nd) 10:00 TED Talk & Discussion: <i>How To Be A Change Maker</i> (2nd) 1:30 Crafts: Magnetic Door Flower (2nd) 2:30 Musical Entertainment featuring Joe & Dot Sweet (T) 3:30 Providence Place Walking Club (ML) 6:00 Word Search Puzzle (2nd)</p>	<p>9:00 Daily Chronicle Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 1:30 Dessert & Discussion with Chief Ashley: Banana Sushi (D) 2:30 Grateful Drumming Class by Joe Ciarvella (2nd) 6:00 Cross Word Puzzle (2nd)</p>	<p>9:00 Daily Chronicle/Inspiration (2nd) 09:30 Drum Stick Exercises (2nd) 10:00 Rosary (Ch) 10:30 Memory Game: Flowers (2nd) 1:30 Painting Class by Jennie Perez (3rd) 2:30 Patriot Day Memorial Service by Chaplain Marianne (CH) 3:30 Patriotic Songs of the Heart (3rd) 6:30 Matinee: <i>Flight 93</i> (2nd) 6:30 Uno Card Game (2nd)</p>	
11	12	13	14	15	16	17	
<p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance(1ST) 10:30 Sit & Be Fit Exercise (2nd) 11:00 -1:00 Wine & Dine (DR) 1:30 Prayer Service (CH) 2:45 Grandparents Day Social (T) 4:00 iN2L: Freedom Tower (3rd) 6:30 Knit & Crochet Club (3rd)</p> <p>Grandparents Day & Patriot Day</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Rosary (CH) 10:00 Yoga Fitness by Bill (CH) 1:30 Bible Study with Deacon Roman (C) 2:30 Brain Game (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Arm and Balance Exercises (2nd) 10:30 Hymn Sing (CH) 1:30 Outing: Milk House Creamery (OOB) 2:30 Community Outreach: Fabric Toys for Hazleton Animal Shelter (3rd) 3:30 New Resident Cocktail Mixer (1st) 6:00 Dominoes (2nd)</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Balance and Strength Exercises (2nd) 10:00 Rosary (Ch) 10:30 International Chocolate Day (2nd) 1:30 Last Castle Standing Game (2nd) 2:45 Bingo (3rd) 6:00 Word Search Puzzle (2nd)</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Balance and Strength Exercises (2nd) 10:00 Sports Trivia: Baseball (2nd) 1:30 Nail Care (2nd) 2:30 Musical Entertainment featuring John Stanky & The Coalminers (T) 3:30 Providence Place Walking Club (ML) 6:00 Word Search Puzzle (2nd)</p>	<p>9:00 Daily Chronicle Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 1:30 Calm & Color (2nd) 2:30 Celebration of Life Service (CH) 3:30 Dealing with Loss Support Group (SR) 6:00 Cross Word Puzzle (2nd)</p>	<p>9:00 Daily Chronicle/Inspiration (2nd) 09:30 Pedal Exercises (2nd) 10:00 Rosary (Ch) 10:30 Cooking Club: Blueberry Muffins (C) 1:30 Community Outreach: Fabric Toys to Hazleton Animal Shelter (OOB) 2:30 Ed-U Demo: Soap Making By Sugarloaf Soaps (C) 6:30 Matinee: <i>Planes, Trains & Automobiles</i> (2nd)</p>	
National Assisted Living Week							
18	19	20	21	22	23	24	
<p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance(1ST) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Hymn Sing (CH) 2:45 Bingo (3rd) 4:00 iN2L: Freedom Tower (3rd) 6:30 Knit & Crochet Club (3rd)</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Rosary (CH) 10:00 Yoga Fitness by Bill (CH) 1:30 Walk The Plank: Game (2nd) 2:30 Art's & Crafts: Fall Painting Picture Frame (T) 6:30 Pinochle Players Club (3rd)</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Arm and Balance Exercises (2nd) 10:30 Hymn Sing (CH) 1:30 Memory Game: Animals (2nd) 2:30 <i>Back to the 50's</i> Party (T) 6:00 Dominoes (2nd)</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Balance and Strength Exercises (2nd) 10:00 Rosary (Ch) 1:30 Bible Study by Deacon Roman (C) 2:45 Bingo (3rd) 3:30 Providence Place Walking Club (ML) 6:00 Word Search Puzzle (2nd)</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Balance and Strength Exercises (2nd) 10:00 Finish The Lyrics (2nd) 1:30 Art Exploration: Stained Glass (2nd) 2:30 Cooking Club: Root Beer Float (T) 6:00 Word Search Puzzle (2nd)</p>	<p>9:00 Daily Chronicle Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:30 Art Exploration: <i>Dream Catcher</i> (3rd) 1:30 Ed-U Presentation: <i>Native American Saints & Martyrs</i> by Walter Camier (3rd) 2:30 Musical Entertainment by Glenn Faul (DR) 3:30 Dealing with Loss Support Group (SR) 6:00 Cross Word Puzzle (2nd)</p> <p>Native American Day</p>	<p>9:00 Daily Chronicle/Inspiration (2nd) 09:30 Sit & Be Fit Exercise (2nd) 10:30 Rosary (Ch) 1:30 Color Me Clam (2nd) 2:30 Matinee: <i>Drums Along the Mohawk</i> (2nd) 3:30 Porch Talk (3rd) 6:30 Uno Card Game (2nd)</p>	
25	26	27	28	29	30		
<p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance(1ST) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Hymn Sing (CH) 2:45 Bingo (3rd) 4:00 iN2L: Freedom Tower (3rd) 6:30 Knit & Crochet Club (3rd)</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Rosary (CH) 10:00 Yoga Fitness by Bill (CH) 1:30 Circle of Life (SR) 2:30 Ed-U Presentation: <i>Romance Scams</i> by Michele Nutter, Pa Office Aging (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Arm and Balance Exercises (2nd) 10:30 Hymn Sing (CH) 1:30 Memory Game: Ten Things (2nd) 2:00 Dinning Demo with Chef Ashley: Homemade Apple Dumpling (DR) 2:30 Musical Entertainment featuring George Rittenhouse (T) 6:00 Dominoes (2nd)</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Balance and Strength Exercises (2nd) 10:00 Day Excursion: Electric City Aquarium & Reptile Den (OOB) 2:30 Name that Tune (T) 3:30 Providence Place Walking Club (ML) 6:00 Musical Entertainment featuring Pianist Jay Daniels (3rd)</p>	<p>9:00 Daily Chronicle/Inspirations (2nd) 9:30 Balance and Strength Exercises (2nd) 10:00 Cooking Club: Pizza (C) 1:45 Craft with Kim, Exec. Dir. (2nd) 2:45 Bingo (2nd) 3:30 Providence Place Walking Club (ML) 6:00 Word Search Puzzle (2nd)</p>	<p>9:00 Daily Chronicle Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study (Ch) 1:30 Art Exploration: Stained Glass Art (2nd) 2:30 Ed-U Health Presentation: <i>Mental Health & Flu Vaccinations</i> by Melissa, Dir of Wellness (3rd) 6:00 Cross Word Puzzle (2nd)</p>		