

# 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
- 11<sup>th</sup>-17<sup>th</sup>: **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](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	
		<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C)	<h1>September 2022</h1>		1 9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Community Outreach: <i>Troopons</i> Coupons for Troops (2nd) 1:30 Community Life Planning Meeting (3rd) 2:30 Dessert & Discussion With Chef Ashley (DR) 3:30 Holistic Wellness Aromatherapy (2nd) 6:30 Pinochle Players Club (3rd)	2 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Beverly (Ch) 10:30 Art Exploration: Stained Glass Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Musical Entertainment by Glenn Faul (DR) 3:30 Soul Club: <i>Chicken Soup for the Soul</i> (2nd) 6:30 Boggle (1st)	3 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable/Flower Planters (ML) 1:30 Hymn Sing (Ch) 2:30 Matinee: <i>My Side of the Mountain</i> (2nd) 3:30 Welcome Ambassador Cmte. Meeting (3rd) 6:30 Rummikub (1st)
		4 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 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: History of Labor Day (3rd) 6:30 Jenga (1st)	5 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:00 Bridge Club (3rd) 11:00-1:00 Labor Day Outdoor Picnic (DR & FP) 1:30 TED Talk & Discussion: <i>The Secret To Successful Aging</i> (3rd) 2:30 New Resident Iced Coffee Mixer (3rd Patio) 3:30 Corn Hole Tournament (FP) 6:30 Pinochle Players Club (3rd)  Labor Day	6 9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Red or Black Game (2nd) 2:30 Chef's Pairings with Chef Ashley (DR) 3:30 Finish the Phrase (1st) 6:30 Scrabble (1st)	7 9:30 Providence Place Walking Club (ML) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Sunshine Committee (C) 2:00 Circle of Friends (SR) 3:00 iN2L: Famous Birthday Spotlight: Buddy Holly (3rd) 3:30 Karaoke Singalong (3rd) 6:30 Dominoes (1st)	8 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Cooking Club: German Plum Kuchen (C) 1:30 Technology Committee (3rd) 2:30 Ed-U Presentation: <i>Tribute to 9/11</i> By Guardians of Our History: Joe & Dolores McDevitt (3rd) 3:30 Hymn Sing (Ch) 6:30 Pinochle Players Club (3rd)	9 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Beverly (Ch) 10:30 Helping Hands Club: Patriot Day Gift Bags for Valley EMT's (3rd) 1:30 Dealing with Loss Support Group (SR) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciavella (2nd) 3:30 Art Exploration: Stained Glass Art (3rd) 6:30 Boggle (1st)
11 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Patriot Day Service with Chaplain Bev (Ch) 2:30 Grandparent's Day Milkshake Social (3rd) 4:00 iN2L: 9/11: 20 Years Later (3rd) 6:30 Music Club: Jimmy Sturr Polka Band  Grandparents Day & Patriot Day	12 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob Roman (C) 2:00 "Joyful Moments" Message Station: Team 1 (1st) 2:45 Bingo (3rd) 6:30 Pinochle Players Club (3rd)	13 9:30 Shopping Trip: Dollar Tree/Aldi's**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 X-Box Bowling: Residents vs. Staff (2nd) 4:00 Trivia Challenge (1st) 6:30 Scrabble (1st)	14 9:30 "Joyful Moments" Message Station: Team 2 (1st) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:30 Alzheimer's Support Group (SR) 4:00 September Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	<b>National Assisted Living Week</b>		16 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Beverly (Ch) 10:30 Corn Hole: Residents vs. Staff (FP) 1:30 Dealing with Loss Support Group (SR) 2:00 Ed-U Presentation: <i>Travel Destinations:</i> <i>New Hampshire: The Granite State</i> By Retired Teacher, Terry Neumyer (3rd) 3:30 Today in History (3rd) 6:30 Boggle (1st)	17 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable/Flower Planters (ML) 1:30 Dessert Caravan: Rita's Italian Ice**\$\$ (OOB) 2:30 Matinee: <i>Hidden Figures</i> (2nd) 3:30 Finish the Lyrics (1st) 6:30 Rummikub (1st)
18 9:00 TV Catholic Mass (3rd) 10:00 Alzheimer's Awareness Walk-A-Thon (OOB) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Pennsylvania Apples (3rd) 6:30 Jenga (1st)	19 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:00 Bridge Club (3rd) 1:45 "Campus Store" Cart (2nd) 3:30 TED Talk & Discussion: <i>Success in a Continuous Journey</i> (2nd) 6:30 Pinochle Players Club (3rd) 8:00 Men's Club: NFL Game & Snacks: Vikings vs. Eagles (3rd)	20 9:30 Retail Shopping: Boscov's**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Food for Thought & Tasting: Blackberries (C) 2:30 ED-U Presentation: <i>Water &amp; Life</i> By PP Resident Roger Cotterill (3rd) 3:30 Thankful to You Committee (2nd) 6:30 Scrabble (1st)	21 9:30 <i>All About September</i> Trivia (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Balance in Action Exercise By Carrie, Powerback Rehab (2nd) 1:00 Manicures & Mocktails (2nd) 2:00 Circle of Friends (SR) 2:30 Craft with Kim (2nd) 6:30 Dominoes (1st)	22 9:30 Daily Prayer & Meditation (Ch) 10:00 Ed-U Day Excursion: Picnic Woods Alpaca Farm**\$\$ (OOB) 10:30 Sit & Be Fit Exercise (2nd) 1:45 Art Exploration: Stained Glass Art (3rd) 2:45 Bingo (3rd) 3:30 Focus on Health: Blood Pressure Checks (3rd) 6:30 Pinochle Players Club (3rd)	23 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Beverly (Ch) 10:30 <i>Welcome Fall</i> Word Search Challenge (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Ed-U Presentation: <i>Pennsylvania Native Americans</i> By Kari Showmaker (3rd) 3:30 iN2L: Native American Art (3rd) 6:30 Boggle (1st)  Native American Day	24 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Vegetable/Flower Planters (ML) 1:30 Holiday Celebration Planning Cmte. (2nd) 2:30 Matinee: <i>The Curious Case of Benjamin Button</i> (2nd) 3:30 "Kinda Corny" Super Happy Hour (1st) 6:30 Rummikub (1st)	
25 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: America's Best State Fairs (3rd) 6:30 Music Club: Elvis Presley Hits (1st)	26 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob Roman (C) 2:30 Ed-U Presentation: <i>Romance Scams</i> By Michelle Nutter, PA Office of AG (3rd) 3:30 Blast from the Past: The Dick Van Dyke Show (2nd) 6:30 Pinochle Players Club (3rd)	27 9:30 Shopping Trip: Hobby Lobby**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class with Cynthia (2nd) 3:00 Fireside Chat (1st) 4:00 Brain Games (1st) 6:30 Scrabble (1st)	28 9:30 Providence Place Walking Club (ML) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Balance in Action Exercise (2nd) 10:45 Diner's Lunch Caravan: Cracker Barrel**\$\$ (OOB) 1:30 Circle of Friends (SR) 2:30 Musical Entertainment by Lester Hirsh (DR) 3:30 Resident Birthday Committee (3rd) 6:30 Dominoes (1st)	29 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 TED Talk & Discussion: <i>Is There A Real You?</i> (2nd) 1:30 Hymn Sing (Ch) 2:30 Dining Demo with Chef Ashley (DR) 3:30 Confucius Quotes & Fortune Cookies (2nd) 6:30 Pinochle Players Club (3rd)	30 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Beverly (Ch) 10:30 Art Exploration: Stained Glass Art (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Ed-U Health Presentation: <i>Mental Health/Flu Vaccination Awareness</i> By Melissa, DOW (3rd) 3:30 Men's Club: Craft Beer Social (1st) 6:30 Boggle (1st)		