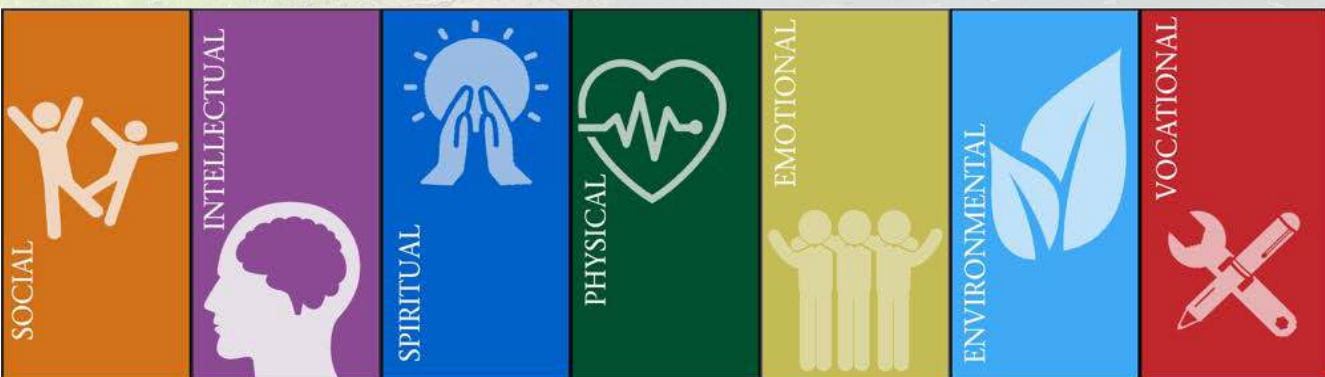


Focus on Wellness

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 - Naomi N.
- 4 - Evelyn H.
- 17 - Patricia C.
- 18 - Norma F.



Providence Place SENIOR LIVING News

Q3: September 2022

A Note from the Executive Director

I hope by now you have had the opportunity to see our newly remodeled dining room – we look forward to hosting a quarterly brunch event here for families & friends.

Our community is alive with vibrant events. Please check out our calendar and join your loved one whenever possible. Also feel free to enjoy the outdoor spaces and outings.

We will be celebrating National Assisted Living Week September 11th – 17th. There will be lots of fun activities, appreciation events and more. Stop in to celebrate!

September 22nd will be our Dementia Awareness Cookout & Walk – see the flyer or FB event for details and if you'd like to join the team for the Walk to End Alzheimer's on 9/24, please let Ben know!

Best,

Donna O'Leary

Executive Director

Highlighted Events

- 11 – **Grandparent's Day Brunch**
@ 10:30 or 11:30am (RSVP req.)
- 12 – **Balloon Volleyball & Ice Cream Bar**
@ 3:30pm
- 12 – **Friends & Family Bingo @ 6pm**
Families welcome (RSVP req.)
- 12-17 – **National Assisted Living Week**
(please see calendar for additional events)
- 21 – **EdU Presentation: Fall Prevention**
@ 12:30pm
- 22 – **Dementia Awareness Community Walk & Cookout @ 3-6pm**
Families Welcome – please see flyer

Welcome New Residents

Marie K.
Roza C.
George O.




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: (BR) Billiards Room (CH) Chapel (AR) Activity Room (S) Salon (GL) Governor's Lounge (LB) Library (DR) Dining Room (L) Lobby (FP) Front Porch (OOB) Out of Building \$\$ Cost Involved ** Registration Required	<h1>September 2022</h1>		1 10:00 Tai Chi Fitness with Laura (CH) 10:30 Spiritual Support Group (CH) 1:30 Seated Exercise with Diana (CH) 2:00 Men's Club: Riddles & Jokes Refreshments & Reminiscing (AR) 3:15 LCR with Chaplain (CH) 6:00 Horse Racing Night (AR)	2 10:00 Fun Friday Fitness Games (CH) 10:30 Enjoying Every Moment (CH) 10:30 Grocery Run: <i>Giant</i> *** (OOB) 1:30 Spiritual Community (CH) 2:00 Choir Rehearsal (CH) 3:15 Word in a Word & Friday Floats (AR) 6:00 Front Porch Sitters Cool Drinks & Conversations (FP)	3 10:00 What's the Word (AR) 10:30 Bingo (AR) 2:00 Happy Hour : School Days Party Apps, Drinks and Laughter (GL) 3:15 Shoot a Game of Pool (BR) 6:00 Dominoes Night (AR)
		4 10:00 Assemble Labor Day Gift Bags (AR) 10:30 Team Cuisine Cooking Club: Sea Food Salad (AR) 1:30 Travel Chat: Under the Sea (GL) 2:00 Sunday Afternoon Social: Enjoy Team Cuisine's Cooking (GL) 3:00 Worship Service (CH) 6:30 Hallmark Movie Night (CH)	5 10:00 Stretch & Flex (CH) 10:30 Would you Rather & Wheel of Fortune: Occupations (CH) 2:00 Labor Day Social: Hilarious Jobs, Trivia & Fun (CH) 3:15 Balloon Volleyball Game (CH) 6:00 Bingo (AR) Labor Day	6 10:00 Weights & Bands Exercises (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shopping Trip: <i>Boscov's</i> *** (OOB) 11:00 Hymn Sing (CH) 1:30 Welcome Ambassador Meeting (AR) 2:00 Creative Cooking w/ Chef Jermel (AR) 3:15 Jeopardy (AR) 6:00 Scrabble Night (AR)	7 10:00 Balance in Action (CH) 10:30 Midweek Worship (CH) 1:30 Who & What Am I? with Pet Visit (CH) 2:00 Ed-U Presents: Terry Neuymmer, Retired Educator (CH) 3:15 Bingo (AR) 6:00 Movie Night: <i>Grease</i> (CH)	8 10:00 Tai Chi Fitness with Laura (CH) 10:30 Spiritual Support Group (CH) 1:30 Seated Exercise with Pat (CH) 2:00 Scenic Ride: Susquehanna River ** (OOB) 2:00 Matinee Movie: Pirates of the Caribbean (CH) 3:15 LCR with Chaplain (CH) 6:00 Horse Racing Night (AR)	9 10:00 Fun Friday Fitness Games (CH) 10:30 Enjoying Every Moment (CH) 11:00 Shop /Dine: <i>Oregon Dairy</i> *** (OOB) 1:30 Spiritual Community (CH) 2:00 Ed-U Presents: <i>Spotted Lanternflies</i> by Lisa Sanchez, LC Parks & Rec (CH) 3:15 Word in a Word & Friday Floats (AR) 6:00 Front Porch Sitters Cool Drinks & Conversations (FP)
11 Grandparent's Day Brunch 2:00 Sunday Afternoon Social : <i>A Grand Celebration</i> on The Joy of Grandparents (GL) 3:00 Worship Service (CH) Moment of Silence for Victims of 9/11 6:30 Hallmark Movie Night (CH) Grandparents Day & Patriot Day	12 10:00 Stretch & Flex (CH) 10:30 Ed-U Wellness- <i>Mental Health</i> , by Catherine Merkey, Bayada HHC (CH) 2:00 Art Exploration: Pottery Works Staff And Family RSVP to attend (AR) 3:15 Community Balloon Volleyball Game w/ Ice Cream Social ** (CH) 6:00 Community Snack Attack Bingo ** (1st Floor)	13 10:00 Weights & Bands Exercises (CH) 10:30 Devotions & Hymn Sing (CH) 1:30 Yard Games (1st Floor Courtyard) 2:00 Grateful Drumming with Team Members (1st Floor Dining Room) 3:15 Spelling Bee (CH) 6:00 Scrabble Night (AR)	14 10:00 Balance in Action with Amy (CH) 10:30 Midweek Worship (CH) 2:00 Who & What Am I? with Pet Visit (CH) 3:15 Bingo (AR) 6:30 Wine & Cheese Social Music by Sound of Roses <i>Swing Band</i> ** (DR)	15 10:00 Tai Chi Fitness with Laura (CH) 10:30 Spiritual Support Group (CH) 1:30 Thankful to you Committee Meeting 2:00 Entertainment: by Nick Vicusso Rita's Italian Ice and Soft Pretzels ** (1st Floor) 3:15 LCR with Chaplain (CH) 6:00 Horse Racing Night (AR)	16 10:00 Fun Friday Fitness Games (CH) 10:30 Grocery Run: <i>Weis</i> *** (OOB) 10:30 Enjoying Every Moment (CH) 1:30 Spiritual Community (CH) 2:00 Dinner Date Game- Sign up (CH) 3:15 Word in a Word & Friday Floats (AR) 6:00 Front Porch Sitters Cool Drinks & Conversations (FP)	17 10:00 What's the Word (AR) 10:30 Moment's of Joy Social: Food , Fun and Karaoke! View photos of Assisted Living Week events (CH) 1:30 Matinee Movie: Persuasion (CH) 2:00 Theater Outing: <i>Ragtime</i> , Musical At Lancaster Mennonite School** (OOB) 3:00 Board Games (AR) 6:00 Dominoes Night (AR)	
National Assisted Living Week							
18 10:00 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Club: Creative Quesadillas (AR) 1:30 Travel to: Latin America (GL) 2:00 Sunday Afternoon Social: Enjoy Team Cuisine's Cooking (GL) 3:00 Worship Service (CH) 6:30 Hallmark Movie Night (CH)	19 10:00 Stretch & Flex (CH) 10:30 Picture Puzzlers (CH) 1:30 Book Club: Read & Discuss <i>A Dog's Purpose</i> (CH) 2:00 Ed-U: Trivia Challenge with Bob Reigh (CH) 3:15 Balloon Volleyball Game (CH) 6:00 Bingo (AR)	20 10:00 Weights & Bands Exercises (CH) 10:30 Shopping: Community Aid*** (OOB) 10:30 Spiritual Devotions (CH) 11:00 Hymn Sing (CH) 1:30 Chef's Pairing with Chef Jermel (AR) 2:00 Entertainment by Lee Moyer (CH) 3:15 Jeopardy (AR) 6:00 Scrabble Night (AR)	21 10:00 Balance in Action (CH) 10:30 Midweek Worship (CH) 1:30 Who & What Am I? with Pet Visit (CH) 2:00 Informative Fall Prevention Fair Sponsored by Powerback Rehab (CH) 3:30 Bingo (AR) 6:00 Movie Night: <i>A Hidden Life</i> (CH)	22 10:00 Tai Chi Fitness with Laura (CH) 10:30 Spiritual Support Group (CH) 1:30 Seated Exercise with Pat (CH) 2:00 Fireside Chat with E.D. Donna (CH) 2:30 Scenic Ride: Lancaster County Scoops Ice Cream Stop *** (OOB) 3:15 LCR with Chaplain (CH) 6:00 Horse Racing Night (AR)	23 10:00 Fun Friday Fitness Games (CH) 10:30 Grocery Run: <i>Aldi</i> *** (OOB) 10:30 Enjoying Every Moment (CH) 11:30 Lunch Music w/ Cindi Mc Grath (DR) 1:30 Spiritual Community (CH) 2:00 Word in a Word Game & Friday Floats (AR) 3:15 Creative Crafting: Rain Sticks & Native American Discussion (AR) Native American Day	24 10:00 What's the Word (AR) 10:30 Bingo (CH) 2:00 Happy Hour: Oktoberfest Fun Apps, Drinks, and Laughter (GL) 3:15 Organ Music: Timeless Classics, Performed by Gary Collier (CH) 6:00 Dominoes Night (AR)	
25 10:00 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Club: Potato Pancakes—Kartoffelpuffer (AR) 1:30 Travel Chat: Germany (GL) 2:00 Sunday Afternoon Social: Enjoy Team Cuisine's Cooking (GL) 3:00 Worship Service (CH) 6:30 Hallmark Movie Night (CH)	26 10:00 Stretch & Flex (CH) 10:30 Category Challenge (CH) 1:30 Book Club: Read & Discuss <i>A Dog's Purpose</i> & Visit From Mia (CH) 2:00 Art Exploration: Paint & Sip Simple Lighthouse Painting (AR) 3:15 Balloon Volleyball Game (CH) 6:00 Bingo (AR)	27 10:00 Weights & Bands Exercises (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch: <i>Columbia Diner</i> *** (OOB) 1:30 Sunshine Committee Meeting (AR) 2:00 Community Life Planning Mtg (AR) 2:30 Pen to Paper Writers Club (AR) 3:15 Spelling Bee (AR) 6:00 Scrabble Night (AR)	28 10:00 Balance in Action (CH) 10:30 Midweek Worship (CH) 1:30 Who & What Am I? with Pet Visit (CH) 2:00 CECA Foundation Awards Team Member Celebration & Refreshment (AR) 3:15 Bingo (AR) 6:00 Movie Night: <i>Mrs. Palfrey at the Claremont</i> (CH)	29 9:30 Tai Chi Fitness with Laura (CH) 10:30 Spiritual Support Group (CH) 1:30 Seated Exercise with Diana (CH) 2:00 Musical Performer: Quentin Jones (CH) 3:15 LCR with Chaplain (CH) 6:00 Horse Racing Night (AR)	30 10:00 Fun Friday Fitness Games (CH) 10:30 Enjoying Every Moment (CH) 10:30 Grocery Run: <i>Stauffers</i> *** (OOB) 1:30 Spiritual Community (CH) 2:00 Creative Crafting: Jelly Fish (AR) 3:15 Word in a Word & Friday Floats (AR) 6:00 Front Porch Sitters Cool Drinks & Conversations (FP)		