

# 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

- 2 – Joan F.
- 8 – Emma W.
- 15 – Dorothy S.
- 16 – Jacob J.
- 27 – Raymond Y.



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)



# Providence Place SENIOR LIVING News

Q3: September 2022

## A Note from the Executive Director

The Grove has experienced a few cases of COVID and we are wearing masks as a precaution – please do so when visiting your loved ones. We are doing weekly testing until we are two weeks free of any new cases. We ask that you continue to be vigilant with hand washing and using the hand sanitizer stations throughout the building.

Our call bell system was struck by lightning! Our staff is doing thirty-minute checks on everyone to keep them safe while we work to get our system replaced.

In our nursing department, Megan Williams has stepped down as DOW, she will remain as a nurse while Kortnee Wagner has transitioned to the Director of Wellness position. Kortnee has worked for the past year as our dayshift LPN which makes the transition seamless.

We have borrowed a bus from our sister campus in Lancaster so our outings are back on the schedule for Community Life.

Who is ready for some football, hoodies and pumpkin coffee? I know the Grove is!



Sincerely, Julie Wallace (Executive Director)


## Highlighted Events

- 2 – **Hometown Tour:** Valley View  
By Dot S. @ 2pm
- 7 – **EdU Presentation:** Coal Mining –  
a Woman's Perspective @ 10am
- 12-16 – **National Assisted Living  
Week:** Appreciation Activities
- 13 – **Craft Night with Girl Scouts**  
@ 6pm
- 22 – **Diner's Caravan:**  
Long Run Restaurant @ 11am

## Welcome New Residents

- Beverly Z.
- Judith D.
- Rosemary B.
- Bruce B.
- Frances H.
- Gail W.
- Gerald L.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (FP) Front Patio (RP) Rear Patio (WP) Walking Path (L) Lobby	<h1>September 2022</h1>		1	2	3
		9:30 Target Arms Exercise (2F) 10:00 World Briefs & Discuss (2F) 10:30 Fireside Chat With ED Julie And Management Team (2F) 11:00 iN2L Reminisce: Auctions (2F) 12:00 Picnic At Sweet Arrow Lake (OOB) 3:30 Jigsaw Puzzle Team (2F) 6:00 Card Club: Phase 10 (1F)	9:30 Target Legs Exercise (2F) 10:00 Dining Committee Meeting (2F) 10:30 Grandparents Day Jumble Puzzle (2F) 11:30 Market Run: Boyer's **\$\$ (OOB) 2:00 Home Town Tour: Valley View By Tour Guide Dot Snell (OOB) 3:30 Nutty Buddy Social (FP) 6:00 Watercolor Painting (2F)	9:30 Gentle Moves (2F) 10:00 Men's Club Country Ride (OOB) 10:30 <i>Mornings With Jesus</i> Program (2F) 11:00 Coffee Cache And Daily Chronicles (2F) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)			
4	5	6	7	8	9	10	
9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Lessons For Living: <i>Every Life Is A Gift</i> (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Memorial Service (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (WP) 6:30 Music & Mindful Colors (1F)	9:30 Balance In Action By Ryan Genesis Health & Rehab (2F) 10:00 Biography Of Peter J. McGuire (2F) 11:00 Labor Day Picnic (RP) 1:30 Helping Hands: Set Up Crew (2F) 2:00 Craft & Creations: Career Collage (2F) 4:00 Confident Cruisers (WP) 6:00 Yahtzee Team (1F) Labor Day	9:30 Core Strength Exercise (2F) 10:00 Sing Along Gospel Songs (2F) 10:30 Secret Spiritual Quote Puzzle (2F) 11:00 Confident Cruisers (WP) 2:00 Yoga With Leah (2F) 3:30 Visit From Bubba Our Comfort Dog (FP) 6:00 Classic Game Night: Mystery Date (1F)	9:30 Move2Music (2F) 10:00 Ed-U Presentation: <i>Coal Mining: A Woman's Perspective</i> By Port Carbon Library Director, Kelly Davis (2F) 12:00 Diner's Caravan: Long John Silvers And Goodwill Thrift Shop **\$\$ (OOB) 3:30 Jigsaw Puzzle Team (2F) 4:00 Patio Puzzles (RP) 6:00 Wine Craft Social: Chardonnay (2F)	9:30 Target Arms Exercise (2F) 10:00 Community Life Planning Meeting (2F) 10:30 iN2L Reminisce: Jimmy Durante (2F) 11:00 Trip To Stone Mountain Winery **\$\$ (OOB) 3:30 Music & Creative Colors (2F) 6:00 Card Club: Phase 10 (1F)	9:30 Target Legs Exercise (2F) 10:00 Resident Planning Committee (2F) 10:30 Ted Talk: <i>Building The 9/11 Memorial Museum</i> By American Designer Jake Barton (2F) 2:00 Film Fest: <i>Cocoon</i> (2F) 3:30 Popcorn & Soda Cart (2F) 6:00 Watercolor Painting (2F)	9:30 Gentle Moves (2F) 10:00 September Fact Or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)	
11	12	13	14	15	16	17	
9:30 Whole Body Stretch (2F) 10:30 Lessons For Living: <i>Hidden</i> (2F) 11:30 Grandparents <i>The Special Bond</i> (2F) 12:00 Wine & Dine (DR) 1:30 Scenic Country Ride (OOB) 3:00 iN2L: Catholic Service (2F) 4:00 iN2L Methodist Service (2F) 6:30 Music & Mindful Colors (1F)	9:30 Target Balance Exercise (2F) 10:00 iN2L: On This Day (2F) 11:00 Service In Action: Coupons For The Troops (2F) 1:30 Ted Talk: <i>A Journey To Forgiveness</i> By Inspirational Coach Lyndon Harris (2F) 6:00 Yahtzee Team (1F)	9:30 Core Strength Exercise (2F) 10:00 World Briefs (2F) 10:30 Name That Tune (2F) 2:00 Co-Workers And Residents Wii Bowling (2F) 6:00 Adopt A Grandparent Craft Night With Pine Grove Girl Scouts (2F)	9:30 Move2Music (2F) 10:00 Giant Crossword Puzzle (2F) 11:00 Scripture Reading (1F) 2:00 Ed-U Presentation: <i>Ancient Egypt Traditions Including Henna Tattoos</i> By Leah Zerby (2F) 4:00 Confident Cruisers (WP) 6:00 Wine Craft Social: Merlot Tasting (2F)	9:30 Target Arms Exercise (2F) 10:00 World Briefs & Discuss (2F) 10:30 Helping Hands Set Up Crew: Pop Corn Station (1F) 1:30 Making Popcorn For Co-Workers And Residents (1F) 3:30 Confident Cruisers (WP) 6:00 Card Club: Phase 10 (1F)	9:30 Target Legs Exercise (2F) 10:00 World Briefs (2F) 10:30 iN2L: Fun Facts (2F) 11:00 Scripture Reading (2F) 2:00 Ed-U Presentation: Joyful Motions By Fitness Educator Celeste Bailey (2F) 3:30 Cool Down With Cool Drinks (2F) 6:00 Watercolor Painting (2F)	9:30 Gentle Moves (2F) 10:00 September Fact Or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)	
Grandparents Day & Patriot Day		National Assisted Living Week					
18	19	20	21	22	23	24	
9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Lessons For Living: <i>Witnesses Of Hope</i> (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Service (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (WP) 6:30 Music & Mindful Colors (1F)	9:30 Target Balance Exercise (2F) 10:00 Book Club: <i>The Best Of Me</i> By Nicholas Sparks (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Ed-U Presentation: <i>Modern Crafting Technologies</i> By Bev Spittler (2F) 6:00 Yahtzee Team (1F)	9:30 Core Strength Exercise (2F) 10:30 Wii Bowling League (2F) 12:00 Ed-U Presentation: <i>PTSD Concerns</i> By Vice Commander SSG (Ret.) John Russell, Guest Speaker For Brothers Of War Lunch (RP) 2:00 Yoga With Leah (2F) 6:00 Classic Game Night: Mystery Date (1F)	9:30 Move2Music (2F) 10:00 Giant Crossword Puzzle (2F) 10:30 You Tube: Elvis Presley: <i>A Boy From Tupelo</i> (2F) 2:00 Entertainment By Elvis! (DR) 3:30 Photo Opportunity With Elvis (DR) 4:00 Confident Cruisers (WP) 6:00 Wine Craft Social: Moscato (2F)	9:30 Target Arms Exercise (2F) 10:00 World Briefs & Discuss (2F) 10:30 Residents And Co-workers Joyful Moments Collage Reveal (2F) 11:00 Diner's Caravan: Long Run Restaurant **\$\$ (OOB) 3:30 Confident Cruisers (WP) 6:00 Card Club: Phase 10 (1F)	9:30 Target Legs Exercise (2F) 10:00 World Briefs & Discuss (2F) 10:30 History Of The Five Civilized Tribes Of North America (2F) 2:00 Film Fest: <i>Bury My Heart At Wounded Knee</i> (2F) 3:00 Popcorn & Soda Cart (2F) 6:00 Watercolor Painting (2F) Native American Day	9:30 Gentle Moves (2F) 10:00 September Fact Or Fiction (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)	
25	26	27	28	29	30		
9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Lessons For Living: <i>Prophets Of Life</i> (2F) 12:00 Wine & Dine (DR) 1:30 Scenic Country Ride (OOB) 3:00 iN2L Catholic Service (2F) 4:00 iN2L Methodist Service (2F) 6:30 Music & Mindful Colors (1F)	9:30 Target Balance Exercise (2F) 10:00 iN2L: Would You Rather? (2F) 10:30 Word Web Crossword Puzzle (2F) 11:00 Confident Cruisers (WP) 2:00 Ed-U Presentation: <i>Behind The Scenes Of Providence Place Director Of Maintenance</i> By Dale Schwank (2F) 3:30 Card Club: War (2F) 6:00 Yahtzee Team (1F)	9:30 Core Strength Exercise (2F) 10:00 Sing Along Gospel Songs (2F) 10:30 Secret Spiritual Quote Puzzle (2F) 11:00 Confident Cruisers (WP) 2:00 Grateful Drumming With Joe (2F) 3:30 Visit From Bubba Our Comfort Dog (FP) 6:00 Classic Game Night: Mystery Date (1F)	9:30 Move2Music (2F) 10:00 Ed-U Smithsonian Institute: <i>Rise And Fall Of Prohibition</i> By Garrett Peck (2F) 2:00 Welcome Ambassador Social (2F) 3:00 Funny Ice Breakers (2F) 4:00 Patio Puzzles (RP) 6:00 Wine Craft Social: Pinot Grigio (2F)	9:30 Target Arms Exercise (2F) 10:00 World Briefs & Discuss (2F) 10:30 Fruit Of The Spirit Word Word Scramble (2F) 2:00 Kitchen Krew: Dehydrating Fruit for Trail Mix (2F) 3:30 Confident Cruisers (WP) 6:00 Card Club: Phase 10 (1F)	9:30 Target Legs Exercise (2F) 10:00 World Briefs (2F) 10:30 iN2L: American Artist Norman Rockwell (2F) 11:30 Confident Cruisers (WP) 2:00 Welcome Ambassador Social (2F) 3:30 Funny Ice Breakers Games (2F) 6:00 Watercolor Painting (2F)		