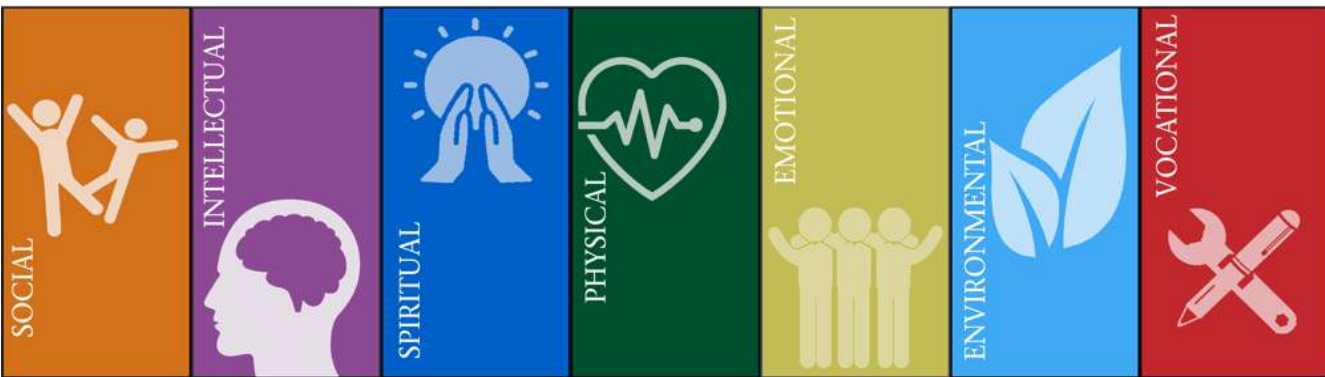


Focus on Wellness

As we step into Fall, the shorter days and cooler temperatures can sometimes lead to feelings of sadness or loneliness. Take this time to find ways to focus on your own wellness by staying connected to your community and loved ones through the following:

- Reflect on your own needs
- Reach out to family members you don't see often
- Join a club or hobby group at your community and make time for activities you enjoy; such as painting, yoga, woodwork, outings and more
- Enjoy local, seasonal produce in our dining programs
- Volunteer your time to give back

Check your activities calendar and highlight items of interest to you – and feel free to invite your friends & family to join!



Dimensions
of Wellness

Resident Birthdays

October

4 – Doris B.
7 – Alvin F.
8 – John G.
13 – Wayne G.
15 – Evelyn S.
16 – Mary P.
18 – Chalmers F.
20 – Martha V.
20 – Loretta C.
23 – Lois P.
26 – Harold H.
28 – Elaine R.
31 – Shirley K.

November

4 – Catherine S.
7 – Gladys B.
7 – Phyllis S.
8 – Janet E.
9 – Doris M.
10 – Carl M.
12 – Anna M.
14 – Frances W.
18 – Joan D.
19 – Pearl H.

December

20 – Kathryn D.
22 – Lee G.
24 – Richard D.
24 – John R.
27 – Frank N.
27 – Raymond M.

1 – Mossie S.
4 – Patsy P.
5 – Alice G.
8 – Norman K.
14 – Donald B.
15 – Reuben W.
16 – Lavada N.
16 – Glenn W.
16 – Ronald H.
16 – Nany S.
24 – Donna K.
24 – Ronald H.
29 – Ruth Y.



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



Providence Place SENIOR LIVING News

Q4: October 2022

A Note from the Executive Director

The approach of fall brings cooler weather and beautiful colors of orange, yellow and red. As you visit your loved ones, make sure you enjoy some time outside in autumn beauty before winter arrives!

Take a look at our calendar and join us for some fun events and activities. We are offering friends and family Trick-or-Treat event on October 22nd. Please consider bringing your children or grandchildren to the festivities.

On October 11th, we will be hosting a clinic for the flu vaccine and COVID boosters for our residents and team members. If you are interested in your loved one receiving either of these, we will provide consent forms to schedule their appointment.

Wishing you a Happy Halloween season and a bountiful fall.

Holly Townsend

Executive Director

Highlighted Events

- 4 – **PA Wildlife & Game Comm**
with Trooper Bietsch @ 2pm
- 11 – **Flu & COVID vaccine clinic**
@ 10a-2p
- 22 – **Trick-or-Treat** @ 2-4pm
- 28 – **Fall Leaves of Caledonia**
Bus Ride & Lunch at Giacomo's
@ 10am

Welcome New Residents

Agnes P.
Harold H.
Lucille H.
Phyllis G.
Monica W.
Gladys E.
Betty W.
Nancy S.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Halloween Trivia (P) 6:15 Songs and Scripture (Ch. 809)</p>	<p>31</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 The History of the Classic Monster Movies (3A) 1:30 Helping Hands Club: Prep for the Masquerade Soiree (P) 2:30 Chef Demo: Halloween (C) 6:15 Card Club (3A)</p> <p>Halloween</p>	<p>THE</p> <h1>Club</h1>		<p>Calendar Key: Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY) Connections (CN) Picnic Tables (PT) ** Registration Required \$\$ Cost Involved</p>	<p>October</p> <p>2022</p>	<p>1</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Timelines (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)</p>
<p>2</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Musical Entertainment Featuring Pianist Bryan Herber (2A) 6:15 Not Forgotten Ministries (2A)</p>	<p>3</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Acorn Marble Necklaces (3A) 1:30 iN2L Seated Chair Exercise (2A) 2:00 Forest Animal Crossword (3A) 3:00 iN2L Documentary: People of the Appalachians (2A) 6:15 Card Club (3A)</p>	<p>4</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shatzer Fruit Market (OOB) 1:15 Crafty Creations: DIY Leaf Forrest Animals (CN) 2:30 Sip and Show (CN) 3:00 Wacky Wordies (3A) 6:15 Game Shows (ch.78)</p>	<p>5</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Balloon Ball (3A) 1:15 Kitchen Creations: Hershey Kiss Acorns (CN) 2:30 Sip and Taste (CN) 3:00 iN2L: Out of the Woods: Battlefields of PA (2A) 6:15 Horseshoes (3E)</p>	<p>6</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 10:00 Dance Class with Jess (FL) 1:15 Day Excursion: Martin's Potato Factory Tour (CN) 2:00 Hydration Station (P) 3:00 Name that Decade (3A) 6:15 Chit Chat in the Lobby (FL)</p>	<p>7</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Appalachian Mountains with Amberlee (3A) 1:30 Walk and Stroll Club (HW) 2:00 Crafty Creation: Polymer Clay Mountain Photo Holder (3A) 3:00 Social Hour: Chocolate Coke with Wood Forest Cupcakes (P) 6:15 Movie Night: Ghostbusters (3A)</p>	<p>8</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Crafting Club: Nature Wind Chimes (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)</p>
<p>9</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Root Beer Floats with Elvis (P) 6:15 Songs and Scripture (Ch. 809)</p>	<p>10</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Candy Corn Toss (C) 1:30 iN2L Seated Chair Exercise (2A) 2:00 iN2L Documentary: Introduction to Earth Science (2A) 3:15 Taste of Earth Social (P) 6:15 Card Club (3A)</p>	<p>11</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Planting Club: Terrariums (3A) 1:15 Crafty Creations: Lacing Constellations Art (CN) 2:30 Sip and Show (CN) 3:00 Skittles Vs. Liquid Experiment (P) 6:15 Game Shows (ch.78)</p>	<p>12</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dining Committee Meeting (2A) 1:15 Kitchen Creation: Edible Terrarium (CN) 2:30 Sip and Taste (CN) 3:00 Entertainment with Jessica Snyder (CN) 6:15 Horseshoes (3E)</p>	<p>13</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Planetarium Constellations (CN) 2:00 Wacky Wordies (3A) 3:00 Hydration Station (P) 6:15 Chit Chat in the Lobby (FL)</p>	<p>14</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Boost Your Digestion with Theresa Waltersdorff from Humana (2A) 1:30 Walk and Stroll Club (HW) 2:00 Shuffle Board (3A) 3:00 Color Changing Butterfly Pea Tea (P) 6:15 Movie Night: Beetlejuice (3A)</p>	<p>15</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Time Rewind Detective (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)</p>
<p>16</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service with Guest Speakers David and Anna Lee Kopp (2A) 3:00 Game Club: Skip-O (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>17</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Baking Club: Pumpkin Roll (C) 1:30 iN2L Seated Chair Exercise (2A) 2:00 iN2L Documentary: America's Hidden Stores: Salem's Secrets (2A) 3:00 Helping Hands: Trick or Treat Prep (3A) 6:15 Card Club (3A)</p>	<p>18</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Diners Caravan (OOB) 1:15 Crafty Creations: Autumn Wreath (CN) 2:30 Sip and Show (CN) 3:00 Guess the Fall Scent Sensory Experiment (P) 6:15 Game Shows (ch.78)</p>	<p>19</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Ed U Presentation: A Week at Hog Island with Terry Neumyer (2A) 1:15 Kitchen Creation: Pumpkin Pie Parfaits (CN) 2:30 Sip and Taste (CN) 3:00 Guess the Candy Bar (3A) 6:15 Horseshoes (3E)</p>	<p>20</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 10:00 Dance Class with Jess (FL) 1:15 Day Excursion: Country Creek Pumpkin Patch (CN) 2:00 Searching For October (3A) 3:00 Hydration Station (P) 6:15 Chit Chat in the Lobby (FL)</p>	<p>21</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mental & Emotional Health with Jamie from Bayada Home Health (2A) 1:30 Walk and Stroll Club (HW) 2:00 Helping Hands: Trick or Treat Prep (C) 3:00 Social Hour: Taste of Fall (P) 6:15 Movie Night: The Addams Family (3A)</p>	<p>22</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Halloween Movie (3A) 2:00 -4:00 Community Trick or Treat (1st Floor) 6:15 Puzzle Club (3A)</p>
<p>23</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydration and Humor (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Uno (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>24</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Monster Match Up (3A) 1:30 iN2L Seated Chair Exercise (2A) 2:00 iN2L Documentary: Oh My Gourd! The Jack-O-Lantern Spectacular Story (2A) 3:00 October Fact or Fiction (P) 6:15 Card Club (3A)</p>	<p>25</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Oreo Spider Treats (C) 1:15 Crafty Creation: Create a Jack-o-Lantern (CN) 2:00 Ghoulish Time Party (CN) 3:00 Friends Hosting Friends (CN) 6:15 Game Shows (ch.78)</p>	<p>26</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Halloween Charades (3A) 1:15 Kitchen Creation: Ghost Pizza Bites (CN) 2:00 Musical Entertainment Featuring Tom Shulz (2A) 3:00 October Fact or Fiction (P) 6:15 Horseshoes (3E)</p>	<p>27</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 10:00 Dance Class with Jess (FL) 1:15 Day Excursion: Nelly Fox Bowling (CN) 2:00 October Table Topics (3A) 3:00 Hydration Station (P) 6:15 Chit Chat in the Lobby (FL)</p>	<p>28</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Halloween Brain Games (3A) 1:30 Walk and Stroll Club (HW) 2:00 Craft with Bobbi: Bleach Stained Halloween Shirt (2A) 3:00 Social Hour: Creepy Crawley (P) 6:15 Movie Night: Hocus Pocus (3A)</p>	<p>29</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Fall Time Detective (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Book Club (3A) 6:15 Puzzle Club (3A)</p>