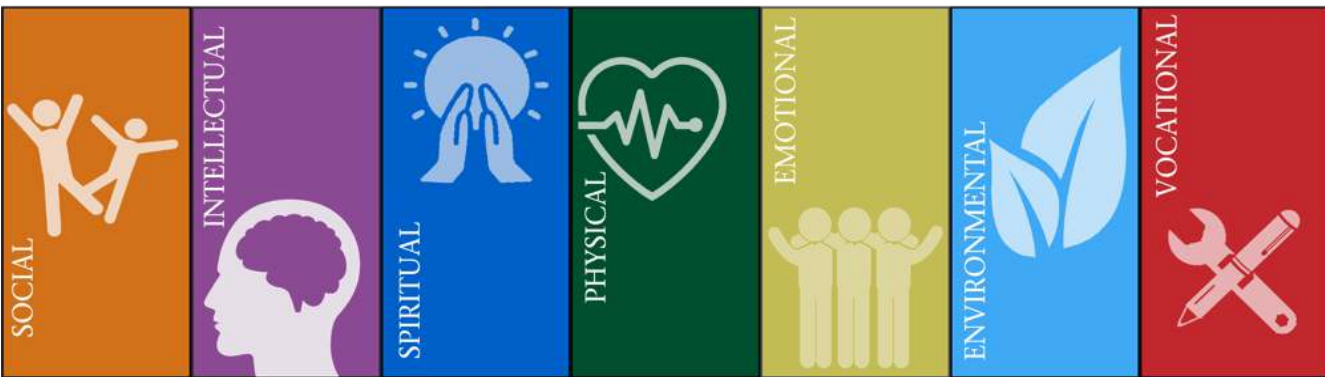


Focus on Wellness

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.



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.



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>30</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Halloween Trivia (P) 6:30 Song and Scripture (Ch.809)</p>	<p>31</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 Helping Hands Club: Prep for the Masquerade Soiree (P) 2:30 Chef Demo: Halloween (C) 6:15 Game Club: Scrabble (C)</p> <p>Halloween</p>			<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) **Registration Required, \$\$ Cost Involved</p>	<h1>October 2022</h1>	<p>1</p> <p>9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Local Fares: Jim's Farmers Market **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Game Club: Scrabble (C) 6:15 Card Club: Dealer's Choice (2A)</p> <p>Penn St Vs. Northwestern TBD</p>
<p>2</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Trivia Handouts (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Mexican Train Dominoes (C) 6:30 Not Forgotten Ministries (2A)</p>	<p>3</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 10:00 Craft Corner: Fall Leave Rubbings 11:00 Franklin County Bookmobile (LD) 2:00 Griefshare® with Chaplain Rick (C) 3:00 iN2L Documentary: <i>People of the Appalachians</i> (2A) 6:15 Card Club: Rummy (2A)</p>	<p>4</p> <p>9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Cooking Creation: Wood Forrest Cupcakes (C) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Ed-U Presentation Trooper Bietsch PA Wildlife Game Commission (2A) 3:00 Birthday Gang Comm. Mtg. (C) 6:15 Game Club: Mexican Train Dominoes (2A)</p>	<p>5</p> <p>9:00 Balloon Ball Exercise (3E) 10:00 Cooking Creation: Dirt Pudding (C) 1:30 Workout with Vickie From Genesis Rehabilitation (3E) 1:30 Pottery with Nicodemus Center for Ceramics (C) 2:00 Blood Pressure Clinic (2A) 3:00 iN2L: Out of the Woods: Battlefields of PA (2A) 6:15 Horseshoes (3E)</p>	<p>6</p> <p>9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (2A) 10:00 Dance Class with Jess (FL) 1:30 Fall Preparation: Country Creek Produce **\$(OOB) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Wii Bowling League (3E)</p>	<p>7</p> <p>Happy 100th Birthday Al Fischer! 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PDR) 1:30 Wii Bowling League (3E) 2:00 Wonky Prize Bingo (2A) 3:00 Social Hour: Chocolate Coke with Wood Forrest Cupcakes (P) 6:30 Movie Night: <i>Ghostbusters</i> (3E)</p>	<p>8</p> <p>9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Wordle with Morgan (2A) 6:15 Card Club: Pinochle (2A)</p>
<p>9</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Root Beer Floats with Elvis (P) 6:30 Song and Scripture (Ch.809)</p>	<p>10</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Candy Corn Toss (C) 1:30 Balance & Action (3E) 2:00 iN2L Documentary: <i>Introduction to Earth Science</i> (2A) 3:15 Taste of Earth Social (P) 6:15 Game Club: Scrabble (C)</p>	<p>11</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Target **\$(OOB) 10:00 Flu Vaccine Clinic (L) 10:00 Pumpkin Decorating Contest (C) -Details to Follow 1:30 Acrylic Canvas Paintings (C) 2:00 Fall Festival Helping Hands with Grane Hospice Care (P) 3:00 Skittles Vs. Liquid Experiment (P) 6:15 Card Club: Dealer's Choice (2A)</p>	<p>12</p> <p>9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Dining Committee Meeting (2A) 1:30 Kitchen Creation: Earth Science Edibles (C) 2:00 Nickel Bingo \$(2A) 3:00 Social Hour: Cloud Experiment with Earth Science Edibles (C) 4:00 Dinner Under the Trees ** (BY) 6:15 Card Club: Rummy (2A)</p>	<p>13</p> <p>9:00 Sit & Be Fit Exercise (3E) 10:00 Community Life Planning Committee Meeting (P) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Worship Service with Guest Rick Barthel and Music with Liz Brown (2A) 3:00 Bible Study (PDR) 6:15 Card Club: Pinochle (2A)</p>	<p>14</p> <p>9:00 Chair Yoga with Beth (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Craft Creation: Pom Pom Pumpkins (C) 1:30 Dart League (3E) 2:00 Wonky Prize Bingo (2A) 3:00 Color Changing Butterfly Pea Tea (P) 6:30 Movie Night: <i>Beetlejuice</i> (3A)</p>	<p>15</p> <p>9:30 Light & Lively Exercise (3E) 9:30 Bus Trip: Historic Round Barn of Gettysburg **\$(OOB) 11:00 Lunch Out : Thirsty Farmer \$(OOB) 2:30 Stair Stepper Exercise (3E) 3:00 Game Club: Mexican Train Dominoes (C) 6:15 Horseshoes (3E)</p>
<p>16</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordies Handouts (L) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service with Guest Speakers David & Anna Lee Kopp (2A) 3:00 Game Club: Scrabble (C) 6:30 Song and Scripture (Ch.809)</p>	<p>17</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 10:00 Helping Hands: Trick or Treat Prep (P) 2:00 Griefshare® with Chaplain Rick (C) 3:00 iN2L Documentary: <i>America's Hidden Stores: Salem's Secrets</i> (2A) 6:15 Wii Bowling League (3E)</p>	<p>18</p> <p>9:00 Light & Lively Exercise (3E) 9:45 Shopping Trip: TJ Maxx, Ollies, Sally's **\$(OOB) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Chef Pairing: Fall Beer & Pumpkin Ple (2A) 3:00 Guess the Fall Scent Sensory Experiment (P) 6:15 Cornhole (3E)</p>	<p>19</p> <p>9:00 Balloon Ball Exercise (3E) 10:00 Ed-U Presentation <i>Owls in the USA</i> by Terry Neumyer (2A) 11:15 Lunch Out: Bonanza Buffet **\$(OOB) 2:00 Fireside Chat (2A) 3:00 Prize Bingo (2A) 4:00 Dinner Under the Trees ** (BY) 6:15 Card Club: Pinochle (2A)</p>	<p>20</p> <p>9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (2A) 10:00 Dance Class with Jess (FL) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Dart League (3E)</p>	<p>21</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PDR) 10:00 Mental & Emotional Health with Jaime w/Bayada Home Healthcare (2A) 2:00 Helping Hands: Trick or Treat Prep (P) 3:00 Social Hour: Taste of Fall (P) 6:30 Movie Night: <i>The Addam's Family</i> (3A)</p>	<p>22</p> <p>9:30 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 1:30 Helping Hands: Trick or Treat Participation (1st Floor Hllwy Seating) 2 – 4 Community Trick or Treat (1st Floor) 6:15 Game Club: Sequence (2A)</p> <p>Penn St Vs Minnesota TBD</p>
<p>23</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordies Handouts (L) 10:00 Polish and Paint Nail Service (2A) 12:00 Chambersburg Mall Movie Matinee TBD **\$(OOB) 2:00 Worship Service (2A) 3:00 Game Club: Scrabble (C) 6:30 Song and Scripture (Ch.809)</p>	<p>24</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 2:00 Griefshare® with Chaplain Rick (C) 3:00 iN2L Doc.: <i>Oh My Gourd! The Jack-O-Lantern Spectacular Story</i> (2A) 6:15 Card Club: Rummy (2A)</p>	<p>25</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Appreciate & Thank Club (C) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Men's Club: Pumpkin Chunkin (FL) 3:00 Friends Hosting Friends (CN) 6:15 Relax and Rewind: Front Porch Sitting (FL)</p>	<p>26</p> <p>9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Nickel Bingo \$(2A) 1:30 Soccer Kicks (2A) 2:00 Musical Entertainment featuring Tom Shultz (2A) 3:00 October Fact or Fiction (P) 4:00 Dinner Under the Trees ** (BY) 6:15 Card Club: Dealer's Choice (2A)</p>	<p>27</p> <p>9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (2A) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Horseshoes (3E)</p>	<p>28</p> <p>9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Fall Leaves of Caledonia Bus Ride with Lunch at Giacomo's Italian Restaurant **\$(OOB) 1:30 Wii Bowling League (3E) 2:00 Craft with Bobbi: Bleach Stained Halloween Shirt (2A) 3:00 Social Hour: Creepy Crawley (P) 6:30 Movie Night: <i>Hocus Pocus</i> (3A)</p>	<p>29</p> <p>9:30 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Local Fares: Jim's Farmers Market **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Wonky Prize Bingo (2A) 3:00 <i>The Tragic Tale of Edgar Allen Poe</i> (P) 6:15 Card Club: Pinochle (2A)</p> <p>Penn St Vs Ohio State TBD</p>