

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

9 – Nancy J.
15 – Judith A.
16 – Helen M.
22 – Suzanne W.

November

5 – Catherine D.B.
11 – Bernard C.
19 – Alice J.R.
19 – Frances K.
25 – Dolores H.

December

1 – Pasquale F.
16 – Richard W.
18 – Victor M.
19 – Gerald M.
19 – Dorothy W.
28 – Kathleen B.

A Note from the Executive Director

Collegeville has several great events coming up in October. We are holding our annual **Walk to Remember** on October 13th @ 2pm-4pm. All proceeds will benefit the Alzheimer's Association. Please RSVP to front desk reception. Oktoberfest celebration will be on October 20th from 4:30-6:30pm and Trick-or-Treat will be held October 27th from 5pm-7pm. We encourage all residents to dress up with us!

Connections will be celebrating Fall fest with Knockwurst, Bratwurst, Cider, and all the Oktoberfest trimmings. All events are RSVP to the front desk reception. We hope to see plenty of family & friends to celebrate the fall season.

As you have seen, the wall is close to complete! The final step is to reface the wall and start landscaping. The Dining room deck will reopen on Friday October 7th. I am very excited to use our beautiful deck throughout the fall season.

Just a reminder, we have our flu and covid vaccine clinic on Tuesday, November 1st. We ask that all residents complete the consent form at the front desk if you have not already completed. We appreciate your help keeping the community safe!

Lastly, please welcome our new Director of Wellness, Jodi Stump. Jodi has several years' experience as a Wellness Director. She served in the Air Force for 6 years and enjoys spending time with her husband and children. Please stop by the wellness office and introduce yourself.

Terri Sanelli

Executive Director

Highlighted Events

- 8 – Balloon Volleyball @ 1pm
With St. Eleanor Parish Youth Group
- 11 – YMCA Bingo @ 1pm
- 15 – Door Decorating Contest
For Halloween @ 11am
- 16 – Sunday Brunch
- 18 – Elmwood Zoo Outing @ 9am
- 20 – Family Oktoberfest @ 4:30pm
- 27 – Trick-or-Treat @ 6pm
- 31 – Halloween Happy Hour
@ 6pm

Welcome New Residents

June C.
Gary B.
Kathy B.
Joan B.
Tom W.
Suzanne W.
Ann K.



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
30	31 9:15 Morning Meeting (AR) 9:30 Spooky Movement (AR) 10:00 Movie With A Sweet Treat (T) 1:00 Nickle Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Halloween History (OL) Halloween	THE <i>Club</i>		Calendar Key: ** Registration Required \$\$ Cost Involved (CR) Community Room (P) Pub, (LIB) Library - 3rd Floor (OS) Outside, (AR) Activity Room (CN) Connections Neighborhood (T) Theater, (OL) Old Lobby (DR) Dining Room, (TB) Throughout Building	October 2022	1
2	3 9:15 Morning Meeting (AR) 9:30 Chair Exercise (AR) 10:00 Hand Massage and Relaxation (AR) 11:00 Cinnamon Rolls & Hot Cider (AR) 1:00 Lets Get Crafty (AR) 2:15 Nadine's Music and Meditation (P) 3:30 Name That Tune (AR)	4 9:15 Morning Meeting (AR) 9:30 Chair Exercise (AR) 10:30 Diners Caravan Lunch out: Moccia's Train Stop**\$\$ (OOB) 11:00 Pumpkin Maze (P) 2:00 Share Your Recipes (AR) 3:30 Aerobic Drumming (P)	5 9:15 Morning Meeting (AR) 9:30 Chair Exercises (AR) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Spooky Cupcakes (AR) 1:00 Look Who's Dancing (P) 2:00 If You've been BOO'D ..Grab your Boo Bag (P) 3:00 Board Games (AR)	6 9:15 Morning Meeting (AR) 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Walking Club 1:00 Pumpkin Painting with Jackie Rhoads 2:30 Corn Hold (OS) 3:30 Karaoke Happy Hour (P)	7 9:15 Morning Meeting (AR) 9:30 Chair Exercises (AR) 10:00 Ghoulishly Funny Riddles! (AR) 11:00 Candy Corn Toss (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Ed- U Presentation: PA Wildlife by Dawn White Indian Run Environmental 3:30 Family Traditions (CR)	8
9	10 9:15 Morning Meeting (AR) 9:30 Chair Exercise (AR) 10:00 Coffee & Donuts (AR) 10:30 Woofs of Wisdom with Ellie Mae (P) 11:00 Color Me Calm (AR) 1:00 Nickle Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Hydration With Conversation (OS)	11 9:15 Morning Meeting (AR) 10:00 Shopping Trip: Target **\$\$ (OOB) 11:00 Halloween Humor (OL) 1:15 Outing: Merry Mead Farms**\$\$ (OOB) 3:00 Toss & Talk (OL) 4:00 Entertainer: Bruce Copp (P)	12 9:15 Morning Meeting (AR) 9:30 Chair Exercises (AR) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Mummies On A Stick (AR) 1:00 Providence Place Jeopardy (P) 2:30 Decorate & Design Pumpkins & Gourds (CN)	13 9:15 Morning Meeting (AR) 9:45 Communion with St. Eleanor Catholic Church (T) 11:00 Weight s & Movement (AR) 12:00 Ordering Lunch In: Italian Delight Pizza **\$\$ (OOB) 2-4 Community Event: Walk To Remember (OS)	14 9:15 Morning Meeting (AR) 9:30 Chair Exercises (AR) 10:00 Pumpkin Chuck (AR) 11:00 Trivia (AR) 1:00 Dinning Service Committee Mtg (AR) 1:30 Bingo Bucks Bingo (AR) 2:30 Lets Make Something Spooky (T)	15
16	17 9:15 Morning Meeting (AR) 9:30 Chair Exercise (AR) 10:00 Pool Tournament (GM) 11:00 Fresh Air On The Patio (OS) 1:00 Nickle Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Scrapbooking (AR)	18 8:45 Morning Meeting (AR) 9:00 Trip To Elmwood Zoo**\$\$ (OOB) 9:30 Chair Exercises (P) 10:00 Tune Into The News (P) 1:00 Drinks & Discussion (AR) 2:30 Crafty Art Project: Scarecrow (AR) 3:30 Aerobic Drumming (P)	19 9:15 Morning Meeting (AR) 9:30 Chair Exercises (AR) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Art & Aroma (CR) 1:00 Look Who's Dancing Aerobics (P) 2:00 If You've been BOO'D ..Grab your Boo Bag (P) 3:30 Ghostly Cookies (AR)	20 9:15 Morning Meeting (AR) 9:45 Communion with St. Eleanor Catholic Church (T) 10:30 Shopping Trip: Redner's**\$\$ (OOB) 11:00 Chair Exercise (AR) 1:00 Fireside Chat with Terri, E.D. (P) 2:00 Shuffle Board (AR) 4:30-6:30 Family Octoberfest with Performer Tony Lombardi (P)	21 9:15 Morning Meeting (AR) 9:30 Chair Exercises (CR) 10:00 Patio Chat With A Snack (OS) 1:00 Bingo Bucks Bingo (AR) 2:00 Making Ghoulish Ghosts (AR) 3:00 Ed-U Resident Presentation: My Family & Career featuring James McGinley (P/OS)	22
23	24 9:15 Morning Meeting (AR) 9:30 Chair Exercise (AR) 10:00 Music And Memories (AR) 10:30 Woofs of Wisdom with Ellie Mae (P) 11:00 Lets Make Cat Treats (AR) 1:00 Nickle Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Afternoon Fall Refreshments (CR)	25 9:15 Morning Meeting (AR) 9:30 Chair Exercises (AR) 10:30 Shopping Trip: Giant **\$\$ (OOB) 11:00 Hang man (P) 1:00 Lets Get Crafty (CR) 2:00 Fall Flavored Ice Cream Tasting (AR) 3:30 Aerobic Drumming (P)	26 9:15 Morning Meeting (AR) 9:30 Chair Exercises (AR) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Fall Time Detective (OL) 1:00 Golden Soul Dogs with Sage and Jenny Cochran (T) 3:30 Dipping in Caramel Social (CN)	27 9:15 Morning Meeting (AR) 9:45 Communion with St. Eleanor Catholic Church (T) 10:30 Service in Action Trip; Montgomery County SPCA** (OOB) 1:00 Wii Bowling (AR) 3:00 Catholic Mass St. Eleanor Catholic Church (T) 5:00-7:00 Community Celebration With Musical Entertainer Joe Parker	28 9:15 Morning Meeting (AR) 9:30 Chair Exercises (AR) 11:00 Fall Word Search (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Making Mummy Jars (AR) 3:00 Coffee & Conversation (OS) 4:00 End Of The Month Recap (CM)	29