

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.



Providence Place SENIOR LIVING News

Q4: October 2022

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
<p>30</p> <p>6:00 M10:30 Catholic Mass on Screen (T) 11:00 Chair Exercises (P) 1:00 Gardening Club (OS) 2:00 Games in the Pub (P) 3:00 Bocce / Corn Hole (OS) 4:00 Knitting & Crochet Club (P) 6:00 Movie: Alfred Hitchcock's The Birds (T)</p>	<p>31</p> <p>11:00 Chair Exercises (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Creative Crafting (P) 6:00 Halloween Costume & Door Decorations Competition Happy Hour (P) Halloween</p>			<p>Calendar Key: ** Registration Required \$\$ Cost Involved (CR) Community Room (AR) Activity Room (P) Pub, (C) Connections Neighborhood (DR) Dining Room, (OL) Old Lobby (GR) Game Room, (LIB) Library (ML) Main Lobby, (OS) Outside</p>	<h1>October</h1> <h2>2022</h2>	<p>1</p> <p>10:00 Chair Exercises (P) 11:00 Create Boo Bags (AR) 1:00 Bingo in Scarves (AR) 2:00 Shakespeare Rehearsal (P) 3:00 Gardening Club (OS/AR) 3:30 Poker / Black Jack Happy Hour (P) 6:15 Res. Run Dominoes (AR)</p>
<p>2</p> <p>10:30 Catholic Mass on Screen (T) 11:00 Chair Exercises (P) 1:00 Gardening Club (OS) 2:00 Games in the Pub (P) 3:00 Bocce / Corn Hole (OS) 4:00 Knitting & Crochet Club (P) 6:00 Movie: <i>Gone With The Wind</i> (T) Part 1</p>	<p>3</p> <p>11:00 Chair Exercises (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Creative Crafting: Halloween Decor (AR) 6:00 Poker / Black Jack Happy Hour (P)</p>	<p>4</p> <p>9:30 Chair Exercises (CH) 10:30 Diners Caravan Lunch Out: Moccia's Train Stop*** (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (P) 2:00 Circle of Friends (T) 3:30 Aerobic Drumming (P) 6:00 Movie: <i>Gone With The Wind</i> (T) Part 2</p>	<p>5</p> <p>9:30 Chair Exercises (CR) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Games; Corn Hole (OS) 1:00 <i>Look Who's Dancing</i> Aerobics (P) 2:00 If You've been BOO'D... Grab your Boo Bag (P) 2:30 Artful Coloring to Music (P) 3:00 Balloon Volleyball (P) 6:00 Res. Run Card Games (P)</p>	<p>6</p> <p>9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Shopping Trip: Dollar Store*** (OOB) 1:00 Pumpkin Painting with Jackie Rhoads (P) 2:00 Community Crossword (P) 3:30 Karaoke Happy Hour (P) 6:00 Nighttime Nickel Bingo (AR)</p>	<p>7</p> <p>10:30 Chair Exercises (P) 11:00 Community Crossword (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Ed-U Presentation: PA Wildlife by Dawn White Indian Run Environmental 3:00 Community Life Planning Committee Meeting (OS/P) 4:00 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)</p>	<p>8</p> <p>10:00 Chair Exercises (P) 11:00 Tie Dyeing T-Shirts (AR) 1:00 Balloon Volleyball with St. Eleanor Parish Youth Group (AR) 2:00 Bingo in Glasses (AR) 3:00 Bread Making (AR) 3:30 Poker / Black Jack Happy Hour (P) 6:15 Res. Run Dominoes (AR)</p>
<p>9</p> <p>10:30 Catholic Mass on Screen (T) 11:00 Chair Exercises (P) 1:00 Gardening Club (OS) 2:00 Games in the Pub (P) 3:00 Bocce / Corn Hole (OS) 4:00 Knitting & Crochet Club (P) 6:00 Movie: <i>Mamma Mia</i> (T)</p>	<p>10</p> <p>10:30 Woofs of Wisdom with Ellie Mae (P) 11:00 Chair Exercises (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:00 Creative Crafting: Halloween Decor (AR) 6:00 Poker / Black Jack Happy Hour (P)</p>	<p>11</p> <p>9:30 Chair Exercises (CH) 10:00 Shopping Trip: Target*** (OOB) 11:00 Games at the Pub (P) 1:00 YMCA BINGO Adopt a Grandparent Program (AR) 3:00 iN2L Trivia and Games (P) 4:00 Entertainer: Bruce Copp (P) 6:15 Community Board Games (P)</p>	<p>12</p> <p>9:30 Chair Exercises (CH) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Crossword Puzzle (P) 1:00 Providence Place Jeopardy 2:00 If You've been BOO'D... Grab your Boo Bag (P) 3:00 Balloon Volleyball (P) 6:00 Res. Run Card Games (P)</p>	<p>13</p> <p>9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Chair Exercises (P) 11:00 Racko (P) 12:00 Ordering Lunch In: Italian Delight Pizza*** (P) 1:00 Aerobic Drumming (P) 2-4 Walk to Remember (OS) 4:00 Trivia Happy Hour 6:00 Nighttime Nickel Bingo (AR)</p>	<p>14</p> <p>10:30 Chair Exercises (P) 11:00 Community Crossword (P) 1:00 Dinning Services Committee Mtg (AR) 1:30 Bingo Bucks Bingo (AR) 2:30 Making Spider Webs (T) 3:30 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)</p>	<p>15</p> <p>10:00 Chair Exercises (P) 11:00 Decorate Doors for Halloween (AR) 1:00 Bingo in Hats (AR) 2:00 Trivia & Games (OS/Pub) 3:00 Bread Making (AR) 3:30 Poker / Black Jack Happy Hour (P) 6:15 Res. Run Dominoes (AR)</p>
<p>16</p> <p>10:30 Catholic Mass on Screen (T) 11:00 Chair Exercises (P) 1:00 Gardening Club (OS) 2:00 Games in the Pub (P) 3:00 Bocce / Corn Hole (OS) 4:00 Knitting & Crochet Club (P) 6:00 Movie: <i>High Noon</i> (T)</p>	<p>17</p> <p>11:00 Chair Exercises (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:00 Creative Crafting: Creating A Scarecrow (AR) 6:00 Poker / Black Jack Happy Hour (P)</p>	<p>18</p> <p>9:00 Trip to Elmwood Zoo*** (OOB) 9:30 Chair Exercises (CH) 10:30 Coloring to Music in the Pub (P) 1:00 iN2L Trivia and Games (P) 2:00 Circle of Friends (T) 3:30 Aerobic Drumming (P) 6:15 Community Board Games (P)</p>	<p>19</p> <p>9:30 Chair Exercises (CR) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Crossword Puzzle (P) 1:00 <i>Look Who's Dancing</i> Aerobics (P) 2:00 If You've been BOO'D... Grab your Boo Bag (P) 3:00 Balloon Volleyball (P) 6:00 Res. Run Card Games (P)</p>	<p>20</p> <p>9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Shopping Trip: Redner's*** (OOB) 11:00 Community Crossword (P) 1:00 Fireside Chat with Terri, E.D. (P) 2:00 Chair Exercises (P) 4:30-6:30 Family Octoberfest with Performer Tony Lombardi (P)</p>	<p>21</p> <p>10:30 Chair Exercises (P) 11:00 Community Crossword (P) 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) 4:00 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)</p>	<p>22</p> <p>9:30 Walking Club (L) 11:00 Cooking Group; Dog Biscuits (AR) 1:00 Bingo Bucks Bingo - Win Bingo Bucks or bring old ones in for prizes (AR) 2:00 Decorative Door Competition (T) 3:00 Bread Making (AR) 3:30 Poker / Black Jack Happy Hour (P) 6:15 Res. Run Dominoes (AR)</p>
<p>23</p> <p>10:30 Catholic Mass on Screen (T) 11:00 Chair Exercises (P) 1:00 Gardening Club (OS) 2:00 Games in the Pub (P) 3:00 Bocce / Corn Hole (OS) 4:00 Knitting & Crochet Club (P) 6:00 <i>Some Like It Hot</i> (T)</p>	<p>24</p> <p>10:30 Woofs of Wisdom with Ellie Mae (P) 11:00 Chair Exercises (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:00 Creative Crafting: Creating A Scarecrow (AR) 6:00 Poker / Black Jack Happy Hour (P)</p>	<p>25</p> <p>9:30 Chair Exercises (CH) 10:30 Shopping Trip: Giant*** (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (P) 2:00 Circle of Friends (T) 3:30 Aerobic Drumming (P) 6:15 Community Board Games (P)</p>	<p>26</p> <p>9:30 Chair Exercises (CH) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Crossword Puzzle (P) 1:00 Golden Soul Dogs with Sage and Jenny Cochran (T) 2:00 If You've been BOO'D... Grab your Boo Bag (P) 2:30 Balloon Volleyball (P) 3:30 Scarecrow Competition (P) 6:00 Res. Run Card Games (P)</p>	<p>27</p> <p>9:45 Communion w/ St. Eleanor (T) 10:00 Chair Exercises (P) 10:30 Service in Action Trip: Montgomery County SPCA** (OOB) 1:00 Community Crossword (P) 3:00 Catholic Mass St. Eleanor Catholic Church (T) 4:00 Name That Tune Happy Hour (P) 6:00 Trick or Treat with Cub Scouts Troop 230 (at Prov. Place)</p>	<p>28</p> <p>10:30 Chair Exercises (P) 11:00 Community Crossword (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Making Mummy Jars (AR) 3:00 Picture Sharing (P/OS) 4:00 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)</p>	<p>29</p> <p>9:30 Walking Club (L) 11:00 Cooking Group; Boo Bags (AR) 1:00 Bingo in Scarves (AR) 2:00 Trivia & Games (OS/Pub) 3:00 Bread Making (AR) 3:30 Poker / Black Jack Happy Hour (P) 6:15 Res. Run Dominoes (AR)</p>