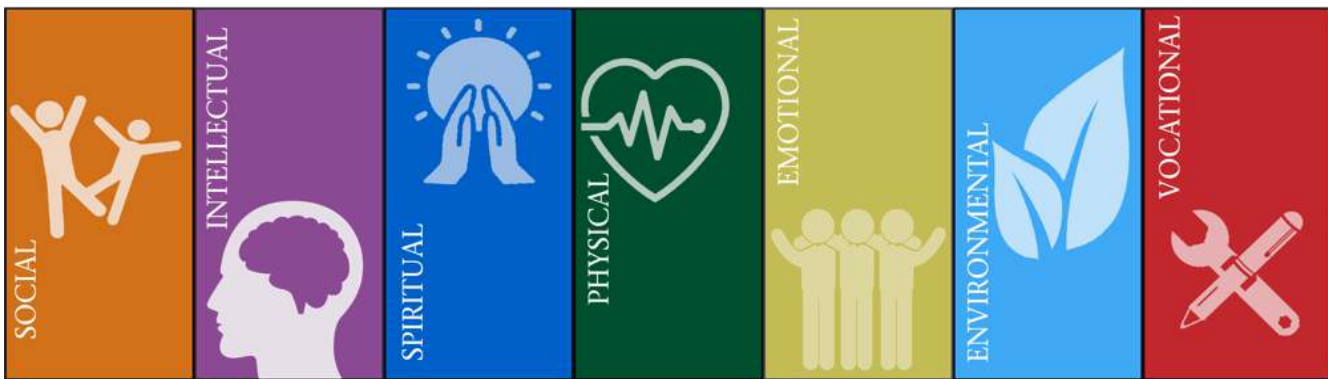


Focus on Wellness

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

A Note from the Executive Director

As we continue to face COVID, we are all working together to keep our community a safe environment while maintaining active programming. We thank you for playing your part by continuing to cooperate with our masking requirements, sign-in process and social distancing during visits.

At this time, we continue with our community dining and an active Community Life schedule of events and programs - we are hopeful that this will not change recognizing what an important role socialization and engagement play in the health and wellness of our residents.

Make sure to check your calendars for the upcoming activities and events. Our annual Luau was a great success! Thanks to all that worked hard to pull off the event. Thank you as well to all the residents and families that attended. We will be hosting an Alzheimer's/Dementia Awareness walk on campus in October – stay tuned for details.

Keep enjoying our outside walking trail and patios as we move into this fall season.

Best,
Howard Holben
Executive Director

Highlighted Events

- 1 – **Oktoberfest** @ 2pm
- 6 – **Pumpkin Picking** @ 10am
Connections & Connections Club
- 7 – **Community Fall Feast**
@ 2:15pm
- 11 – **Movie Matinee Outing:**
Hocus Pocus 2 @ 1pm
- 14 – **Musical Entertainment:**
Featuring Elvis @ 2pm
- 18 – **Dinner Out: Hoss's** @ 3pm
Families Welcome!
- 28 – **Community Trick-or-Treat**
@ 6pm
- 28 – **Halloween Party**
Connections Club
- 29 – **Walk to End Alzheimer's**
@ 9am (John Rudy Park)
- 31 – **Spooktacular Halloween Social** @ 2pm

October

- 2 – Arthur T.
- 3 – Betty C.
- 4 – Jean N.
- 9 – Janet B.
- 10 – Anna Mary N.
- 10 – Earl T.
- 10 – Jean J.
- 16 – Betty R.
- 16 – Federick L.
- 19 – Virginia A.
- 23 – William S.
- 25 – Clyde L.
- 30 – Helen B.
- 30 – Colleen E.

Resident Birthdays

November

- 1 – Budd L.
- 1 – Mary S.
- 1 – Margaret S.
- 2 – Frances C.
- 6 – Alecia F.
- 14 – Gloria H.
- 18 – Janet S.
- 21 – Robert H.
- 22 – Sandra R.
- 24 – Nancy B.
- 27 – Carol F.
- 30 – Shirley Y.

December

- 2 – Eleanor B.
- 3 – Grayson S.
- 3 – Virginia M.
- 3 – Marjorie Z.
- 7 – Betty G.
- 8 – Dorothy H.
- 9 – Dorothy W.
- 14 – Vera O.
- 14 – Sharon W.
- 18 – Christine K.
- 26 – Lois S.
- 31 – Mary Lou R.



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

Welcome New Residents

Bill H.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Learn on the iN2L: Current Events (CR) 11:00 Menu Review (CR) 1:15 Name that tune (CR) 3:00 Worship Service (CR)	31 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Movie Treats Prep (CR) 11:00 Menu Review (CR) 1:00 Halloween Costume Parade (BW) 2:00 Spooktacular Social (P) 4:00 Menu Review (CR) Halloween	THE 		Calendar Key: ** Registration Required \$\$ Cost Involved (BW) Building Wide (CN) Connection Neighborhood (CR) Community Room (AR) Activity Room (100 Hall Pat) 100 Hall Patio (DRP) Dining Room Patio (LB) Lobby (P) Pub	October 2022	1 9:30 Morning Exercise (AR) 10:00 Donuts & Daily Reading (CR) 10:45 Table Top Game & Menu Review (CR) 1:30 Arm Chair Travels: Germany (AR) 2:45 Afternoon Refreshments: Root Beer Floats and Pretzels (AR) 4:00 Menu Review (CR)
2 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Learn on the iN2L: Current Events (CR) 11:00 Menu Review (CR) 1:00 Magic Show & Dover Alzheimer Walk (CN) 3:00 Worship Service (CR)	3 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Architecture Appreciation & Building (CR) 11:00 Menu Review (CR) 1:30 Music with Katie (AR) 2:30 Afternoon Refreshments (CR) 3:00 Card Crunch Fitness (CR) 4:00 Menu Review (CR)	4 9:30 Morning Exercise (AR) 10:00 Daily Reading & Cinnamon Rolls (CR) 10:15 Junk Drawer Detective (CR) 11:00 Menu Review (CR) 1:15 Create & Design with Friends (CN) 1:30 Faith Film with Chaplain Shawn (CR) 2:00 Happy Hour (P) 4:00 Menu Review (CR)	5 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Roll a Story (CR) 11:00 Menu Review (CR) 1:30 Mid Week Worship (CR) 2:30 Drinks and Discussion (CR) 4:00 Menu Review (CR)	6 9:30 Morning Exercise (AR) 10:00 Pumpkin Picking with Friends (OOB) 10:45 Daily Reading & Menu Review (CR) 1:15 Helping Hands: Walkers and Wheelchair Cleaning (CR) 2:15 Chair Zumba on iN2L (CR) 3:15 Brain games on the iN2L (CR) 4:00 Menu Review (CR) 6:00 Community Trick or Treating (BW)	7 9:30 Morning Exercise (AR) 10:00 Culinary Creations: Apple Pie (AR) 10:30 Daily Reading & Themed Trivia (AR) 11:00 Menu Review (AR) 2:00 Community Event: Fall Festival (100 Hall Patio-) 4:00 Menu Review (100 Hall Pat)	8 9:30 Morning Exercise (AR) 10:00 Donuts & Daily Reading (CR) 10:45 Table Top Game & Menu Review (CR) 1:30 Yarn Crafting for You (CR) 2:45 Afternoon Refreshments (AR) 4:00 Menu Review (CR)
9 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Learn on the iN2L: What is Sukkot? (CR) 11:00 Menu Review (CR) 1:15 Name the Celebrity (CR) 3:00 Worship Service (CR)	10 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Respect for Cultural Diversity Day (CR) 11:00 Menu Review (CR) 1:30 Music with Katie (AR) 2:30 Afternoon Refreshments (CR) 3:00 Exercise Dice Round Up (CR) 4:00 Menu Review (CR)	11 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Culinary Creations: Personal Sausage Pizzas (CR) 11:00 Menu Review (CR) 1:15 Create & Design with Friends (CN) 1:30 Faith Film with Chaplain Shawn (CR) 2:00 Happy Hour (P) 4:00 Menu Review (CR)	12 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 From Farmers to Table (CR) 11:00 Menu Review (CR) 1:30 Mid Week Worship (CR) 2:30 Top Spinning Competition (CR) 4:00 Menu Review (CR)	13 9:30 Morning Exercise (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 Helping Hands: Walkers and Wheelchair Cleaning (CR) 2:15 Learn on the iN2L: Breast Cancer Awareness Day (CR) 3:15 Brain Games on the iN2L (CR) 4:00 Menu Review (CR)	14 9:30 Morning Exercise (AR) 10:00 Culinary Creations: Guitar Cookies (AR) 10:30 Daily Reading & Themed Trivia (AR) 11:00 Menu Review (AR) 12:45 Employee Appreciation Table (FL) 2:00 Elvis is in the House (P) 3:00 Half Hour Humor (P) 4:00 Menu Review (P)	15 9:30 Morning Exercise (AR) 10:00 Donuts & Daily Reading (CR) 10:45 Table Top Game & Menu Review (CR) 1:15 I Love Lucy & Her Favorites (P) 2:00 Music with Tom and Randi (P) 2:45 Afternoon Refreshments (AR) 4:00 Menu Review (CR)
16 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Learn on the iN2L: How to Help Our Spine (CR) 11:00 Menu Review (CR) 1:15 Name 5 game (CR) 3:00 Worship Service (CR)	17 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Take a Mulligan Day (CR) 11:00 Menu Review (CR) 1:30 Music with Katie (AR) 2:30 Afternoon Refreshments (CR) 2:30 Glazing Sun Pottery (AR) 3:00 Big Ball Circle Group Exercise (CR) 4:00 Menu Review (CR)	18 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 All About Alaska (CR) 11:00 Menu Review (CR) 1:15 Create & Design with Friends (CN) 1:30 Faith Film with Chaplain Shawn (CR) 2:00 Happy Hour (P) 4:00 Menu Review (CR)	19 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 From Farm to Table (CR) 11:00 Menu Review (CR) 1:30 Mid Week Worship (CR) 2:30 Taste What We Made (CR) 4:00 Menu Review (CR)	20 9:30 Morning Exercise (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 Helping Hands: Walkers and Wheelchair Cleaning (CR) 2:15 Learn on the iN2L: What It Takes to Become a Chef (CR) 3:15 Brain games on the iN2L (CR) 4:00 Menu Review (CR)	21 9:30 Morning Exercise (AR) 10:00 Culinary Creations: Nachos to Go (AR) 10:30 Daily Reading & Themed Trivia (AR) 11:00 Menu Review (AR) 12:45 Employee Appreciation Table (FL) 2:00 Music with Tom Shultz (P) 3:00 Half Hour Humor (P) 4:00 Menu Review (P)	22 9:30 Morning Exercise (AR) 10:00 Donuts & Daily Reading (CR) 10:45 Table Top Game & Menu Review (CR) 1:30 Dog Day Bingo (CR) 2:45 Afternoon Refreshments (AR) 4:00 Menu Review (CR)
23 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Learn on the iN2L: Reminisce about TV Talk Show Hosts (CR) 11:00 Menu Review (CR) 1:15 Taste of Boston Cream Pie (P) 3:00 Worship Service (CR)	24 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Signs of a Senior UTI (CR) 11:00 Menu Review (CR) 1:30 Music with Katie (AR) 2:30 Afternoon Refreshments (CR) 3:00 Dancing to the Rhythm (CR) 4:00 Menu Review (CR)	25 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Art Appreciation Day History (CR) 11:00 Menu Review (CR) 1:15 Create & Design with Friends (CN) 1:30 Faith Film with Chaplain Shawn (CR) 2:00 Happy Hour (P) 4:00 Menu Review (CR)	26 9:30 Morning Exercise (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Day of the Deployed Cards (CR) 11:00 Menu Review (CR) 1:30 Mid Week Worship (CR) 2:30 Taste of Mincemeat Pie & History (CR) 4:00 Menu Review (CR)	27 9:30 Morning Exercise (AR) 10:00 Hymns with Chaplain Shawn (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 Helping Hands: Walkers and Wheelchair Cleaning (CR) 2:00 Ed- U Presentation: Native Americans (AR) 3:15 Brain games on the iN2L (CR) 4:00 Menu Review (CR)	28 9:30 Morning Exercise (AR) 10:00 Culinary Creations: Monster Munch (AR) 10:30 Daily Reading & Themed Trivia (AR) 11:00 Menu Review (AR) 12:45 Employee Appreciation Table (FL) 2:15 Drinks on the House (P) 3:00 Half Hour Humor (P) 4:00 Menu Review (P)	29 9:30 Morning Exercise (AR) 10:00 John Rudy Park Alzheimer's Walk (OOB) 1:30 Daily Reading (CR) 2:00 Crafting Corner: Bird Feeders (CR) 2:45 Afternoon Refreshments (AR) 4:00 Menu Review (CR)