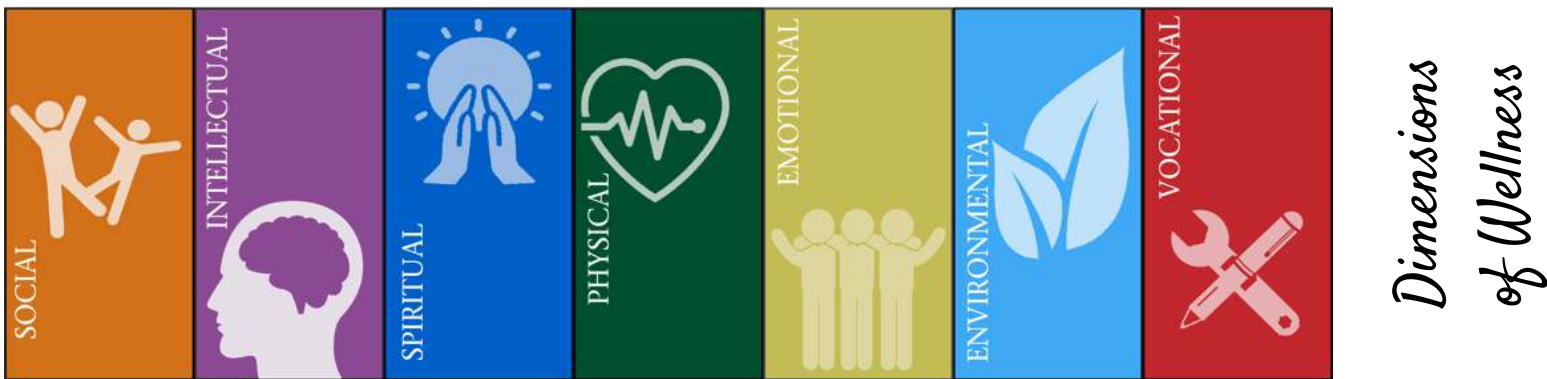


Focus on Wellness

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!



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.



Providence Place SENIOR LIVING News

Q4: October 2022

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

Welcome New Residents

Bill H.



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>9:30 Body Pump-kin Exercise (AR) 10:00 Making it Easy Cooking Club Apple Cider Cheese Fondue (AR) 1:00 Taste What We Create (AR) 1:45 Spooky Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)</p>	<p>31</p> <p>9:30 Body Pump-kin Exercise 10:00 Left/Right Halloween Story Game <i>The Ghost Party</i> (AR) 10:30 Greif Share and Support Group (CR) 1:00 Halloween Parade (FL) 2:00 Spooktacular Social (P) 3:00 Candy Corn Toss (AR) 6:00 Halloween Special Feature: <i>Hocus Pocus</i> (CR) Halloween</p>			<p>Calendar Key: (AR) Activities Room, (DR) Dining Room (FR) Fitness Room, (P) PUB (CR) Community Room (CDR) Create & Design Room (CY) 100 Hall Court Yard (PT) Pool Table Room, (L) Lobby (FP) Front Patio, (FL) Front Lobby (CN) Connections Neighborhood (OOB) Out of the Building ** Registration Required, \$\$ Cost Involved</p>	<h1>October</h1> <h2>2022</h2>	<p>1</p> <p>9:30 Morning Exercise (AR) 10:00 Oktoberfest Pop-Ups (AR) 10:30 Moral Dilemma & Discussions (AR) 1:00 Armchair Travels: Germany (AR) 2:00 Oktoberfest Celebrations (AR) 3:00 Crafters Corner (AR) 6:00 Cards Club (AR)</p>
<p>2</p> <p>9:30 Morning Exercise (AR) 10:00 Making It Easy Cooking Club The Original Toll House Cookie (AR) 1:00 Community Support Alzheimer Walk Around the Campus (FL) 1:15 Taste What We Create (AR) 2:00 Pokeno (AR) 3:00 Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)</p>	<p>3</p> <p>9:30 Morning Exercise (AR) 10:00 Discuss and Recall (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie from York Musical Therapy (AR) 2:00 Fall Country Side Ride **(OOB) 6:15 Rummikub (FL)</p>	<p>4</p> <p>9:30 Morning Exercise (AR) 10:00 Fit Feet Walkers Group (FL) 10:30 Word in a Word (AR) 1:30 Circle of Friends With Chaplin Shawn (CR) 2:00 Happy Hour with Hot Hors d'oeuvres (P) 3:00 Cards Club: Dealers Choice (AR) 6:00 Prize Bingo (AR)</p>	<p>5</p> <p>9:30 Morning Exercise (AR) 10:00 Coffee and Questions (AR) 10:15 Life Chats with Chaplin Shawn (P) 10:30 Grocery Shopping Trip: Giant Food Stores **\$\$ (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Community Life Planning Committee (AR) 3:00 Bible Study (CR) 6:15 Movie Night: Clue (CR)</p>	<p>6</p> <p>9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:15 Trivia: Would You Rather (AR) 10:30 Praying the Rosary (P) 1:00 Helping Hands: Fall Fest Homemade Applesauce (AR) 2:00 Dining Committee Meeting (AR) 3:00 Bingo (AR) 4:00/5:00 Wine and Dine (DR) 6:00 iN2L Game Night (AR)</p>	<p>7</p> <p>9:30 Morning Exercise (AR) 10:00 Manicures and Music (AR) 10:30 Helping Hands: Social Set Up (100P) 1:15 Cooking Creations with Connections Neighbors ** (CN) 2:00 Fall Fest Social (100P) 2:15 Musical Entertainment featuring Country Favs by Marshall Stone (100P) 6:00 Resident Run Bingo (AR)</p>	<p>8</p> <p>9:30 Morning Exercise (AR) 10:00 House of Café Doughnut Mind if I Do (AR) 1:00 Moral Dilemma & Discussion (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafters Corner (AR) 6:00 Cards Club (AR)</p>
<p>9</p> <p>9:30 Morning Exercise (AR) 10:15 Making It Easy Cooking Club Baked Goat Cheese Empanadas (AR) 1:00 Taste What We Created (AR) 1:45 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)</p>	<p>10</p> <p>9:30 Morning Exercise (AR) 10:00 Discuss and Recall (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie from York Musical Therapy (AR) 3:00 Science Exploration: Rock Candy (AR) 6:15 Rummikub (FL)</p>	<p>11</p> <p>9:30 Morning Exercise (AR) 10:00 Ed-U Wellness Presentation: <i>Mental and Emotional Health</i> by Laura Lambert, Program Manager Bayada Home Health Care (AR) 1:00 Matinee: Regal Cinema Featuring <i>Hocus Pocus 2</i> **\$\$ (OOB) 1:30 Circle of Friends w With Chaplin Shawn (CR) 3:00 Cards Club: LCR (AR) 6:00 Prize Bingo (AR)</p>	<p>12</p> <p>9:30 Morning Exercise (AR) 10:00 Coffee and Questions (AR) 10:15 Life Chats with Chaplin Shawn (P) 10:30 Retail Shopping Trip: Target **\$\$ (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Food for Thought with Chef Joe (AR) 3:00 Bible Study (CR) 6:15 Movie Night Sleepy Hallow (CR)</p>	<p>13</p> <p>9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:15 Thankful To You Committee (AR) 10:30 Praying the Rosary (P) 1:00 History Buffs Club (AR) 2:00 Grateful Drumming, Joe Ciarvella (CR) 3:00 Bingo (AR) 4:00/5:00 Wine and Dine (DR) 6:00 iN2L Game Night (AR)</p>	<p>14</p> <p>9:30 Morning Exercise (AR) 10:00 Manicures and Music (AR) 10:30 My Life Story (AR) 1:15 Cooking Creations with Connections Neighbors ** (CN) 2:00 Musical Entertainment Featuring Elvis (P) 3:00 Rays To Grow Garden Club (AR) 6:00 Resident Run Bingo (AR)</p>	<p>15</p> <p>9:30 Morning Exercise (AR) 10:00 House of Café Doughnut Mind if I Do (AR) 1:00 Moral Dilemma & Discussion (AR) 2:00 Musical Entertainment Featuring Tom and Randy (P) 3:00 Crafters Corner (AR) 6:00 Cards Club (AR)</p>
<p>16</p> <p>9:30 Morning Exercise (AR) 10:15 Making It Easy Cooking Club Dr. Pepper Chocolate Cake (AR) 1:00 Taste What We Create (AR) 1:45 Pokeno (AR) 3:00 Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)</p>	<p>17</p> <p>9:30 Morning Exercise (AR) 10:00 Brain Games with Bethany, Powerback Rehab (AR) 10:30 Greif Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie from York Musical Therapy (AR) 2:30 Art Exploration: Glazing Sun (AR) 6:15 Rummikub (FL)</p>	<p>18</p> <p>9:30 Morning Exercise (AR) 10:00 Fit Feet Walker Group (FL) 10:30 Word in a Word (AR) 1:30 Circle of Friends With Chaplin Shawn (CR) 2:00 Prize Bingo (AR) 3:00 Dinner Out: Hoss' Steak House **\$\$ (OOB) 6:00 Residents Ran Game Night: Kings in the Corner (AR)</p>	<p>19</p> <p>9:30 Morning Exercises (AR) 10:00 Coffee and Questions (AR) 10:15 Life Chats with Chaplin Shawn (P) 10:30 Retail Shopping Dollar Tree **\$\$ (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Fireside Chat with E.D Howard (AR) 3:00 Bible Study (CR) 6:15 Game Night with Dover Women of Today (AR)</p>	<p>20</p> <p>9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (AR) 10:15 Ladies Circle: Halloween Traditions (AR) 10:30 Praying the Rosary (P) 1:00 Men's Club: Pumpkin Chuckin' (AR) 2:00 Welcome Ambassador Committee (P) 3:00 Bingo (AR) 6:00 iN2L Game Night (AR)</p>	<p>21</p> <p>9:30 Morning Exercise (AR) 10:00 Manicures and Music (AR) 10:30 My Life Story (AR) 1:15 Cooking Creations with Connections Neighbors ** (CN) 2:00 Musical Entertainment featuring Tom Schutlz (P) 3:00 Halloween Art Canvas Painting ** (AR) 6:00 Resident Run Bingo (AR)</p>	<p>22</p> <p>9:30 Morning Exercise (AR) 10:00 House of Café Doughnut Mind if I Do (AR) 1:00 Moral Dilemma & Discussions (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafters Corner (AR) 6:00 Cards Club (AR)</p>
<p>23</p> <p>9:30 Morning Exercise (AR) 10:15 Making It Easy Cooking Club Pumkin Pie Spice Bread (AR) 1:00 Taste What We Create (AR) 1:45 Jingo (AR) 3:00 Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)</p>	<p>24</p> <p>9:30 Morning Exercise (AR) 10:00 Discuss and Recall (AR) 10:30 Greif Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie from York Musical Therapy Halloween Edition (AR) 2:30 Fall Country Side Ride **(OOB) 6:15 Rummikub (FL)</p>	<p>25</p> <p>9:30 Morning Exercise (AR) 10:00 Fit Feet Walkers Group (FL) 10:30 Word in a Word (AR) 1:30 Circle of Friends With Chaplin Shawn (AR) 2:00 Spooky Happy Hour With Hot Hors d'oeuvres (P) 3:00 Cards Club: I've Got It (AR) 6:00 Prize Bingo (AR)</p>	<p>26</p> <p>9:30 Morning Exercise (AR) 10:15 Life Chats with Chaplin Shawn (CR) 10:30 Shop Retail: Christmas Tree Shops **\$\$ (OOB) 1:00 Mid-Week Worship Service (CR) 2:00 Ed-U Presentation: <i>Native Harvest & The Original Thanksgiving</i>, Mary Robins Conservation Society of York Co (AR) 3:00 Bible Study (CR) 6:00 Movie Night: <i>The Sixth Sense</i> (CR)</p>	<p>27</p> <p>9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:15 Men's Club: Pinochle (P) 10:30 Praying the Rosary (P) 1:00 History Buffs Club (AR) 2:00 Armchair Travelers: Transylvania (AR) 3:00 Bingo (AR) 4:00/5:00 Wine and Dine (DR) 6:00 iN2L Game Night (AR)</p>	<p>28</p> <p>9:30 Morning Exercise (AR) 10:00 Manicures and Music (AR) 10:30 My Life Story (A) 1:15 Cooking Creations with Connections Neighbors ** (CN) 2:00 Halloween LIVE-ation Party (P) 6:00 Providence Place Friends & Family Event: Trick-or-Treat (CW)</p>	<p>29</p> <p>9:00 Community Event: 2022 Walk to End Alzheimer Disease, John Rudy** (OOB) 9:30 Resident Run Morning Exercise (AR) 10:15 Resident Run Jingo (AR) 1:00 Moral Dilemma & Discussions (AR) 2:00 Halloween Trivia (AR) 3:00 Crafters Corner (AR) 6:00 Cards Club (AR)</p>