

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

8 – Donald G.
11 – Vivian L.
13 – Marie K.
14 – John D.
14 – George O.
19 – Douglas N.
21 – Elma K.
26 – Peggy T.

November

9 – Laura G.
11 – Tae Hwan S.
12 – Abram R.
19 – Patricia F.
20 – Louise W.
23 – Anne A.
23 – Glenn C.
24 – Barbara G.
24 – Doris C.
27 – J. Roger D.
29 – Donna Y.
30 – Marian M.

December

3 – Opal M.
3 – Sheldon H.
5 – Barbara G.
7 – Charles B.
20 – Dorothy G.
27 – Richard B.



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



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 night on October 26th. Please consider bringing your children or grandchildren to the festivities.

Please join me in welcoming our new Dining Director & Executive Chef, Dennis Rakers. He comes to us with over 20 years of dining experience and we really look forward to a great experience.

On October 27th, 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.

Wishing you a Happy Halloween season and a bountiful fall.

Best,

Donna O'Leary

Executive Director

Highlighted Events

- 7 – Hill Top Acre's Market Outing @ 10:30am
- 13 – Fall Celebration @ 2pm
- 18 – Grateful Drumming Circle @ 2pm
- 21 – Fireside Chat with Donna @ 2pm
- 26 – Trick-or-Treat @ 6pm
- 27 – Flu & COVID vaccine clinic @ 10a-2p
- 31 – Halloween Party @ 3pm

Welcome New Residents

Zoe R.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 10:00 Heart Healthy Walking Club (FL) 10:30 Team Cuisine Cooking Club: Sweet Potato Pound Cake (AR) 2:00 Sunday Afternoon Social Travel Talk: Exploring– <i>Life in a Southern Kitchen</i> Sample Team Cuisine's Cooking (GL) 3:00 Sunday Worship Service (CH) 6:00 Hallmark Movie Night (CH)	31 10:00 Stretch & Flex (CH) 10:30 Halloween Puzzles (AR) 10:45 Crafting: For Holiday Bazaar (AR) 3:00 Community Life Halloween Party Stay for Refreshments and Music (DR) 6:00 Ghoulish Bingo Night (AR) Halloween			Calendar Key: (BR) Billiards Room (CH) Chapel (AR) Activity Room (S) Salon (GL) Governor's Lounge (LB) Library (DR) Dining Room (FL) Lobby (FP) Front Porch (OOB) Out of Building \$\$ Cost Involved ** Registration Required	Octo-	1 10:00 What's the Word (AR) 10:30 Bingo (CH) 1:30 Creative Crafting: Greeting Card (AR) 2:30 Happy Hour :Drinks, Apps & Fun "Time for Fun" National Clock Month (GL) 3:15 Country Ride **OOB (AR) 6:00 Dominoes Night (AR)
2 10:00 Heart Healthy Walking Club (FL) 10:30 Team Cuisine Cooking Club: Corinne's 'Talian Stromboli (AR) 2:00 Sunday Afternoon Social Travel Talk: Exploring– Italy Sample Team Cuisine's Cooking (GL) 3:00 Sunday Worship Service (CH) 6:00 Hallmark Movie Night (CH)	3 10:00 Stretch & Flex (CH) 10:30 Wacky Wordies Picture Puzzles (AR) 10:45 Crafting: For Holiday Bazaar (AR) 1:30 Book Club: Read and Discuss (AR) 2:00 Art Exploration: <i>Painting Pottery</i> by Pottery Works of Lancaster (AR) 3:15 Balloon Volleyball Game (CH) 6:00 Bingo w/ ELC Home Schoolers (AR)	4 10:00 Weight & Band Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Lunch & Shopping Trip: Boscov's & City Line Diner **\$\$ (OOB) 1:30 Welcome Ambassador Meeting (AR) 2:00 Community Life Planning Mtg (AR) 3:15 Jeopardy Challenge (AR) 6:00 Scrabble Night (AR)	5 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Who-What am I? Hope Visits! (CH) 2:15 Christmas Choir Practice (CH) 3:15 Bingo Fun (AR) 4:15 Pick up Pumpkins to Decorate (L) 6:00 Movie Night: Here to Eternity (CH)	6 10:00 Balance in Action (CH) 10:30 Greif Support Group (CH) 1:30 Living & Giving <i>Community Out Reach Club</i> (CH) 2:00 In the Garden with Chaplain Jeff <i>Horticulture Cub</i> (CH) 3:15 LCR with Chaplain Jeff (AR) 6:00 Horse Racing Night (AR)	7 10:00 Fun Friday Fitness Games (CH) 10:30 Special Outing: Hill Top Acre's Farm Market w/ Chaplain & Pat **\$\$ (OOB) 2:00 Fall Frolic: w/ music by Keyboardist <i>Nick Viscuso: Fall Food & Fun</i> (DR) 3:15 Word in a Word & Friday Floats (AR) 6:30 Front Porch Sitters (FP)	8 10:00 What's the Word (AR) 10:30 Bingo (CH) 1:30 Fall Crafts: <i>Boo Door Hangers</i> 2:30 Happy Hour :Drinks, Apps & Fun <i>BOO to you Bash:</i> <i>Ghosts & Giggles</i> (GL) 3:15 Decorating Pumpkins (L) 6:00 Dominoes Night (AR)
9 10:00 Heart Healthy Walking Club (FL) 10:30 Team Cuisine Cooking Club: Fun with Food " Mini Sukkot's" (AR) 2:00 Sunday Afternoon Social: Understanding Sukkot & Simchat Torah– w/ Resident Rosanne Cohen Sample Team Cuisine's Cooking (GL) 3:00 Sunday Worship Service (CH) 6:00 Hallmark Movie Night (CH)	10 10:00 Stretch & Flex (CH) 10:30 Ed-U Wellness: Emotional Health By Catherine from Bayada Home Health 1:30 Book Club: Read and Discuss (AR) 2:00 Art Exploration: <i>Pumpkin Painting</i> (AR) 3:15 Balloon Volleyball Game (CH) 6:00 Bingo Night (AR)	11 10:00 Weight & Band Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shopping : Community Aide**\$\$ (OOB) 1:30 Thankful to You Committee (AR) 2:00 Dining Service Committee Meeting <i>Meet Dennis our Executive Chef</i> (CH) 3:15 Spelling Bee (AR) 6:00 Scrabble Night (AR)	12 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Who-What am I? Hope Visits! (CH) 2:15 Christmas Choir Practice (CH) 3:15 Bingo Fun (AR) 4:15 Dinner Out: Fiorentino's Restaurant Lititz Airport, Enjoy Q& A about the Lititz Airport **\$\$ (OOB) 6:00 Movie Night: Sweet November (CH)	13 10:00 Balance in Action (CH) 10:30 Greif Support Group (CH) 1:30 TED Talk: The Surprising Science of Happiness by Dan Gilbert (CH) 2:00 Fall Celebration: Tanya & Marge <i>Enjoying Autumn</i> :Drinks & Dessert (CH) 3:15 LCR with Chaplain Jeff (AR) 6:00 Coupons for Troops (AR)	14 10:00 Fun Friday Fitness Games (CH) 10:30 Journey Through the Bible (CH) 10:30 Grocery Run: Stauffer's **\$\$ (OOB) 1:30 Spiritual Community Club (CH) 2:00 ED-U Presentation: Fall Foliage By Lisa Sanchez, L.C.P & R. (CH) 3:15 Word in a Word & Friday Floats (AR) 6:30 Front Porch Sitters (FP)	15 10:00 What's the Word (AR) 10:30 Bingo (CH) 1:30 Fall Crafts: <i>Monstrous Snow Globes</i> 2:30 Happy Hour : Drinks, Apps & Fun <i>Monster Movie Madness</i> (GL) 3:15 Classic Scary Movies Matinee (CH) 6:00 Dominoes Night (AR)
16 10:00 Heart Healthy Walking Club (FL) 10:30 Team Cuisine Cooking Club: Pumpkin Pie Microwave Mugs (AR) 2:00 Sunday Afternoon Social Reminiscing: Remembering the Pumpkin Patch & Team Cuisine's Cooking (GL) 3:00 Sunday Worship Service (CH) 6:00 Hallmark Movie Night (CH)	17 10:00 Stretch & Flex (CH) 10:30 Picture it Puzzles & Discussion (AR) 10:45 Crafting: For Holiday Bazaar (AR) 1:30 Book Club: Read and Discuss (AR) 2:00 Art Exploration: Paint & Sip <i>Cat & Moon Painting</i> (AR) 3:15 Balloon Volleyball Game (CH) 6:00 Bingo Night (AR)	18 10:00 Weight & Band Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Lunch Trip: BJ's Brewery **\$\$ (OOB) 1:30 Pen to Paper Writing Club (AR) 2:00 Drum Circle: Grateful Drumming w/ Joe Ciarvella (CH) 3:15 Jeopardy Challenge (AR) 6:00 Scrabble Night (AR)	19 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Who-What am I? Hope Visits! (CH) 2:15 Christmas Choir Practice (CH) 3:15 Bingo Fun (AR) 4:15 Pumpkin Judging Begins (L) 6:00 Movie Night: Autumn in New York(CH)	20 10:00 Balance in Action (CH) 10:30 Greif Support Group (CH) 10:45 Physical Therapy Month Activity (CH) 1:30 TED Talk: A Philosophy of a Happy Life by Sam Berns (CH) 2:00 Men's Club with Chaplain Jeff (CH) 3:15 LCR with Chaplain Jeff (AR) 6:00 Horse Racing Night (AR)	21 10:00 Fun Friday Fitness Games (CH) 10:30 Journey Through the Bible (CH) 10:30 Grocery Run: Giant **\$\$ (OOB) 1:30 Spiritual Community Club (CH) 2:00 Fireside Chat:E.D. Donna O'Leary (CH) 3:15 Word in a Word & Friday Floats (AR) 6:30 Front Porch Sitters (FP)	22 10:00 What's the Word (AR) 10:30 Bingo (CH) 1:30 Fall Crafts: <i>Sugar Pumpkins</i> (AR) 2:30 Happy Hour : Drinks, Apps & Fun <i>Everything Oktoberfest</i> (GL) 3:15 Organ Music: by Gary Collier (CH) 6:00 Dominoes Night (AR)
23 10:00 Heart Healthy Walking Club (FL) 10:30 Team Cuisine Cooking Club: Boston Cream Pie (AR) 2:00 Sunday Afternoon Social Exploring Boston– Celebrate Boston Cream Pie Day (GL) 3:00 Sunday Worship Service (CH) 6:00 Hallmark Movie Night (CH)	24 10:00 Stretch & Flex (CH) 10:30 Category Challenge (AR) 10:45 Crafting: For Holiday Bazaar (AR) 1:30 Book Club: Read and Discuss (AR) 2:00 Ed-U Presents: Trivia Challenge w/ retired Educator, Bob Reigh (AR) 3:15 Balloon Volleyball Game (CH) 6:00 Bingo Night (AR)	25 10:00 Weight & Band Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Lunch Trip: Hinkle's Diner **\$\$ (OOB) 1:30 Chef's Pairing with Chef Dennis (AR) 2:00 Celebration of Life Service (CH) 3:15 Spelling Bee (AR) 6:00 Scrabble Night (AR)	26 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Who-What am I? Hope Visits! (CH) 2:15 Christmas Choir Practice (CH) 3:15 Bingo Fun (AR) 6:00 Friends & Family Trick or Treat Night ** (3rd Floor)	27 10:00 Balance in Action (CH) 10:30 Greif Support Group (CH) 11:00 Volunteer Appreciation Lunch (OOB) 2:00 Connection Helps w/Chaplain (CH) 3:15 LCR with Chaplain Jeff (AR) 6:00 Coupons for Troops (AR)	28 10:00 Fun Friday Fitness Games (CH) 10:30 Journey Through the Bible (CH) 10:30 Grocery Run: Wegman's **\$\$ (OOB) 1:30 Spiritual Community Club (CH) 2:00 Pumpkin Judging Ends (AR) 3:15 Word in a Word & Friday Floats (AR) 6:30 Front Porch Sitters (FP)	29 10:00 What's the Word (AR) 10:30 Bingo (CH) 1:30 Last Minute Costume Help (AR) 2:30 Happy Hour : Drinks, Apps & Jokes <i>Hilarious Halloween Fun</i> (GL) 3:15 Door Décor Judging Committee (AR) 6:00 Dominoes Night (AR)