

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

16 – Kewin D.

November

1 – Bernice W.
5 – Bruce B.
15 – Mary K.
25 – Eleanor J.
29 – Shirley S.
30 – Gene H.

December

1 – Frances H.
10 – Joanne M.
20 – Joan H.
23 – Gerald L.
24 – Arlene K.
27 – Eileen P.
28 – Robert W.



Providence Place SENIOR LIVING News

Q4: October 2022

A Note from the Executive Director

The Grove is working on our call bell system to get it up and running as soon as possible. Garland Communications started the repair work on Friday 9/23, and we will keep you informed of the progress as we go along. The system will be an updated version which means there will be many repairs going on in the building so please excuse the activity.

We are currently COVID-free and are no longer requiring masks for residents and visitors.

Our campus will be holding a Flu Clinic on 10/20 @ 10a-2p. We will also be giving COVID Boosters to anyone who is able to receive them that day.

Community Life has some awesome activities coming your way. Trunk-or-Treat will be happening in the Grove the week of Halloween, watch for further announcements for details. Make sure you bring your little Ghosts & Goblins to enjoy all the seasonal goodies.



Sincerely, *Julie Wallace* (Executive Director)

Highlighted Events

- 6 – **Pumpkin Painting Party**
Residents & Team @ 2pm
- 12 – **History & Tales of a Troubadour:** by Lester H.
@ 2pm
- 13 – **Diner's Caravans:** Nino's NY
Style Pizza @ 11am
- 19 – **OktoberFest Entertainment**
John Stevens @ 2pm
- 20 – **Flu & COVID vaccine clinic**
@ 3-4:30pm

Welcome New Residents

Gerald L.
Chester P.
Bonnie B.
June S.




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 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Service (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (WP) 6:00 Music & Mindful Colors (1F)</p>	<p>31</p> <p>9:30 Target Legs Exercise (2F) 10:00 iN2L: Halloween Trivia (2F) 10:30 Pumpkin Chunkin (FP) 2:00 Halloween Prize Puzzle Party (2F) 3:00 Pumpkin Spice Coffee Social (2F) 4:00 Mother Teresa Program EWNT 49 6:00 Card Club: Phase 10 (1F)</p> <p>Halloween</p>			<p>Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (FP) Front Patio (RP) Rear Patio (WP) Walking Path (L) Lobby</p>	<p>October 2022</p>	<p>1</p> <p>9:30 Gentle Moves (2F) 10:00 Men's Club: Country Ride (OOB) 10:30 Mornings With Jesus Program (2F) 11:00 Coffee Cache And Daily Chronicles (FP) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)</p>
<p>2</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Memorial Service (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (WP) 6:00 Music & Mindful Colors (1F)</p>	<p>3</p> <p>9:30 Target Legs Exercise (2F) 10:00 October IQ (2F) 10:30 Mass with Chaplain Henninger (1F) 11:00 Mother Teresa Program EWNT 49 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Card Club: Phase 10 (1F) 8:15 Rams vs 49ers ESPN (1F)</p>	<p>4</p> <p>9:30 Balance In Action by Kari, Genesis Health & Rehab (2F) 10:00 Community Life Planning Committee (2F) 10:30 Yom Kippur Word Quilt Puzzle (2F) 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (FP) 3:30 Visit From Comfort Dog Bubba (FP) 6:00 Water Color Painting (2F)</p>	<p>5</p> <p>9:30 Move2Music (2F) 10:00 Fireside Chat with Julie, E.D. and Management Team (2F) 11:00 Shopping Excursion: Walmart **\$\$ (OOB) 2:00 Memory Magic (2F) 3:30 Confident Cruisers (WP) 4:00 Lemonade Cart (FP) 6:00 Social Hour: Country Music (2F)</p>	<p>6</p> <p>9:30 Target Core Exercise (2F) 10:00 Dinning Committee Meeting (2F) 10:30 Resident Planning Committee (2F) 11:00 Scripture Reading (FP) 2:00 Craft N' Creations: Pumpkin Painting Party (2F) 3:30 Helping Hands: Clean Up Crew (2F) 6:00 Game Night: Shut The Box Dice (1F)</p>	<p>7</p> <p>9:30 Target Arms Exercise (2F) 10:00 Coal Country Ghosts & Legends: <i>Angel In The Mines</i> (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Film Fest: <i>Practical Magic</i> (2F) 3:30 Popcorn & Soda Cart (2F) 4:00 BONES Categories Puzzle (1F) 6:00 Card Club: Phase 10 (1F)</p>	<p>8</p> <p>9:30 Gentle Moves (2F) 10:00 October Fact Or Fiction (2F) 10:30 Mornings With Jesus Program (2F) 11:00 Coffee Cache And Daily Chronicles (FP) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)</p>
<p>9</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 12:00 Wine & Dine (DR) 1:00 Scenic Country Ride (OOB) 2:30 iN2L: Catholic Service (2F) 3:30 iN2L: Methodist Service (2F) 4:00 Confident Cruisers (WP) 6:00 Music & Mindful Colors (1F)</p>	<p>10</p> <p>9:30 Target Legs Exercise (2F) 10:00 October Birthdays (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Mother Teresa Program EWNT 49 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Card Club: Phase 10 (1F) 8:15 Raiders vs Chiefs ESPN (1F)</p>	<p>11</p> <p>9:30 Target Balance Exercise (2F) 10:00 iN2L: Word Games (2F) 10:30 Halloween Pictionary (2F) 2:00 Ed-U Presentation: <i>Survey Of American Traditional Music</i> By The O'Henry Group (DR) 4:00 Porch Trivia (FP) 6:00 Water Color Painting (2F)</p>	<p>12</p> <p>9:30 Move2Music (2F) 10:00 iN2L Learning: Word Grid (2F) 11:00 Jigsaw Puzzle Team (2F) 2:00 Ed-U Presentation: <i>History And Tales Of A Troubadour</i> By Lester Hirsh, Songwriter And Poet (DR) 3:30 Confident Cruisers (WP) 4:00 Lemonade Cart (FP) 6:00 Social Hour: Blues Music (2F)</p>	<p>13</p> <p>9:30 Target Core Exercise (2F) 10:00 Ted Talk: <i>Embrace Your Weirdness</i> By Geriatric Psychiatrist Arushi Kapoor (2F) 11:00 Diners Caravan: Nino's NY Style Pizza **\$\$ (OOB) 3:30 Jigsaw Puzzle Team (2F) 6:00 Ed-U Presentation: <i>Impressionism Art</i> By Shenandoah Art Educator (2F) Jennifer Petri (2F)</p>	<p>14</p> <p>9:30 Target Arms Exercise (2F) 10:00 Coal Country Ghosts & Legends: <i>Broad Mountain Ghost</i> (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Ed-U Presentation: Joyful Motions By Fitness Educator Celeste Bailey (2F) 3:30 Meaningful Meditation & Music (2F) 4:00 Confident Cruisers (WP) 6:00 Card Club: Phase 10 (1F)</p>	<p>15</p> <p>9:30 Gentle Moves (2F) 10:00 October Fact Or Fiction (2F) 10:30 Mornings With Jesus Program (2F) 11:00 Coffee Cache And Daily Chronicles (FP) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)</p>
<p>16</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Service (DR) 3:00 Fellowship Hour (DR) 4:00 Confident Cruisers (WP) 6:00 Music & Mindful Colors (1F)</p>	<p>17</p> <p>9:30 Target Legs Exercise (2F) 10:00 Bela Lugos Puzzle (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Mother Teresa Program EWNT 49 2:30 Ed-U Presentation: <i>Modern Crafting Technologies</i> By Bev Spitter (2F) 3:30 Manicures (2F) 6:00 Card Club: Phase 10 (1F) 8:15 Broncos vs Chargers ESPN (1F)</p>	<p>18</p> <p>9:30 Target Balance Exercise (2F) 10:00 iN2L Learning: Word Grid (2F) 11:00 Scripture Reading (2F) 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (FP) 3:30 Visit From Comfort Dog Bubba (FP) 6:00 Water Color Painting (2F)</p>	<p>19</p> <p>9:30 Move2Music (2F) 10:00 iN2L Learning: Word Grid (2F) 11:00 Helping Hands: Set Up Crew (2F) 2:00 October Fest Music By John Stevens (2F) 3:30 Confident Cruisers (WP) 4:00 Lemonade Cart (FP) 6:00 Social Hour: Brew & Bratwurst (2F)</p>	<p>20</p> <p>9:30 Target Core Exercise (2F) 10:00 Ed-U Smithsonian Institution: <i>New Women In The Old West</i> By Historian Winifred Gallagher (2F) 11:00 Scripture Reading (FP) 2:00 Kitchen Krew: Pumpkin Cookies (2F) 3:30 Caring Is Sharing Club: Handing Out Cookies To Residents (R) 6:00 Game Night: Shut The Box Dice (1F)</p>	<p>21</p> <p>9:30 Target Arms Exercise (2F) 10:00 Coal Country Ghosts & Legends: <i>Madeline The Spirit Of Jim Thorpe</i> (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Film Fest: <i>The 'Burbs</i> (2F) 3:30 Popcorn & Soda Cart (2F) 4:00 All Hollows' Eve Puzzle (2F) 6:00 Card Club: Phase 10 (1F)</p>	<p>22</p> <p>9:30 Gentle Moves (2F) 10:00 October Fact Or Fiction (2F) 10:30 Mornings With Jesus Program (2F) 11:00 Coffee Cache And Daily Chronicles (FP) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)</p>
<p>23</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 12:00 Wine & Dine (DR) 1:00 Scenic Country Ride (OOB) 2:30 iN2L: Catholic Service (2F) 3:30 iN2L: Methodist Service (2F) 4:00 Confident Cruisers (WP) 6:00 Music & Mindful Colors (1F)</p>	<p>24</p> <p>9:30 Target Legs Exercise (2F) 10:00 Halloween Around The World (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Mother Teresa Program EWNT 49 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Card Club: Phase 10 (1F) 8:15 Bengals vs Browns ESPN (1F)</p>	<p>25</p> <p>9:30 Target Balance Exercise (2F) 10:00 iN2L Learning: Word Grid (2F) 10:30 WITCH Categories (2F) 2:00 Grateful Drumming With Joe (2F) 3:00 Cool Down With Cool Drinks (FP) 3:30 Visit From Comfort Dog Bubba (FP) 6:00 Water Color Painting (2F)</p>	<p>26</p> <p>9:30 Move2Music (2F) 10:00 iN2L Learning: Word Grid (2F) 10:30 World Briefs (2F) 11:00 Brothers In War Cookout (RP) 2:00 Penny Ante (2F) 3:30 Hot Chocolate Cart (2F) 4:00 Confident Cruisers (WP) 6:00 Social Hour: Inspirational Music (2F)</p>	<p>27</p> <p>9:30 Target Core Exercise (2F) 10:00 iN2L Learning: Picture Prompts (2F) 10:30 Remembering Autumn Leaves (2F) 11:00 Scripture Reading (FP) 2:00 Jack O' Lantern Jubilee Entertainment By Stanley Smolsky (DR) 3:30 Finger Foods And Witches Brew (1F) 6:00 Game Night: Shut The Box Dice (1F)</p>	<p>28</p> <p>9:30 Target Arms Exercise (2F) 10:00 Coal Country Ghosts & Legends: <i>Whimsical Wrath At Pottsville B&B</i> (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Welcome Ambassador Social (2F) 3:00 Ice Breaker Games (2F) 3:30 Fine Wine & Cheese Plate (2F) 6:00 Card Club: Phase 10 (1F)</p>	<p>29</p> <p>9:30 Gentle Moves (2F) 10:00 October Fact Or Fiction (2F) 10:30 Mornings With Jesus Program (2F) 11:00 Coffee Cache And Daily Chronicles (FP) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)</p>