

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

November

Shirley F.
Catherine S.
Gladys B.
Phyllis S.
Janet E.
Doris M.
Carl M.
Anna M.
Frances W.
Joan D.

Pearl H.
Kathryn D.
Lee G.
Richard D.
John R.
Raymond M.

December

Mossie S.
Roberta L.
Patsy P.
Alice G.
Norman K.
Donald B.
Reuben W.
Lavada N.
Glenn W.
Ronald H.

Nancy S.
Ronald H.
Ruth Y.
Donna K.



Providence Place SENIOR LIVING News

Q4: November 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.

On November 8th, we will be hosting our 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 to schedule their appointment.

Wishing you a Happy Thanksgiving season and a bountiful fall.

Holly Townsend

Executive Director

Highlighted Events

- 1 – **Masquerade Soiree** @ 2pm
- 8 – **Flu & COVID vaccine clinic**
@ 10a-2p
- 12 – **Musical Entertainment:**
Tresa Day @ 6:15pm
- 16 – **Fireside Chat with Holly**
@ 2pm
- 20 – **Shippensburg University
Community Orchestra & Choir
Concert Outing** @ 2pm

Welcome New Residents

Shirley F.
Leslie H.
Pearl H.
Wilma W.
Nada K.
Wanda A.
Nancy O.
Richard R.
Suzanne 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p style="text-align: center;">THE <i>Club</i></p>		1 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 1:30 Musical Entertainment with Lester Hirsh ((CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Mingle (CN) 3:00 Card Club: Giant Uno (3A) 6:15 Game Shows (ch.78)	2 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 November IQ (3A) 1:30 Musical Entertainment with Robert Twine (CN) 2:30 Sip and Dance (CN) 3:00 Hedbanz Guessing Game (P) 6:15 Horseshoes (3E)	3 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Shatzer's Fruit Stand (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Be Social (CN) 3:00 Explore the iN2L (3A) 6:15 Chit Chat in the Lobby (FL)	4 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dancing Through the Decades (3A) 1:30 Walk and Stroll Club (HW) 2:00 Horseshoes (3A) 3:00 Social Hour: Apple Cinnamon (P) 6:15 Movie Night: <i>Titanic</i> (3A)	5 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Crafting Club: Thankful Door Quilt (3A) 1:30 Talk N Toss Ball (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Hydration and Humor (3A) 6:15 Puzzle Club (3A)		
		6 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Veterans Day Discussion (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 War Films Word Search (3A) 6:15 Songs and Scripture (Ch. 809) Daylight Saving Ends	7 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 2:00 iN2L Seated Chair Exercise (2A) 3:00 iN2L Documentary: <i>Deadly Marksmen, Navy Seals' America's Secret Warrior's</i> (2A) 6:15 Card Club (3A)	8 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shuffle Board (3A) 1:15 Crafty Creations: Poppy Pinwheels (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Show (CN) 3:00 Popcorn Station (FL) 6:15 Game Shows (ch.78)	9 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dining Committee Meeting with Chef Joe (2A) 1:15 Kitchen Creations: Patriotic Jell-O Shots (CN) 2:30 Sip and Taste (CN) 3:00 Get to Know Your Neighbor with Fact or Fiction (P) 6:15 Horseshoes (3E)	10 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Nelly Fox Bowling (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Be Social (CN) 3:00 Veteran's Day Brain Games (3A) 6:15 Chit Chat in the Lobby (FL)	11 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Sneaky Sodium: Tame Your Salt Habit by Theresa Waltersdorff, Humana (2A) 1:30 Walk and Stroll Club (HW) 2:00 World War II Trivia (3A) 3:00 Social Hour: Honoring Our Veterans (P) 6:15 Movie Night: <i>Lincoln</i> (3A) Veteran's Day	12 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30Talk N Toss Ball (3A) 2:00 Crafting Club: Wine Cork Pumpkins (3A) 3:00 Hydration and Humor (P) 6:15 Musical Entertainment Featuring Teresa Day (2A)
		13 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 New England Road Trip Detective (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 New England Brain Games (3A) 6:15 Songs and Scripture (Ch. 809)	14 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Passport Travels to New England (3A) 1:30 iN2L Seated Chair Exercise (2A) 2:00 New England Trivia (3A) 3:00 iN2L Documentary: <i>Behind the Curtain, The Mystery Behind a 350 Year Old Painting</i> (2A) 6:15 Card Club (3A)	15 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Diners Caravan: Cracker Barrel (OOB) 1:15 Kitchen Creation: Apple Cider Cupcakes (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Taste (CN) 3:00 Popcorn Station (FL) 6:15 Game Shows (ch.78)	16 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 1:15 Kitchen Creation: Turkey Terracotta Pot (CN) 2:30 Sip and Show (CN) 3:00 Get to Know Your Neighbors With Fact or Fiction (P) 6:15 Horseshoes (3E)	17 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Nature Ride (CN) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Be Social (CN) 3:00 Picture it (3A) 6:15 Chit Chat in the Lobby (FL)	18 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Brain Changes by Jamie from Bayada (2A) 1:30 Walk and Stroll Club (HW) 2:00 Remember When: Preparing A Big Meal (3A) 3:00 Social Hour: Caramel Pecans (P) 6:15 Movie Night: <i>Thoroughly Modern Millie</i> (3A)	19 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk N Toss Ball (3A) 2:00 Crafting Club: Gratitude Turkeys (3A) 3:00 Hydration Station: Mulled Cider (3A) 6:15 Puzzle Club (3A)
		20 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: History of Thanksgiving (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Remembering Songs About Gratitude (3A) 6:15 Songs and Scripture (Ch. 809)	21 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 1:30 iN2L Seated Chair Exercise (2A) 2:00 Thanksgiving Crossword (3A) 3:00 iN2L Documentary: <i>Who Was The Real Pocahontas</i> (2A) 6:15 Card Club (3A)	22 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Arm Chair Turkey Trot (3A) 1:15 Crafty Creation: I am Thankful Pumpkin (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Show (CN) 3:00 Root Beer Floats (C) 6:15 Game Shows (ch.78)	23 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Careful Counting: Finish the Turkey (3A) 1:15 Kitchen Creation: Oreo Turkey Cookie (CN) 2:30 Sip and Taste (CN) 3:00 Turkey toss (3A) 6:15 Horseshoes (3E)	24 9:00 Morning Meeting and Inspirations (P) 9:00 Viewing of Macy's Day Parade (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Mid Week Worship Service (CN) 2:00 Movie & Popcorn (3E) 2:30 Friendsgiving Social (CN) 3:00 Jeopardy Trivia (CN) 6:15 Chit Chat in the Lobby (FL) Thanksgiving	25 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 A Wild Turkey Tale (3A) 1:30 Walk and Stroll Club (HW) 2:00 T.E.D Talk: Laughter & Praise With Mark Lowry (2A) 3:00 Social Hour: Pumpkin Spice (P) 6:15 Movie Night: <i>Breakfast at Tiffany's</i> (3A)	26 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Turkey Bowling (3A) 1:30 Talk N Toss Ball (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Hydration and Humor (3A) 6:15 Puzzle Club (3A)
		27 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Who and What Game (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service with Guest Speaker Rick Barthel (2A) 3:00 Table Topics (3A) 6:15 Songs and Scripture (Ch. 809)	28 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 1:30 iN2L Seated Chair Exercise (2A) 2:00 Game Club: Giant UNO (3A) 3:00 iN2L Documentary: <i>Who is Karl Marx?</i> (2A) 6:15 Card Club (3A)	29 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Diners Caravan: Burger King (3A) 1:15 Crafty Creation: Christmas Wreaths (CN) 1:30 Acrylic Canvas Painting (C) 2:30 Sip and Show (CN) 3:00 Personal Notes of Gratitude (P) 6:15 Game Shows (ch.78)	30 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 New Zealand with Terry Neumyer (2A) 1:15 Kitchen Creation: No Bake Pumpkin Pie (CN) 2:30 Sip and Taste (CN) 3:00 Hot Cocoa in the Pub (P) 6:15 Horseshoes (3E)	<p>Calendar Key: Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY) Connections (CN) Picnic Tables (PT) ** Registration Required \$\$ Cost Involved</p>		<h1>November</h1> <h2>2022</h2>