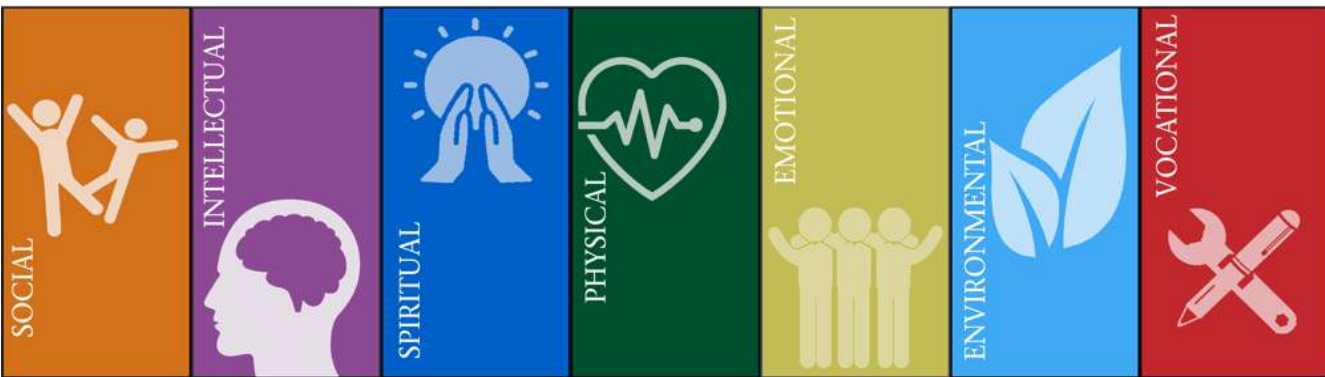


Focus on Wellness

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		
		1 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Masquerade Soiree (P) 3:00 Musical Entertainment with Lester Hirsh (P) (3A) 6:15 Card Club: Pinochle (2A)	2 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Nickel Bingo \$(2A) 1:30 Workout with Vickie From Genesis Rehabilitation (3E) 2:00 Blood Pressure Clinic (2A) 3:00 Headbandz Guessing Game (P) 6:15 Card Club: Dealers Choice (2A)	3 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Card Club: UNO (2A)	4 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PDR) 1:30 Walk and Roll Walking Club (FL) 2:00 Medicare Information with Jonathan Bodwell (2A) 3:00 Social Hour: Apple Cinnamon (P) 6:30 Movie Night: <i>Titanic</i> (3A)	5 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Game Club: Scrabbles (C) 6:15 Horseshoes (3E)		
		6 9:00 Light & Lively Exercise (3E) 9:30 Trivia Handouts (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:30 Not Forgotten Ministries (2A) Daylight Saving Ends	7 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 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: Rummy (2A)	8 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Act II *\$(OOB) 11:00 Local Fares: Mikie's **\$(OOB) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 3:00 Birthday Gang Committee Meeting (C) 6:15 Horseshoes (3E) Flu/Covid Vaccine Clinic	9 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Dining Committee Meeting With Chef Joe (2A) 2:00 Helping Hands: Holiday Décor for Dining (LD) 3:00 Prize Bingo (2A) 6:15 Game Club: Sequence (2A)	10 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (C) 10:00 Appreciate and Thank Club: Resident Veterans (C) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Blitz with Ruth (2A)	11 9:00 Yoga with Beth (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Sneaky Sodium: Tame Your Salt Habit with Theresa Waltersdorff with Humana (2A) 2:00 Nickel Bingo \$(2A) 3:00 Social Hour: Honoring Our Veterans (P) 6:30 Movie Night: <i>Lincoln</i> (3A) Veteran's Day	12 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Community Outreach: Coupons for Troops (C) 2:00 Dart League (P) 3:00 Walk & Roll Walking Club- Indoors (All Floors) 6:15 Musical Entertainment Featuring Tresa Day (2A) Penn State Vs. Maryland TBD
		13 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR)) 2:00 Worship Service (2A) 3:00 Card Club: Rummy (2A) 6:30 Song and Scripture (Ch.809)	14 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L © Seated Chair Exercise (2A) 2:00 Griefshare © with Chaplain Rick (C) 3:00 iN2L Documentary: <i>Behind the Curtain, The Mystery Behind a 350 Year Old Painting</i> (2A) 6:15 Blitz with Ruth (2A)	15 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Hagerstown Mall **\$(OOB) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Musical Entertainment featuring Tom Shultz (2A) 3:00 Popcorn Station (FL) 6:15 Game Club: Scrabble (C)	16 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Prize Bingo (2A) 2:00 Fireside Chat (2A) 3:00 Get to Know Your Neighbors with Fact or Fiction (P) 6:15 Card Club: Pinochle (2A)	17 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (C) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Game Club: Sequence (2A)	18 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PDR) 10:00 Brain Changes with Jaime from Bayada (2A) 2:00 Horseshoes (3E) 3:00 Social Hour: Caramel Pecans (P) 6:30 Movie Night: <i>Thoroughly Modern Millie</i> (3A)	19 9:30 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Local Fares: Jim's Farmers Market **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Mexican Train Dominoes (C) 6:15 Card Club: Dealers Choice (2A)
		20 9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordies Handouts (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 2:00 Shippensburg University Community Orchestra and Concert Choir **\$(OOB) 3:00 Dart League (P) 6:30 Song and Scripture (Ch.809)	21 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 2:00 Griefshare © with Chaplain Rick (C) 3:00 iN2L Documentary: <i>Who Was The Real Pocahontas?</i> (2A) 6:15 Dart League (P)	22 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Target **\$(OOB) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Cooking Creation: Pumpkin Pies for Dining (C) 3:00 Root Beer Floats (C) 6:15 Game Club: Sequence (2A)	23 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Cooking Creation: Pumpkin Pies for Dining (C) 1:30 Stair Stepper Exercise (3E) 2:00 Mid Week Worship Service (2A) 3:00 Men's Club: Meadow's Frozen Custard **\$(OOB) 6:15 Mexican Train Dominoes (C)	24 9:00 Sit & Be Fit Exercise (3E) 9:00 Viewing of Macy Day Parade (P) 10:00 Community Life Planning Committee Meeting (P) 2:00 Movie & Popcorn (3E) 3:00 Craft Corner: Wine Glass Beehive (P) 4:30 Appitizers and NFL: Dallas Cowboys Vs. New York Giants (P) Thanksgiving Day	25 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Prize Bingo (2A) 1:30 iN2L © Seated Chair Exercise (2A) 2:00 T.E.D Talk: Laughter & Praise With Dr. Mark Lowry (2A) 3:00 Social Hour: Pumpkin Spice (P) 6:30 Movie Night: <i>Breakfast at Tiffany's</i> (3A)	26 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Decking the Halls (FL) 2:00 Mexican Train Dominoes (C) 3:00 Walk & Roll Walking Club- Indoors (All Floors) 6:15 Card Club: Pinochle (2A) Penn State Vs. Michigan State TBD
		27 9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Polish and Paint Nail Service (2A) 12:00 Chambersburg Mall Movie Matinee TBD **\$(OOB) 2:00 Worship Service with Guest Speaker Rick Barthel (2A) 3:00 Card Club: UNO (2A) 6:30 Song and Scripture (Ch.809)	28 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Helping Hands: Winter Decorations for Dining (LD) 1:30 iN2L © Seated Chair Exercise (2A) 2:00 Nickel Bingo \$(2A) 3:00 iN2L Documentary: <i>Who is Karl Marx?</i> (2A) 6:15 Blitz with Ruth (2A)	29 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Prize Bingo (2A) 3:00 Personal Notes of Gratitude (P) 6:15 Card Club: Rummy (2A)	30 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 New Zealand with Terry Neumyer (2A) 11:00 Local Fares: Trojan Dinner **\$(OOB) 2:00 Musical Entertainment Joe Crispell Christmas Edition (2A) 3:00 Hot Cocoa in the Pub (P) 6:15 Game Club: Sequence (2A)	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) **Registration Required, \$\$ Cost Involved		<h1>November</h1> <h2>2022</h2>