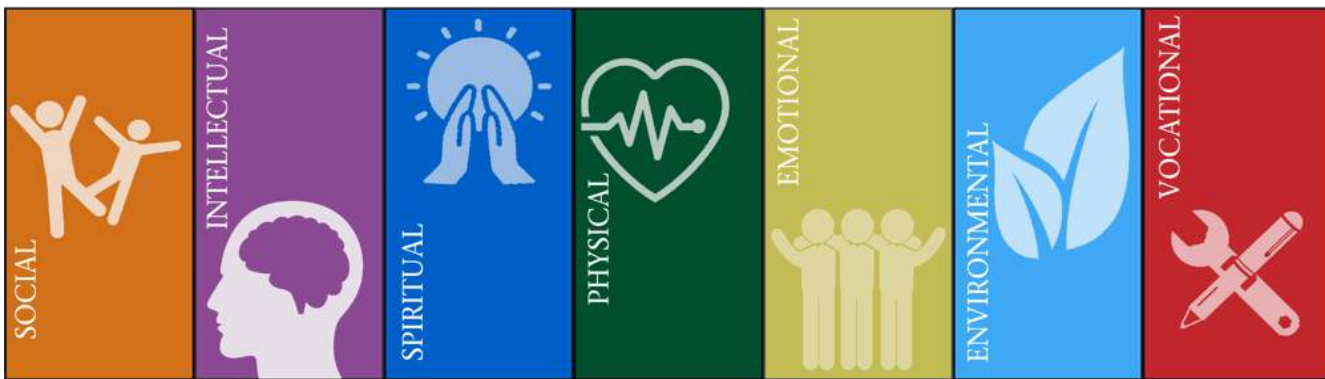


Focus on Wellness

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

Mary S.
Margaret S.
Frances C.
Alecia F.
Gloria H.
Janet S.
Robert H.
Sandra R.
Nancy B.
Carol F.
Shirley Y.

December

Eleanor B.
Grayson S.
Virginia M.
Marjorie Z.
Betty G.
Dorothy H.
Dorothy W.
Janet B.
Vera O.
Sharon W.
Christine K.
Lois S.



Providence Place SENIOR LIVING News

Q4: November 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, Fall Festival and our Walk to end Alzheimers were a great success! Thanks to all that worked hard to organize and participate in the events. Thank you as well to all the residents and families that attended.

Keep enjoying our outside walking trail and patios as we move into this fall season.

Best,
Howard Holben
Executive Director

Highlighted Events

- 9 – **Shopping trip to Kohl's**
@ 10:30am
- 4 – **Co-worker Chili Cookoff**
@ 1:30pm - *Connections Club*
- 10 – **Lunch outing to Greer's**
@ 11am – *Connections & Club*
- 11 – **Honoring our Veterans** @ 2pm
- 14 – **Men's Club Lunch Outing:**
Outback Steakhouse @ 11am
- 16 – **EdU Presentation: Apollo**
@ 2pm - *Connections Club*
- 21 – **Art Exploration:** Pottery
Painting with Alana @ 2:30pm
- 24 – **Thanksgiving Day Social**
@ 1:15pm

Welcome New Residents

Gerald B.
Zoelyne R.
Mary S.
Shirley T.
Jim S.
Janet 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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | |
|--|--------|--|--|---|---|---|---|--|
| <p style="text-align: center;">THE <i>Club</i></p> | | 1 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Memories in the Making (CR) 10:50 Menu Review (CR) 1:15 Create with Friends (CN) 2:00 Happy Hour with Small Starter (P) 4:00 Menu Review (CR) 6:15 Bingo (AR) | 2 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Foodies Club: Deviled Egg (CR) 10:50 Menu Review (CR) 1:15 Memory Magic with Friends (CN) 1:30 Mid-week Worship Service (CN) 2:00 Musical Entertainment featuring Lee Moyer (P) 3:00 Taste What We Made (CR) 4:00 Menu Review (CR) 6:15 Movie Night (AR) | 3 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 iN2L: World Awareness on Japanese Culture (CR) 2:15 iN2L Chair Zumba (CR) 3:00 Afternoon Drinks and Discussion (CR) 4:00 Menu Review (CR) 6:00 Sit and Socialize (FL) | 4 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations : Chili (P) 10:50 Menu Review (AR) 1:30 Coworker Chili Cookoff Social (P) 3:00 Junk Drawer Detective (P) 4:00 Menu Review (CR) 6:00 Resident Run Bingo (AR) | 5 9:30 Morning Fitness (AR) 10:00 Daily Reading & Danishes (CR) 10:30 Foot Ball Trivia (CR) 10:50 Menu Review (CR) 1:30 Making Football Cookies (CR) 3:00 Table Football (CR) 4:00 Menu Review (CR) | | |
| | | 6 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: Movie Star Dogs (CR) 10:50 Menu Review (CR) 2:15 Trivia & Tea (P) 3:00 Church Service (CR) 4:00 Menu Review (CR) 6:00 Sit and Socialize (FL) Daylight Saving Ends | 7 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Cancer Awareness Cookies (CR) 10:50 Menu Review (CR) 1:30 Melodies with Katie (AR) 2:30 Fitness: Workout Dice (CR) 3:50 Menu Review (CR) 6:00 Rummikub (FL) | 8 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Finish the Phrase (CR) 10:50 Menu Review (CR) 1:15 Create with Friends (CN) 2:00 Happy Hour with Small Starter (P) 2:00 Entertainment featuring The Wayne & Jean Show (CN) 4:00 Menu Review (CR) 6:15 Bingo (AR) | 9 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Card Game LCR (CR) 10:50 Menu Review (CR) 1:15 Memory Magic with Friends (CN) 1:30 Mid-week Worship Service (CN) 2:30 Humor Hour (CR) 4:00 Menu Review (CR) 6:15 Movie Night (AR) | 10 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain (CR) 10:45 Daily Reading & Menu Review (CR) 11:00 Greers Lunch Outing with Friends (OOB) 1:15 Vanilla Cupcake Decorating (CR) 2:00 Drumming with Joe (AR) 3:00 Afternoon Drinks and Discussion (CR) 4:00 Menu Review (CR) 6:15 Sit and Socialize (FL) | 11 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations: Dump Cake (AR) 10:50 Menu Review (AR) 1:15 Employee Appreciation Table (LB) 2:00 Armchair Travels: Normandy (AR) 4:00 Menu Review (CR) 6:00 Resident Run Bingo (AR) Veteran's Day | 12 9:30 Morning Fitness (AR) 10:00 Daily Reading & Danishes (CR) 10:30 Chicken Soup Read Round (CR) 10:50 Menu Review (CR) 1:30 White Board words & More (CR) 3:00 Name the Celebrity (CR) 4:00 Menu Review (CR) |
| | | 13 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: Tongue Twisters (CR) 10:50 Menu Review (CR) 2:15 DIY Hot Chocolate Bar (P) 3:00 Church Service (CR) 4:00 Menu Review (CR) 6:00 Sit and Socialize (FL) | 14 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 A Look into Diabetes (CR) 10:50 Menu Review (CR) 1:30 Melodies with Katie (AR) 2:30 Fitness: Card Crunch (CR) 3:50 Menu Review (CR) 6:00 Rummikub (FL) | 15 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Table Top Read Round (CR) 10:50 Menu Review (CR) 1:15 Create with Friends (CN) 2:00 Happy Hour with Small Starter (P) 4:00 Menu Review (CR) 6:15 Bingo (AR) | 16 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Fast Food Trivia (CR) 10:50 Menu Review (CR) 1:15 Memory Magic with Friends (CN) 1:30 Mid-week Worship Service (CN) 2:00 Ed-U Pres. <i>Apollo</i> by Ron & Crystal Bolton, Night Wonders of Astronomy (AR) 2:30 Fitness (CR) 4:00 Menu Review (CR) 6:15 Movie Night (AR) | 17 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 iN2L: Resident Choice (CR) 2:15 iN2L Fitness (CR) 3:00 Helping Hands: Hospitality Cards (CR) 4:00 Menu Review (CR) 6:15 Sit and Socialize (FL) | 18 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations: Fall Mixer (AR) 10:50 Menu Review (AR) 1:15 Employee Appreciation Table (LB) 1:30 Disney Trivia (CR) 2:45 Visit Virtual Disney Park (AR) 4:00 Menu Review (CR) 6:00 Resident Run Bingo (AR) | 19 9:30 Morning Fitness (AR) 10:00 Daily Reading & Danishes (CR) 10:30 Name that 50's Song (CR) 10:50 Menu Review (CR) 2:00 Music with Tom & Randi (P) 3:00 Who am I ? (CR) 4:00 Menu Review (CR) |
| | | 20 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 iN2L: History of Peanut Butter Fudge (CR) 10:50 Menu Review (CR) 2:15 Trivia & Tea (P) 3:00 Church Service (CR) 4:00 Menu Review (CR) 6:00 Sit and Socialize (FL) | 21 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Minute to Win it: Pair up game (CR) 10:50 Menu Review (CR) 1:30 Melodies with Katie (AR) 2:30 Fitness: Fitness Ball (CR) 3:50 Menu Review (CR) 6:00 Rummikub (FL) | 22 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Creative Minds Writing (CR) 10:50 Menu Review (CR) 1:15 Create with Friends (CN) 2:00 Happy Hour with Musical Entertainment featuring Kirk Wise (P) 2:00 Wayne & Jean Show (CN) 4:00 Menu Review (CR) 6:15 Bingo (AR) | 23 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Memories in the Making (CR) 10:50 Menu Review (CR) 1:15 Memory Magic with Friends (CN) 1:30 Mid-week Worship Service (CN) 2:30 Roll a Story (CR) 4:00 Menu Review (CR) 6:15 Movie Night (AR) | 24 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 Turkey Trivia (CR) 2:15 Stuff the Turkey Game (CR) 3:00 Cranberry Spritzer Drinks (CR) 4:00 Menu Review (CR) 6:15 Sit and Socialize (FL) Thanksgiving Day | 25 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations: Pumpkin Pie (AR) 10:50 Menu Review (AR) 1:15 Employee Appreciation Table (LB) 2:15 Left Right Present Game (CR) 4:00 Menu Review (CR) 6:00 Resident Run Bingo (AR) | 26 9:30 Morning Fitness (AR) 10:00 Daily Reading & Danishes (CR) 10:30 Picture Art by Stickers (CR) 10:50 Menu Review (CR) 1:30 Create a Bookmark Card (CR) 2:30 Afternoon Turkey Trot Dancing (CR) 4:00 Menu Review (CR) |
| | | 27 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Name 5 game (CR) 10:50 Menu Review (CR) 2:15 Trivia & Tea (P) 3:00 Church Service (CR) 4:00 Menu Review (CR) 6:00 Sit and Socialize (FL) | 28 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Movie Prep: Slow Cooker Italian Wedding Soup (CR) 10:50 Menu Review (CR) 1:30 Matinee: <i>Father of the Bride</i> starring Steve Martin (CR) 3:50 Menu Review (CR) 6:00 Rummikub (FL) | 29 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Hang Man word Game (CR) 10:50 Menu Review (CR) 1:15 Create with Friends (CN) 4:00 Menu Review (CR) 6:15 Bingo (AR) | 30 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Begin the Christmas Crafts (CR) 10:50 Menu Review (CR) 1:15 Memory Magic with Friends (CN) 1:30 Mid-week Worship Service (CN) 2:30 Name the Holiday (CR) 4:00 Menu Review (CR) 6:15 Movie Night (AR) | <p>Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (FL) Front Lobby (P) Pub (OOB) Out of Building</p> | | |