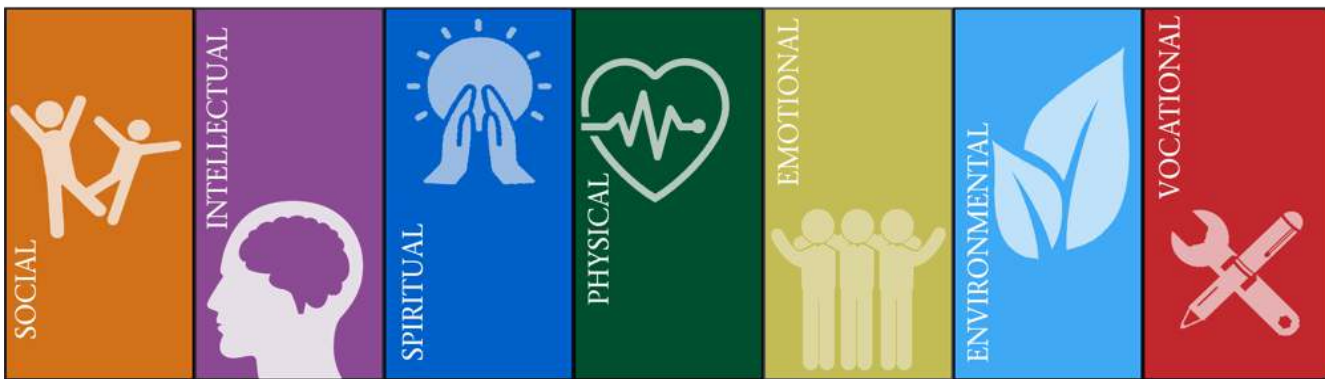


Focus on Wellness

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 Alzheimer's 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.
Zoelynn 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		
		1 9:30 Morning Exercise (AR) 10:00 Balance in Action (AR) 10:30 Thankful To You Committee (AR) 1:30 Circle of Friends with Chaplain Shawn (CR) 2:00 Happy Hour & Hot Hors d'oeuvres (P) 3:00 Card Club: Dealers Choice (AR) 6:00 Prize Bingo (AR)	2 9:30 Morning Exercise (AR) 10:00 Coffee and Questions (AR) 10:15 Life Chats with Chaplain Shawn (CR) 10:30 Shopping Trip: Ollies **\$\$ (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Musical Entertainment Featuring Lee Moyer (P) 3:00 Bible Study (CR) 6:15 Movie Night: Mystic Pizza (AR)	3 9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 1:15 Dover Spelling Bee (AR) 2:00 Tour Around the World Japanese Culture (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Pool Game (PT)	4 9:30 Morning Exercise (AR) 10:00 Thankful Tree (CR) 10:30 Sunshine Committee (AR) 1:15 Cooking Creations with Connections Neighborhood (CR) 2:00 Providence Place Chili Cook Off (P) 3:00 Time Life Presents <i>Ed Sullivans Rock n Roll Classics The Lovin' Spoonful</i> (AR) 6:00 Resident Ran Bingo (AR)	5 9:30 Morning Exercise (AR) 10:15 Doughnut Mind if I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 TED Talks <i>How Your Memory Works & Why Forgetting is Totally Okay</i> Lisa Genova, Neuroscientist (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafter Corner (AR) 6:00 Card Club (AR)		
		6 9:30 Morning Exercise (AR) 10:00 Making It Easy Cooking Club (AR) 1:15 Taste What We Created (AR) 2:00 Jingo (AR) 3:00 Sunday Worship and Communion Service (CR) 6:00 Poker Club (AR) 6:30 Fire Place Fellowship (FL) Daylight Saving Ends	7 9:30 Morning Exercise (AR) 10:00 Dining Committee Meeting (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie, York Musical Therapy (AR) 2:00 Country Side Ride ** (OOB) 6:00 Rummikub (FL)	8 9:30 Morning Exercise (AR) 10:30 Ed-U Wellness Presentation <i>Normal vs Not Normal Brain Changes</i> By Laura Lambert, Program Manager Bayada Home Health Care (AR) 1:30 Circle of Friends with Chaplain Shawn (CR) 2:00 Happy Hour & Hot Hors d'oeuvres (P) 3:00 Prize Bingo (AR) 6:00 Resident Run 500 Club (AR)	9 9:30 Morning Exercise (AR) 10:00 Coffee and Questions (AR) 10:15 Life Chats with Chaplain Shawn (P) 10:30 Shopping Trip: Kohls **\$\$ (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 Community Life Planning Committee (AR) 3:00 Bible Study (CR) 6:15 Movie Night: On Golden Pond (AR)	10 9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 1:15 LCR (P) 2:00 Grateful Drumming with Joe Ciavella (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Pool Game (PT)	11 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 War World II Trivia (CR) 2:00 Honoring Veterans Social (AR) 3:00 Time Life Presents <i>Ed Sullivans Rock n Roll Classics The Byrds</i> (AR) 6:00 Resident Ran Bingo (AR) Veteran's Day	12 7:15 Honoring Our Veterans Veterans Day Breakfast at Memorial Hall West—York Expo Center ** (OOB) 9:30 Resident Run Exercise (AR) 10:00 Moral Dilemma & Discussions (AR) 1:15 Hedbanz Game (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafters Corner (AR) 6:00 Card Club (AR)
		13 9:30 Morning Exercise (AR) 10:00 Making it Easy Cooking Club (AR) 1:15 Taste What We Created (AR) 2:00 Kings in the Corner (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fire Place Fellowship (FL)	14 9:30 Morning Exercise (AR) 10:00 Science Exploration (AR) 10:30 Grief Share and Support Group (CR) 11:00 Men's Club Outback Steakhouse **\$\$ (OOB) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie, York Musical Therapy (AR) 3:00 Countryside Ride ** (OOB) 6:00 Rummikub (FL)	15 9:30 Morning Exercise (AR) 10:00 Balance in Action (AR) 1:30 Circle of Friends with Chaplain Shawn (CR) 2:00 Happy Hour & Hot Hors d'oeuvres (P) 3:00 Prize Bingo (AR) 4:00 Tuesday Dinner Out: Azteca Restaurant **\$\$ (OOB) 6:00 Residents Card Club (AR)	16 9:30 Morning Exercise (AR) 10:00 Coffee and Questions Dutch American Heritage Day (AR) 10:15 Life Chats with Chaplain Shawn (P) 1:30 Mid-Week Worship Service (CR) 2:00 Ed-U Presentation <i>Apollo</i> by Ron and Crystal Bolton, Night Wonders of Astronomy (AR) 3:00 Bible Study (CR) 6:15 Game Night with	17 9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 1:15 Chef Demo with Chef Joe (AR) 2:00 Fireside Chat with Howard, Exec. Dir. (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Pool Game (PT)	18 9:30 Morning Exercise (AR) 10:00 Manicure and Music (CR) 1:15 Cooking Creations with Connections Neighborhood (CR) 2:00 Ed-U Presentation <i>What Ancient Ones Left Behind</i> by Debbie Saylor, Blue Rock Heritage Center (AR) 3:00 Time Life Presents <i>Ed Sullivans Rock n Roll Classics The Beatles</i> (AR) 6:00 Resident Ran Bingo (AR)	19 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 TED Talks <i>The Gift and Power of Emotional Courage</i> by Susan David, Psychologist (AR) 2:00 Musical Entertainment Featuring Tom and Randy (P) 3:00 Crafters Corner (AR) 6:00 Card Club (AR)
		20 9:30 Morning Exercise (AR) 10:00 Making it Easy Cooking Club (AR) 1:15 Taste What We Created (AR) 2:00 Pokeno (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fire Place Fellowship (FL)	21 9:30 Morning Exercise (AR) 10:00 Brain Games with Bethany, Powerback Rehab (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie, York Musical Therapy (AR) 2:30 Art Exploration Pottery Painting with Alana, The Glazing Sun ** (AR) 6:00 Rummikub (FL)	22 9:30 Morning Exercise (AR) 10:00 Turkey Bandits (AR) 10:30 Thanksgiving Day Traditions (AR) 1:30 Circle of Friends with Chaplain Shawn (CR) 2:00 Musical Entertainment Featuring Kirk Wise (P) 3:00 Card Club: Dealers Choice (AR) 6:00 Resident Ran Prize Bingo (AR)	23 9:30 Morning Exercise (AR) 10:00 Coffee and Discussions 10:15 Life Chats with Chaplain Shawn (P) 1:30 Mid-Week Worship Service (CR) 2:00 Food for Thought (AR) 3:00 Bible Study (CR) 6:15 Movie Night: <i>A Beautiful Day in the Neighborhood</i> (AR)	24 9:00 Macy's Thanksgiving Day Parade (AR) 10:00 Hymn Sing with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 1:15 Thanksgiving Traditions Tales of A Wild Turkey (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Pool Game (PT) Thanksgiving Day	25 9:30 Morning Exercise (AR) 10:00 Manicure and Music (CR) 10:30 Candy Wrappers (CR) 1:15 Cooking Creations with Connections Neighborhood (CR) 2:00 My Life History (AR) 3:00 Time Life Presents <i>Ed Sullivans Rock n Roll Classics The Beach Boys</i> (AR) 6:00 Resident Ran Bingo (AR)	26 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 TED Talk <i>What You Discover When You Really Listen</i> by Hrishikesh Hirway, Musician & Podcaster (AR) 2:00 Wall Jeopardy (AR) 3:00 Crafters Corner (AR) 6:00 Card Club (AR)
		27 9:30 Morning Exercise (AR) 10:00 Making it Easy Cooking Club (AR) 1:15 Taste What We Created (AR) 2:00 I Got It Game (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fire Place Fellowship (FL)	28 9:30 Morning Exercise (AR) 10:00 Mathletes (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Final Monday Movie with Jenny <i>Father of Bride</i> (CR) 2:00 Country Side Ride ** (OOB) 3:00 Game Club: Phase 10 (AR) 6:00 Rummikub (FL)	29 9:30 Morning Exercise (AR) 10:00 Balance in Action (AR) 10:30 Welcome Ambassador Meeting (P) 1:30 Circle of Friends with Chaplain Shawn (CR) 2:00 Happy Hour With Hot Hors d'oeuvres (P) 3:00 Card Club: Dealers Choice (AR) 6:00 Prize Bingo (AR)	30 9:30 Morning Exercise (AR) 10:00 Coffee and Discussions 10:15 Life Chats with Chaplain Shawn (P) 10:30 Shopping Trip: Grocery Outlet **\$\$ (OOB) 1:30 Mid-Week Worship Service (CR) 2:00 iN2L Trivia Games (AR) 3:00 Bible Study (CR) 6:15 Movie Night: <i>The Age Adaline</i> (AR)	<p>Calendar Key: (AR) Activities Room, (DR) Dining Room (FR) Fitness Room, (P) PUB (CR) Community Room (CDR) Create & Design Room (CY) 100 Hall Court Yard (PT) Pool Table Room, (L) Lobby, (FP) Front Patio, (FL) Front Lobby, (CN) Connections Neighborhood (OOB) Out of the Building ** Registration Required, \$\$ Cost Involved</p>		

November

2022