

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

Laura G.
Tae Hwan S.
Abram R.
Patricia F.
Louise W.
Anne A.
Glenn C.

Barbara G.
J. Roger D.
Donna Y.
Marian M.

December

Opal M.
Sheldon H.
Barbara G.
Charles B.
Dorothy G.
Richard B.



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. We enjoyed our Trick-or-Treat with families & community members.

Please join me in welcoming our new Dining Director & Executive Chef, Dennis Rakers. He comes to us with over 20 years of dining experience and we really look forward to a great experience.

Wishing you a Happy Thanksgiving season and a bountiful fall with family and friends.

Best,

Donna O'Leary

Executive Director

Highlighted Events

5 – **Encore Dance School Performance**
@ 1:30pm

8 – **Lunch & Market Outing:** Kitchen
Kettle Village @ 10:30am

11 – **Honoring Veteran's Celebration**
With entertainment @ 2pm

18 – **Fireside Chat with Donna** @ 2pm

24 – **Thanksgiving Service, Dinner &
Social:** starting at 10:30am

29 – **Chef's Pairing with Chef Dennis**
@ 1:30pm

Welcome New Residents

Donna Y.

Rita R.

Kathleen K.

Emily M.



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 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shopping Trip: Boscov's **\$\$OOB 1:30 Community Life Planning Mtg. (AR) 2:15 Creative Cooking w/ Chef Dennis (AR) 3:15 Jeopardy Challenge (AR) 6:00 Word Wars- Scrabble Night (AR)	2 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Who—What am I? Hope Visits (AR) 2:15 Bingo Fun (AR) 3:15 Holiday Choir Practice (CH) 6:00 Movie Night: <i>Back to the Future</i> (AR)	3 10:00 Balance in Action (CH) 10:30 Grief Support Group (CH) 1:30 Living & Giving Service Group (AR) 2:00 CECA Awards (DR) 2:30 LCR w/ Chaplain Jeff (AR) 6:00 Coupons for Troops (AR)	4 9:00 Dime Store OPEN until 2 (FL) 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 10:30 Grocery Run: Lidl's **\$\$ (OOB) 2:00 ED-U Presents: <i>Native Americans</i> , By Lisa Sanchez of the LCPR (CH) 3:15 Word in Word with Floats (AR) 6:00 Front Porch Sitters (FL)	5 10:00 What's the Word (AR) 10:30 Saturday Morning Bingo (AR) 1:30 Special Performance: Encore Dancer School (DR) 2:30 Happy Hour D rinks, Apps & Fun (GL) 3:15 Friends & Family Feud (AR) 6:00 Rummikub Runs : Game Club (AR)		
		6 10:00 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Group: Corn Bread Pudding (AR) 2:00 Sunday Afternoon Social: Indigenous People Day (GL) 3:00 Sunday Worship Service (CH) 6:00 Hallmark Movie Night (CH) Daylight Saving Ends	7 10:00 Stretch & Flex (CH) 10:30 Ed-U Wellness: Brain Changes (CH) 10:45 Crafting for the Holiday Bazaar (AR) 1:30 Book Club (AR) 2:00 Artist in Us All: <i>Pottery Works</i> (AR) 3:00 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)	8 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Lunch Trip & Shopping: Kitchen Kettle Village in Intercourse **\$\$OOB 1:30 Welcome Ambassador Meeting (AR) 2:15 Thankful to You Committee (AR) 3:15 Spelling Bee (AR) 6:00 Word Wars- Scrabble Night (AR)	9 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Who—What am I? Hope Visits (AR) 2:15 Bingo Fun (AR) 3:15 Holiday Choir Practice (CH) 6:00 Movie Night: <i>A Few Good Men</i> (AR)	10 10:00 Balance in Action (CH) 10:30 Greif Support Group (CH) 1:30 Living & Giving Service Group (AR) 2:00 In the Garden with Chaplin Jeff <i>Horticulture Club Meeting</i> (AR) 3:00 LCR w/ Chaplain Jeff (AR) 6:00 Coupons for Troops (AR)	11 9:00 Dime Store OPEN until 2 (FL) 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 10:30 Grocery Run: Giant **\$\$ (OOB) 2:00 Honoring Veteran's Celebration Music by Keil Holland retired Navy (DR) 3:15 Word in Word with Floats (AR) Veteran's Day	12 10:00 What's the Word (AR) 10:30 Saturday Morning Bingo (AR) 1:30 Fall Crafts: Pumpkin Wall Décor (AR) 2:30 Happy Hour :Drinks, Apps & Fun (GL) 3:15 Table Top Bowling (AR) 6:00 Domino Dominators Meet (AR)
		13 10:00 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Group: Bacon & Spinach Quiche (AR) 2:00 Sunday Afternoon Social: Discuss Military of Yesterday and Today (GL) 3:00 Sunday Worship Service(CH) 6:00 Hallmark Movie Night (CH)	14 10:00 Stretch & Flex (CH) 10:30 Ed-U Wellnes:Oral Care=Better Health by Powerback, Speech Therapist Maggie Schobel (CH) 2:00 Special Music by Lee Moyer(DR) 3:00 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)	15 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shopping Trip: Community Aide **\$\$OOB 1:30 Dining Committee Meeting (CH) 2:00 Drum Circle: Grateful Drumming (CH) 3:15 Jeopardy Challenge (AR) 6:00 Word Wars- Scrabble Night (AR)	16 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Who—What am I? Hope Visits (AR) 2:15 Ed-U Presents: Wild life of New Zealand by Terry Neumeier (CH) 3:15 Holiday Choir Practice (CH) 6:00 Bingo Fun (AR)	17 10:00 Balance in Action (CH) 10:30 Greif Support Group (CH) 1:30 Living & Giving Service Group (AR) 2:00 Special Music by Music Hall of Famer, Quentin Jones (DR) 3:00LCR w/ Chaplain Jeff (AR) 6:00 Coupons for Troops (AR)	18 9:00 Dime Store OPEN until 2 (FL) 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 10:30 Grocery: Grocery Outlet **\$\$ (OOB) 2:00 Fireside Chat: with Our E.D. Donna O'Leary(CH) 3:15 Word in Word with Floats (AR) 6:00 Front Porch Sitters (FL)	19 10:00 What's the Word (AR) 10:30 Saturday Morning Bingo (AR) 1:30 Fall Crafts: Fall Fabric Mat (AR) 2:30 Happy Hour :Drinks, Apps & Fun (GL) 3:15 Providence Place Charades (AR) 6:00 Rummikub Runs : Game Club (AR)
		20 10:00 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Group: Colonial Sweet Corn Bread (AR) 2:00 Sunday Afternoon Social: Remembering the Mayflower (GL) 3:00 Sunday Worship Service (CH) 6:00 Hallmark Movie Night (CH)	21 10:00 Stretch & Flex (CH) 10:30 Exploring IN2L (CH) 10:45 Crafting for the Holiday Bazaar (AR) 1:30 Book Club: (AR) 2:00 Artist in Us All: Crafts with Lauri (AR) 3:00 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)	22 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Trip: Wayback Burgers **\$\$OOB 2:00 Pen To Paper Writing Club (AR) 3:15 Spelling Bee (AR) 6:00 Word Wars- Scrabble Night (AR)	23 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Who—What am I? Hope Visits (CH) 2:15 Bingo Fun (AR) 3:15 Holiday Choir Practice (DR) 4:30 Dinner Music: by Pianist Cindi McGrath (DR) 6:00 Movie Night: <i>The New World</i> (AR)	24 10:00 Balance in Action (CH) 10:30 Thanksgiving Service (CH) 11:30 Holiday Dinner Served (DR) 2:00 Truly Thankful Social The Great Turkey Hunt and other Games, Drinks & Fun (GL) Thanksgiving Day	25 9:00 Dime Store OPEN until 2 (FL) 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 10:30 Grocery Run: Aldi **\$\$ (OOB) 2:00 Spiritual Community Club (CH) 3:15 Word in Word with Floats (AR) 6:00 Front Porch Sitters (FL)	26 10:00 What's the Word (AR) 10:30 Saturday Morning Bingo (AR) 1:30 Holiday Crafts : (AR) 2:30 Happy Hour :Drinks, Apps & Fun (GL) 3:15 Organ Music: by Gary Coller (CH) 6:00 Domino Dominators Meet (AR)
		27 10:00 Heart Healthy Walking Club (L) 10:30 Team Cuisine Cooking Group: New England Clam Chowder (AR) 2:00 Sunday Afternoon Social: Navigating New England (GL) 3:00 Sunday Worship Service (CH) 6:00 Hallmark Movie Night (CH)	28 10:00 Stretch & Flex (CH) 10:30 Exploring IN2L (CH) 10:45 Crafting for the Holiday Bazaar (AR) 1:30 Book Club: (CH) 2:00 Ed-U Presents: Bob Reigh's Trivia (CH) 3:00 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)	29 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Trip: PF Changs **\$\$OOB 1:30 Chef's Pairing w/ Chef Dennis (AR) 2:00 Piano Selections by Bryan Huber (DR) 3:15 Jeopardy Challenge (AR) 6:00 Word Wars- Scrabble Night (AR)	30 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Who—What am I? Hope Visits (CH) 2:15 Bingo Fun (AR) 3:15 Holiday Choir Practice (DR) 6:00 Movie Night: <i>Hocus Pocus 2</i> (AR)	Calendar Key: (BR) Billiards Room (CH) Chapel (AR) Activity Room (S) Salon (GL) Governor's Lounge (LB) Library (DR) Dining Room (FL) Lobby (FP) Front Porch ** Registration Required \$\$ Cost Involved (OOB) Out of Building		<h1>November</h1>