

Please join us
In Celebrating...

season of
REFLECTION



NATIONAL ASSISTED LIVING WEEK®
SEPTEMBER 10-16, 2023

NALW.org · #NALW



Providence Place

SENIOR LIVING

News

Q3: September 2023



Dimensions
of Wellness

Resident Birthdays

September

- | | |
|--------------------|---------------------|
| Lois Garman | K. Lorraine Shaffer |
| Sally Ann McCleary | Bonita Mearkle |
| Guy Musick | Stephen Martin |
| John Hampton | Robert Eslinger |
| Virginia Federhoof | LeVaun Stouffer |
| Earl Robinson | |
| Leon McIntyre | |
| Joann Bachtell | |

A Note from the Executive Director

Thanks to everyone for your patience and cooperation last month for the first-floor flooring project. We are pleased with how great it looks. The terrace level is next on the schedule for new flooring in October.

We have several fun events coming up to celebrate Assisted Living week during the second week of this month. Starting with a Grandparent's Day brunch on 9/10 and concluding with the Memory Walk to raise awareness for Alzheimer's disease on 9/16. Please check out the Community Life calendar, weekly updates as well as posters that will be displayed for event schedules.

Save the date for the Fall Fest that will be held on Wednesday, September 27th. Our Dining Department is planning a great fall and German-themed menu and we will be entertained with music and dancing. Dust off your lederhosen and brush up on your polka moves! Flyers will be sent out with monthly invoices and also look for flyers that will be posted in the community for more details.

Warm Regards,

Holly Townsend

Executive Director

Highlighted Events

- 10 – **Grandparent's Day Brunch**
@ 10am or 12pm
- 16 – **Dementia Awareness Walk & Community Walk-a-thon** @ 9am
- 19 – **Outing to 9/11 Memorial** in
Shanksville, PA @ 9am
- 23 – **Lunch Out:** Nick's Airport Inn @ 11am
- 10th - 16th: **National Assisted Living Week Celebrations** – see calendar for details

Welcome New Residents

- Kay K.
- Josephine Y.




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 Info@Prov-Place.com.



www.Providence-Place.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
National Assisted Living Week Celebration 10th - 16th			Calendar Key: Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Back Lobby (BL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Pub Deck (PD) Back Yard (BY) **Registration Required, \$\$ Cost Involved	September 2023	1 9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 1:30 Balance & Action (3E) 2:30 Musical Entertainment Featuring Jay Smar (2A) 3:30 Social Hour: Season Your Own Olive Oil Bread and Wine (P) 6:00 Movie & Popcorn: <i>Rudy</i> (3A)	2 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops(C) 10:00 Nickel Bingo \$\$ (2A) 11:00 Local Fares: Jim's Farmer's Market **\$\$ (OOB) 2:00 Game of Charades (C) 3:00 Game Club: Scrabble (C) 6:00 Resident Run Blitz (2A) 7:30 WV @ Penn St.						
			3 9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:00 Song & Scripture's (Channel 609)				Labor Day 4 9:00 Light & Lively Exercise (3E) 9:30 Woman's Bowling League (3E) 10:00 Prize Bingo Labor Day Edition (2A) 2:00-4:00 Poker Run (Front Desk) 3:00 Labor Day Social Sharing Your Work Stories (C) 6:00 Resident Run Ladder Ball (3E)	5 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$\$ (OOB) 10:00 Circle of Friends w/ Chap Rick (PDR) 1:30 Balance & Action (3E) 2:00 Musical Entertainment Featuring Tom Shultz (2A) 3:00 Popcorn Station (BL) 6:00 Resident Run Pinochle (2A)	6 9:00 Balloon Ball Exercise (3E) 10:00 Community Life Planning Mtg (P) 11:00 Caledonia State Park Picnic Lunch ** (OOB) 1:30 Workout with Vickie From Powerback Rehabilitation (3E) 2:00 Nickel Bingo \$\$ (2A) 3:00 Best Version of Me w/Chap. Rick (2A) 6:00 Rewind & Relax: Front Porch	7 9:00 Sit & Be Fit Exercise (3E) 10:00 Craft Creation: Tie Dye Shirts for ALW ** (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) 6:00 Wii Bowling League (3E)	8 9:00 Light & Lively Exercise (3E) 10:00 Cooking Creation: Muffins For Brunch (C) 1:30 Balance & Action (3E) 2:00 Scattagories (P) 3:00 Social Hour: Olives and Cheese (P) 6:00 Movie & Popcorn: <i>The Water is Wide</i> (3A)	9 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops(C) 10:00 Exploring Franklin County: Sunflower Fields ** (OOB) 12:00 Delaware Blue Hens @ Penn St 2:00 Tales Told by Residents: Greece (P) 3:00 Game Club: Scrabble (C) 6:00 Resident Run Blitz (2A)
			Grandparent's Day 10 9:00 Light & Lively Exercise (3E) 9:30 Trivia Handout (L) 10:00-11:30 Grandparents Day Brunch #1 12:00-1:30 Grandparents Day Brunch #2 2:00 Worship Service with Special Guest's The Kopps (2A) 3:00 Mexican Train Dominoes Club (C) 6:00 Song & Scripture's (Channel 609) <i>Floral or Plaid Day!</i>				Patriot Day 11 8:00-9:30 National Assisted Living Week: Yogurt and Coffee Bar (C) 10:00 Prize Bingo (2A) 1:30 Balance & Action (3E) 2:00 Kindly Canine Pet Visit (BL) 3:00 Taste & Trivia Social: Patriot Day (P) 6:00 Resident Run Sequence (2A) <i>Red, White, Blue Day!</i>	12 9:00 Seated Chair Weights w/Leah (3E) 10:00 Parx Casino and Lunch Out @ Liberty Bar & Grill **\$\$ (OOB) 1:30 Acrylic Canvas Paintings (C) 2:00 Providence Place Chambersburg Antique Road Show (2A) 3:00 Build Your Own Ice Cream Bar (P) 6:00 Resident Run Poker (2A) <i>Twin with a Friend Day!</i>	13 8:00-9:30 National Assisted Living Week: Design Your Own Waffle Bar (C) 10:00 Dining Committee Meeting (2A) 2:00 Nickel Bingo \$\$ (2A) 3:00 Coworker Vs. Resident Water Balloon Toss (FL) 6:30 Musical Entertainment Featuring Calvary Mennonite Church (2A) <i>Providence Place T-Shirt Day!</i>	14 9:00 Sit & Be Fit Exercise (3E) 10:00 Cooking Creation: Fruit Pizza (C) 1:30 Art Exploration: Mixed Media (C) 1:30 Balance & Action (3E) 2:00 Worship Service with Andy Pazlowski (2A) 3:00 Bible Study (PDR) 6:00 4-H Goat Show (CN) <i>Wear Your Favorite Sports Team Day!</i>	Rosh Hashanah 15 8:00-9:30 National Assisted Living Week: Donut & Milk Bar (C) 9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 1:30 Balance & Action (3E) 2:00 Cornhole Tournament (BL) 3:00 Social Hour: Fruit Pizza (P) 6:00 Movie & Popcorn: <i>9/11 @ Pentagon</i> (3A) <i>Tie Dye T-shirt Day!</i>	16 9:00 Light & Lively Exercise (3E) 9:00-11:00 Community Walk-A-Thon End Alzheimer's (FL) 11:00 Penn St. @ Illinois (P) 2:00 Local Fares: Meadows Frozen Custard **\$\$ (OOB) 3:00 Game Club: Scrabble (C) 6:00 Resident Run Blitz (2A) <i>Purple Shirt Day!</i>
			17 9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordie Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:00 Song & Scripture's (Channel 609)				18 9:00 Light & Lively Exercise (3E) 9:30 Men's Will Bowling League (3E) 10:00 Birthday Gang Committee Mtg. (L) 1:30 Balance & Action (3E) 2:00 Design Club: Fall the Halls (FL) 3:00 iN2L Documentary: 911 Memorial And World Trade Center Tour (2A) 6:00 Resident Run Rummy (2A)	19 9:00 Light & Lively Exercise (3E) 9:00 Day Trip to 9/11 Memorial ** (OOB) 10:00 Ladder Ball (3E) 1:30 Balance & Action (3E) 2:00 Chef Demo: Greece (C) 3:00 <i>American Nation of Immigrants</i> Featuring Lester Hirsh (2A) 6:00 Resident Run Pinochle (2A)	20 9:00 Balloon Ball Exercise (3E) 10:00 Nickel Bingo \$\$ (2A) 1:30 Blood Pressure Clinic (2A) 2:00 Fireside Chat (2A) 3:00 Best Version of Me w/Chap. Rick (2A) 4:00 Fireplace Chats (BL) 6:00 Rewind & Relax: Fireplace Sitting (BL)	21 9:00 Sit & Be Fit Exercise (3E) 10:00 Dance with Leah (BL) 1:30 Art Exploration: Mixed Media (C) 1:30 Balance & Action (3E) 2:00 Celebration of Life (2A) 3:00 Bible Study (PDR) 4:00 Table Topics (BL) 6:00 Wii Bowling League (3E)	Native American Day 22 9:00 Light & Lively Exercise (3E) 10:00 Vaccination Awareness with Jaime Bayada Home Health Care (2A) 1:30 Balance & Action (3E) 2:00 Prize Bingo (2A) 3:00 Social Hour: Frybread (P) 6:30 Movie & Popcorn: <i>The Last of the Mohicans</i> (3A)	23 9:00 Light & Lively Exercise (3E) 10:00 Headbandz © Guessing Game (C) 11:00 Lunch Out: Nick's Airport Inn **\$\$ (OOB) 2:00 Horseshoes (3E) 3:00 Game Club: Scrabble (C) 6:00 Resident Run Blitz (2A) 7:30 Iowa @ Penn St.
			Yom Kippur 24 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:00 Song & Scripture's (Channel 609)				25 9:00 Light & Lively Exercise (3E) 9:30 Woman's Bowling League (3E) 10:00 Cooking Creation: Caramel Apple Desserts (C) 2:00 Cooking Creation: Caramel Apple Cake Desserts (C) 3:00 iN2L Documentary: <i>The Yom Kippur War</i> (2A) 6:30 Musical Entertainment featuring Cumberland Valley Quartet (2A)	26 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$\$ (OOB) 10:00 Circle of Friends w/Chap Rick (PDR) 10:00 Cooking Creation: Cupcakes (C) 1:30 Acrylic Canvas Paintings (C) 2:00 Men's Club: Putt Putt Golf ** (OOB) 3:00 Nickel Bingo \$\$ (2A) 6:00 Rewind & Relax: Fireplace Sitting (BL)	27 9:00 Balloon Ball Exercise (3E) 10:00 Community Life Planning Mtg. (P) 1:30 Balance & Action (3E) 2:00 Rosary with Corpus Christie Church (2A) 3:15 Best Version of Me w/Chap. Rick (2A) 5:00 Friends & Family Fall Fest ** (LD) 5:30 Shippensburg German Polka Band (LD)	28 9:00 Sit & Be Fit Exercise (3E) 10:00 Dance with Leah (BL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 4:00 Fireplace Chats (BL) 6:00 Wii Bowling League (3E)	Sukkot 29 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Cooking Creation: Cherry Cake (C) 1:30 Balance & Action (3E) 2:00 Catholic Mass with Corpus Christi Catholic Church (2A) 3:00 Social Hour: Cherry Cake (P) 6:00 Movie & Popcorn: <i>Dreamer</i> (3A)	30 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops(C) 10:00 Prize Bingo (2A) 2:00 Root Beer Float Social (C) 3:00 Game Club: Scrabble (C) 6:00 Resident Run Blitz (2A) Penn St. @ Northwestern TBD