

# 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
- 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!

## A Note from the Executive Director

Thank you to everyone who joined us for our FallFest at the end of September - it's always a great time together and a fun way to kick off fall festivities.

Be sure to check out the posters in the front lobby that highlight the names of residents who have lived at Providence Place for 5+ years as well as coworkers who have worked here for 5-20 years. A congratulations to all!

For safety purposes, we do have a posted speed limit of 5 mph through our parking lots and there have been several reports of vehicles driving fast... please help us keep everyone safe and honor the posted speed limit.

All are welcome to join us on 10/21 for a kid-friendly daytime trick-or-treat event. Everyone enjoys this annual event and we hope to have a big crowd.

If you have any questions or concerns, please reach out anytime!

Warm Regards,

*Holly Townsend*

*Executive Director*

## Highlighted Events

12 - **Flu Vaccine Clinic**

14 - **EdU Presentation:** Battle of Yorktown with Joe & Delores @ 2pm

21 - **Community Trick-or-Treat** @ 2-4pm

27 - **Apartment Warming Social** with Amber & Alyssa @ 3pm

## Welcome New Residents

Susan L.  
Robert A.  
Monica W.  
Julie J.  
Sarah B.  
Patricia N.

## Dimensions of Wellness



## Resident Birthdays

### October

Doris Black  
Alvin Fischer  
John Geary  
Jay Smith  
Nancy Levick  
Wayne Gunnelson  
Barbara Sanders  
Mary Phillips  
Chalmers Fetterhoff  
Loretta Cornelius

### November

Lois Powers  
Harold Hopple  
Elaine Reiss  
Shirley Koons

Shirley Fenstermacher  
Janet Eshleman  
Robert Allison  
Doris Miller  
Carl Miller  
Anna Martinka  
Carol McAllaster  
Joan Deffenbaugh  
Pearl Hurley  
Lee Golden  
Raymond Maurello  
Alma Locke

### December

Mossie Sites  
Alice Galbraith  
Patricia Nichols  
Norman Kennedy  
Lavada Norko  
Glenn Walizer  
Nancy Seville  
Ronald Hocker  
Willy Rudolph  
Ruth Yocum  
Margaret Stigers



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:Info@Prov-Place.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Famous Faces and Places (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Wacky Wordies (3A) 6:15 Songs and Scripture (Ch. 809)	2 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 Timeless Trivia (3A) 3:00 iN2L Documentary: History of Germany (2A) 6:15 Card Club (3A)	3 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Autumn Leaf Bowls (3A) 1:30 Cooking Creation: Pumpkin Cheesecake Dip (CN) 2:30 Sip and Taste (CN) 3:00 Taste & Trivia: Germany (P) 6:15 Game Shows (Ch.78)	4 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Rural King \$\$ (OOB) 1:30 Crafty Creation: Fall Wreath (CN) 2:30 Sip and Share (CN) 3:00 Jeopardy (3A) 6:15 Horseshoes (3E)	5 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Apple Cider Slushies from Shatzer's Fruit Market (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)	6 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cooking Creation: Al's Birthday Cake (C) 1:30 Walk and Stroll Club (HW) 2:00 Fall Bingo (3A) 3:00 Centenarian Celebration Alvin F. Turns 101 (P) 6:00 Movie Night & Popcorn: <i>The Sting</i> (3A)	7 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 iN2L Passport Travels: Germany (3A) 3:00 Social Hour: Pretzels and Dip (P) 6:15 Puzzle Club (3A)
8 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Holiday History: Indigenous People Day (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Brain Games (3A) 6:15 Songs and Scripture (Ch. 809)	9 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 Kindly Canines (2A) 3:00 iN2L Documentary: Travel Germany (2A) 6:15 Card Club (3A)	10 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hitchcock Scavenger Hunt (3A) 1:30 Cooking Creation: Sweet Potato Cookies (CN) 2:30 Sip and Taste (CN) 3:00 Tales Told by Residents; Travel to Germany (P) 6:15 Game Shows (Ch.78)	11 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Target \$\$ (OOB) 1:30 Crafty Creation: Crate Pumpkins (CN) 2:30 Sip and Share (CN) 3:00 Musical Entertainment Featuring Jessica Snyder (CN) 6:30 Musical Entertainment Featuring Calvary Mennonite Church (2A)	12 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance with Leah (BL) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Nature Ride (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)	13 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Providence Place Chambersburg Antique Roadshow (2A) 1:30 Walk and Stroll Club (HW) 2:00 Crafting Club: Fall Gel Air Freshener (C) 3:00 Social Hour: Crockpot Apple Cider (P) 6:00 Movie Night & Popcorn: <i>Sister Act</i> (3A)	14 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Ed-U Presentation <i>Battle of Yorktown</i> with Joe & Delores McDivitt (2A) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)
15 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Halloween Detective (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Dominoes (3A) 6:15 Songs and Scripture (Ch. 809)	16 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 Reminiscing Halloween (C) 3:00 iN2L Documentary: Oh My Gourd! Jack- O-Lantern Spectacular Story (2A) 6:15 Card Club (3A)	17 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Table Talk Tidbits (3A) 1:30 Cooking Creation: Pumpkin Honey Bun Cake (CN) 2:30 Sip and Taste (CN) 3:00 Taste & Trivia : October (P) 6:15 Game Shows (Ch.78)	18 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Walmart \$\$ (OOB) 11:30 Diners Caravan \$\$ (OOB) 1:30 Blood Pressure Clinic (2A) 2:00 Fireside Chat (2A) 3:00 Coffee & Conversation Fireside Chat Recap (P) 6:15 Horseshoes (3E)	19 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Pumpkin Patch (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)	20 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mental & Emotional w/ Jamie From Bayada Home Healthcare (2A) 1:30 Walk and Stroll Club (HW) 2:00 Memories in the Making (3A) 3:00 Social Hour: Create Your Own Apple Nachos (P) 6:00 Movie Night & Popcorn: <i>The Night of the Museum</i> (3A)	21 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00-4:00 Community Trick or Treat (TBD) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)
22 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Holiday History: Hallowed Halloween (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Book Club: A Crafty Plan (2A) 6:15 Songs and Scripture (Ch. 809)	23 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 Crafting Club: Fall Bracelet (3A) 3:00 iN2L Documentary: American's Hidden Stories Salem's Secrets Smithsonian Channel (2A) 6:15 Card Club (3A)	24 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Halloween Charades (3A) 1:30 Cooking Creation: Carmel Apple Cake (CN) 2:30 Sip and Taste (CN) 3:00 Taste & Trivia : Halloween (P) 6:15 Game Shows (Ch.78)	25 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Dollar Tree \$\$ (OOB) 1:30 Crafty Creation: Cutting Board Scarecrows (CN) 2:00 Rosary with Corpus Christi (2A) 2:30 Sip and Share (CN) 3:00 Halloween Bingo (3A) 6:45 Gospel Hymns with Antrim Mennonite Church (2A)	26 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 10:00 Dance with Leah (BL) 1:15 Day Excursion: Windy Knoll Ice Cream (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)	27 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Halloween Brain Games (3A) 1:30 Walk and Stroll Club (HW) 2:00 Musical Entertainment Featuring Craig Johnson (2A) 3:00 Social Hour: Fall Beer Flights or Apple Cider (P) 6:00 Movie Night & Popcorn: <i>The Hounds of Baskerville</i> (3A)	28 9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Musical Entertainment Featuring The Starlites (2A) 3:00 Hydration and Humor (P) 6:15 Puzzle Club (3A)
29 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 History of The Jack-O-Lantern (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service with Guest Chaplain Rev. Jane Carlson (2A) 3:00 Game Club: Planet Earth (3A) 6:15 Not Forgotten Ministries (2A)	30 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (3A) 2:00 iN2L Documentary: German Food Tour (2A) 3:00 Candy Corn Toss (BL) 6:15 Card Club (3A)	31 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Reminisce Halloween Songs (3A) 2:00 - 4:00 Boo's & Brew's Murder Mystery Halloween Costume Party (P) 6:15 Game Shows (Ch.78)  Halloween	<h1>October</h1> <h1>2023</h1>		<p><b>Calendar Key:</b> 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) Connections (CN) Picnic Tables (PT) ** Registration Required \$\$ Cost Involved</p> <h1>THE</h1> <h1>Club</h1>	