

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 Fall Fest 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.



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	
1 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)	2 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 Prize Bingo (2A) 3:00 iN2L Documentary: History of Germany (2A) 6:00 Resident Run Poker (2A)	3 9:00 Sit & Be Fit Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Circle of Friends w/ Chap Rick (PDR) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Musical Entertainment Featuring Tom Shultz (2A) 3:00 Taste & Trivia: Germany (P) 6:00 Ladder Ball (3E)	4 9:00 Seated Weights with Leah (3E) 9:00 Catoctin Wildlife Reserve Day Trip **\$(OOB) 1:30 Workout with Vickie From Powerback Rehabilitation (3E) 2:00 Cooking Creation: Al's Birthday Cake (C) 6:00 Wednesday Wind Down At the Fireplace (BL)	5 9:00 Balloon Ball Exercise (3E) 10:00 Bleach Stained Halloween Shirt (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) 4:00 Never Have I Ever (BL) 6:00 Wii Bowling League (3E)	6 9:00 Light & Lively Exercise (3E) 10:00 Design Club: Birthday Celebration Set Up in the Pub (P) 10:00 Bible Study with Sharon (PDR) 2:00 Game Club: Scrabble (C) 3:00 Alvin F. Celebrates 101 (P) 6:00 Movie & Popcorn: <i>The Sting</i> (3A)	7 HAPPY 101 BIRTHDAY AL! 9:00 Light & Lively Exercise (3E) 10:00 Fall Clean Up Goodwill Donation Begins (Comm. Life Office) 1:30 Balance & Action (3E) 2:00 Nickel Bingo \$(2A) 3:00 Social Hour: Pretzels & Dip (P) 6:00 Resident Run Blitz (2A)	
8 9:00 Light & Lively Exercise (3E) 9:30 Trivia 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)	9 9:00 Light & Lively Exercise (3E) 9:30 Woman's Bowling League (3E) 10:00 Community Life Planning Mtg. (P) 1:30 Balance & Action (3E) 2:00 Kindly Canines (2A) 3:00 iN2L Documentary: Travel Germany (2A) 6:00 Resident Run Pinochle (2A)	10 9:30 Shopping Trip: TJ Maxx \$(OOB) 10:00 Circle of Friends w/Chap Rick (PDR) 11:00 Franklin Co. Bookmobile (LD) 1:30 Acrylic Canvas Paintings (C) 2:00 Living in Abundance in Times of Loss w/Chaplain Rick (2A) 3:00 Tales Told by Residents: Travel to Germany (P) 6:00 Rewind & Relax: Fireplace Sitting (BL)	11 9:00 Seated Weights with Leah (3E) 10:00 Dining Committee Meeting (2A) 1:30 Musical Entertainment Featuring Jessica Snyder (2A) 2:00 Horseshoes (3E) 3:00 Nickel Bingo \$(2A) 4:00 Dart League (P) 6:30 Musical Entertainment Featuring Calvary Mennonite Church (2A)	12 Flu Vaccine Clinic 9:00 Yoga with Beth (3E) 10:00 Dance with Leah (BL) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 3:00 Design Club: Halloween (BL) 6:00 Wii Bowling League (3E)	13 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Providence Place Chambersburg Antique Road Show (2A) 1:30 Balance & Action (3E) 2:00 Prize Bingo (2A) 3:00 Social Hour: Crockpot Apple Cider (P) 6:00 Movie & Popcorn: <i>Sister Act</i> (3A)	14 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops (C) 1:30 Stair Stepper Exercise (3E) 2:00 <i>Battle of Yorktown</i> with Joe & Delores McDivitt (2A) 3:00 Game Club: Scrabble (C) 3:30 U Mass @ Penn St 6:00 Resident Run Blitz (2A)	
15 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)	16 9:00 Light & Lively Exercise (3E) 9:30 Men's Will Bowling League (3E) 10:00 Nickel Bingo \$(2A) 1:30 Balance & Action (3E) 2:00 Reminiscing Halloween (C) 3:00 iN2L Documentary: <i>Oh My Gourd!</i> <i>Jack-O-Lantern Spectacular Story</i> (2A) 6:00 Resident Run Rummy (2A)	17 9:00 Sit & Be Fit Exercise (3E) 10:00 Helping Hands Club: Trick or Treat Prep (P) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Living in Abundance in Times of Loss w/Chaplain Rick (2A) 3:00 Taste & Trivia: October (P) 6:00 Dart League (P)	18 9:00 Seated Weights with Leah (3E) 10:00 Craft Creation: Halloween for Your Door (C) 1:30 Blood Pressure Clinic (2A) 2:00 Fireside Chat (2A) 3:00 Coffee & Conversation Fireside Chat Recap (P) 6:00 Wednesday Wind Down At the Fireplace (BL)	19 9:00 Balloon Ball Exercise (3E) 10:00 Helping Hands Club: Trick or Treat Prep (P) 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 Table Topics (BL) 6:00 Wii Bowling League (3E)	20 9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 1:30 Musical Entertainment Featuring Robert Twine (2A) 3:00 Celebrate Steve K with his Retirement Party (P) 6:30 Movie & Popcorn: <i>The Night of the Museum</i> (3A)	21 9:00 Light & Lively Exercise (3E) 10:00 Helping Hands: Trick or Treat Set Up (BL) 2:00 – 4:00 Community Trick or Treat (TBD) 6:00 Resident Run Blitz (2A) Penn State @ Ohio State TBD	
22 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:00 Song & Scripture's (Channel 609) Leitersburg Cinema **\$(OOB) TBD	23 9:00 Light & Lively Exercise (3E) 9:30 Woman's Bowling League (3E) 10:00 Design Club: Halloween (P) 1:30 Balance & Action (3E) 2:00 Nickel Bingo \$(2A) 3:00 iN2L Documentary: American's Hidden Stories: Salem's Secrets Smithsonian Channel (2A) 6:00 Resident Run Sequence (2A)	24 9:00 Sit & Be Fit Exercise (3E) 9:30 Shopping Trip: Goodwill Drop off And Rural King **\$(OOB) 10:00 Circle of Friends w/Chap Rick (PDR) 1:30 Acrylic Canvas Paintings (C) 2:00 Living in Abundance in Times of Loss w/Chaplain Rick (2A) 3:00 Taste & Trivia: Halloween (P) 6:00 Rewind & Relax: Fireplace Sitting (BL)	25 9:00 Seated Weights with Leah (3E) 10:00 Prize Bingo (2A) 2:00 Rosary with Corpus Christi Catholic Church (2A) 3:00 Men's Club: Pumpkin Chunkin (FL) 4:00 Would you Rather? (BL) 6:45 Gospel Hymns with Antrim Mennonite Church (2A)	26 9:00 Balloon Ball 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 Mad Libs (BL) 6:00 Wii Bowling League (3E)	27 9:00 Pumpkin Decorating Judging (FL) 10:00 Nickel Bingo \$(2A) 2:00 Catholic Mass with Corpus Christi Catholic Church (3A) 2:00 Musical Entertainment Featuring Craig Johnson (2A) 3:00 Apartment Warming Party with Fall Beer Flights or Apple Cider Hosted by Amer & Alyssa (P) 6:30 Movie & Popcorn: <i>The Hounds of Baskerville</i> (3A)	28 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops (C) 11:00 Fall Leaves of Caledonia and Lunch Out at Giacamos **\$(OOB) 2:00 Musical Entertainment featuring The Starlites (2A) 3:00 Game Club: Scrabble (C) 6:00 Resident Run Blitz (2A) IN @ Penn St. TBD	
29 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 with Rev. Jane Carlson (2A) 3:00 Mexican Train Dominoes (C) 6:00 Not Forgotten Ministries (2A)	30 9:00 Light & Lively Exercise (3E) 9:30 Men's Will Bowling League (3E) 10:00 Cooking Creation: Halloween (C) 1:30 Balance & Action (3E) 2:00 iN2L Documentary: German Food Tour (2A) 3:00 Candy Corn Toss (BL) 6:00 Resident Run Scattergories (C)	31 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Circle of Friends w/Chap Rick (PDR) 1:30 Acrylic Canvas Paintings (C) 2:00 Living in Abundance in Times of Loss w/Chaplain Rick (2A) 2:00 - 4:00 Boo's & Brew's Murder Mystery Halloween Costume Party (P) 6:00 Rewind & Relax: Fireplace Sitting (BL) Halloween	<h1>October</h1> <h1>2023</h1>			Calendar Key: Pub (P), Caf� (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activ- ity Room (3A), 3rd Floor Exercise Room (3E), Back Lobby (BL), Dining Room (DR), Load- ing Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Con- nections (CN), Pub Deck (PD) Back Yard (BY) **Registration Required, \$\$ Cost Involved	

