

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!



Providence Place SENIOR LIVING News

Q4: October 2023

A Note from the Executive Director

I am so happy to have settled in as the new Executive Director here at Providence Place in Collegeville. I am confident that with my leadership, as well as Paris Ciccone, Director of Wellness, and Janelle Adams, Connections Director, we will see positive changes throughout the community.

There will be two events in October where families will have the opportunity to meet with the leadership team and have open conversations. I look forward to getting to know your loved ones and your families better as I continue to settle in to this role.

Connections Neighborhood friends & families - please join us on Thursday, October 5th (6-7:30pm). Independent Living & Assisted Living friends & families, please join us on Tuesday, October 24th (time TBA). Refreshments will be provided at both events.

If you have any questions or concerns, please do not hesitate to reach out to me anytime.

Best,

Holly Williamson

Executive Director

Highlighted Events

- 4 - **Oktoberfest Dinner & Musical Entertainment** @ 3:30pm
- 12 - **Diner's Caravan: Troubles End Brewing** @ 10am
- 19 - **Bach's Lunch: Pizza & Music** @ 10:30am
- 19 - **Halloween Celebration:** with Troop 230 @ 6pm
- 25 - **Puppet Murder Mystery Theater** @ 3:30pm
- 26 - **Valley Forge Casino** @ 1pm
- 31 - **Halloween Happy Hour & Movie:** @ 3:30pm

Welcome New Residents

- Norma F.
- Dorothy S.
- Sue G.
- Frank T.
- Michael C.
- Roy A.



*Dimensions
of Wellness*

Resident Birthdays

October

Carol Hornak
Mary Baker
Nancy Johnston
Judith Adler
Helen MacKay
Anthony Arnone

November

Cartherine Dello Buono
Bernard Cunningham
Alice Jeanette Roberts
Frances Kalbach
Anne Adams
Dolores Heck
Shirley Barilla

December

Pasquale Faccenda
Joan Santiago
Robert Dell
Victor Machese Jr.
Gerald Mandlowitz
Mary Jane Higgins
Marie Graziano
Robert Higgins



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 9:15 Meet and Greet (P) 10:30 Catholic Mass on Screen (T) 11:00 Word Search (P) 1:00 Ecumenical Service & Communion with Chaplain Daniel (CR) 1:00 Eagles Game (P) 3:00 Games in the Pub (P) 4:00 TED Talk: <i>Healing the Epidemic of Isolation for Seniors</i> (T) 6:00 Movie: <i>Das Boot</i> (T)	2 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Manicures (CR) 1:00 Nickel Bingo \$\$ (AR) 2:00 Family Feud (CN) 2:15 Nadine's Music and Meditation (AR) 3:15 Bible Study (T)	3 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Crosswords and Word Searches (P) 1:00 Bingo (AR) 2:00 Circle of Friends (BP) 2:15 Book Mobile (OS) 3:00 iN2L: Tour of Germany (P) 3:30 Karaoke Happy Hour (P) 6:00 Community Board Games (P)	4 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary (T) 11:00 Crossword and Word Searches (P) 1:30 Look Who's Dancing Dancercise (CN) 2:30 Midweek Service with Chaplain Daniel (CR) 3:30 Entertainer Courtney Colletti (P) 4:30 Octoberfest Dinner & Beer Tasting (DR)	5 9:15 Meet and Greet (P) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit (P) 10:30 Green Thumbs Plant Project (P) 12:00 Dining In: Speck's Chicken (P) 1:00 Balance in Action Class by Powerback Rehab (P) 2:00 Activity Committee Meeting (AR) 2:30 Paint and Create (CR) 3:30 Happy Hour with German Games (P)	6 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Crosswords and Word Searches (P) 10:30 Drama Club (T) 1:00 Bingo Bucks Bingo (AR) 2:00 Country Ride (CN) 3:30 Jeopardy (T) 6:00 Res. Run Billiards (OL)	7 9:15 Meet and Greet (P) 10:00 Sit and Be Fit (P) 11:00 Community Crossword (P) 1:00 Bingo (AR) 2:00 Live Piano Playing with Daniel Chu (CR) 3:30 Happy Hour (P) 6:00 Res. Run Dominoes (P)	
8 9:15 Meet and Greet (P) 10:30 Catholic Mass on Screen (T) 11:00 Manicures (CR) 1:00 Ecumenical Service with Chaplain Daniel (CR) 2:00 Walk and Roll Club (AR) 3:00 Games in the Pub (P) 4:00 Eagles Game (P) 6:00 Movie: <i>Amadeus</i> (T)	9 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Creative Crafting (AR) 1:00 Nickel Bingo \$\$ (AR) 2:00 Columbus Day Facts/ Trivia (CN) 2:15 Nadine's Music and Meditation (AR) 3:15 Bible Study (T)	10 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Crosswords and Word Searches (P) 1:00 Bingo (AR) 2:00 Circle of Friends (BP) 3:00 Prepare Pasta for Soup Kitchen (CR) 4:00 Poker Happy Hour (P) 6:00 Community Board Games (P)	11 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary (T) 11:00 Crossword and Word Searches (P) 1:00 Bingo (CN) 2:00 Golden Sneakers with Teresa (AR) 2:30 Midweek Service with Chaplain Daniel (CR) 3:30 Entertainer Kirk Mauer (P) 6:00 Movie: <i>Amadeus</i> (T)	12 9:15 Meet and Greet (P) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit (P) 10:00 Diners Caravan Out: Sly Fox Brewhouse & Eatery**\$\$ (OOB) 10:30 Crossword and Word Searches (P) 1:30 Fireside Chat with Holly, E.D. (AR) 2:00 Ed-U Presentation: <i>Unsung Women</i> by Joseph McDevitt (AR) 3:30 Happy Hour (P)	13 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Crossword and Word Searches (P) 10:30 Drama Club (T) 1:00 Bingo (AR) 2:00 Walking Club (OS) 3:30 Balloon Volleyball (P) 6:00 Res. Run Billiards (OL)	14 9:15 Meet and Greet (P) 10:00 Sit and Be Fit (P) 11:00 Community Crossword (P) 1:00 Bingo (AR) 2:00 Live Piano Playing with Daniel Chu (CR) 3:30 Meet New Residents Happy Hour Hosted by Welcoming Committee (P) 6:00 Res. Run Dominoes (P)	
15 9:15 Meet and Greet (P) 10:30 Catholic Mass on Screen (T) 11:00 Word Search (P) 1:00 Ecumenical Service with Chaplain Daniel (CR) 2:00 Walk and Roll Club (AR) 3:00 Games in the Pub (P) 4:30 Eagles Game (P)	16 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Manicures (CR) 1:00 Nickel Bingo \$\$ (AR) 2:00 The Price is Right (CN) 2:15 Nadine's Music and Meditation (AR) 3:15 Bible Study (T)	17 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Crosswords and Word Searches (P) 1:00 Bingo (AR) 2:00 Circle of Friends (BP) 2:15 Book Mobile (OS) 3:00 Creating Fun Halloween Pumpkins (P) 4:00 Trivia Happy Hour (P) 6:00 Community Board Games (P)	18 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary (T) 11:00 Crossword and Word Searches (P) 1:30 Look Who's Dancing Dancercise (P) 2:30 Midweek Services with Chaplain Daniel (CR) 3:00 Mass St. Eleanor Church (CR) 6:00 Movie: <i>Cabaret</i> (T)	19 9:15 Meet and Greet (P) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit (P) 10:30 Crossword and Word Searches (P) 1:00 Dining Room Committee Meeting (CR) 1:30 Food Demonstration with Chef Ed (AR) 3:30 Happy Hour (P) 6:00 Halloween Intergenerational Celebration with Troop 230 (P)	20 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Crossword and Word Searches (P) 10:30 Drama Club (T) 1:00 Bingo Bucks Bingo (AR) 2:00 Ed-U Presentation by Critter Connections (CR) 3:15 OWL Facts and Trivia (CN) 6:00 Res. Run Billiards (OL)	21 9:15 Meet and Greet (P) 10:00 Sit and Be Fit (P) 1:00 Bingo (AR) 2:00 Live Piano Playing with Daniel Chu (CR) 3:00 Vote: Best Decorated Pumpkins (P) 3:30 Happy Hour (P) 6:00 Res. Run Dominoes (P)	
22 9:15 Meet and Greet (P) 10:30 Catholic Mass on Screen (T) 11:00 Manicures (CR) 1:00 Ecumenical Service with Chaplain Daniel (CR) 2:00 Walk and Roll Club (AR) 3:00 Games in the Pub (P) 6:00 Movie: <i>Mission Impossible 3</i> (T)	23 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Creative Crafting (AR) 1:00 Nickel Bingo \$\$ (AR) 2:00 German Facts and Trivia (CN) 2:15 Nadine's Music and Meditation (AR) 3:15 Bible Study (T)	24 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Crosswords and Word Searches (P) 1:00 Balloon Volleyball (CR) 2:00 Circle of Friends (BP) 3:15 Waking Club (OS) 4:00 Happy Hour (P) 6:00 Community Board Games (P)	25 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary (T) 11:00 Crossword and Word Searches (P) 1:00 Bingo (CN) 2:00 Golden Sneakers with Teresa (AR) 2:30 Midweek Services with Chaplain Daniel (CR) 3:30 Puppet Murder Mystery Theater (CR) 6:00 Res. Run Billiards (OL)	26 9:15 Meet and Greet (P) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit (P) 10:30 Crossword and Word Searches (P) 1:30 Country Ride (CN) 2:00 Walking Club (OS) 3:00 Happy Hour (P) 6:00 Nighttime Nickel Bingo (AR)	27 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Crossword and Word Searches (P) 10:30 Drama Club (T) 1:00 Bingo Bucks Bingo (AR) 2:00 Corn Hole & Root Beer Floats (BP) 3:00 German Art, Food and Culture (T) 3:30 Sunshine Committee: Halloween Bags for staff & residents (P)	28 9:15 Meet and Greet (P) 10:00 Sit and Be Fit (P) 11:00 Community Crossword (P) 1:00 Bingo (AR) 2:00 Live Piano Playing with Daniel Chu (CR) 3:30 Happy Hour Halloween Trivia (P) 6:00 Res. Run Dominoes (P)	
29 9:15 Meet and Greet (P) 10:30 Catholic Mass on Screen (T) 11:00 Word Search (P) 1:00 Ecumenical Service with Chaplain Daniel (CR) 1:00 Eagles Game (P) 2:00 O.W.L.S. Club (P) 6:00 Movie: <i>The Boy in the Striped Pajamas</i> (T)	30 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Woofs of Wisdom with Harper (P) 10:30 Manicures (CR) 1:00 Nickel Bingo \$\$ (AR) 2:00 Halloween Games (CN) 3:15 Bible Study (T)	31 9:15 Meet and Greet (P) 9:30 Sit and Be Fit (P) 10:00 Halloween Word Games (P) 1:00 Bingo (AR) 2:00 Circle of Friends (BP) 3:30 Halloween Happy Hour (P) 6:00 Movie: <i>The Birds</i> (Hitchcock) (T) Halloween	<h1>October</h1> <h1>2023</h1>			<p>Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (OS) Out Side, (OL) Old Lobby, (AR) Activity Room, (CR) Community Room (P) Pub, (BP) Back Porch, (T) Theater, (CN) Connections</p> <h1>THE Club</h1>	