

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!



Resident Birthdays

October

Arthur Tomlinson
Betty Collier
Barbara Heromin
Ronald Weiser
Janet Becker
Anna Mary Nace
Earl Trish
Pauline Schaefer
Marion Porter
Betty Ruth

Mary Hartlaub
Virginia Angel
Clyde Livingston
Fay Kramer

Richard Chesnut
Mary Shubert
Alecia Firestone
Rhea Landes
Leila Berry
Gloria Hively
Rick Millar
Lorene Stump
Robert Hughlett
Nancy Brunk
Charles Bubb
Carol Figdore

November

December

Virginia Maloy
Marjorie Zinn
Wayne Weber
Marjorie Davis
Dorothy Hartman
Peggy Greiss
Vera O'Bryan
Sharon Warnecke
Ira Grumbine
Karen Ayers
Lois Smith
Kathy Rauhauser

A Note from the Executive Director

Thanks to everyone that made our annual LUAU a successful event! We are now looking forward to some crisp fall weather and fun fall festivities.

Providence Place will be hosting our community Trick-or-Treat on October 26th and our Alzheimer's & Dementia Awareness Walk here on campus on October 24th. The York County Walk to End Alz will take place at John Rudy Park on 10/28. You and your family are welcome to join for any or all events!

We now have Providence Place shirts available for sale for all community members. Order forms and options are available in the General Store - come visit to check out the options.

Enjoy the beautiful weather and foliage as we step into fall!

Best,
Howard Holben
Executive Director

Highlighted Events

- 3 - **Musical Entertainment:** PA Coal Mine Music & Folklore @ 2pm
- 9 - **Intergenerational Meet & Greet:** Dover Youth Football Cheerleaders @ 6pm
- 11 - **EdU Presentation:** Journey to Space @ 2pm
- 25 - **Gardening Presentation:** Pumpkins @ 2pm
- 26 - **Community Trick-or-Treat** @ 6pm
- 28 - **Walk to End Alzheimer's** @ 9am
John Rudy Park

Welcome New Residents

Rhea L.
Richard C.
Connie M.
Marion P.
Katherine S.
Patsy M.
Ralph D.
Florence D.



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 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 1:00 Daily Reading (CR) 1:30 Homemade Pumpkin Lattes (CR) 3:00 Worship Service (CR) 6:00 Poker Club (AR)	2 9:30 Morning Fitness (AR) 10:00 in2L Programming (CN) 10:15 Dining Room Committee Meets (CR) 1:30 Music with Katie (AR) 1:45 Daily Reading & Trivia (CR) 3:00 Monday Mocktail & Charcuterie Board (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	3 9:30 Morning Fitness (AR) 10:00 Name that Tune (AR) 11:00 Menu Review (AR) 1:15 Create with Connections (CN) 2:00 Happy Hour (AR) 3:00 Afternoon Cranium Crunches (P) 3:00 Bible Study (CR) 4:00 Menu Review (P) 6:00 Evening Bingo (AR)	4 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Pumpkin Patch Pictures (AR) 11:00 Menu Review (AR) 1:30 Wednesday Worship (CR) 3:00 Create & Take: The <i>leaves are falling</i> craft (CR) 4:00 Menu Review (CR) 6:00 Movie and Popcorn (AR)	5 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 10:45 Daily Reading & Menu Review (CR) 1:15 Brain Aerobics (CN) 2:15 October IQ (CR) 3:00 Bingo (AR) 6:00 Resident Run Pinochle (AR)	6 9:30 Morning Fitness (AR) 10:00 Culinary Creations (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Freebie Friday For All: Crisps & Beer Dip (LB) 2:30 Drinks & Discussion (CR) 3:00 Lets get Physical: Out Side Ball (CN) 6:00 Resident Run Bingo (AR)	7 9:30 Morning Fitness (AR) 10:00 Donuts and Coffee (AR) 10:30 Daily Reading & Menu Review (CR) 1:15 Two Question Quiz (CR) 2:00 Wall Jeopardy (AR) 3:00 Ladies Hot Tea (AR) 6:00 Resident Card Club (AR)
8 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 1:00 Daily Reading (CR) 1:30 Ocean Animal Trivia (CR) 3:00 Worship Service (CR) 6:00 Poker Club (AR)	9 9:30 Morning Fitness (AR) 10:00 in2L Programming (CN) 10:30 Grief Share with Chaplain Shawn (CR) 1:30 Music with Katie (AR) 1:45 Daily Reading & Trivia (CR) 3:00 Monday Mocktail & Charcuterie Board (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	10 9:30 Morning Fitness (AR) 10:00 Name that Tune (AR) 11:00 Menu Review (AR) 1:15 Create with Connections (CN) 2:00 Happy Hour (AR) 3:00 Afternoon Cranium Crunches (P) 3:00 Bible Study (CR) 4:00 Menu Review (P) 6:00 Evening Bingo (AR)	11 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Jingo (AR) 11:00 Menu Review (AR) 1:30 Wednesday Worship (CR) 2:00 Ed-U Pres. Space Program (AR) 3:00 Create & Take: Fruit Smoothies (CR) 4:00 Menu Review (CR) 6:00 Movie and Popcorn (AR)	12 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 10:45 Daily Reading & Menu Review (CR) 1:15 Brain Aerobics: Vermont (CN) 2:15 Spider Rock Creations (CR) 3:00 Bingo (AR) 6:00 Resident Run Pinochle (AR)	13 9:30 Morning Fitness (AR) 10:00 Culinary Creations (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Freebie Friday For All: Deviled Eggs (LB) 2:30 Drinks & Discussion (CR) 3:00 Lets get Physical: Pumpkin Pass Balloon Toss (CN) 6:00 Resident Run Bingo (AR)	14 9:30 Morning Fitness (AR) 10:00 Donuts and Coffee (AR) 10:30 Daily Reading & Menu Review (CR) 1:15 Two Question Quiz (CR) 2:00 Wall Jeopardy (AR) 3:00 Dessert word game (CR) 6:00 Resident Card Club (AR)
15 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 1:00 Daily Reading (CR) 1:30 Make your own soap (CR) 3:00 Worship Service (CR) 6:00 Poker Club (AR)	16 9:30 Morning Fitness (AR) 10:00 in2L Programming (CN) 10:30 Grief Share with Chaplain Shawn (CR) 1:30 Music with Katie (AR) 2:00 Pottery Painting (AR) 3:00 Monday Mocktail & Charcuterie Board (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	17 9:30 Morning Fitness (AR) 10:00 Name that Tune (AR) 11:00 Menu Review (AR) 1:15 Create with Connections (CN) 2:00 Happy Hour and Music by Lee (AR) 3:00 Afternoon Cranium Crunches (P) 3:00 Bible Study (CR) 4:00 Menu Review (P) 6:00 Evening Bingo (AR)	18 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:30 Name the Celebrity (AR) 11:00 Menu Review (AR) 1:30 Wednesday Worship (CR) 2:00 Pumpkin Painting (AR) 3:00 Cider and a Short Flick (CR) 4:00 Menu Review (CR) 6:00 Movie and Popcorn (AR)	19 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 10:45 Daily Reading & Menu Review (CR) 1:15 Brain Aerobics (CN) 2:00 Helping Hands: Halloween Treats (AR) 3:00 Bingo (AR) 6:00 Resident Run Pinochle (AR)	20 9:30 Morning Fitness (AR) 10:00 Culinary Creations (AR) 10:30 Daily Reading & Menu Review (AR) 1:30 Beetlej Juice Bash Halloween Party (CN) 3:00 Lets get Physical: Monster Mash Mix it up Fitness (CN) 6:00 Resident Run Bingo (AR)	21 9:30 Morning Fitness (AR) 10:00 Donuts and Coffee (AR) 10:30 Daily Reading & Menu Review (CR) 1:15 Two Question Quiz (CR) 2:00 Music with Tom & Randi (AR) 3:00 Ladies Hot Tea (AR) 6:00 Resident Card Club (AR)
22 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 1:00 Daily Reading (CR) 1:30 Create Door Hangers (CR) 3:00 Worship Service (CR) 6:00 Poker Club (AR)	23 9:30 Morning Fitness (AR) 10:00 in2L Programming (CN) 10:30 Grief Share with Chaplain Shawn (CR) 1:30 Music with Katie (AR) 1:45 Daily Reading & Trivia (CR) 3:00 Monday Mocktail & Charcuterie Board (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	24 9:30 Morning Fitness (AR) 10:00 Name that Tune (AR) 11:00 Menu Review (AR) 1:15 Create with Connections (CN) 2:00 Art Presentation (AR) 3:00 Afternoon Cranium Crunches (P) 3:00 Bible Study (CR) 4:00 Menu Review (P) 6:00 Evening Bingo (AR)	25 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:30 Apple Dump Cake Bake (AR) 11:00 Menu Review (AR) 1:30 Wednesday Worship (CR) 2:00 How to Care for your garden (AR) 3:00 Create & Take: Jack O Lantern Specialty Drink (CR) 4:00 Menu Review (CR) 6:00 Movie and Popcorn (AR)	26 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain Shawn (CR) 10:30 Praying the Rosary (P) 10:45 Daily Reading & Menu Review (CR) 1:15 Ghost Party House Game (CN) 2:00 Celebration of Life Service (CR) 3:00 Bingo (AR) 6:00 Community Trick or Treating (CW)	27 9:30 Morning Fitness (AR) 10:00 Culinary Creations (AR) 10:30 Daily Reading & Menu Review (AR) 1:15 Freebie Friday For All: Pumpkin Cookies (FL) 1:30 Dracula Darts (CR) 2:30 Drinks & Discussion (CR) 3:00 Lets get Physical: Dance the Day Away (CN) 6:00 Resident Run Bingo (AR)	28 9:30 Morning Fitness (AR) 10:00 Donuts and Coffee (AR) 10:30 Daily Reading & Menu Review (CR) 1:15 Two Question Quiz (CR) 2:00 Wall Jeopardy (AR) 3:00 Create a Halloween Story (CR) 6:00 Resident Card Club (AR)
29 9:30 Morning Exercise (AR) 10:15 Early Bird Bingo (AR) 1:00 Daily Reading (CR) 1:30 Alphabet Brain Storm (CR) 3:00 Worship Service (CR) 6:00 Poker Club (AR)	30 9:30 Morning Fitness (AR) 10:00 in2L Programming (CN) 10:30 Grief Share with Chaplain Shawn (CR) 1:30 Music with Katie (AR) 1:45 Daily Reading & Trivia (CR) 3:00 Monday Mocktail & Charcuterie Board (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	31 9:30 Morning Fitness (AR) 10:00 Name that Tune (AR) 11:00 Menu Review (AR) 1:15 Create with Connections (CN) 2:00 Halloween Spooktacular Happy Hour (AR/CR) 4:00 Menu Review (P) 6:00 Evening Bingo (AR) Halloween	<h1>October</h1> <h1>2023</h1>		Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (FL) Front Lobby (OOB) Out of Building (P) Pub (CW) Community Wide	

THE
Club