

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!



*Dimensions
of Wellness*

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

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) 10:00 Early Bird Games (AR) 1:15 Crafters Corner (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	2 9:30 Morning Exercise (AR) 10:15 Dining Services Committee Mtg (CR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Musical Entertainment Melodies with Katie (AR) 2:30 Country Side Ride **(OOB) 6:00 Rummikub (FL)	3 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Circle of Friends (AR) 2:00 Musical Entertainment <i>Folklore and N.E. Pa Coal Mine Music</i> By Award Winning Musician, Jay Smar (AR) 3:00 Faith Studies (CR) 6:00 Evening Bingo with Adam (AR)	4 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Stauffer's Cookie Outlet**\$\$ (OOB) 10:15 Life Chats with Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Science Secrets (AR) 3:15 Toot Your Own Horn Game (AR) 6:00 Popcorn & Movie (AR)	5 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:30 Faith Studies (CR) 2:00 Fireside Chat with Howard, Exec. Dir. (AR) 3:00 Bingo (AR) 6:00 Resident Ran Pinochle (AR)	6 9:30 Morning Exercise (AR) 10:00 Manicure & Music (CR) 10:30 Cranium Crunches (CR) 1:30 Community Life Planning Cmte (P) 2:00 Happy Hour (AR) 3:00 Create & Design: Apartment Door Halloween Décor (AR) 6:00 Resident Ran Bingo (AR)	7 9:30 Morning Exercise (AR) 10:00 Doughnut Mind if I Do (AR) 10:30 Today's Current Events (AR) 1:15 TED Talks and Root-Beer Floats (AR) 2:00 Wall Jeopardy (AR) 3:00 Ladies Hot Tea Circle (AR) 6:00 Resident Ran Card Club (AR)	
8 9:30 Morning Exercise (AR) 10:00 Early Bird Games (AR) 11:00 Community Event: Dover's Fall Food Truck Festival **\$\$ (OOB) 1:15 Crafters Corner (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	9 9:30 Morning Exercise (AR) 10:00 Cooking Club (AR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Musical Entertainment Melodies with Katie (AR) 2:30 Country Side Ride **(OOB) 6:00 Intergenerational Meet & Greet The Dover Youth Football Association Cheerleaders (AR)	10 9:30 Morning Exercise (AR) 10:00 Ed-U Wellness <i>Mental and Emotional Health</i> by Laura Lambert Bayda Home Health (AR) 1:30 Circle of Friends (AR) 2:00 Happy Hour (AR) 3:00 Faith Studies (CR) 3:30 Diner Out Longhorn Steak House **\$\$ (OOB) 6:00 Evening Bingo with Adam (AR)	11 9:30 Morning Exercise (AR) 10:00 Shopping Trip Markets at Hanover **\$\$ (OOB) 10:15 Life Chats with Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Ed-U Science Presentation <i>Journey to Space</i> with Ron and Crysal Bolton Night Wonders (AR) 6:00 Popcorn & Movie (AR)	12 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:30 Faith Studies (CR) 2:00 Grateful Drumming with Joe (CR) 3:00 Bingo (AR) 6:00 Resident Ran Pinochle (AR)	13 9:30 Morning Exercise (AR) 10:00 Manicure & Music (CR) 10:30 Cranium Crunches (CR) 1:30 Boost Your Brain (AR) 2:00 Musical Entertainment <i>Classics</i> By Pat Kocen (AR) 3:00 Lucky or Unlucky Friday the 13th Phobias (AR) 6:00 Resident Ran Bingo (AR)	14 9:30 Morning Exercise (AR) 10:00 Doughnut Mind if I Do (AR) 10:30 Today's Current Events (AR) 1:15 Humor Alley (AR) 2:00 Wall Jeopardy (AR) 3:30 Football Fanatics Penn State Nittany Lions vs Ohio State Buckeyes (AR) 6:00 Resident Ran Card Club (AR)	
15 9:30 Morning Exercise (AR) 10:00 Early Bird Games (AR) 1:15 Musical Entertainment Hershey Mennonite Church (FL) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	16 9:30 Morning Exercise (AR) 10:00 Cooking Club (AR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Musical Entertainment Melodies with Katie (AR) 2:30 Art Exploration Pottery Painting with Alana from Glazing Sun (AR) 6:00 Rummikub (FL)	17 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Circle of Friends (AR) 2:00 Musical Entertainment with Lee Moyer (AR) 3:00 Faith Studies (CR) 6:00 Evening Bingo with Adam (AR)	18 9:30 Morning Exercise (AR) 10:00 Shopping Trip Target **\$\$ (OOB) 10:15 Life Chats with Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Creative Design Pumpkin Painting (AR) 6:00 Game Night with Dover Women of Today (AR)	19 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:30 Faith Studies (CR) 2:00 Helping Hands Trick or Treat Bags Decorating (AR) 3:00 Bingo (AR) 6:00 Resident Ran Pinochle (AR)	20 9:30 Morning Exercise (AR) 10:00 Manicure & Music (CR) 10:30 Cranium Crunches (CR) 1:30 Boost Your Brain (AR) 2:00 Happy Hour (AR) 3:00 Create & Design: Apartment Door Halloween Décor (AR) 6:00 Resident Ran Bingo (AR)	21 9:30 Morning Exercise (AR) 10:00 Doughnut Mind if I Do (AR) 10:30 Today's Current Events (AR) 1:00 Football Fanatics Penn State Nittany Lions vs 2:00 Musical Entertainment featuring Tom and Randy (AR) 3:00 Ladies Hot Tea Circle (AR) 6:00 Resident Ran Card Club (AR)	
22 9:30 Morning Exercise (AR) 10:00 Early Bird Games (AR) 1:15 Crafters Corner (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	23 9:30 Morning Exercise (AR) 10:00 Cooking Club (AR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Musical Entertainment Melodies with Katie (AR) 2:30 Country Side Ride **(OOB) 6:00 Rummikub (FL)	24 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Circle of Friends (AR) 2:00 Ed-U Art Presentation <i>I've Read The Nudes Today, Oh Boy!</i> Martin Bradfield, CompARiTive Arts (AR) 3:00 Faith Studies (CR) 6:00 Evening Bingo with Adam (AR)	25 9:30 Morning Exercise (AR) 10:00 Shopping Trip Dollar Tree **\$\$ (OOB) 10:15 Life Chats with Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Ed-U Garden Presentation: <i>Pumpkins</i> by Krista Callar, PennState Extension Master Gardener (AR) 3:00 Design-a-Pumpkin Competition (FL) 6:00 Popcorn & Movie (AR)	26 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:30 Praying the Rosary (P) 1:30 Faith Studies (CR) 2:00 Celebration of Life (CR) 3:00 Bingo (AR) 6:00 Community Trick or Treat (CW)	27 9:30 Morning Exercise (AR) 10:00 Manicure & Music (CR) 10:30 Cranium Crunches (CR) 1:30 Boost Your Brian (AR) 2:00 Super Spooky Happy Hour (AR) 3:00 Cards Club Dealers Choice (AR) 6:00 Resident Ran Bingo (AR)	28 9:00 Community Support Walk to End Alzheimer's At John Rudy Park** (OOB) 10:30 Today's Current Events (AR) 1:15 TED Talks and Discussions (AR) 2:00 Wall Jeopardy 3:00 Football Fanatics Penn State Nittany Lions vs Indiana Hoosiers (AR) 6:00 Resident Ran Card Club (AR)	
29 9:30 Morning Exercise (AR) 10:00 Early Bird Games (AR) 1:15 Crafters Corner (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FP)	30 9:30 Morning Exercise (AR) 10:00 Cooking Club (AR) 10:30 Grief Share and Support Group (P) 1:00 Catholic Communion (CR) 1:30 Musical Entertainment Melodies with Katie (AR) 2:30 Country Side Ride **(OOB) 6:00 Rummikub (FL)	31 9:30 Morning Exercise (AR) 10:00 Name that Tune w/ Bev & Sue (AR) 1:30 Circle of Friends (AR) 2:00 Your Voted Halloween <i>Spooktacular</i> Movie (CR) 3:00 Faith Studies (P) 6:00 Spooky Evening Bingo w/ Adam (AR) Halloween	<h1>October</h1> <h1>2023</h1>			Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building (AR) Activity Room (P) Pub (CR) Community Room (L) Lobby (DR) Dining Room (S) Sunshine Room (100P) 100 Hall Patio (FL) Front Lobby (CN) Connections Neighborhood	

