

# 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

Theresa Kline  
Carol Rodgers  
Donald Good  
Marie Kipphorn  
George Overly  
John DiDominick  
Elma Kepner  
Mary Walter  
Peggy Troop

### November

Laura Green  
Tae Song  
Sherlyn Gregg  
Lucille Harrison  
Patricia Fath  
Samuel Deisley  
Donna Young  
Marian Moore

### December

James Bergman  
William Logan Jr.  
Sheldon Hall  
Opal MacDurmon  
Charles Byers  
Carole Oberholtzer  
Elizabeth Piatt  
Dorothy George  
Joan Hunsicker



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)



# Providence Place SENIOR LIVING News

Q4: October 2023

## A Note from the Executive Director

I would like to congratulate Ashley Smith on stepping into the role of Connections Director. Ashley has been with Providence Place for over four years and it is amazing to see her grow into this role. I am sure her relationships with families will continue to build and provide you with the utmost of care and support in our Connections neighborhood.

With the change of seasons, we are excited to do some fall activities here at Providence Place. We will be having a pumpkin contest, taking residents to see the leaves, trick-or-treating and many, many, fun-filled fall activities.

Each year as the seasons change, we can look back on the memories we have created this year and the memories that are to come. Thank you for allowing us to be a part of your family here at Providence Place.

Best,

*Chelsea Shuey*

*Executive Director*

## Highlighted Events

2 - **Pottery Works** @ 2pm

4 - **Pumpkin Distribution**

10 - **EdU Presentation:** Prison Ships by  
Joe McDevitt @ 2pm

25 - **Trick-or-Treat Night** @ 6pm

27 - **Pumpkin Contest Judging**

## Welcome New Residents

Thelma W.

Joan B.

William L.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00 Coffee Chat (AR) 10:00 Team Cuisine Cooking Club: S. Carolina Cobbler (AR) 2:00 Destination Discovery Social: S. Carolina Trivia & Brain Game (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (FL)	2 10:00 Stretch and Flex (CH) 10:30 Discover S. Carolina IN2L (CH) 1:00 Who, What, Where am I ? (AR) 2:00 Artist in Us All: Marcie & Bobby from Pottery Works (AR) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)	3 10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Out: Juicy Crab**\$\$ (OOB) 2:00 Thankful to You Committee (AR) 3:00 Bingo Helpers in Connections (CN) 6:00 Resident Game night (AR)	4 10-2 Contest Pumpkins Delivery** (Throughout Hallways) 10:00 Movement & Music (CH) 10:30 Mid Week Worship (CH) 1:00 America Says (CH) 2:00 Jeopardy Challenge (CH) 3:15 Bingo Fun (CH) 6:00 Destination Discovery Movie: <i>Glory</i> (1989) (CH)	5 10:00 Balance & Flex (CH) 10:30 Circle of Friends (CH) 1:00 Christmas Choir Practice Discussion & Planning (CH) 2:00 Entertainment: Keil Holland (CH) 3:15 LCR with Chaplain Jeff (AR) 6:00 Gather & Chat (FP)	6 10:00 Fun Fitness Games (CH) 10:30 Journey Through the Bible (CH) 1:00 Country Ride 1 Hour (OOB) 2:00 Pumkin Decoration (AR) 3:15 Word In Word W Floats (CH) 6:00 Classic Movie Night: <i>Forrest Gump</i> (1994) (CH)	7 10:00 What's the Word: S. Carolina Attractions (CH) 10:30 Saturday Morning Bingo (CH) 2:30 Happy Hour: Apps & Drinks (GL) 3:15 Trivia & Brain Games (GL) 6:00 Table Top Shuffle Board (AR)
8 10:00 Coffee Chat (AR) 10:00 Team Cuisine Cooking Club: Cheddar Ham Chowder (AR) 2:00 Destination Discovery Social: S. Dakota Trivia & Brain Games (GL) 3:00 Sunday Worship Service with Communion (CH) 6:00 Evening Gather & Chat (FL)	9 10:00 Stretch and Flex (CH) 10:30 Discover s. Dakota IN2L (CH) 1:00 Who, What, Where am I ? (CH) 2:00 Artist in Us All: Pumpkin Contest Decorating (AR) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)	10 10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shopping Trip: Community Aide**\$\$ (OOB) 2:00 Ed-U Presentation <i>History of Prison Ships</i> by Joe & Delores McDevitt (CH) 3:00 Bingo Helpers in Connections (CN) 6:00 Resident Game night (AR)	11 10:00 Chair Yoga w / Alyssa (CH) 10:30 Mid Week Worship w/ Communion (CH) 1:00 Ed-U Wellness Presentation <i>Mental Health Awareness</i> by Laura Lambert Bayada (CH) 2:00 Jeopardy Challenge (CH) 3:15 Bingo Fun (CH) 6:00 Destination Discovery Movie <i>Night Hidalgo</i> (2004) (CH)	12 10:00 Balance & Flex (CH) 10:30 Circle of Friends (CH) 1:00 Chef Pairing with James (AR) 2:00 Ed-U Presents: Trivia with Bob Reigh (AR) 3:15 LCR with Chaplain Jeff (AR) 6:00 Gather & Chat (FP)	13 10:00 Fun Fitness Games (CH) 10:30 Journey Through the Bible (CH) 1:00 Grocery Run Giant **\$\$ (OOB) 2:00 ED-U Presentation by <i>Fall Trees</i> by Naturalist, Lisa Sanchez (CH) 3:15 Word In Word W Floats (CH) 6:00 Classic Movie Night: <i>Calamity Jane</i> (1953) (CH)	14 10:00 What's the Word: S. Dakota Attractions (CH) 10:30 Saturday Morning Bingo (CH) 1:30 Pumpkin Decorating (AR) 2:30 Happy Hour: Apps & Drinks (GL) 3:15 Trivia & Brain Games (GL) 6:00 Table Top Shuffle Board (AR)
15 10:00 Coffee Chat (AR) 10:00 Team Cuisine Cooking Club: Confetti Cornbread (AR) 2:00 Destination Discovery Social: Tennessee Trivia & Brain Games (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (FL)	16 10:00 Stretch and Flex (CH) 10:30 Discover Tennessee IN2L (CH) 1:00 Who, What, Where am I ? (CH) 2:00 Artist in Us All: Pumpkin Contest Decorating (AR) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)	17 8:00 Pumpkin Judging Begins (FL) 10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Outing: Tokyo Diner**\$\$ (OOB) 2:00 Drum Circle with Joe (CH) 3:00 Bingo Helpers in Connections (CN) 6:00 Resident Game night (AR)	18 10:00 Movement & Music (CH) 10:30 Mid Week Worship (CH) 1:00 America Says (CH) 2:00 Jeopardy Challenge (CH) 3:15 Bingo Fun (CH) 6:00 Destination Discovery Movie: <i>Walk the Line</i> (2005) (CH)	19 10:00 Balance & Flex (CH) 10:30 Circle of Friends (CH) 1:00 Christmas Choir Practice (CH) 2:00 Fireside Chat w/ Chelsey & Department Heads (CH) 3:15 LCR with Chaplain Jeff (AR) 6:00 Gather & Chat (FP)	20 10:00 Fun Fitness Games (CH) 10:30 Journey Through the Bible (CH) 1:00 Country Ride 1 Hour (OOB) 2:00 Entertainment: Quentin Jones On His Guitar (CH) 3:15 Word In Word W Floats (CH) 6:00 Classic Movie Night: <i>Wild River</i> (1960) (CH)	21 10:00 What's the Word: Tennessee Attractions (CH) 10:30 Saturday Morning Bingo (CH) 2:30 Happy Hour: Apps & Drinks (GL) 3:15 Entertainment: Gary Collier, Organist (CH) 6:00 Table Top Shuffle Board (AR)
22 10:00 Coffee Chat (AR) 10:00 Team Cuisine Cooking Club: Cowboy Caviar (AR) 2:00 Destination Discovery Social: Texas Trivia & Brain Games (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (FL)	23 10:00 Stretch and Flex (CH) 10:30 Discover Texas IN2L (CH) 1:00 Who, What, Where am I ? (CH) 2:00 Artist in Us All: Pine Cone Foxes with Alyssa (AR) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)	24 10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Outing: Boscov's **\$\$ (OOB) 2:00 Pumpkin Decorating (AR) 3:00 Bingo Helpers in Connections (CN) 6:00 Resident Game Night (AR)	25 10:00 Movement & Music (CH) 10:30 Mid Week Worship with Communion (CH) 1:00 Password Challenge (CH) 2:00 Jeopardy Challenge (CH) 3:15 Bingo Fun (CH) 6:00 Trick-or-Treat Community Event (Throughout Building)	26 10:00 Balance & Flex (CH) 10:30 Circle of Friends (CH) 1:00 Last Minute Touches For Pumpkin Contest (AR) 2:00 Resident Costume Assistance (AR) 3:15 LCR with Chaplain Jeff (AR) 6:00 Gather & Chat (FP)	27 10:00 Fun Fitness Games (CH) 10:30 Journey Through the Bible (CH) 1:00 Country Ride 1 Hour (OOB) 2:00 Entertainment: Lee Moyer (CH) 3:15 Word In Word W Floats (CH) 5:30 Pumpkin Judging Ends (FL) 6:00 Classic Movie Night: <i>On the Waterfront</i> (1954) (CH)	28 10:00 What's the Word: Texas Attractions (CH) 10:30 Saturday Morning Bingo (CH) 2:30 Happy Hour: Apps & Drinks (GL) 3:15 Trivia & Brain Games (GL) 6:00 Table Top Shuffle Board (AR)
29 10:00 Coffee Chat (AR) 10:00 Team Cuisine Cooking Club: Breakfast Apple Cake (AR) 2:00 Destination Discovery Social: Utah Trivia & Brain Games (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather & Chat (FL)	30 10:00 Stretch and Flex (CH) 10:30 Discover Utah IN2L (CH) 1:00 Who, What, Where am I ? (CH) 2:00 Artist in Us All: Button Trees with Patricia (AR) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)	31 10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Last Minute Costume Assistance (CH) 1:00 Costume Parade & Party (DR) 2:00 Entertainer: Nick Viscuso (DR) 3:00 Bingo Helpers in Connections (CN) 6:00 Resident Game night (AR)  Halloween	<h1>October</h1> <h1>2023</h1>		<b>Calendar Key:</b> (BR) Billiards Room, (CH) Chapel, (AR) Activity Room (S) Salon, (GL) Governors Lounge (LB) Library, (DR) Dining Room (FL) Front Lobby, (FP) Front Porch (OOB) Out of Building  ** Registration Required \$\$ Cost Involved	

