

# 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

4 - Doris Black  
4 - Sandra Kase  
8 - John Geary  
8 - Mabel Dean  
9 - Jay Smith  
11 - Nancy Levick  
13 - Barbara Sanders  
14 - Barbara Wagner  
20 - Loretta Cornelius

### November

23 - Lois Powers  
26 - Harold Hopple  
26 - Norene Pugh  
31 - Shirley Koons  
31 - Ruby Patterson

3 - Shirley Fenstermacher  
13 - Anna Martinka  
18 - Joan Deffenbaugh  
19 - Phyllis Umbower  
19 - Pearl Hurley  
22 - Lee Golden  
27 - Raymond Maurello  
28 - Velva Morris  
28 - Barry Reecher  
29 - Kenneth Pugh

### December

6 - Patricia Nichols  
8 - Norman Kennedy  
13 - Ann Dubbs  
16 - Lavada Norko  
16 - Glenn Walizer  
16 - Nancy Seville  
18 - Elizabeth Fitzgerald  
19 - Florence Sterner  
23 - Glen Yaukey  
27 - Eleanor Brindle  
28 - Willy Rudolph  
29 - Ruth Yocum  
30 - Margaret Stigers



# Providence Place SENIOR LIVING News

Q4: October 2024

## A Note from the Executive Director

Happy Fall!

Thank you to everyone who joined us for our Family & Friends Fall Fest. It was an amazing evening filled with great company, food & fun. We had a record turnout and hope everyone had a nice time together.

Our Flu/Covid vaccine paperwork was sent with the monthly statements - please review and complete to participate in the upcoming clinic. If you missed the September vaccine clinic day, you can still complete paperwork and return to the nursing office. If you receive the vaccine at your doctor's office or an outside pharmacy please let the nursing office know.

Keep your eyes out for our resident & family member surveys coming out later this month - we appreciate all your feedback!

Best,

*Holly Townsend*  
Executive Director

## Highlighted Events

- 2- **Tour of Worship** @ 9:30am  
Marion Mennonite
- 9 - **Dementia Support Group**  
@ 6pm- *Connections*
- 12 - **Craft & Vendor Show**  
@ 10am-3pm
- 31 - **Boos + Brews Halloween Social** @ 3pm

## Welcome New Residents

Sandra Boring  
Richard Hoover  
Lois Hoover  
Patricia Loughran  
Elizabeth Stewart  
Doris Musser



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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p style="text-align: center;">THE <i>Club</i></p>		1	2	3	4	5	
			9:00 Morning Meeting & Gazette (3A) 9:30 Daily Chronicle & Flex and Stretch(3A) 10:00 Wacky Wordies (3A) 10:30 Helping Hands: Folding Towels (3A) 1:45 Crafty Creation: <i>Gourd-eous Pumpkins</i> (CN) 2:30 Pumpkin Patch Punch (CN) 3:00 Handcrafted Heirlooms: <i>Falling Leaves Suncatchers</i> (3A) 6:00 Card Club: Dealer's Choice (2A)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Shopping Trip: Walmart \$\$ (OOB) 10:00 All about Rosh Hashanah (3A) 1:15 Wednesday Wendy's Frosties (OOB) 2:00 iN2L: <i>Rosh Hashanah History</i> (CN) 3:00 Men's Club: Talkin' Baseball and Trivia (3A) 6:00 Resident Run Sequence (2A) Rosh Hashanah	9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Can You Picture This? (3A) 1:45 Kitchen Creations: Whipped Pumpkin Dip (CN) 2:30 Apple Cider Sipping Celebration (CN) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Kitchen Creations: Spooky Mix (3A) 10:00 Card Club: Uno (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 <i>Resident Rights</i> with Your Ombudsman Tressia Day (2A) 3:00 Social Hour: Fall Beer Flight or Apple Cider Social (P) 6:00 Movie Night & Popcorn: <i>Jerry McGuire</i> (3A)	9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Linda's Movie Matinee & Spooky Mix: <i>Mister 880</i> (3A) 2:00-3:00 Alzheimer's Walk (Campus Trail) 3:00 Aromatherapy and Nails (3A) 6:00 Card Club: Rummy (2A)
	6	7	8	9	10	11	12
	9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Teamwork Tosses: Ski Ball (3A) 11:30 Wine and Dine (DR) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Musical Entertainment Featuring Bryan Herber (2A) 6:00 Resident Run Pinochle (3A)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 What Am I? Celebrating A Mystery (3A) 10:30 Helping Hands: Folding Towels (3A) 1:30 Imagery Fitness (3A) 2:00 Prize Bingo (3A) 3:00 <i>Documentary: Secrets of Dinosaurs</i> <i>The Real Jurassic Americas</i> (2A) 6:00 Resident Run Blitz (2A)	9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Handcrafted Heirlooms: Trinket Dishes Part 1 (3A) 1:45 Crafty Creation: Tree Branching Out (CN) 2:30 Ham & Cheese Pretzel Kabobs (CN) 3:00 Mabel's Magnificent 102nd Birthday Bash: A Party to Remember!(3A) 6:00 Card Club: Dealer's Choice (2A)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Shopping Trip: Target \$\$ (OOB) 10:00 Dinning Committee Meeting (2A) 1:15 Wednesday Windy Knolls (OOB) 2:00 iN2L: <i>October Timeless Trivia</i> (CN) 3:00 Grand Slam Shuffle Game (3A) 6:00 Dementia Care Partner Support Group (CN)	9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Handcrafted Heirlooms: Trinket Dishes Part 2 (3A) 1:45 Kitchen Creations: Oreo Bat Treats (CN) 2:30 Oreos Bats with Milk (CN) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Ed-U Wellness with Kelsey From Bayada Home Healthcare (2A) 1:30 Walk and Stroll Mail Check (MR) 2:00 All about Yom Kippur (3A) 3:00 Candy Bar Memory Magic (3A) 6:00 Movie Night & Popcorn: <i>Mad Money</i> (3A) Yom Kippur	9:00 Morning Meeting & Sunrise Zen (CR) 9:30 Daily Chronicle and Discussion (CR) 10:00 Aromatherapy and Nails (CR) 10:00 -3:00 Craft & Vendor Show (See Poster) 1:30 Talk n' Toss Ball (CR) 2:00 Sharpen your Senses (CR) 3:00 Book Club: Trudy and the Bat House (CR) 6:00 Card Club: Rummy (2A)
	13	14	15	16	17	18	19
	9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Concentration Puzzles (3A) 11:30 Wine and Dine (DR) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Po-Ke-No (3A) 6:00 Resident Run Pinochle (3A)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Indigenous Peoples' Day (3A) 1:30 Imagery Fitness (3A) 2:00 Kindly Canines (Building Wide) 2:00 Prize Bingo (3A) 3:00 <i>Documentary: Blue Zones</i> <i>Secrets of a Long Life</i> (2A) 6:00 Resident Run Blitz (2A)	9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Puzzles & Ponderings (3A) 10:30 Helping Hands: Folding Towels (3A) 1:45 Crafty Creation: Fall Monogram Shadow Box (CN) 2:30 Pumpkin Roll with Pals (CN) 3:00 Providence Place Wish Granted for Resident Anne Marie H. (3A) 6:00 Card Club: Dealer's Choice (2A)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Shopping Trip: Dollar tree \$\$ (OOB) 10:00 Picture It: Can You See the Big Picture? (3A) 1:30 Blood Pressure Clinic (2A) 2:00 Community Meeting With Department Managers (2A) 3:00 Teamwork Tossers: Balloon Ball (3A) 6:00 Resident Run Sequence (2A)	9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Searching For October (3A) 1:45 Kitchen Creations: Biscuits with Jam (CN) 2:30 Harvest Hoopla Jam Time (CN) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Providence Place Chambersburg Antique Road Show (2A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Alan Massenberg Comedy Hour (3A) 3:00 Candy Corn & Peanut Butter Kisses Social (P) 6:00 Movie & Popcorn: <i>Must Love Dogs</i> (3A)	9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Card Club: Uno (3A) 3:00 Musical Entertainment Featuring The Starlight's (2A) 6:00 Card Club: Rummy (2A)
	20	21	22	23	24	25	26
9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Teamwork Tossers: Horseshoes(3A) 11:30 Wine and Dine (DR) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: My 2 Cents (3A) 6:00 Resident Run Pinochle (3A)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Brain Games (3A) 1:30 Imagery Fitness (3A) 2:00 Prize Bingo (3A) 3:00 <i>Documentary: American's</i> <i>Hidden Stories: Salem's Secrets</i> <i>Smithsonian Channel</i> (2A) 6:00 Resident Run Blitz (2A)	9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 October Crosswords (3A) 10:30 Helping Hands: Folding Towels (3A) 1:45 Crafty Creations: Golf Ball Painting with Fall Leaves (CN) 2:30 Frankenstein Fruit Cup (CN) 3:00 Prize Memory Magic (3A) 6:00 Card Club: Dealer's Choice (2A)	9:00 Morning Meeting & Fitness Flow (C) 9:30 Daily Chronicle and Discussion (C) 10:00 Shopping Trip: TJ Max \$\$ (OOB) 10:00 Ed-U with Terry Numyer (2A) 1:15 Kenny's Grill & Ice Cream (OOB) 2:00 iN2L: Fun Facts about the States (CN) 3:00 Jeopardy Trivia Game (3A) 6:30 Gospel Hymns with Spring Valley Mennonite Church (2A)	9:00 Morning Meeting Flex & Stretch (C) 9:30 Daily Chronicle and Discussion (C) 10:00 Guess the Word (3A) 1:15 Fudgy Chocolate Brownies (CN) 1:30 Boots, Sweaters & Hot Coco Bonanza (CN) 2:00 Musical Memories: Tom Shultz (CN) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Candy Bar Memory Magic (3A) 1:30 Walk and Stroll Mail Check (MR) 2:00 Guess A Letter: Halloween Edition (3A) 3:00 Social Hour: Pick Your Poison Seasonal Social (P) 6:00 Movie Night & Popcorn: <i>Beetlejuice</i> (3A)	9:00 Morning Meeting & Sunrise Zen(3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Matching Game: Uno (3A) 3:00 Happy Birthday Picture Bingo (3A) 6:00 Card Club: Rummy (2A)	
27	28	29	30	31	<p><b>Calendar Key:</b> Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY) Connections (CN) Picnic Tables (PT) ** Registration Required \$\$ Cost Involved</p> <p style="text-align: center; font-size: 2em;">October 2024</p>		
9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Haunted Halloween Detective (3A) 11:30 Wine and Dine (DR) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Dominoes (3A) 6:00 Resident Run Pinochle (3A)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Believable or Batty? Game (3A) 2:00 Prize Bingo (3A) 3:00 Everything Chocolate with Your Dining Department (2A) 3:15 <i>Documentary: Oh My Gourd!</i> <i>Jack-O-Lantern Spectacular Story</i> (2A) 6:00 Resident Run Blitz (2A)	9:00 Morning Meet & Daily Chronicle (3A) 10:00 Helping Hands: Folding Towels (3A) 10:30 Reader's Theater: <i>Going to Bat for Grimelda</i> (3A) 1:45 Crafty Creations: Spin-a-Web-of-Fun (CN) 2:30 No Tricks, All Treats (CN) 3:00 Halloween Guess a Letter (3A) 6:00 Card Club: Dealer's Choice (2A)	9:00 Morning Meeting & Fitness Flow (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Shopping Trip: Giant \$\$ (OOB) 10:00 Art Project: Dot-to-Dot Spooky Yarn Art (3A) 1:15 Caledonia Café Cruising' with Coffee (OOB) 2:00 If You Dare Sensory Exploration (CN) 3:00 Candy Bar Memory Magic (3A) 6:00 Resident Run Sequence (2A)	9:00 Morning Meeting Flex & Stretch (3A) 9:30 Daily Chronicle and Discussion (3A) 10:00 Ghostbuster Game (3A) 1:45 Kitchen Creations: Banana Pudding Pie (CN) 2:30 Pie & Chai <i>Pie-esta</i> (CN) 3:00 Mid Week Worship Service (CN) 3:30 Bible Study (CN) 6:00 Wii Bowling League (3E) Halloween			