

# 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 Reeher  
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	
		1 9:00 Sit & Be Fit Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Craft Corner: Pipe Cleaner Pumpkins ( C ) 1:30 Acrylic Canvas Paintings ( C ) 2:00 DW Documentary: Who Owns Jerusalem? 3:00 October Fun Facts and Trivia Punch for a Prize (P) 6:00 Card Club: Dealer's Choice (2A)	2 Rosh Hashanah 9:00 Seated Weights with Leah (3E) 9:30 Tour of Worship: Marion Mennonite *(OOB) 1:30 Media Class with Leah (P) 2:00 Helping Hands Club: Planting Our Dining Room Pumpkin Patch (DR) 3:00 Chambersburg-opoly (P) 3:00 Spiritual Life Planning Mtg. Chaplain Rick (2A) 6:00 Resident Run Sequence (2A)	3 9:00 Light & Lively Exercise (3E) 10:00 Life Chats with Chaplain Rick (PDR) 10:00 Move to Music with Leah (BL) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 2:00 Fall Goodwill Donation Begins 3:00 Bible Study (PDR) 3:00 Table Topics (P) 6:00 Wii Bowling League (3E)	4 9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 1:30 Balance & Action (3E) 2:00 Resident Rights with Your Ombudsman Tressia Day (2A) 3:00 Fall Beer Flight or Apple Cider Social (P) 6:00 Movie & Popcorn: Jerry McGuire (3A)	5 8:00 Walk to End Alzheimer's at Norlo Park *(OOB) 9:00 Light & Lively Exercise (3E) 2:00-3:30 Alzheimer's Walk (Campus Trail) 2:00 Nickel Bingo \$(2A) 3:00 Scrabble Club ( C ) 6:00 Card Club: Rummy (2A)	
	6 9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Polish and Paint Nail Service (BL) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes Club ( C ) 3:00 Musical Entertainment Featuring Bryan Herber (2A) 6:00 Resident Run Pinochle (3A)	7 9:00 Light & Lively Exercise (3E) 9:30 Who, What, Where? Who Am I? (L) 10:00 Community Life Planning Mtg. (P) 1:30 Balance & Action (3E) 2:00 Prize Bingo (3A) 3:00 Documentary: <i>Secrets of Dinosaurs The Real Jurassic Americas</i> (2A) 6:00 Resident Run Blitz (2A)	8 9:00 Sit & Be Fit Exercise (3E) 9:30 Shopping Trip: Target & 5 Below **\$(OOB) 11:00 Franklin County Library Bookmobile (LD) 1:30 Acrylic Canvas Paintings ( C ) 2:00 New Neighbor Building Tour (FL) 3:00 Fun & Mind Blowing Dinosaur Trivia (P) 6:00 Card Club: Dealer's Choice (2A)	9 9:00 Seated Weights with Leah (3E) 10:00 Dining Committee Meeting (2A) 10:00 New Resident Ambassador Orientation ( C ) 2:00 Circle of Friends with Chaplain Rick (PDR) 3:00 Design Your Cupcake with Jackie (C ) 3:00 Men's Club with Chaplain Rick (2A) 6:00 Dementia Care Partner Support Group (CN)	10 9:00 Yoga with Beth (3E) 10:00 Life Chats with Chaplain Rick (PDR) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 3:00 Get to Know Your Neighbors with Fact or Fiction Game (P) 6:00 Wii Bowling League (3E)	11 Yom Kippur 9:00 Seated Weights with Leah (3E) 10:00 Ed-U Wellness with Kelsey With Bayada Home Healthcare (2A) 10:30 10 Things to Know About Yom Kippur ( C ) 2:00 Catholic Mass with Corpus Christi Catholic Church (2A) 3:00 Everything Pumpkin Social (P) 6:00 Movie & Popcorn: Mad Money (3A)	12 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops ( C ) 10:00 -3:00 Craft & Vendor Show (See Poster) 3:00 Scrabble Club (PDR) 6:00 Card Club: Rummy (2A)
	13 9:00 Light & Lively Exercise (3E) 9:30 Trivia Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Iced Pumpkin Chai Social ( C ) 3:00 Mexican Train Dominoes Club ( C ) 6:00 Resident Run Pinochle (3A)	14 9:00 Light & Lively Exercise (3E) 10:00 Birthday Gang Committee Mtg. ( L ) 1:30 Balance & Action (3E) 2:00 Kindly Canines (Building Wide) 2:00 Prize Bingo (3A) 3:00 iN2L Documentary: <i>Blue Zones Secrets of a Long Life</i> (2A) 6:00 Resident Run Blitz (2A)	15 9:00 Sit & Be Fit Exercise (3E) 9:30 Shopping Trip: Goodwill **\$(OOB) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Design Your Own Pumpkin ( C ) 3:00 Facts You Didn't Know About the World's Blue Zone (P) 3:00 Fall Foliage Scenic Ride *(OOB) 6:00 Card Club: Dealer's Choice (2A)	16 9:00 Seated Weights with Leah (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 10:00 Card Club: Uno (P) 1:30 Blood Pressure Clinic (2A) 2:00 Community Meeting w/ Department Managers (2A) 3:00 Games & Snacks w/Chaplain Rick (2A) 6:00 Resident Run Sequence (2A)	17 9:00 Light & Lively Exercise (3E) 10:00 Life Chats with Chaplain Rick (PDR) 11:30 Lunch Hosted by: Resident Theresa W. *( C ) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:00 Wii Bowling League (3E)	18 9:00 Light & Lively Exercise (3E) 10:00 Bible Study with Sharon (PDR) 10:00 Providence Place Chambersburg Antique Road Show (2A) 1:30 Workout with Julie from Powerback Rehabilitation (3E) 2:00 Alan Massenberg Comedy Hour (3A) 3:00 Candy Corn & Peanut Butter Kisses Social (P) 6:00 Movie & Popcorn: Must Love Dogs (3A)	19 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops( C ) 10:00 Local Fares: Jim's Farmer's Market **\$(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Musical Entertainment Featuring The Starlight's (2A) 6:00 Card Club: Rummy (2A)
	20 9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordie Handout (L) 10:00 Polish and Paint Nail Service (BL) 11:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Root Beer Float Social ( C ) 3:00 Mexican Train Dominoes Club ( C ) 6:00 Resident Run Pinochle (3A)	21 9:00 Light & Lively Exercise (3E) 9:30 Who, What, Where? Who Am I? (L) 10:00 Resident Safety Cmt. Mtg. (2A) 1:30 Balance & Action (3E) 2:00 Prize Bingo (3A) 3:00 iN2L Documentary: <i>American's Hidden Stories: Salem's Secrets Smithsonian Channel</i> (2A) 6:00 Resident Run Blitz (2A)	22 9:00 Sit & Be Fit Exercise (3E) 9:30 Shopping Trip: TJ Maxx, Ulta, Sally's & Ollies **\$(OOB) 1:30 Acrylic Canvas Paintings ( C ) 1:30 Music with Jim & Friends (2A) 2:30 Media Class with Leah (P) 3:00 New Neighbor Building Tour (FL) 3:00 Ghost Hunting for Glenda (BW) 6:00 Card Club: Dealer's Choice (2A)	23 9:00 Seated Weights with Leah (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 10:00 Ed-U with Terry Numyer (2A) 2:00 Rosary with Corpus Christi (2A) 3:00 Trivia: Smithsonian Unknown Facts (P) 3:00 Spirits with Chaplain Rick (2A) 6:30 Gospel Hymns with Spring Valley Mennonite Church (2A)	24 9:00 Light & Lively Exercise (3E) 10:00 Life Chats with Chaplain Rick (PDR) 10:00 Move to Music with Leah (BL) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 3:00 Spooktacular Charcuterie Board Class *(P) 6:00 Wii Bowling League (3E)	25 9:00 Seated Weights with Leah (3E) 10:00 Crafting Creation: Halloween Mason Jar's ( C ) 1:30 Balance & Action (3E) 2:00 Design Your Own Trail Mix With a Trail Mix Bar (C) 3:00 Pick Your Poison Seasonal Social (P) 6:00 Movie & Popcorn: Beetlejuice (3A)	26 9:00 Light & Lively Exercise (3E) 9:30 Community Outreach: Coupons for Troops ( C ) 10:00 Cooking Club: Carmel Corn ( C ) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Scrabble Club ( C ) 6:00 Card Club: Rummy (2A)
	27 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:30 Lunch Out: Texas Roadhouse **\$(OOB) 2:00 Worship Service (2A) 3:00 Purple Cow Milkshake Social ( C ) 3:00 Mexican Train Dominoes Club ( C ) 6:00 Resident Run Pinochle (3A)	28 9:00 Light & Lively Exercise (3E) 10:00 New Resident Ambassador Orientation ( C ) 2:00 Prize Bingo (3A) 3:00 Everything Chocolate with Your Dining Department (2A) 3:15 iN2L Documentary: <i>Oh My Gourd! Jack-O-Lantern Spectacular Story</i> (2A) 6:00 Resident Run Blitz (2A)	29 9:00 Sit & Be Fit Exercise (3E) 9:30 Shopping Trip: Dollar Tree**\$(OOB) 10:00 Cooking Creation Halloween Tricks and Treats ( C ) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Candy Corn Toss Competition (BL) 3:00 Edgar Allen Poe Poetry (P) 3:00 Trivia: Halloween (P) 6:00 Card Club: Dealer's Choice (2A)	30 9:00 Seated Weights with Leah (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 10:00 Media Class with Leah (P) 2:00 Design Club: Halloween (P) 3:00 Men's Club with Chaplain Rick (2A) 3:00 Monster Mash Trail Mix (P) 6:00 Resident Run Sequence (2A)	31 Halloween 9:00 Light & Lively Exercise (3E) 10:00 Life Chats with Chaplain Rick (PDR) 10:00 History of the Jack-O-Lantern (P) 1:30 Art Exploration: Mixed Media ( C ) 2:00 Mid Week Worship Service (2A) 3:00 Boos & Brews Halloween Party (P) 3:00 Bible Study (PDR) 6:00 Wii Bowling League (3E)	<b>Calendar Key:</b> Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activi- ty Room (3A), 3rd Floor Exercise Room (3E), Back Lobby (BL), Dining Room (DR), Load- ing Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Con- nections (CN), Pub Deck (PD) Back Yard (BY) Front Lobby (FL) Building Wide (BW) **Registration Required, \$\$ Cost Involved	

# October 2024