

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 - Carol Hornak
4 - Mary Baker
9 - Nancy Johnston
10 - Helen Tornetta
13 - Patricia Tornetta
15 - Judith Adler
16 - Helen MacKay
17 - Grace Lundeen
21 - Anthony Armone

November

1 - Arlene Umstead
9 - Dolores Salvo
12 - Dennis Danko
19 - Alice Jeanette Roberts
19 - Frances Kalbach
23 - Anne Adams
23 - Margaret Venezia
25 - Dolores Heck
27 - Francis Hunt
28 - Nancy Worst
29 - Dawn Moffitt

December

1 - Pasquale Faccenda
1 - Joan Santiago
10 - Nanhi Felker
13 - June Kirk
14 - Florence Fattersak
15 - Ed Componation
18 - Victor Machese Jr.
24 - Mary Jane Higgins
25 - Paul Keeley
29 - Marie Graziano
30 - Robert Higgins



Providence Place SENIOR LIVING News

Q4: October 2024

A Note from the Executive Director

Happy Fall!

We are looking forward to our Family Meeting on Tuesday, October 3rd at 7pm. All are welcome to join the conversation with our management team and there will be time for Q&A - residents and family members are invited.

We will be hosting our annual vaccine clinic in the community on October 11th! If you need to complete your consent forms - please see reception. Information + forms were also sent via email.

Our campus will also enjoy a Halloween Party on October 30th - it is sure to be fun (not frightful) time. Other fun fall activities to enjoy will include pumpkin painting and line dancing class.

Please keep an eye out for our resident & family member surveys coming mid-October - we always appreciate your feedback and input to make our community feel like home.

If you have any questions or concerns in the meantime, please do not hesitate to reach out to me anytime.

With Gratitude,

Holly Williamson
Executive Director

Highlighted Events

3 - **Family Meeting** @ 7pm
11 - **Vaccine Clinic**
15 - **Merrymeade Farm Outing**
@ 10am
30- **Halloween Party** @ 6pm
Families Welcome!

Wednesdays: **Shuffleboard** @ 3:30pm
Thursdays: **Lunch Outings** @ 11am

Welcome New Residents

Nancy Worst
Florence Fattersak
Marguerita Mackey
Donald Wilson
Thomas Young
Annemarie Jarden



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	
<p style="text-align: center; font-size: 2em; font-weight: bold;">THE Club</p>		1	2	3	4	5	
			9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Search for October Word Game (CR) 11:00 Find the Candy Game (CR) 1:30 Armchair Travel: <i>Germany</i> (CR) 2:30 Lila Tate Music Therapy (C) 3:30 Happy Hour (P) 6:00 Bingo with Kranthi (AR)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Catholic Rosary (T) 10:30 Pet Therapy with Asia (CR) 1:30 Apple Tart Making (C) 2:30 Mid-Week Worship with Chaplain Leighton (C) 3:30 Paper Mache Planet Creations (CR) 6:00 Rummikub (P) Rosh Hashanah	9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 11:00 What's Missing Game (CR) 1:30 Leaf Craft (C) 2:30 Club Planning Meeting with Joe (CR) 3:30 Happy Hour (P) 6:00 Nickel Bingo (AR) 7:00 Family Meeting	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Spot the Differences: Pumpkins (CR) 1:30 Trivia Challenge (P) 2:30 Kitchen Helpers: Taco's (AR) 3:00 Taco Social (CR) 3:30 Entertainment Featuring Mike Kropp (P) 6:00 Friday Night Shabbat (T)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Coffee & Conversation (P) 11:00 Banana Grams (P) 1:00 Bingo (AR) 2:30 Popcorn & Movie: <i>The Miracle Club</i> (T) 3:30 Afternoon Stroll (OOB) 6:00 Independence Games (P)
	6	7	8	9	10	11	12
	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:30 Livestream Catholic Mass (T) 11:00 Board Games (P) 1:30 Ecumenical Communion Service with Chaplain Leighton (CR) 2:30 Cookies & Crosswords (AR) 3:30 Stroll & Roll (OP) 6:00 Independent Creative Time (AR)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Helping Hands: Chocolate Covered Pretzels for Our Caregivers (CR) 1:30 Pumpkin Painting (C) 2:30 Music & Meditation (P) 3:30 Memory Magic (CR) 6:00 Movie: <i>Aloha</i> with Bradly Cooper (T)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Painting the Planets (CR) 11:00 Polka Music (CR) 1:30 Armchair Travel: <i>Autumn in New England</i> (CR) 2:30 Country Drive (OOB) 3:30 Happy Hour (P) 6:00 Bingo with Kranthi (AR)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Catholic Rosary (T) 11:00 Brain Teasers (CR) 1:30 Oktoberfest (C) 2:30 Mid-Week Worship with Chaplain Leighton (C) 3:30 Shuffle Board (AR) 6:00 Rummikub (P)	9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 11:00 Charades (CR) 10:00 Sit and Be Fit Exercises (CR) 1:30 Scarecrow Making (C) 2:30 Walking Club (OOB) 3:30 Penny Pokeno (P) 6:00 Nickel Bingo (AR)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Crossword Puzzles (AR) 1:30 Dominoes (P) 2:30 Gardening Club (AR) 3:30 Entertainment Featuring Bob Hamel (P) 6:00 Friday Night Shabbat (T) Yom Kippur + Vaccine Clinic	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Sing-Along (CR) 11:00 Banana Grams (P) 1:00 Bingo (AR) 2:30 Popcorn & Movie: <i>Jack Reacher- Never go Back with Tom Cruise</i> (T) 3:30 Afternoon Stroll (OOB) 6:00 Independence Games (P)
	13	14	15	16	17	18	19
9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:30 Livestream Catholic Mass (T) 11:00 Board Games (P) 1:30 Ecumenical Communion Service with Chaplain Leighton (CR) 2:30 Cookies & Crosswords (AR) 3:30 Stroll & Roll (OP) 6:00 Independent Creative Time (AR)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Trip to Ott's Mum Hill (OOB) 1:30 Ship Painting (C) 2:30 Music & Meditation (P) 3:30 Columbus Day Trivia (P) 6:00 Movie: <i>The Outlaws</i> (T)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Finishing up Our Planets (CR) 11:00 Ed-U: <i>Our Planet Part 1</i> (CR) 1:30 Armchair Travel: West Virginia (CR) 2:30 Lila Tate Music Therapy (C) 3:30 Happy Hour (P) 6:00 Bingo with Kranthi (AR)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Catholic Rosary (T) 11:00 Guess the Year it Happened (CR) 1:30 Pumpkin Toss (C) 2:30 Mid-Week Worship with Chaplain Leighton (C) 3:30 Shuffle Board (AR) 6:00 Rummikub (P)	9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 11:00 Twenty Questions (CR) 1:30 Music Bingo Hosted by Grane (C) 2:30 Walking Club (OOB) 3:30 Happy Hour (P) 6:00 Nickel Bingo (AR)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 You Be the Judge (CR) 11:00 Garden Club (CR) 1:30 Name That Tune (CR) 2:30 Mad Lib Halloween Theme (CR) 3:30 Entertainment Featuring Ken Pierson (P) 6:00 Friday Night Shabbat (T)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Coffee & Conversation (P) 11:00 Banana Grams (P) 1:00 Bingo (AR) 2:30 Popcorn & Movie: <i>Walk, Ride, Rodeo</i> (T) 3:30 Afternoon Stroll (OOB) 6:00 Independence Games (P)	
20	21	22	23	24	25	26	
9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:30 Livestream Catholic Mass (T) 11:00 Board Games (P) 1:30 Ecumenical Communion Service with Chaplain Leighton (CR) 2:30 Cookies & Crosswords (AR) 3:30 Stroll & Roll (OP) 6:00 Independent Creative Time (AR)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Getting to Know Diego the Bearded Dragon (CR) 1:30 Pumpkin Pie Baking (C) 2:30 Music & Meditation (P) 3:30 Corn Hole (CR) 6:00 Movie: <i>3:10 to Yuma</i> (T)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Husking Corn (CR) 11:00 Ed-U: <i>Our Planet Part 2</i> (CR) 1:30 Armchair Travel: Nashville (CR) 2:30 Country Drive (C) 3:30 Happy Hour (P) 6:00 Bingo with Kranthi (AR)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Catholic Rosary (T) 11:00 Garden Club (CR) 1:30 Apple Stamps (C) 2:30 Mid-Week Worship with Chaplain Leighton (C) 3:30 Shuffle Board (AR) 6:00 Rummikub (P)	9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 11:30 Lunch Bunch (C) 1:30 Memory Magic Game (CR) 2:30 Club's Out of This World Planetarium Experience (T) 3:30 Happy Hour (P) 6:00 Nickel Bingo (AR)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Sing Along (CR) 1:30 Pumpkin Decorating Contest (CR) 2:30 Spooky Stories by Firelight (T) 3:30 Friday Social (P) 6:00 Friday Night Shabbat (T)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 UNO (P) 11:00 Banana Grams (P) 1:00 Bingo (AR) 2:30 Popcorn & Movie: <i>Downtown Abbey</i> (T) 3:30 Afternoon Stroll (OOB) 6:00 Independence Games (P)	
27	28	29	30	31	<div style="background-color: black; color: white; padding: 10px;"> <p>Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (C) Connections Neighborhood (OOB) Out of Building (T) Theater</p> </div> <div style="text-align: center; font-size: 3em; font-weight: bold; margin-top: 20px;"> October 2024 </div>		
9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:30 Livestream Catholic Mass (T) 11:00 Board Games (P) 1:30 Ecumenical Communion Service with Chaplain Leighton (CR) 2:30 Cookies & Crosswords (AR) 3:30 Stroll & Roll (OP) 6:00 Independent Creative Time (AR)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Sunshine Club: Thank You Cards For First Responders (CR) 1:30 Mini Golf (C) 2:30 Music & Meditation (P) 3:30 Halloween Decorating (P) 6:00 Mystery Bingo with Holly (AR)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Crosswords & Word Search (CR) 11:00 Dominoes (CR) 1:30 Armchair Travel: <i>Transylvania</i> (CR) 2:30 Country Drive (C) 3:30 Happy Hour (P) 6:00 Bingo with Kranthi (AR)	9:15 Morning Meeting (CR) 9:30 Sit and Be Fit Exercises (CR) 10:00 Catholic Rosary (T) 11:00 Brain Teasers (CR) 1:30 Halloween Trivia (C) 2:30 Mid-Week Worship with Chaplain Leighton (C) 3:30 Shuffle Board (AR) 6:00 Rummikub (P)	9:15 Morning Meeting (CR) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 2:00 Halloween Boo Bash Featuring The Planets (C) 2:30 Dining Meeting with Chad (AR) 3:30 Happy Hour (P) 6:00 Nickel Bingo (AR) Halloween			