

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 - **Merrymead 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	
		1 9:30 Sit & Be Fit Exercise (CR) 10:00 Shopping Trip: Redner's **\$\$ (OOB) 11:00 Ed-U Watch & Learn: <i>Our Planet Netflix Series Part 1 (T)</i> 1:30 Knitting Club (AR) 2:00 Words on Wheels (OL) 2:30 Circle of Friends (T) 3:30 Happy Hour (P) 6:00 Bingo with Kranthi (AR)	2 9:30 Sit & Be Fit Exercise (CR) 10:00 Rosary with St. Eleanor's (T) 11:00 Destination Discovery: Rick Steve's <i>Millan and Lake Como (T)</i> 1:30 Mid-Week Worship with Chaplin Leighton (CR) 2:30 Crafting Corner: Beading (AR) 3:30 Shuffle Board (AR) 6:00 Rummikub (P)	3 9:45 Catholic Communion (T) 10:00 Sit & Be Fit Exercise (CR) 10:45 Dine-Out: Red Lobster **\$\$ (OOB) 1:30 Dominoes (P) 2:30 Community Life Planning Meeting with Sharon (AR) 3:30 Happy Hour (P) 6:00 Nickel Bingo \$\$ (AR) 7:00 Family Meeting	4 9:30 Light & Lively Exercise (CR) 10:00 Crossword Puzzles (AR) 11:00 You be the Judge (AR) 1:30 Trivia Challenge (P) 2:30 Gardening Club (AR) 3:30 Entertainment Featuring Michael Kropp (P) 6:00 Friday Night Shabbat (T)	5 9:30 Sit & Be Fit Exercise (P) 10:00 Coffee & Conversation (P) 11:00 Banana Grams (P) 1:30 Bingo (AR) 2:30 Popcorn & Movie: <i>The Miracle Club (T)</i> 3:30 Afternoon Stroll (OOB) 6:00 Independent Games (P)	
	6 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)	7 9:30 Light & Lively Exercise (P) 10:00 Reclaim Your Brain Games (AR) 11:00 Flower Arranging (AR) 1:30 Rummikub (P) 2:30 Music & Meditation (P) 3:00 Bible Study (T) 3:30 Halloween Planning Committee (AR) 6:00 Movie: <i>Aloha with Bradly Cooper (T)</i>	8 9:30 Sit & Be Fit Exercise (CR) 10:00 Shopping Trip: Dollar Tree **\$\$ (OOB) 11:00 Ed-U Watch & Learn: <i>Our Planet Netflix Series Part 2(T)</i> 1:30 Knitting Club (AR) 2:30 Circle of Friends (T) 3:30 Happy Hour: Celebrating October Birthdays (P) 6:00 Bingo with Kranthi (AR)	9 Rosh Hashanah 9:30 Sit & Be Fit Exercise (CR) 10:00 Rosary with St. Eleanor's (T) 11:00 Destination Discovery: <i>Rick Steve's Cinque Terre (T)</i> 1:30 Mid-Week Worship with Chaplin Leighton (CR) 2:30 Baking Club: Apple Cider Donut Cake (AR) 3:30 Shuffle Board (AR) 6:00 Rummikub (P)	10 9:45 Catholic Communion (T) 10:00 Sit & Be Fit Exercise (CR) 11:00 Dine In: Specks Chicken (P) **\$\$ 1:30 Book Club (OL) 2:30 Community Meeting with Holly (AR) 3:30 Happy Hour (P) 6:00 Nickel Bingo \$\$ (AR)	11 Yom Kippur 9:30 Light & Lively Exercise (CR) 10:00 Crossword Puzzles (AR) 11:00 Name 10 (AR) 1:30 Dominoes (P) 2:30 Gardening Club (AR) 3:30 Entertainment Featuring Bob Hamel (P) 6:00 Friday Night Shabbat (T) VACCINE CLINIC	12 9:30 Sit & Be Fit Exercise (P) 10:00 Coffee & Conversation (P) 11:00 Banana Grams (P) 1:30 Bingo (AR) 2:30 Popcorn & Movie: <i>Jack Reacher- Never go Back with Tom Cruse (T)</i> 3:30 Afternoon Stroll (OOB) 6:00 Independent Games (P)
	13 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)	14 9:30 Light & Lively Exercise (P) 10:00 Reclaim Your Brain Games (AR) 11:00 Flower Refresh (AR) 1:30 Rummikub (P) 2:30 Music & Meditation (P) 3:00 Bible Study (T) 3:30 Columbus Day Trivia (P) 6:00 Movie: <i>The Outlaws (T)</i>	15 9:30 Sit & Be Fit Exercise (CR) 10:00 Merrymead Farm Trip **\$\$ (OOB) 11:00 Ed-U Watch & Learn: <i>Our Planet Netflix Series Part 3 (T)</i> 1:30 Knitting Club (AR) 2:00 Words on Wheels (OL) 2:30 Circle of Friends (T) 3:30 Happy Hour (P) 6:00 Bingo with Kranthi (AR)	16 9:30 Sit & Be Fit Exercise (CR) 10:00 Rosary with St. Eleanor's (T) 11:00 Destination Discovery: <i>Rick Steve's Venice & its Lagoons (T)</i> 1:30 Mid-Week Worship with Chaplin Leighton (CR) 2:30 Crafting Corner: Fall Decorating (AR) 3:30 Shuffle Board (AR) 6:00 Rummikub (P)	17 9:45 Catholic Communion (T) 10:00 Sit & Be Fit Exercise (CR) 11:00 Dine-Out: Copperfields *\$(OOB) 1:30 Book Club (OL) 2:30 Penny Pokeno (AR) 3:30 Happy Hour (P) 6:00 Nickel Bingo \$\$ (AR)	18 9:30 Light & Lively Exercise (CR) 10:00 Crossword Puzzles (AR) 11:00 This or That (AR) 1:30 Dominoes (P) 2:30 Gardening Club (AR) 3:30 Entertainment Featuring Ken Pierson (P) 6:00 Friday Night Shabbat (T)	19 9:30 Sit & Be Fit Exercise (P) 10:00 Coffee & Conversation (P) 11:00 Banana Grams (P) 1:30 Bingo (AR) 2:30 Popcorn & Movie: <i>Walk, Ride, Rodeo (T)</i> 3:30 Afternoon Stroll (OOB) 6:00 Independent Games (P)
	20 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)	21 9:30 Light & Lively Exercise (P) 10:00 Reclaim Your Brain Games (AR) 11:00 Flower Arranging (AR) 1:30 Rummikub (P) 2:30 Music & Meditation (P) 3:00 Bible Study (T) 3:30 Halloween Planning Meeting (AR) 6:00 Movie: <i>3:10 to Yuma (T)</i>	22 9:30 Sit & Be Fit Exercise (CR) 10:00 Shopping Trip: Boscov's \$\$ (OOB) 11:00 Ed-U Watch & Learn: <i>Our Planet Netflix Series Part 4(T)</i> 1:30 Knitting Club (AR) 2:30 Circle of Friends (T) 3:30 Happy Hour (P) 6:00 Bingo with Kranthi (AR)	23 9:30 Sit & Be Fit Exercise (CR) 10:00 Rosary with St. Eleanor's (T) 11:00 Destination Discovery: Rick Steve's <i>Venice, City of Dreams (T)</i> 1:30 Mid-Week Worship with Chaplin Leighton (CR) 2:30 Cookie Baking (AR) 3:30 Shuffle Board (AR) 6:00 Rummikub (P)	24 9:45 Catholic Communion (T) 10:00 Sit & Be Fit Exercise (CR) 11:00 Dine-Out: Inclusive Café **\$(OOB) 1:30 Book Club (OL) 2:30 Penny Pokeno (AR) 3:30 Happy Hour (P) 6:00 Nickel Bingo \$\$ (AR)	25 9:30 Light & Lively Exercise (CR) 10:00 Crossword Puzzles (AR) 11:00 Penny Antie (AR) 1:30 Pumpkin Decorating for Decorating Contest (AR) 2:30 Gardening Club (AR) 3:30 Entertainment Featuring Raffale (P) 6:00 Friday Night Shabbat (T)	26 9:30 Sit & Be Fit Exercise (P) 10:00 Coffee & Conversation (P) 11:00 Banana Grams (P) 1:30 Bingo (AR) 2:30 Popcorn & Movie: Downton Abbey (T) 3:30 Afternoon Stroll (OOB) 6:00 Independent Games (P)
	27 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)	28 9:30 Light & Lively Exercise (P) 10:00 Reclaim Your Brain Games (AR) 11:00 Flower Refresh (AR) 1:30 Rummikub (P) 2:30 Music & Meditation (P) 3:00 Bible Study (T) 3:30 Halloween Decorating in the Pub 6:00 Mystery Bingo with Holly (AR)	29 9:30 Sit & Be Fit Exercise (CR) 10:00 Shopping Trip: Giant **\$\$ (OOB) 11:00 Ed-U Watch & Learn: <i>Our Planet Netflix Series Part 5(T)</i> 1:30 Knitting Club (AR) 2:00 Words on Wheels (OL) 2:30 Circle of Friends (T) 3:30 Happy Hour (P) 6:00 Bingo with Kranthi (AR)	30 9:30 Sit & Be Fit Exercise (CR) 10:00 Rosary with St. Eleanor's (T) 11:00 Destination Discovery: <i>America's Hidden Stories Salem's Secrets (T)</i> 1:30 Mid-Week Worship with Chaplin Leighton (CR) 2:30 Halloween Party Set up and Pumpkin Judging (P) 3:30 Shuffle Board (AR) 6:00-8:00 Family Halloween Party (P)	31 9:45 Catholic Communion (T) 10:00 Sit & Be Fit Exercise (CR) 10:45 Dine Out: Chows Corner Café \$(OOB) 1:30 Book Club (OL) 2:30 Dining Meeting with Chad (AR) 3:30 Happy Hour (P) 6:00 Nickel Bingo \$\$ (AR) Halloween	<p>Calendar Key: **Registration Required \$\$ Cost Involved (LIB) Library (CR) Community Room (DR) Dining Room (T) Theater (AR) Activity Room (ML) Main Lobby (C) Connections Neighborhood (P) Pub (OOB) Out Of Building (OL) Old Lobby (OS) Outside (OP) Outside Porch</p> <h1>October</h1> <h1>2024</h1>	