

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

3 - Betty Collier
3 - Barbara Heromin
10 - Anna Mary Nace
13 - Pauline Schaefer
14 - Marion Porter
16 - Mary Hartlaub
19 - Virginia Angel
25 - Clyde Livingston
27 - Catherine Grim
31 - Fay Kramer

November

1 - Richard Chesnut
1 - Mary Shubert
8 - Ethel Brenner
12 - Rhea Landes
13 - Leila Berry
14 - Gloria Hively
16 - Lorene Stump
19 - James French
21 - Robert Hughlett

December

3 - Marjorie Zinn
5 - Wayne Weber
6 - Marjorie Davis
10 - Charlotte Boeckel
12 - Carol Stover
13 - Peggy Greiss
14 - Sharon Warnecke
18 - Ira Grumbine
23 - Karen Ayers
27 - Kathy Rauhauser
27 - Jessie Raines



Providence Place SENIOR LIVING News

Q4: October 2024

A Note from the Executive Director

Happy Fall!

October is bringing lots of activity to our campus and we look forward to enjoying the walking paths and the changing foliage.

We will be hosting our upcoming vaccine clinic on October 4th, as well as our Trick-or-treat event on October 29th at 6pm. In addition, the next Sunday Brunch event will be Halloween-themed. Call for reservations for the October 20th event at either 10:30am or 12:30pm seatings.

The annual Walk to End Alzheimers events will be featured this month with our on-campus walk 10/24 and the greater York community walk at John Rudy Park on 10/26. Please join us for either or both.

We have completed the first phase of dining room renovations...more to come and we are very excited. Please also keep an eye out for family + resident surveys coming your way later this month - your feedback is always greatly appreciated.

Best,

Howard Holben
Executive Director

Highlighted Events

1 - **Lunch Outing** @ 10:30am
Shady Maple Smorgasbord

4 - **Vaccine Clinic**

9 - **Bible Trivia** @ 10am

14 - **Pumpkin Painting** @ 2pm

17 - **Community Meeting** @ 2pm

24 - **Campus Dementia Awareness Walk** @ 1pm

25 - **EdU Presentation:** Life Care Planning @ 2pm

29 - **Community Trick-or-Treat** @ 6pm- *Families Welcome!*

Welcome New Residents

Gina Varone
Victor Aldinger



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;">THE <i>Club</i></p>		1	2	3	4	5
6	7	8	9	10	11	12
9:30 Morning Exercise (AR) 10:00 Plan of the Day Meeting (CR) 10:15 Clean Wheels & Walkers (CR) 10:45 Menu Review (CR) 1:15 Chicken Soup For the Soul Reading & Discussion (CR) 1:30 Become a Detective (CR) 2:00 Detectives on the Loose (BW) 3:00 Sunday Church Service (CR) 6:00 Front Porch Fellowship (FP)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 What is Pumpkin Chunkin? (CR) 10:30 Discovery Channel Pumpkin Chunking (CR) 1:00 Catholic Communion (CR) 1:45 Create a Pumpkin (CR) 2:00 Bible Study (CN) 2:30 Starbucks Frappuccino's & Trivia (CR) 6:00 Rummikub (AR)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Name that Tune (AR) 1:15 Bake Away Café with Friends (CN) 2:30 Frightful Figurines (CR) 3:30 Domino Sugar History (CR) 3:45 Menu Review (CR) 6:00 Evening Bingo (AR)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Morning Manicures (CR) 10:00 Bible Trivia (AR) 1:15 Social and Games with Friends (CN) 1:30 Mid-Week Worship Service (CR) 2:45 Jiffy Pop Popcorn (AR) 3:00 Old Pop Trivia (AR) 3:45 Menu Review (AR) 6:00 Stillmeadow Church Visits (AR)	9:10 Plan of the Day Meeting (CR) 9:30 Club Country Ride (OOB) 9:30 Morning Exercise (AR) 1:15 Memory Magic (CN) 2:00 Hymns and Devotions (CN) 2:00 Cake Decorating Day Decorating Personal Mini Cakes ** (AR) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Southern Food Prepping (AR) 1:00 Helping Hands: Towel Folding (AR) 1:15 South State Trivia (CR) 2:15 Southern Heritage Food Tasting (CR) 3:45 Menu Review (CR) 6:00 Resident Run Bingo (AR) Yom Kippur	9:30 Morning Exercise (AR) 10:15 Doughnut Mind if I Do (FL) 10:45 Plan of the Day Meeting (CR) 1:00 Helping Hands: Towel Folding (AR) 1:30 Hollywood Idols: Bob Hope (CR) 2:30 Afternoon Fitness: Back Yard Games (CR) 3:45 Menu Review (CR) 6:00 Resident Card Club (AR)
13	14	15	16	17	18	19
9:30 Morning Exercise (AR) 10:00 Plan of the Day Meeting (CR) 10:15 Timeless Trivia (CR) 10:45 Menu Review (CR) 1:15 Shel Silverstein: <i>Where The Side Walk Ends</i> (CR) 1:30 Create a Silly Saying (CR) 2:00 Humor and Soda Pop (CR) 3:00 Sunday Church Service (CR) 6:00 Front Porch Fellowship (FP)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Musical Therapy (AR) 1:00 Catholic Communion (CR) 1:45 Famous Monsters (CR) 2:00 Bible Study (CN) 3:00 Monster Mashup (CR) 3:30 Munsters on Screen (CR) 4:00 Menu Review (CR) 6:00 Rummikub (AR)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Name that Tune (AR) 1:15 Bake Away Café with Friends (CN) 2:30 Mummy Jars (CR) 3:00 Blind and Brave (CR) 3:45 Menu Review (CR) 6:00 Evening Bingo (AR)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Morning Manicures (CR) 10:00 Bible Trivia (AR) 1:15 Social and Games with Friends (CN) 1:30 Mid-Week Worship Service (CR) 2:45 Foods of the World & Jingo (CR) 3:45 Menu Review (CR) 6:00 Game Night with Dover Women of Today (AR)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Rock on Rolling Stones (AR) 11:00 Italian Luncheon with Friends (CN) 1:15 Memory Magic (CN) 2:00 Hymns and Devotions (CN) 2:00 Community Meeting with Department Managers (AR) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 All About Alaska (AR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Sassy Squirrel Crafting (CR) 2:15 Traditional Alaskan Treat (CR) 3:45 Menu Review (CR) 6:00 Resident Run Bingo (AR)	9:30 Morning Exercise (AR) 10:15 Doughnut Mind if I Do (FL) 10:45 Plan of the Day Meeting (CR) 1:00 Helping Hands: Towel Folding (AR) 2:00 Musical Entertainment by Tom and Randi (AR) 3:45 Menu Review (CR) 6:00 Resident Card Club (AR)
20	21	22	23	24	25	26
9:30 Morning Exercise (AR) 10:00 Plan of the Day Meeting (CR) 10:15 Scrambled Letters Game (CR) 10:45 Menu Review (CR) 1:15 Create a Scary Story (CR) 1:30 Halloween Hits Sing Along (CR) 2:00 Edible Experiments (CR) 3:00 Sunday Church Service (CR) 6:00 Front Porch Fellowship (FP)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Music Therapy (AR) 1:00 Catholic Communion (CR) 1:45 How to Help the Reptiles (CR) 2:00 Bible Study (CN) 3:00 Creative Alligators (CR) 3:45 Menu Review (CR) 6:00 Rummikub (AR)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Name that Tune (AR) 1:15 Bake Away Café with Friends (CN) 2:00 Musical Entertainment by Joe Crispell (AR) 3:30 Nuts about Nuts Trail Mix (CR) 3:45 Menu Review (CR) 6:00 Evening Bingo (AR)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Morning Manicures (CR) 10:00 Bible Trivia (AR) 1:15 Social and Games with Friends (CN) 1:30 Mid-Week Worship Service (CR) 2:45 Around the Clock Dice Game (CR) 3:45 Menu Review (CR) 6:00 Popcorn & Movie (AR)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Over the Falls in a Barrel (CR) 1:00 Campus Walk to End ALZ (FL) 2:00 Hymns and Devotions (CN) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Dancing of all kinds (AR) 1:00 Helping Hands: Towel Folding (AR) 1:15 Afternoon Fitness: Chair Zumba (CR) 2:15 Flavor My Way: H2O Hydration (CR) 3:00 The Best Walt-zer (CR) 3:45 Menu Review (CR) 6:00 Resident Run Bingo (AR)	9:00 John Rudy Walk to End Alzheimer's (OOB) 9:30 Resident Run Morning Exercise (AR) 10:15 Doughnut Mind if I Do (FL) 10:45 Plan of the Day Meeting (CR) 1:00 Helping Hands: Towel Folding (AR) 1:30 Spooky Moon Art (CR) 2:30 Afternoon Fitness: Sit and Be Fit (CR) 3:45 Menu Review (CR) 6:00 Resident Card Club (AR)
27	28	29	30	31	<p>Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (BW) Building Wide (FL) Front Lobby (OOB) Out Of Building</p> <p style="text-align: center; font-size: 2em;">October</p> <p style="text-align: center; font-size: 4em;">2024</p>	
9:30 Morning Exercise (AR) 10:00 Plan of the Day Meeting (CR) 10:15 Halloween Fact or Fiction (CR) 1:15 Prep Dip and Chips (CR) 1:30 Hauntingly Halloween Hunt (BW) 2:00 Frightful Dips and Chips (CR) 3:00 Sunday Church Service (CR) 6:00 Front Porch Fellowship (FP)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Music Therapy (AR) 1:00 Catholic Communion (CR) 1:45 Read Around: All About Vaccines (CR) 2:00 Bible Study (CN) 3:00 Identify the Disease & More (CR) 6:00 Rummikub (AR)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Name that Tune (AR) 1:15 Bake Away Café with Friends (CN) 2:30 Left Right Halloween Story (CR) 3:30 Crazy Cat Lady Dice Game (CR) 3:45 Menu Review (CR) 4:00 Dementia Care Support Group (CR) 6:00 Community Trick or Treat (BW)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Morning Manicures (CR) 10:00 Bible Trivia (AR) 1:15 Spooktacular Birthday Bash (CN) 1:30 Mid-Week Worship Service (CR) 2:45 Candy Corn Cookies & Coffee (CR) 3:15 Halls-Eve Trivia & More (CR) 4:00 Chef on Deck with Chef Joe** (AR) 6:00 Sit and Chat in the Lobby (FL)	9:10 Plan of the Day Meeting (CR) 9:30 Morning Exercise (AR) 10:00 Crockpot Caramel Apples (CR) 1:15 Memory Magic & Mocktail (CN) 2:00 Spooktacular Halloween Social (AR) 3:15 Prize Bingo (AR) 6:00 Pinochle (AR) Halloween		