

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	
		1 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 10:30 Lunch Outing <i>Shady Maple Smorgasbord **\$(OOB)</i> 1:30 Circle of Friends (CR) 2:00 Providence Place Bowling (AR) 3:00 Documentary and Discussions: <i>The Legendary Babe Ruth (AR)</i> 6:00 Evening Bingo with Adam (AR)	2 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Giant Foods **\$(OOB) 10:00 Bible Trivia w/Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Country Side Ride **(OOB) 3:00 Faith Studies (CR) 3:00 Silver Sneakers (AR) 6:00 Popcorn & Movie <i>The Bishops Wife (AR)</i> Rosh Hashanah	3 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:00 Puzzle Take-A-Way (AR) 10:30 Praying the Rosary (P) 1:30 Bible Study (AR) 2:00 Community Life Planning Meeting (AR) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	4 9:30 Morning Exercise (AR) 10:00 Manicure & Music (CR) 10:30 Cranium Crunches (AR) 1:30 Trivial Pursuit (AR) 2:00 World Smile Day Happy Hour (AR) 3:00 Science Secrets: <i>Density Experiment (AR)</i> 6:00 Resident Run Bingo (AR)	5 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I do (FL) 10:30 Around the World Today (AR) 1:15 Humor Alley (AR) 2:00 Wall Jeopardy (AR) 3:00 Essential Breaks: <i>Chai Spiced Apple Cider (AR)</i> 6:00 Resident Card Club (AR)	
	6 9:30 Morning Exercise (AR) 10:15 10 Clues What is it Game (AR) 11:30/12 Wine and Dine (DR) 1:15 Crafters Corner: Teacher Care Packages (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL)	7 9:30 Morning Exercise (AR) 10:30 Dining Service Meeting (P) 10:30 Our Journey Together with Chaplain Shawn (CR) 1:00 Catholic Communion (CR) 1:00 Table Top Games (AR) 2:00 Cooking Club: <i>Salem Sangria (AR)</i> 3:00 Destination Discovery <i>Salem Massachusetts (AR)</i> 6:00 Rummikub (AR)	8 9:30 Morning Exercise (AR) 10:00 Name that Tune w/Bev & Sue (AR) 1:30 Circle of Friends (CR) 2:30 Ed-U Wellness: <i>Mental & Emotional Health</i> By Laura Lambert with Bayada Home Health Care (AR) 3:00 Documentary and Discussions: <i>Yosemite National Park (AR)</i> 6:00 Evening Bingo with Adam (AR)	9 9:30 Morning Exercise (AR) 10:00 Shopping Trip Walmart **\$(OOB) 10:00 Bible Trivia w/Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Country Ride **(OOB) 3:00 Faith Studies (CR) 3:00 Silver Sneakers (AR) 6:00 Youth Night SAGE with Stillmeadow Church of Nazarene (AR)	10 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:00 Puzzle Take-A-Way (AR) 10:30 Praying the Rosary (P) 1:30 Bible Study (AR) 2:00 Cake Decorating Day Decorating Personal Mini Cakes **(AR) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	11 9:30 Morning Exercise (AR) 10:00 Manicure & Music (CR) 10:30 Cranium Crunches (AR) 1:30 Trivial Pursuit (AR) 2:00 Food Truck Friday Themed Happy Hour (AR) 3:00 Science Secrets: <i>Magic Bubbling (AR)</i> 6:00 Resident Run Bingo (AR) Yom Kippur	12 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I do (FL) 10:30 Around the World Today (AR) 1:15 Humor Alley (AR) 2:00 Wall Jeopardy (AR) 3:00 Essential Breaks: <i>Mulled Wine (AR)</i> 6:00 Resident Card Club (AR)
	13 9:30 Morning Exercise (AR) 10:15 Left/Right Story Game (AR) 11:30/12 Wine and Dine (DR) 1:15 Crafters Corner: Halloween Canvas Painting (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL)	14 9:30 Morning Exercise (AR) 10:00 Musical Entertainment with Lindsey York Musical Therapy (AR) 10:30 Our Journey Together with Chaplain Shawn (P) 1:00 Catholic Communion (CR) 1:00 Table Top Games (AR) 2:00 Create & Design: Pumpkin Painting for Contest (AR) 6:00 Rummikub (AR)	15 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 10:30 House of Worship Tour Friendship Community Church **(OOB) 1:30 Circle of Friends (CR) 2:00 Providence Place Bowling (AR) 3:00 History's Mysteries: <i>Knights of Camelot (AR)</i> 6:00 Evening Bingo with Adam (AR)	16 9:30 Morning Exercise (AR) 10:00 Shopping Trip Boscov's **\$(OOB) 10:00 Bible Trivia w/Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Country Ride **(OOB) 3:00 Faith Studies (CR) 3:00 Silver Sneakers (AR) 6:00 Game Night with Dover Women of Today (DR)	17 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:00 Puzzle Take-A-Way (AR) 10:30 Praying the Rosary (P) 1:30 Bible Study (AR) 2:00 Community Meeting with Department Managers (AR) 2:30 Chef Demo with Chef Joe (AR) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	18 9:30 Morning Exercise (AR) 10:00 Manicure & Music (CR) 10:30 Cranium Crunches (AR) 1:30 Trivial Pursuit (AR) 2:00 Friday Happy Hour (AR) 3:00 Science Secrets: <i>The Candy Corn Experiment (AR)</i> 6:00 Resident Run Bingo (AR)	19 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I do (FL) 10:30 Around the World Today (AR) 1:15 Humor Alley (AR) 2:00 Musical Entertainment with Tom and Randy (AR) 3:00 Essential Breaks: <i>Red Wine Hot Chocolate (AR)</i> 6:00 Resident Card Club (AR)
	20 9:30 Morning Exercise (AR) 10:30/12:30 Halloween Brunch with Musical Entertainment Justin Adams (AR) 1:15 Musical Entertainment with Hershey Mennonite Church (FL) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR)	21 9:30 Morning Exercise (AR) 10:00 Musical Entertainment with Lindsey York Musical Therapy (AR) 10:30 Our Journey Together w/Chap. Shawn (P) 1:00 Catholic Communion (CR) 2:00 Cooking Club <i>Raspberry Bread Pudding (AR)</i> 3:00 Destination Discovery: <i>Anoka, Minnesota (AR)</i> 6:00 Rummikub (AR)	22 9:30 Morning Exercise (AR) 10:00 Name that Tune w/Bev & Sue (AR) 1:30 Circle of Friends (CR) 2:00 Musical Entertainment with Joe Crispell (AR) 3:00 Helping Hands: Crafting Halloween Candy Bags (AR) 4:00 Dining Out: <i>Olive Garden **\$(OOB)</i> 6:00 Evening Bingo with Adam (AR)	23 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Whitcomb's **\$(OOB) 10:00 Bible Trivia with Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Country Side Ride **(OOB) 3:00 Faith Studies (CR) 3:00 Silver Sneakers (AR) 6:00 Popcorn and Movie: <i>Love, Fall and Order (AR)</i>	24 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:00 Puzzle Take-A-Way (AR) 10:30 Praying the Rosary (P) 1:00 Campus Walk to End ALZ (FL) 1:30 Bible Study (AR) 2:00 Welcome Ambassador Meeting (AR) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	25 9:30 Morning Exercise (AR) 10:00 Manicure & Music (CR) 10:30 Cranium Crunches (AR) 1:30 Trivial Pursuit (AR) 2:00 Ed-U Presentation: <i>Life Care Planning</i> with Bellomo & Associates Estate Planning & Elder Law (AR) 3:00 Science Secrets: <i>The Pumpkin-cano (AR)</i> 6:00 Resident Run Bingo (AR)	26 9:00 Community Support Walk to End ALZ at John Rudy Park **(OOB) 9:30 Resident Ran Morning Exercise (AR) 1:15 Colorful Creations (AR) 2:00 Wall Jeopardy (AR) 3:00 Essential Breaks: <i>Pumpkin Spice White Russian (AR)</i> 6:00 Resident Card Club (AR)
	27 9:30 Morning Exercise (AR) 10:15 Believable or Batty Game (AR) 11:30/12 Wine and Dine (DR) 1:15 Crafters Corner: Halloween Door Décor (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Front Porch Fellowship (FL)	28 9:30 Morning Exercise (AR) 10:00 Musical Entertainment with Lindsey York Musical Therapy (AR) 10:30 Our Journey Together with Chaplain Shawn (P) 1:00 Catholic Communion (CR) 1:00 Table Top Games (AR) 2:00 Cooking Club <i>NH Style Seafood Chowder (AR)</i>	29 9:30 Morning Exercise (AR) 10:00 Name that Tune with Bev & Sue (AR) 1:30 Circle of Friends (CR) 2:00 Providence Place Bowling (AR) 3:00 Helping Hands Preparing for Community Trick or Treat (AR) 4:30 Dementia Support Group (CR) 6:00 Community Trick or Treat (BW)	30 9:30 Morning Exercise (AR) 10:00 Shopping Trip Dollar Tree **\$(OOB) 10:00 Bible Trivia w/Chaplain Shawn (CR) 1:30 Mid-Week Worship Service (CR) 2:00 Country Side Ride **(OOB) 2:00 Flight Club with Chef Joe (AR) 3:00 Faith Studies (CR) 3:00 Silver Sneakers (AR) 4:00 Chef on Deck with Chef Joe (P)	Halloween 31 9:30 Morning Exercise (AR) 10:00 Hymn Sing (CR) 10:00 Puzzle Take-A-Way (AR) 10:30 Praying the Rosary (P) 1:30 Bible Study (AR) 2:00 Spooktacular Halloween Happy Hour (AR) 3:00 Prize Bingo (AR) 6:00 Pinochle (AR)	Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Our of Building (AR) Activity Room (CR) Community Room (100P) 100 Hall Patio (P) Pub (FL) Front Lobby (BW) Building Wide (DR) Dining Room	

October

2024