

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

1 - Theresa Kline
7 - Carol Rodgers
13 - Marie Kipphorn
14 - John DiDominick
21 - Elma Kepner
23 - Madeline Tshudy
23 - Corine Civitella
25 - Mary Walter
26 - Peggy Troop

November

16 - Lucille Harrison
19 - Patricia Fath
29 - Donna Young
30 - Marian Moore

December

2 - James Bergman
3 - Sheldon Hall
7 - Malinda DiBella
12 - Carole Roberts
12 - Phoebe Kuhns
28 - William Diffenbaugh



Providence Place SENIOR LIVING News

Q4: October 2024

A Note from the Executive Director

Happy Fall!

I was excited to meet some of you at our Grandparent's Day Brunch, but wanted to introduce myself to those I have not yet met. I am the new Executive Director for our Lancaster community. I have been in healthcare for about 20 years with a background in nursing. I am married with three children and have two huskies and have lived in Lancaster County over the past seven years and serve within this community. I believe in doing nothing out of selfish ambition but rather in humility valuing others above myself.

In addition, we are thrilled to welcome Lisa Kramer as our new Director of Nursing. Lisa brings a wealth of experience and leadership that will greatly enhance the nursing team and quality of care we provide.

Together the Lancaster team is committed to resident-centered care while fostering an environment where teamwork and excellence thrive. We look forward to making a meaningful impact on the lives of those we serve.

Best regards,

Janet Love
Executive Director

Highlighted Events

- 1 - **Lunch Outing to Cracker Barrel** @ 11am
- 4 - **Musical Entertainment:**
Liz Rogers @ 2pm
- 8 - **Family Meeting** @ 7pm
- 18 - **EdU Presentation:** Hawks
by Lisa from Parks & Rec @ 2pm
- 20 - **Autumn Sunday Brunch**
@ 10:30am or 12:30pm -
*email PWatkins@prov-place.com
for reservations*
- 30 - **Community Trick-or-Treat**
@ 6pm
- 31 - **Halloween Party** @ 1:30pm

Welcome New Residents

Lillian Pacheco
Mary Senft




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 9:00 Resident Run Book Club (CH) 10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Outing: Cracker Barrel **\$(OOB) 2:00 Entertainment Featuring Nick Viscuso (CH) 2:00 Afternoon Stroll (BW) 3:00 Bingo Helpers in Connections (EL) 6:00 Resident Run Game Night (AR)	2 9:00 Morning Walk with Sue (CH) 10:00 Chair Yoga with Alyssa (CH) 10:30 Mid Week Worship Service (CH) 1:00 America Says (CH) 2:00 Jeopardy with Tangles (CH) 3:15 Bingo Bonanza (CH) 6:00 Mid Week Movie: <i>Sherlock Holmes (2009)</i> (CH) 6:00 Games of Chance with Alyssa (AR) Rosh Hashanah	3 9:00 Resident Run Book Club (CH) 10:00 Balance & Flex (CH) 10:30 Circle of Friends (CH) 10:30 Grab & Go Puzzles (LB) 1:00 Uno Attack (AR) 2:00 Chef's Pairing with Scott (AR) 3:00 LCR with Chaplain Jeff (AR) 6:00 Evening Gather & Chat (FL)	4 9:00 Morning Walk with Sue (CH) 10:00 Fun Fitness Games (CH) 10:30 Journey Through The Bible (CH) 10:30 Shopping Run: John S. Herr Market **\$(OOB) 2:00 Entertainment Featuring Vocalist Liz Rogers (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie <i>National Velvet (1945)</i> (CH)	5 10:00 What's The Word <i>Shri Lanka Trek</i> (CH) 10:30 Saturday Morning Bingo (CH) 1:00 Card Sharks Choice (AR) 2:30 Saturday Social (GL) 3:00 Trivia Time (GL) 6:00 Resident Run 8 Ball Alley (BR)	
	6 9:30 Coffee & Conversation (AR) 10:00 Team Cuisine Cooking Club: Chili Con Carne (AR) 2:00 Sunday Social Hour (GL) 2:30 Pasta Time Game (GL) 3:00 Sunday Worship Service With Communion (CH) 6:00 Evening Wind Down (L)	7 9:00 Morning Walk with Sue (FL) 10:00 Stretch & Flex (CH) 10:30 Armchair Travel <i>30 Terrifying Discoveries in Congo</i> (CH) 1:00 Who, What, Where, Am I ? (CH) 2:00 Artist in Us All Pottery Works with Marcie (AR) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)	8 9:00 Resident Run Book Club (CH) 10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Outing: Tokyo Diner **\$(OOB) 2:00 America Says (CH) 2:00 Afternoon Stroll (BW) 3:00 Bingo Helpers in Connections (EL) 6:00 Resident Run Game Night (AR) 7:00 Family Meeting	9 9:00 Morning Walk with Sue (FL) 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:00 Media Class with Alyssa (CH) 2:00 Jeopardy with Tangles (CH) 3:15 Bingo Bonanza (CH) 6:00 Mid Week Movie: <i>Marmaduke The Movie (2010)</i> (CH) 6:00 Games of Chance with Patricia (AR)	10 9:00 Resident Run Book Club (CH) 10:00 Balance & Flex (CH) 10:30 Circle of Friends (CH) 10:30 Grab & Go Puzzles (LB) 1:00 Ed-U Wellness Presents Exercise & Fitness with Amy (CH) 2:00 Ed-U Presents Bob Reigh, The Trivia Guy (AR) 3:00 LCR with Chaplain Jeff (AR) 6:00 Evening Gather & Chat (FL)	11 9:00 Morning Walk with Sue (FL) 10:00 Fun Fitness Games (CH) 10:30 Journey Through The Bible (CH) 10:30 Grocery Run Wegman's Market **\$(OOB) 1:00 Lancaster Public Library Informational Visit (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie: <i>Giant (1956)</i> Yom Kippur	12 10:00 What's The Word <i>Into the Congo</i> (CH) 10:30 Saturday Morning Bingo (CH) 1:00 Card Sharks Choice (AR) 2:30 Saturday Social (GL) 3:00 Trivia Time (GL) 6:00 Resident Run 8 Ball Alley (BR)
	13 9:30 Coffee & Conversation (AR) 10:00 Team Cuisine Cooking Club: Cinnamon Roll Cheesecake (AR) 2:00 Sunday Social Hour (GL) 2:30 Pasta Time Game (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Wind Down (L)	14 9:00 Morning Walk with Sue (FL) 10:00 Stretch & Flex (CH) 10:30 Armchair Travel <i>What Do You Know About Taiwan</i> (CH) 1:00 Who, What, Where, Am I ? (CH) 2:00 Artist in us All Pumpkin Contest Planning (AR) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)	15 9:00 Resident Run Book Club (CH) 10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shopping Trip: Dollar Tree **\$(OOB) 2:00 Aerobic Drumming (CH) 2:00 Afternoon Stroll (BW) 3:00 Bingo Helpers in Connections (EL) 6:00 Resident Run Game Night (AR) 6:00 Dementia Support Group (1st FL)	16 9:00 Morning Walk with Sue (FL) 10:00 Chair Yoga with Alyssa (CH) 10:30 Mid Week Worship Service (CH) 1:00 Password Champions (CH) 2:00 Jeopardy with Tangles (CH) 3:15 Bingo Bonanza (CH) 6:00 Mid Week Movie: <i>Gran Torino (2008)</i> (CH) 6:00 Games of Chance with Alyssa (AR)	17 9:00 Resident Run Book Club (CH) 10:00 Balance & Flex (CH) 10:30 Circle of Friends (CH) 10:30 Grab & Go Puzzles (LB) 1:00 Community Meeting With Department Heads (CH) 2:00 CL Planning Meeting (CH) 2:00 Trail Life Walker Wash (FL) 3:00 LCR with Chaplain Jeff (AR) 6:00 Evening Gather & Chat (FL)	18 9:00 Morning Walk with Sue (FL) 10:00 Fun Fitness Games (CH) 10:30 Journey Through The Bible (CH) 12:30 Country Ride: Columbia/Marietta **\$(OOB) 2:00 Ed-U Presents <i>Hawk's</i> with Lisa Sanchez (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie <i>Cleopatra (1963)</i> (CH)	19 10:00 What's The Word (CH) <i>Trip to Taiwan</i> (CH) 10:30 Saturday Morning Bingo (CH) 1:00 Card Sharks Choice (AR) 2:30 Saturday Social (GL) 3:00 Entertainment Featuring Organist Gary Collier (CH) 6:00 Resident Run 8 Ball Alley (BR)
	20 9:30 Coffee & Conversation (AR) 10:30 Autumn Brunch (DR) 12:30 Autumn Brunch (DR) 3:00 Sunday Worship Service (CH) 6:00 Evening Wind Down (L)	21 9:00 Morning Walk with Sue (FL) 10:00 Stretch & Flex (CH) 10:30 Armchair Travel <i>Journey Through Malta</i> (CH) 1:00 Who, What, Where, Am I ? (CH) 2:00 Entertainment Featuring Pianist Rich Arment (Connections) 3:15 Ballon Volley Ball Challenge (CH) 6:00 Resident Run Bingo (AR)	22 9:00 Resident Run Book Club (CH) 10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shopping: Main Street Closet **\$(OOB) 2:00 Entertainment Featuring Guitarist Quentin Jones (DR) 2:00 Afternoon Stroll (BW) 3:00 Bingo Helpers in Connections (EL) 6:00 Resident Run Game Night (AR)	23 9:00 Morning Walk with Sue (FL) 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:00 Resident Dining Meeting (CH) 2:00 CECA Awards (DR) 3:15 Bingo Bonanza (CH) 6:00 Mid Week Movie: <i>Because of Winn Dixie (2005)</i> (CH) 6:00 Games of Chance with Patricia (AR)	24 9:00 Resident Run Book Club (CH) 9:30 Balance In Action with Amy (CH) 10:30 Circle of Friends (CH) 10:30 Grab & Go Puzzles (LB) 1:00 Uno Attack (CH) 2:00 Men's Club with Chaplain (AR) 3:00 LCR with Chaplain Jeff (AR) 6:00 Evening Gather & Chat (FL)	25 9:00 Morning Walk with Sue (FL) 10:00 Fun Fitness Games (CH) 10:30 Journey Through The Bible (CH) 10:30 Dollar Tree Run **\$(OOB) 1:00 Pumpkin Decorating (AR) 2:00 Pumkin Decorating Cont. (AR) 3:15 Word in Word w/ Floats (CH) 6:00 Classic Movie: <i>Hocus Pocus (1993)</i> (CH)	26 10:00 What's The Word (CH) <i>The Maltese Falcon</i> (CH) 10:30 Saturday Morning Bingo (CH) 1:00 Card Sharks Choice (AR) 2:30 Saturday Social (GL) 3:00 Trivia Time (GL) 6:00 Resident Run 8 Ball Alley (BR) 6:00 Pumpkin Judging Begins
	27 9:30 Coffee & Conversation (AR) 10:00 Team Cuisine Cooking Club Baby Back Ribs (AR) 2:00 Sunday Social Hour (GL) 2:30 Pasta Time Game (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Wind Down (L)	28 9:00 Morning Walk with Sue (FL) 10:00 Stretch & Flex (CH) 10:30 Armchair Travel <i>Decoding DaVinci</i> (CH) 1:00 Who, What, Where, Am I ? (CH) 2:00 Artist in Us All Woodcraft with Amber (AR) 3:15 Ballon Volleyball Challenge (CH) 6:00 Resident Run Bingo (AR)	29 9:00 Resident Run Book Club (CH) 10:00 Weights & Bands Exercise (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Outing Ruby Tuesday's **\$(OOB) 2:00 Halloween Feud (CH) 2:00 Afternoon Stroll (BW) 3:00 Bingo Helpers in Connections (EL) 6:00 Resident Run Game Night (AR)	30 9:00 Morning Walk with Sue (FL) 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:00 America Says (CH) 2:00 Jeopardy with Tangles (CH) 3:15 Bingo Bonanza (CH) 6:00 Mid Week Movie: <i>Meet Frankenstein (1948)</i> (CH) 6:00 Community Trick or Treat (BW)	31 9:00 Resident Run Book Club (CH) 10:00 Balance In Action with Amy (CH) 10:30 Circle of Friends (CH) 10:30 Grab & Go Puzzles (LB) 1:30 Halloween Party (DR) 2:00 Pumpkin & Costume Awards (DR) 3:00 LCR with Chaplain Jeff (AR) 6:00 Evening Gather & Chat (FL) Halloween	Calendar Key: (BR) Billiards Room, (CH) Chapel, (AR) Activity Room (S) Salon, (GL) Governors Lounge (LB) Library, (DR) Dining Room (FL) Front Lobby, (FP) Front Porch (OOB) Out of Building (BW) Building Wide (EL) Elevator ** Registration Required \$\$ Cost Involved	<h1>October</h1> <h1>2024</h1>