

# 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 - Doris Black  
8 - John Geary  
9 - Jay Smith  
13 - Barbara Sanders  
14 - Barbara Wagner  
20 - Loretta Cornelius  
21 - Boyd Hey  
26 - Norene Pugh  
31 - Shirley Koons

### November

3 - Shirley Fenstermacher  
9 - Ronald Bender  
16 - Emma Yeager  
18 - Joan Deffenbaugh  
19 - Pearl Hurley  
22 - Lee Golden  
27 - Raymond Maurello  
28 - Velva Morris  
29 - Kenneth Pugh  
30 - Robert Wennick

### December

5 - James Shindle  
6 - Patricia Nichols  
13 - Ann Dubbs  
13 - Gayle Kady  
18 - Elizabeth Fitzgerald  
19 - Florence Sterner  
23 - Glen Yaukey  
28 - Willy Rudolph  
30 - Margaret Stigers



# Providence Place SENIOR LIVING News

Q4: October 2025

## A Note from the Executive Director

Our Tailgate Party in September was a huge success, thank you to all the residents, friends and family who participated. We hope you had as much fun as the referees (co-workers and managers) who were serving the event.

We will have a family-friendly trick-or-treat event on 10/18 in the afternoon. Please invite your little ghouls, goblins, and grandkids to join in on the fun.

Our major project of window replacement started the second week of September and should be winding down soon. We appreciate your patience and cooperation during this building improvement project.

On 10/31, we will hold our annual vaccine clinic where our partner pharmacy will be providing flu and covid vaccines. You should have already signed up for this via consent forms. If you get the vaccine at an outside pharmacy or provider's office, please let the nursing office know to help keep our records updated.

Please keep an eye out for our annual Resident + Family Surveys - you will receive an email to participate or please see Lorelei, our Community Life Director, to complete.

Autumn Wishes,

*Holly Townsend*  
Executive Director

## Highlighted Events

- 14 - **Parx Casino Outing** @ 9:30am  
w/ Lunch at Liberty Grill
- 15 - **Musical Entertainment**  
@ 6pm- The Flying Matlocks
- 18 - **Community Trick-or-Treat**  
@ 2pm
- 25 - **Comedy Hour with Glen Bently** @ 2pm
- 31 - **Vaccine Clinic**

## Welcome New Residents

Harold St. Clair  
Dolores St. Clair  
Jimmy Miracle



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:Info@Prov-Place.com).



**[www.Providence-Place.com](http://www.Providence-Place.com)**

| SUNDAY                                                                                                                                                                                                                                                                                                                                                  | MONDAY                                                                                                                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                                                                                                                                                        | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                   | THURSDAY                                                                                                                                                                                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                                                                                                                                           | SATURDAY                                                                                                                                                                                                                                                                                                                                   |
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|                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                   | <b>Calendar Key:</b><br>Café ( C )   Loading Dock (LD)<br>Library (L)   Pub (P)<br>Back Lobby (BL)<br>2nd Floor Activity Room (2A)<br>3rd Floor Activity Room (3A)<br>3rd Floor Exercise Room (3E)<br>Private Dining Room (PDR)<br>Out of Building (OOB)<br>Connections (CN)<br>Building Wide (BW)<br>Front Porch (FP)<br><b>**Registration Required, \$\$ Cost Involved</b>   | Yom Kippur<br>9:00 Seated Weights with Leah (3E)<br>10:00 Circle of Friends (PDR)<br>10:00 Design Club:<br>Fall Down the Halls (BW)<br>2:00 Jeopardy! (2A)<br>3:00 Fall Décor For Your Door ( C )<br>3:00 Men’s Club (P)<br>6:00 Wednesday Winddown<br>at the Fireplace (BL)<br>6:00 Resident Run Sequence (2A)                                             | 2<br>9:00 Walk Or Roll Indoor Halls<br>10:00 Move 2 Music (BL)<br>10:00 Our Journey Together (PDR)<br>1:30 Balance & Action (3E)<br>1:30 Art Exploration: Mixed Media ( C )<br>2:00 Mid Week Worship Service (2A)<br>3:00 Bible Study (PDR)<br>3:00 Charades (P)<br>6:00 Wii Bowling League (3E)                                                 | 3<br>9:00 Light & Lively Exercise (3E)<br>10:00 Bible Study with Sharon (PDR)<br>10:00 Personal Device<br>Technical Support Assistance ( C )<br>1:30 Balance & Action (3E)<br>2:00 Banana Grams (P)<br>3:00 Get to Know Your Neighbors with<br>Fact or Fiction (P)<br>6:00 Movie & Popcorn:<br><i>The Addams Family</i> (3A)     | 4<br>9:00 Light & Lively Exercise (3E)<br>9:30 Community Outreach:<br>Coupons for Troops ( C )<br>10:00 Nickel Bingo \$\$ (2A)<br>1:30 Stair Stepper Exercise (3E)<br>2:30 Musical Entertainment<br>Featuring Bryan Herber (2A)<br>3:00 Game Club: Scrabble ( C )<br>6:00 Card Club: Rummy (2A)                                            |
| 5<br>9:00 Light & Lively Exercise (3E)<br>9:30 Puzzling Puzzles Handout (L)<br>10:00 Polish and Paint Nail Service (BL)<br>10:00 Communion with Corpus<br>Christi Church (2A)<br>11:30 Wine and Dine (DR)<br>2:00 Worship Service (2A)<br>3:00 Apples with Caramel Dip (P)<br>3:00 Mexican Train Dominoes Club ( C )<br>6:00 Resident Run Pinochle (3A) | 6<br>9:00 Yoga with Beth (3E)<br>9:30 Who, What, Where? Who Am I? (L)<br>10:00 Survey Assistance (P)<br>10:00 Appreciate & Thank Our Vendors (C)<br>1:30 Balance & Action (3E)<br>2:00 Prize Bingo (3A)<br>3:00 Curious Minds: <i>Secrets of Chernobyl Control Room Zero Hour</i> (3A)<br>6:00 Kings in the Corner Card Game (2A) | 7<br>9:00 Sit & Be Fit Exercise (3E)<br>9:00 Shopping Trip: Walmart **\$(OOB)<br>10:00 New Neighbor Building Tour<br>And Orientation (FL)<br>1:30 Balance & Action (3E)<br>1:30 Acrylic Canvas Paintings ( C )<br>2:00 Outdoor Pumpkin Chunkin (FL)<br>3:00 Trivia Punch For a Prize (P)<br>6:00 Resident Run Rummikub (2A)<br>6:00 Wii Bowling for Beginners (3E)             | 8<br>9:00 Seated Weights with Leah (3E)<br>10:00 Dining Committee Meeting (2A)<br>10:00 Circle of Friends (PDR)<br>11:30 Design Your Own Pizza Lunch *( C )<br>2:00 Penny Pitching for a Prize (BL)<br>3:00 Spiritual Life Planning Mtg. (2A)<br>6:00 Dementia Care Partner<br>Support Group (CN)<br>6:45 Gospel Hymns with<br>Antrim Mennonite Church (2A) | 9<br>9:00 Walk Or Roll Indoor Halls<br>10:00 Our Journey Together (PDR)<br>10:00 Myths VS Reality (P)<br>1:30 Balance & Action (3E)<br>1:30 Art Exploration: Mixed Media ( C )<br>2:00 Mid Week Worship Service (2A)<br>3:00 Bible Study (PDR)<br>3:00 Providence Place Chambersburg<br>Antique Road Show (2A)<br>6:00 Wii Bowling League (3E)   | 10<br>9:00 Seated Weights with Leah (3E)<br>10:00 <i>Resident Rights</i> with Ombudsman<br>Tressia Day (2A)<br>1:30 Balance & Action (3E)<br>2:00 Catholic Mass with Corpus Christi<br>Catholic Church (2A)<br>3:00 Chambersburg Skilled Nursing<br>& Rehabilitation Social (P)<br>6:00 Movie & Popcorn: <i>Guslight</i> (3A)    | 11<br>9:00 Light & Lively Exercise (3E)<br>9:30 Community Outreach:<br>Coupons for Troops ( C )<br>10:00 Survey Assistance (P)<br>11:00 Local Fares:<br>Jim’s Farmers Market **\$(OOB)<br>2:00 Nickel Bingo \$\$ (2A)<br>3:00 Game Club: Scrabble ( C )<br>3:30 Red River Rivalry:<br>Oklahoma Vs. Texas (P)<br>6:00 Card Club: Rummy (2A) |
| 12<br>9:00 Light & Lively Exercise (3E)<br>9:30 Trivia Handout (L)<br>10:00 Polish and Paint Nail Service (BL)<br>10:00 Communion with Corpus<br>Christi Church (2A)<br>11:30 Wine and Dine (DR)<br>2:00 Worship Service (2A)<br>3:00 Apple Cider Punch ( C )<br>3:00 Mexican Train Dominoes Club ( C )<br>6:00 Resident Run Pinochle (3A)              | 13<br>9:00 Yoga with Beth (3E)<br>9:30 Destination Travel:<br>California Dreaming (L)<br>10:00 Prize Bingo (2A)<br>1:00 Kindly Canines (Building Wide)<br>2:00 Woodcrafts w/Amber *( C )<br>3:00 Curious Minds:<br>Legend of Atlantis (3A)<br>6:00 Kings in the Corner Card Game (2A)                                             | 14<br>9:00 Sit & Be Fit Exercise (3E)<br>9:30 Parx Casino & Liberty Grill ** \$(OOB)<br>10:00 Goodwill Drive Begins (See Flyer)<br>11:00 Franklin County Library<br>Bookmobile (LD)<br>1:30 Acrylic Canvas Paintings ( C )<br>2:00 Candy Corn Ringer Game (3E)<br>3:00 Guess the Word: Halloween (P)<br>6:00 Resident Run Rummikub (2A)<br>6:00 Wii Bowling for Beginners (3E) | 15<br>9:00 Seated Weights with Leah (3E)<br>10:00 Circle of Friends (PDR)<br>1:30 Blood Pressure Clinic (2A)<br>2:00 Community Meeting with<br>Department Managers (2A)<br>3:00 Bible Trivia (PDR)<br>3:00 Coffee & Conversations (P)<br>6:00 Musical Entertainment Featuring<br>The Flying Matlock’s (2A)                                                  | 16<br>9:00 Walk Or Roll Indoor Halls<br>10:00 Move 2 Music (BL)<br>10:00 Our Journey Together (PDR)<br>1:30 Balance & Action (3E)<br>1:30 Art Exploration: Mixed Media ( C )<br>2:00 Celebration of Life (2A)<br>3:00 Halloween Photo Booth (3A)<br>3:00 Bible Study (PDR)<br>3:00 Helping Hands: Candy Prep (P)<br>6:00 Wii Bowling League (3E) | 17<br>9:00 Light & Lively Exercise (3E)<br>10:00 Bible Study with Sharon (PDR)<br>1:00 Workout with Julie From<br>Powerback Rehabilitation (3E)<br>1:30 Balance & Action (3E)<br>2:00 Pub Wall Games (P)<br>3:00 New Neighbor Welcome Hour (P)<br>6:00 Movie & Popcorn: <i>Casper</i> (3A)                                       | 18<br>9:00 Light & Lively Exercise (3E)<br>9:30 Community Outreach:<br>Coupons for Troops (C)<br>10:00 Nickel Bingo \$\$ (2A)<br>2:00 Community Trick or Treat<br>(First Floor)<br>3:00 Game Club: Scrabble ( C )<br>6:00 Card Club: Rummy (2A)                                                                                            |
| 19<br>9:00 Light & Lively Exercise (3E)<br>9:30 Wacky Wordie Handout (L)<br>10:00 Polish and Paint Nail Service (BL)<br>10:00 Communion with Corpus<br>Christi Church (2A)<br>11:30 Wine and Dine (DR)<br>2:00 Worship Service (2A)<br>3:00 A Taste of Fall ( C )<br>3:00 Mexican Train Dominoes Club ( C )<br>6:00 Resident Run Pinochle (3A)          | 20<br>9:00 Yoga with Beth (3E)<br>9:30 Who, What, Where? Who Am I? (L)<br>10:00 Community Life Planning Mtg. (P)<br>1:30 Balance & Action (3E)<br>2:00 Prize Bingo (3A)<br>3:00 Curious Minds: <i>American’s Hidden Stories: Salem’s Secrets Smithsonian Channel</i> (3A)<br>6:00 Kings in the Corner Card Game (2A)              | 21<br>9:00 Sit & Be Fit Exercise (3E)<br>9:30 Shopping Trip: Goodwill **\$(OOB)<br>10:00 Beaded Corn Craft ( C )<br>1:30 Balance & Action (3E)<br>1:30 Acrylic Canvas Paintings ( C )<br>2:00 Bobbing For Apples<br>Using Kitchen Tongs (P)<br>3:00 Would You Rather: Halloween (P)<br>6:00 Resident Run Rummikub (2A)<br>6:00 Wii Bowling for Beginners (3E)                  | 22<br>9:00 Seated Weights with Leah (3E)<br>10:00 Circle of Friends (PDR)<br>2:00 Rosary with<br>Corpus Christi Catholic Church (2A)<br>2:00 Chambersburg-opoly (P)<br>3:00 Chef’s Table ( C )<br>6:00 Wednesday Winddown<br>at the Fireplace (BL)<br>6:30 Gospel Hymns with Spring Valley<br>Mennonite Church (2A)                                         | 23<br>9:00 Walk Or Roll Indoor Halls<br>10:00 Our Journey Together (PDR)<br>10:00 Memory Café: Fall In PA (P)<br>1:30 Balance & Action (3E)<br>1:30 Art Exploration: Mixed Media ( C )<br>2:00 Mid Week Worship Service (2A)<br>3:00 Bible Study (PDR)<br>3:00 Fall Beer Flights (P)<br>6:00 Wii Bowling League (3E)                             | 24<br>9:00 Seated Weights with Leah (3E)<br>10:00 Personal Device<br>Technical Support Assistance ( C )<br>1:30 Balance & Action (3E)<br>2:00 Uno Competition (P)<br>2:00 Pumpkin Decorating ( C )<br>3:00 Blind Tasting:<br>Pick Your Poison Social (P)<br>6:00 Movie & Popcorn: <i>Cats</i> (3A)                               | 25<br>9:00 Light & Lively Exercise (3E)<br>9:30 Community Outreach:<br>Coupons for Troops (C)<br>10:00 Nickel Bingo \$\$ (2A)<br>2:00 Comedy Hour with<br>Glen Bentley (2A)<br>3:00 Game Club: Scrabble ( C )<br>6:00 Card Club: Rummy (2A)                                                                                                |
| 26<br>9:00 Light & Lively Exercise (3E)<br>9:30 Magazine Kiosk (L)<br>10:00 Polish and Paint Nail Service (BL)<br>10:00 Communion with Corpus<br>Christi Church (2A)<br>11:30 Wine and Dine (DR)<br>2:00 Worship Service (2A)<br>3:00 Ghoulish Gobble (P)<br>3:00 Mexican Train Dominoes Club ( C )<br>6:00 Resident Run Pinochle (3A)                  | 27<br>9:00 Yoga with Beth (3E)<br>9:30 Humor Spotlight:<br>Nothing Rhymes with Orange (L)<br>10:00 Birthday Gang Committee Mtg. (L)<br>1:30 Balance & Action (3E)<br>2:00 Prize Bingo (3A)<br>3:00 Curious Minds: <i>Oh My Gourd! Jack-O-Lantern Spectacular Story</i> (3A)<br>6:00 Kings in the Corner Card Game (2A)            | 28<br>9:00 Sit & Be Fit Exercise (3E)<br>9:30 Shopping Trip:<br>Dollar Tree**\$(OOB)<br>10:00 New Neighbor Building Tour (FL)<br>1:30 Balance & Action (3E)<br>1:30 Acrylic Canvas Paintings ( C )<br>2:00 Toss the Pumpkin For Distance (P)<br>3:00 Halloween Triva and Myths (P)<br>6:00 Resident Run Rummikub (2A)<br>6:00 Wii Bowling for Beginners (3E)                   | 29<br>9:00 Seated Weights with Leah (3E)<br>10:00 Circle of Friends (PDR)<br>10:00 Cooking Creation:<br>Treats For Halloween ( C )<br>2:00 Design Club: Halloween (P)<br>3:00 Who Can Paint the Best Ghost? ( C )<br>3:00 Billard's (3E)<br>6:00 Wednesday Winddown<br>at the Fireplace (BL)<br>6:00 Resident Run Sequence (2A)                             | 30<br>9:00 Walk Or Roll Indoor Halls<br>10:00 Move 2 Music (BL)<br>10:00 Our Journey Together (PDR)<br>1:30 Balance & Action (3E)<br>1:30 Art Exploration: Mixed Media ( C )<br>2:00 Mid Week Worship Service (2A)<br>3:00 Bible Study (PDR)<br>3:00 Edgar Allen Poe Poetry Reading (P)<br>6:00 Wii Bowling League (3E)                          | 31<br>Halloween<br>9:00 Light & Lively Exercise (3E)<br>10:00 Halloween Accessory Station (P)<br>1:30 Balance & Action (3E)<br>2:00 Musical Entertainment<br>Featuring Tom Shultz (CN)<br>3:00 Halloween Dress Your Best<br>Boos and Brews Social with<br>Light Fares (P)<br>6:00 Movie & Popcorn:<br><i>Charlottes Web</i> (3A) | <div>October</div> <div>2025</div>                                                                                                                                                                                                                                                                                                         |