# 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

#### ()ctober

- 3 Kathleen Carr
- 4 Carol Hornak
- 13 Patricia Tornetta
- 15 Judith Adler
- 16 Matt Price
- 17 Grace Lundeen
- 19 Anne Korkus
- 21 Anthony Arnone 23 - Kathryn D'Orazio
- 25 Joan Righter

## November

- 4 Marjorie McElroy
- 4 Anne Nolan
- 8 James McFarlene
- 9 Dolores Salvo
- 12 Dennis Danko
- 19 Alice Jeanette Roberts
- 25 Dolores Heck
- 25 Raymond Ford
- 27 Francis Hunt
- 28 Nancy Worst

#### December

- 1 Joan Santiago
  - 8 Geraldine Fontaine
    - 10 Nanhi Felker
    - 13 June Kirk
    - 13 Josephine Cafaro
    - 15 Ed Componation
  - 18 Victor Machese Ir.
  - 24 Mary Jane Higgins
  - 26 Dorothy Camasso

  - 29 Marie Graziano

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



**Q4: October 2025** 

## A Note from the Executive Director

Welcome Fall!

Please join us to kick off our autumn fun with our annual Trunk-or-Treat event on October 25th from 1 to 3 pm. We always have a fantstic time.

Thank you to everyone who participated in our vaccine clinic in September, we appreciate the efforts to keep our community safe over the winter.

Our annual Resident/Family Surveys are out and open from 9/29-10/13. Please be sure to complete via the link provided in your email or see Joe, the Community Life Director, to provide your feedback on improving our community.

As we plan for our holiday celebrations, we will be sure to pass along the details to mark your calendars.

With Gratitude,

Kellee Silhan Executive Director

# Highlighted Events

- 7 Musical Entertainment
  - @ 3:30pm-Inspire Music Band
- 9 EdU Presentation @ 1:30pm Live Owls with Indian Run
- 11 Audubon Symphony Orchestra Ensemble @ 2pm
- 22  **Oktoberfest** @ 4:30pm
- 25 Trunk-or-Treat @ 1-3pm Families + Friends Welcome!
- 31 Comedy Abracadabra Show @ 3:30pm

### Welcome New Residents

Anne Piontkowski Adeline Pinkerton Kathleen Carr Ellen Sheehan Joan Vagnoni Bonnie Caccamo



SUNDAY	Monday	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
Community Life		Calendar Key:  ** Registration Required  \$\$ Cost Involved (AR) Activity Room (BP) Back Porch (CR) Community Room (DR) Dining Room (L) Library (OL) Old Library (OOB) Out of Building (P) Pub	Yom Kippur 9:30 Sit and Be Fit Exercises (CR) 10:00 Rosary with St. Eleanor (T) 10:30 Group Crossword Puzzle (AR) 1:30 Mid-Week Worship Service with Chaplain Nichole (2nd Floor) 2:00 Learn About Yom Kippur (T) 2:30 Pokeno (AR) 3:30 IL Meeting with Kellee (P) 6:00 Providence Gem's Club (AR)		9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 11:00 Destination Discovery: Germany (T) 1:00 Trip to Engage Art Studio Ceramic Painting Class **\$\$ (OOB) 1:30 New Resident Orientation (P) 2:30 Community Life Planning Meeting with Joe (CR) 3:30 Welcome New Resident's Happy Hour (P) 6:00 Nickel Bingo with Marlene \$\$ (AR)	9:30 Sit and Be Fit Exercises (CR) 10:00 In the News with Joe (T) 10:30 Search for October Word Game (P) 11:00 Sunshine Club: Making Cards (AR) 1:30 Pictionary (AR) 2:30 Make-A-Word (AR) 3:30 Entertainment Featuring Terry Kane (P) 6:00 Friday Evening Shabbat (T)	9:30 Sit and Be Fit Exercises (CR) 10:00 Manicures with Marisa ** (AR) 10:30 Rummikub (P) 1:30 Candy Bingo (AR) 2:30 Movie Matinee: <i>The Life List</i> (T) 3:30 Back Porch Social (BP) 4:00 Garden Club (AR) 6:00 Independent Games (P)
3:30 Apple Cider Social (BP)	9:30 Sit and Be Fit Exercises (CR) 10:00 Kitchen Helpers: Potato Pancakes (AR) 11:00 Library Committee (L) 1:00 Comfort Caring Canine Visit with Cash (P) 1:30 Rummikub (P) 2:30 Music & Meditation with Nadine (AR) 3:30 Potato Pancake Social (P) 6:00 Shuffleboard (AR)	9:30 Sit and Be Fit Exercises (CR) 10:00 Shopping Trip: Boscov's**\$\$ (OOB) 10:00 Ed-U: American Bandstand (T) 1:30 Prize Bingo (AR) 2:30 Circle of Friends with Chaplain Nichole (CR) 3:00 Catholic Mass with St. Eleanor (CR) 3:30 Happy Hour & Entertainment Featuring Inspire Music Band (P) 6:00 Back Porch Chat (BP)	9:30 Sit and Be Fit Exercises (CR) 10:00 Rosary with St. Eleanor (T) 10:00 Rako Card Game (P) 10:30 Group Crossword Puzzle (AR) 1:30 Mid-Week Worship Service with Chaplain Nichole (2nd Floor) 2:30 Pokeno (AR) 3:30 Comedy Hour (T) 4:00 Dine Out for JULIETS Club Resident's Choice **\$\$ (OOB)	:	9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 11:00 Destination Discovery: Indian Run (T) 11:00 Dine-Out: Roots**\$\$ (OOB) 1:30 Indian Run Environmental Ed-U with Live Owls Presentation (CR) 2:30 Rummikub (P) 3:30 Happy Hour (P) 6:00 Nickel Bingo with Marlene \$\$ (AR) 8:15 Eagles Game (P)	9:30 Sit and Be Fit Exercises (CR) 10:00 Manicures with Marisa ** (CR) 10:30 Name That Tune (P) 11:00 Sunshine Club: Making Cards (AR) 1:30 Mexican Train (P) 2:30 Make-A-Word (AR) 3:30 Entertainment Featuring Massimo Bruto (P) 6:00 Friday Evening Shabbat (T)	9:30 Sit and Be Fit Exercises (CR) 10:00 In the News with Joe (T) 10:30 UNO (P) 1:30 Dominoes (P) 2:00 Audubon Symphony Orchestra Ensemble Visit (CR) 3:30 Candy Bingo (AR) 4:00 Garden Club (2nd Floor) 6:00 Independent Games (P)
10:00 Coffee & Conversation (P) 10:30 Livestream Catholic Mass (T) 11:00 Rummikub (P) 1:30 Ecumenical Worship Service with Evansburg Church (CR) 2:30 Balloon Volley (CR) 3:30 Name That Tune (CR) 6:00 Board Games (P)	9:30 Sit and Be Fit Exercises (CR) 10:00 Kitchen Helpers: Pumpkin Bread (AR) 11:00 Library Committee (L) 1:00 Comfort Caring Canine Visit with Cash (P) 1:30 Rummikub (P) 2:30 Music & Meditation with Nadine (AR) 3:30 Pumpkin Bread Social (P) 6:00 Shuffleboard (AR)	9:30 Sit and Be Fit Exercises (CR) 10:00 Trip to Ott's Mum Hill **(OOB) 10:00 Ed-U: Great Horned Owls (T) 11:00 Racko Card Game (P) 1:30 Prize Bingo (AR) 2:30 Circle of Friends with Chaplain Nichole (CR) 3:30 Happy Hour (P) 6:00 Back Porch Chat (BP)	9:30 Sit and Be Fit Exercises (CR) 10:00 Rosary with St. Eleanor (T) 10:00 Rummy 500 (P) 10:30 Group Crossword Puzzle (AR) 1:30 Mid-Week Worship Service with Chaplain Nichole (2nd Floor) 2:30 Pokeno (AR) 3:30 Comedy Hour (T) 4:00 Drumming Circle (CR) 6:00 Providence Gem's Club (AR)		9:30 Trip to Jim Thorpe**\$\$ (OOB) 9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 11:00 Destination Discovery: Poconos (T) 11:00 Dine-Out: MaGerk's **\$\$ (OOB) 1:30 Community Meeting with Kellee (CR) 2:30 Balloon Volley (CR) 3:30 Happy Hour (P) 6:00 Nickel Bingo with Marlene \$\$ (AR)	9:30 Sit and Be Fit Exercises (CR) 10:00 In the News with Joe (T) 10:30 Who Said It Game (P) 11:00 Sunshine Club: Making Cards (AR) 1:30 Guess the Year it Happened (P) 2:30 Make-A-Word (AR) 3:30 Entertainment Featuring Ken Pierson (P) 6:00 Friday Evening Shabbat (T)	9:30 Sit and Be Fit Exercises (CR) 10:00 Manicures with Marisa ** (AR) 10:30 Spelling Bee (CR) 1:30 Candy Bingo (AR) 2:30 Movie Matinee: <i>Wicked</i> (T) 3:30 Exploring Superstitions (P) 4:00 Garden Club (2nd Floor) 6:00 Independent Games (P)
9:30 Sit and Be Fit Exercises (CR) 10:00 Coffee & Conversation (P) 10:30 Livestream Catholic Mass (T) 11:00 Rummikub (P) 1:00 Eagles Game (P) 1:30 Ecumenical Worship Service with Chaplain Nichole (CR) 2:30 Noodle Volley (CR) 3:30 Who Said It? (CR) 6:00 Board Games (P)	9:30 Sit and Be Fit Exercises (CR) 10:00 Kitchen Helpers: One Eyed Chocolate Pretzel (CR) 11:00 Library Committee (L) 1:00 Comfort Caring Canine Visit with Cash (P) 1:30 Rummikub (P) 2:30 Music & Meditation with Nadine (AR) 3:30 Candy Pretzel Social (P) 6:00 Shuffleboard (AR)	9:30 Sit and Be Fit Exercises (CR) 10:00 Shopping Trip to Redner's**\$\$(OOB) 10:30 Ed-U: Reptile Awareness (T) 11:00 Reptile Word Search (P) 1:30 Prize Bingo (AR) 2:30 Circle of Friends with Chaplain Nichole (CR) 3:30 Happy Hour (P) 6:00 Back Porch Chat (BP)	9:30 Sit and Be Fit Exercises (CR) 10:00 Rosary with St. Eleanor (T) 10:00 Dominoes (P) 10:30 Group Crossword Puzzle (AR) 1:30 Mid-Week Worship Service with Chaplain Nichole (2nd Floor) 2:30 Pokeno (AR) 3:30 Comedy Hour (T) 4:30-6pm Evening in Germany (DR) 6:00 Providence Gem's Club (AR)		9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 11:00 Destination Discovery: Massachusetts (T) 1:00 Valley Forge Casino Trip **\$\$ (OOB) 1:30 Rummikub (P) 2:30 Dining Committee & Demo (AR) 3:30 Happy Hour with Monty (P) 6:00 Nickel Bingo with Marlene \$\$ (AR)	9:30 Sit and Be Fit Exercises (CR) 10:00 Manicures with Marissa ** (AR) 10:30 Making Treat Bags (AR) 11:00 Sunshine Club: Making Cards (AR) 1:30 Finish the Lyric (P) 2:30 Make-A-Word (AR) 3:30 Entertainment Featuring Lori Woodward (P) 6:30 Friday Evening Shabbat (T)	9:30 Sit and Be Fit Exercises (CR) 10:00 In the News with Joe (T) 11:00 Decorating Trunks (OOB) 1:00 - 3:00 Trunk or Treat (OOB) 1:30 Fall Fest Games (P) 2:30 Movie Matinee: Bride of Frankenstein (T) 3:30 Rummy 500 (AR) 4:00 Garden Club (2nd Floor) 6:00 Independent Games (P)
9:30 Sit and Be Fit Exercises (CR) 10:00 Coffee & Conversation (P) 10:30 Livestream Catholic Mass (T) 1:00 Eagles Game (P) 1:30 Ecumenical Worship Service	9:30 Sit and Be Fit Exercises (CR) 10:00 Kitchen Helpers:     Teddy Bear Pops (AR) 10:30 History on Teddy Rosevelt (T) 11:00 Library Committee (L) 1:30 Create a Scarecrow for Contest (AR)	9:30 Sit and Be Fit Exercises (CR) 10:00 Shopping Trip: Dollar Tree**\$\$ (OOB 10:30 Ed-U: <i>History of Animation</i> (T) 11:00 Create Your Own Animation (P) 1:30 Rummikub (P) 2:30 Circle of Friends with	9:30 Sit and Be Fit Exercises (CR) 10:00 Rosary with St. Eleanor (T) 10:00 Yahtzee (P)  1:30 Mid-Week Worship Service with Chaplain Nichole (2nd Floor) 2:30 Pokeno (AR)		9:45 Catholic Communion (T) 10:00 Sit and Be Fit Exercises (CR) 10:30 Costume Creations (AR) 11:00 Destination Discovery: Statue of Liberty (T) 1:30 Rummikub (P)	9:30 Sit and Be Fit Exercises (CR) 10:00 In the News with Joe (T) 10:30 Making Halloween Treats (AR) 11:00 Sunshine Club: Making Cards (AR) 1:30 Spooky Bingo (AR) 2:30 Costume Parade (P)	October
with Chaplain Nichole (CR) 2:30 Balloon Volley (CR) 3:30 Name That Tune (CR) 6:00 Board Games (P)	2:30 Music & Meditation with Nadine (AR) 3:30 Bingo with Larissa (AR) 6:00 Shuffleboard (AR)	Chaplain Nichole (CR) 3:30 Happy Hour (P) 6:00 Back Porch Chat (BP)	3:30 Comedy Hour (T) 4:00 Drumming Circle (CR) 7:00 Trip to Ursinus College Wind Ensemble Performance **(OOB)	;	2:30 Bowling (L) 3:30 Happy Hour (P) 6:00 Nickel Bingo with Marlene \$\$ (AR)	3:30 Comedy Abracadabra with Magician Tom & Spooky Cocktails (P) 6:00 Friday Evening Shabbat (T)	2025