



Providence House Assisted Living

180 Corey Road • Brighton, MA 02135 • (617) 731-0505



MEET THE TEAM

Charles J. Executive Director
Jarred G. Assistant Executive Director
Michelle M. Resident Care Director
Ruta P. Engagement Director
Colin C. Community Relations Director
Gordon S. Marketing Coordinator
Colleen M. Business Office Director
Mark C. Dining Services Director
Brian A. Facilities Director



October 2021

A Message From Our Executive Director - Charles James



Let's Celebrate Fall

Leaves falling, temperatures dropping, Monday Night Football on TV, pumpkin spice everything – fall is here! From gazing at the colorful leaves to sipping a warm mug of apple cider, autumn is full of special moments to celebrate.

With the seasonal changes that autumn brings, so comes a sense of accomplishment and fulfillment. Fruit and vegetables are harvested and we enjoy the bounty of the hard work of spring. Although, the fall also brings with it a sense of gloominess, our residents never fail to bring a smile on my face with their stories. Being at Providence House always sparks feelings of hope, closeness, and joy for me and I hope it's the same for you!

I hope you have a great fall season!

Best Regards,
Charles James

ADVENTURE AWAITS: Where to Next?

Legends like Albert Einstein, Beethoven and Sigmund Freud were born in this country. You're right—our next travel destination is Germany!



It's Oktoberfest Time!

We're rolling out the fun at our Oktoberfest party! Don your dirndl or lederhosen, or just come as you are, and celebrate the season with tasty treats and lively music. Check the calendar for details!



Fun Facts About Germany

Did you know?

- Most taxis in Germany are Mercedes
- There are thirty-five dialects of the German language
- Beer is considered a food in Bavaria officially
- There are over 300 different kinds of bread in Germany

Travel to Egypt: Egyptian Social



Egyptian Art & Culture

As a part of our Travels to Egypt, we dived into the culture, traditions and art forms of Egypt. Our residents enjoyed a graceful performance by Belly dancer - Celia. Celia shared with us the history of Belly dancing. A great time was had by all - in the Egyptian style!



Celia also taught us a few greetings in Egyptian language. There could not have been a better way to conclude our trip to Egypt!

Egyptian Canvas Painting

Our residents created some Egyptian scenery masterpieces in our weekly canvas painting class. The travel stories of Egypt shared by the residents was the best part of this class. So much talent and so much fun!



Egyptian Stained Glass

Our Engagement Director taught our residents how to create a stained glass art. It is believed that the Egyptians were among the first to use glass in their art and culture.





Age With Confidence

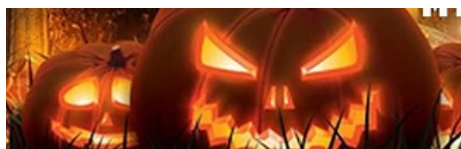
September was Healthy Aging Month, a time dedicated to helping people become aware of their physical and mental health, diet, and social relationships.



Exercise is key to maintaining a healthy body and brain. Jacqui Bullens, our fitness instructor, is at Providence House on every Monday at 10:15AM and our Chair Yoga Instructor, Caitlin Moore, is here every Friday at 9:30AM. If you have been wanting to get back into exercise, now is the time to give one of the classes a try!



Halloween Murder Mystery!



*When Tombs Creak Open and
Witches Take Flight,
We'll Gather In The Desolate Dark
Of Night
Come Join The Revelry, Do Not
Dare Be Late
Else Woe, Misfortune Shall Be
Your Fate*

If you are interested in playing a character for the upcoming Murder Mystery game, please come and see Ruta Pai, Engagement Director, by October 15th.

Celebrating Seniors

Worldwide, there are about 700 million people over the age of 60, and that age group is growing faster than any other, according to the United Nations. The annual celebration of International Day of Older Persons, Oct. 1, honors their contributions to the world.



A Message From the Board

GOOD FRIENDS MAKE GREAT NEIGHBORS RESIDENT REFERRAL PROGRAM

Imagine how nice it would be to have some of your friends living here with you at Providence House. I am sure you have already mentioned to friends how happy you are here in your new home! A personal referral is the best and most effective way to promote and advertise Providence House. Providence House residents will receive \$500.00 as a thank-you for each referral made resulting in a signed residency agreement. Please see Colin if you have any questions.

Colin Campbell

**Director of Community
Relations**

**Providence House Assisted
Living**

180 Corey Road

Brighton, MA 02135

617-731-0505 ext. 225



Monthly Resident Meeting is scheduled on Tuesday, 10/26, at 2:30PM in the Dining Room.



Word Search

Category: NFL Teams

B M D O L P H I N S G S
R S N O C L A F T G B M
O D C D G D **B E A R S** A
N E S H H H E G O E D R
C S A S A L D W S D G V
O S G G E R N D C S I S
S F R R L S G L V K A L
R E S E T E I E I I N A
E I D L K O S N R N T G
9 H O S N C G S H S S N
4 C X S U S A I N T S E
C O W B O Y S P G C Q B

1. Bears
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Word Search Solution:

1. Bears
2. Bengals
3. Broncos
4. Browns
5. Chargers
6. Chiefs
7. Colts
8. Cowboys
9. Dolphins
10. Eagles
11. Falcons
12. 49ers
13. Giants
14. Lions
15. Packers
16. Rams
17. Redskins
18. Saints
19. Steelers
20. Vikings

