



PROVIDENCE MEADOWS

Gracious Retirement Living

4123 Kuykendall Road • Charlotte, NC 28270 • Phone (704) 708-9931 • www.seniorlivinginstyle.com

SEPTEMBER 2019

PROVIDENCE MEADOWS STAFF

Managers.....CHRISTOPHER & WINDY READ

Assistant ManagersPAXTON & CATHY
SCHMIDT

Executive Chef.....ANTOINE ROBINSON

Sous ChefJASMINE WORTHINGTON

Activity CoordinatorADRIANA RIVERA

MaintenanceWESLEY HARDY

Bus DriverCARMELLA WATSON

TRANSPORTATION

Monday & Wednesday, 10 a.m.: Shopping

**Tuesday & Thursday,
9 a.m.-noon & 12:30-2 p.m.:**
Medical Appointments

Friday, TBA: Trips

Welcome Home!

Providence Meadows New Neighbors ... We welcome you and we are hoping to get to know each other soon, to start creating new memories.

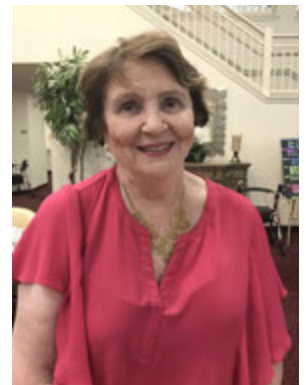
If you see them around, say hi!



Bob N. is always looking for what is new in the Activity Room.



Jean is a natural cheerleader.



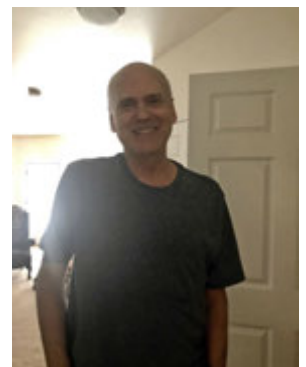
MaryJane, with her beautiful smile, is always looking to meet new people.



Robert, sharing his bright smile.



John, ready to share some experiences.



Bert, our friendly neighbor.



HAWTHORN
SENIOR LIVING



Hawaiian Luau, and More!

Our building transformed itself into a little Hawaiian Resort for the Luau. There were palm trees all over the place, tropical birds decorating the Dining Room, flip-flops and lanterns hanging across the stairs, and grass skirts hanging from every server's hips. Throughout the week, the residents were doing different activities to make our Luau come to life. Monday was the tie-dye shirts. It was a little chaotic, but the outcome was worth every stain. Tuesday, they were creating their own grass skirts with recyclable material. At first it was a challenge, but once our residents start working together, the skirts were amazing. Wednesday, officially the Luau day, everyone was ready with shirts, skirts, piña colodas, games and Hawaiian music. Our Chef prepared a delicious Hawaiian feast and even today, we cannot get over it!



Ruth with her "grass skirt"



Marion, "shake it"



Bethel, modeling her outfit!



*Kathleen and Jack,
playing and dancing!*



Servers



Wii Bowling Tournament V!



Most Improved Player ... way to go, Bill!



The full team!

Guess the Artist!



Shirley, Arlene, and Rita, The Champions



Who is the artist?

SEPTEMBER 2019

Birthdays

Doris Stinnett, 2nd
Brenda Sassi, 4th
Nikki DiGangi, 10th
Lorene Hopkins, 10th
George Lucas, 12th
Ed Jones, 14th
Darlene Smith, 14th
Merle Ficker, 23rd
Lynda Shaad, 24th
Al Warren, 25th
Kathryn Reid, 27th

Locations

Activity Room, AR
Atrium, A
Billiards Room, BR
Chapel, C
Dining Room, DR
Fitness Center, FC
Grandma's Kitchen, GK
Library, L
Outside, O
Television Room, TV
Theater, TH

"Spread love everywhere you go. Let no one ever come to you without leaving happier."
-Mother Teresa

| SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | |
|---------------------------------------|----|---|----|---------------------------------------|----|--|---------------------------------|---|------------------------|---|---------------------------------|--|-----------------------------|------------------------------------|
| 10:30 Catholic Communion, C | 1 | LABOR DAY | 2 | <i>National Bowling League Day</i> | | 3 | 7:30 Fast-Paced Walking Club, O | 4 | 8:30 Waffle Bar | 5 | 7:30 Fast-Paced Walking Club, O | 6 | 10:00 Praying the Rosary, C | 7 |
| 11:00 Presbyterian Service, TH | | 7:30 Fast-Paced Walking Club, O | | 9:30 Knitting Club, L | | 9:30 Slow-Paced Walking Club, O | | 9:30 Stretching, FC | | 10:00 Shake Your Body!, AR | | 9:00 Slow-Paced Walking Club, O | | 11:00 Bunco!, AR |
| 2:00 Sunday Matinee, TH | | 9:30 Stretching, FC | | 9:30 Golf with Chris, O | | 11:00 Bunco!, AR | | 11:00 Dulcimer Club, FC | | 11:00 PM Hand Bell Choir Practice, AR | | 9:30 Stretching, FC | | 2:00 Community Store Open |
| 3:00 Sunday Worship, C | | 10:00 Coffee with Windy & New Residents Meeting, AR | | 10:00 Shake Your Body!, AR | | 12:30 Lunch Outing! Chuy's | | 12:30 Dulcimer Club, FC | | 2:00 Bible Study | | 10:00 Adult Coloring | | 3:00 Canasta, BR |
| 4:00 Candy Bar Bingo with Chris!, AR | | 11:00 Bingo with Adriana, AR | | 11:00 Line Dancing | | 2:00 Levine Hearing Aid Clean and Check Clinic, AR | | 2:00 Euchre, BR | | 2:00 Craft Time, AR | | 11:00 Line Dancing, AR | | 3:00 Wii Bowling for Beginners, AR |
| 7:00 Movie with Windy!, TH | | 12:30 Labor Day Buffet, DR | | 1:30 Mahjong, TV | | 3:00 Chair Yoga with Carey | | 3:00 Trivia!, AR | | 3:00 Right at Home Wellness Check, AR | | 1:45 Providence Meadows Art Exhibition, AR | | 4:00 Bingo with Gloria, AR |
| | | 2:00 Hand and Foot, TV | | 1:45 Bingo with Mobility and More, AR | | 4:00 Movie Night, TH | | 4:00 Trivia!, AR | | 4:00 Wii Bowling, AR | | 2:00 Hand and Foot, TV | | 7:00 Billiards, BR |
| | | 2:00 Dominoes, AR | | 2:00 Bridge Club, BR | | 7:00 Board Game with the Reads, DR | | 7:00 Movie Night, TH | | 7:00 Movie Night, TH | | 2:00 Bridge Club, BR | | 7:00 Movie Night, TH |
| | | 4:00 Beach Volleyball, AR | | 2:30 Root Beer Float, GK | | | | | | | | 4:00 Beanbag Baseball, AR | | |
| | | 7:00 Movie Night, TH | | 3:00 Big Crossword, AR | | | | | | | | 7:00 Bingo with Gloria, AR | | |
| | | | | 4:00 Wii Bowling, AR | | | | | | | | 7:00 Action Movie Night, TH | | |
| | | | | 7:00 Billiards, BR | | | | | | | | | | |
| | | | | 7:00 Movie Night, TH | | | | | | | | | | |
| Grandparents Day | 8 | 7:30 Fast-Paced Walking Club, O | 9 | 9:30 Coffee & Donuts with Chris, AR | 10 | PATRIOT DAY | 11 | 9:00 Catholic Mass, C | 12 | 7:30 Fast-Paced Walking Club, O | 13 | 10:00 Praying the Rosary, C | 14 | |
| 10:30 Catholic Communion, C | | 9:00 Slow-Paced Walking Club, O | | 9:30 Knitting Club, L | | 7:30 Fast-Paced Walking Club, O | | 10:00 Shake Your Body!, AR | | 9:00 Slow-Paced Walking Club, O | | 11:00 Bunco!, AR | | |
| 11:00 Presbyterian Service, TH | | 9:30 Stretching, FC | | 10:00 Shake Your Body!, AR | | 9:00 Slow-Paced Walking Club, O | | 11:00 PM Hand Bell Choir Practice, AR | | 9:30 Stretching, FC | | 2:00 Community Store Open | | |
| 2:00 Sunday Matinee, TH | | 10:00 Corn Hole, O | | 11:00 Line Dancing | | 10:00 Resident/Managers' Meeting, AR | | 1:10 Milkshakes, DR | | 10:00 Adult Coloring | | 3:00 Canasta, BR | | |
| 2:00 Movies Cookies & Milk, TH | | 11:00 Bingo with Adriana, AR | | 1:30 Mahjong, TV | | 11:00 Bunco with FirstLight Home Care, AR | | 2:00 Let's Talk About It: Southern Pain, AR | | 11:00 Line Dancing, AR | | 4:00 Bingo with Gloria, AR | | |
| 3:00 Sunday Worship, C | | 2:00 Spanish Class, AR | | 1:45 Bingo with Right@Home | | 12:30 Dulcimer Club, FC | | 2:00 Brain Games!, AR | | 12:00 Outing: Queen's Landing Cruise, O | | 7:00 Cribbage, AR | | |
| 4:00 Candy Bar Bingo with Chris!, AR | | 2:00 Hand and Foot, TV | | 2:00 Bridge Club, BR | | 2:00 Euchre, BR | | 2:00 Bible Study | | 2:00 Hand and Foot, TV | | 7:00 Billiards, BR | | |
| 7:00 Movie Night, TH | | 3:00 Dominoes, AR | | 3:00 Big Crossword, AR | | 3:00 Chair Yoga with Carey | | 3:00 Karaoke!, AR | | 2:00 Bridge Club, BR | | 7:00 Movie Night, TH | | |
| | | 4:00 Beach Volleyball, AR | | 4:00 Dominoes, AR | | 4:00 Trivia!, AR | | 4:00 Dominoes, AR | | 4:00 Beanbag Baseball, AR | | | | |
| | | 6:45 Allstate, TH | | 7:00 Wii Bowling, AR | | 7:00 Life Entertainment: Brian McCarn, AR | | 4:00 Wii Bowling, AR | | 7:00 Bingo with Gloria, AR | | | | |
| | | | | 7:00 Billiards, BR | | | | 7:00 Movie Night, TH | | 7:00 Action Movie Night, TH | | | | |
| | | | | 7:00 Movie Night, TH | | | | | | | | | | |
| 10:30 Catholic Communion, C | 15 | 7:30 Fast-Paced Walking Club, O | 16 | 9:30 Knitting Club, L | 17 | National Aging Awareness Day | 18 | 9:30 Resident/Activity Meeting, AR | 19 | 7:30 Fast-Paced Walking Club, O | 20 | 10:00 Praying the Rosary, C | 21 | |
| 11:00 Presbyterian Service, TH | | 9:00 Slow-Paced Walking Club, O | | 9:30 Golf with Chris, O | | 7:30 Fast-Paced Walking Club, O | | 10:00 Shake Your Body!, AR | | 9:00 Slow-Paced Walking Club, O | | 11:00 Bunco!, AR | | |
| 2:00 Sunday Matinee, TH | | 9:30 Stretching, FC | | 10:00 Shake Your Body!, AR | | 9:00 Slow-Paced Walking Club, O | | 10:30 Chef's Presentation, GK | | 9:30 Stretching, FC | | 2:00 Community Store Open | | |
| 3:00 Sunday Worship, C | | 10:00 Corn Hole, O | | 11:00 Line Dancing | | 9:30 Stretching, FC | | 10:30 Flu Clinic, AR | | 10:00 Adult Coloring | | 3:00 Canasta, BR | | |
| 4:00 Candy Bar Bingo with Chris!, AR | | 11:00 Bingo with Adriana, AR | | 1:30 Mahjong, TV | | 10:30 Shopping Mall Outing!, O | | 11:00 PM Hand Bell Choir Practice, AR | | 11:00 Line Dancing, AR | | 3:00 Wii Bowling for Beginners, AR | | |
| 7:00 Movie Night, TH | | 2:00 Spanish Class, AR | | 1:45 Bingo with Right at Home!, AR | | 11:00 Bunco!, AR | | 2:00 Bible Study | | 1:30 Paparazzi Pat, A | | 4:00 Bingo with Gloria, AR | | |
| | | 2:00 Dominoes, AR | | 2:00 Bridge Club, BR | | 12:30 Dulcimer Club, FC | | 2:00 Craft Time, AR | | 2:00 Hand and Foot, TV | | 7:00 Billiards, BR | | |
| | | 2:00 Hand and Foot, TV | | 3:00 Big Crossword, AR | | 1:45 Danielle's Health Talk!, AR | | 4:00 Wii Bowling, AR | | 2:00 Bridge Club, BR | | 7:00 Movie Night, TH | | |
| | | 4:00 Beach Volleyball, AR | | 4:00 Dominoes, AR | | 2:00 Euchre, BR | | 7:00 Movie Night, TH | | 4:00 Beanbag Baseball, AR | | | | |
| | | 7:00 Movie Night, TH | | 7:00 Wii Bowling, AR | | 3:00 Chair Yoga with Carey | | | | 7:00 Bingo with Gloria, AR | | | | |
| | | | | 7:00 Billiards, BR | | 4:00 Trivia!, AR | | | | 7:00 Action Movie Night, TH | | | | |
| | | | | 7:00 Movie Night, TH | | 7:00 Life Entertainment: Bill Calasanti, AR | | | | | | | | |
| 10:30 Catholic Communion, C | 22 | AUTUMN BEGINS | 23 | 9:30 Coffee & Donuts with Chris, AR | 24 | Barn Dance Day! | 25 | 9:30 Pancakes with Chris & Adriana, GK | 26 | Gentlecare Nail Services in Your Apartment | 27 | 10:00 Praying the Rosary, C | 28 | |
| 11:00 Presbyterian Service, TH | | 7:30 Fast-Paced Walking Club, O | | 9:30 Knitting Club, L | | 7:30 Fast-Paced Walking Club, O | | 10:00 Shake Your Body!, AR | | 7:30 Fast-Paced Walking Club, O | | 11:00 Bunco!, AR | | |
| 2:00 Sunday Matinee, TH | | 9:00 Slow-Paced Walking Club, O | | 10:00 Shake Your Body!, AR | | 9:00 Slow-Paced Walking Club, O | | 10:30 Resident/Chef Meeting, AR | | 9:00 Slow-Paced Walking Club, O | | 2:00 Community Store Open | | |
| 3:00 Sunday Worship, C | | 9:30 Stretching, FC | | 11:00 Line Dancing | | 9:30 Stretching, FC | | 11:00 PM Hand Bell Choir Practice, AR | | 9:30 Stretching, FC | | 3:00 Canasta, BR | | |
| 4:00 Candy Bar Bingo with Chris!, AR | | 10:00 Corn Hole, O | | 1:30 Mahjong, TV | | 10:00 Corn Hole, O | | 1:15 Ice Cream Social, DR | | 10:00 Adult Coloring | | 4:00 Bingo with Gloria, AR | | |
| 7:00 Movie Night, TH | | 11:00 Bingo with Adriana, AR | | 1:45 Bingo with Right@Home, AR | | 11:00 Bunco!, AR | | 1:45 Health Talk with Beth, AR | | 11:00 Line Dancing, AR | | 7:00 Cribbage, AR | | |
| | | 1:45 Inquiring Minds, AR | | 2:00 Bridge Club, BR | | 12:30 Dulcimer Club, FC | | 2:00 Brain Games!, AR | | 2:00 Hand and Foot, TV | | 7:00 Billiards, BR | | |
| | | 2:00 Hand and Foot, TV | | 3:00 Big Crossword, AR | | 2:00 Euchre, BR | | 2:00 Bible Study | | 2:00 Bridge Club, BR | | 7:00 Movie Night, TH | | |
| | | 3:00 Dominoes, AR | | 4:00 Dominoes, AR | | 2:00 Country Trivia!, AR | | 3:00 Karaoke!, AR | | 4:00 Beanbag Baseball, AR | | | | |
| | | 4:00 Beach Volleyball, AR | | 4:00 Wii Bowling, AR | | 3:00 Chair Yoga with Carey | | 4:00 Dominoes, AR | | 7:00 Bingo with Gloria, AR | | | | |
| | | 7:00 Movie Night, TH | | 7:00 Billiards, BR | | 7:00 Movie Night, TH | | 4:00 Wii Bowling, AR | | 7:00 Action Movie Night, TH | | | | |
| | | | | 7:00 Movie Night, TH | | | | 7:00 Movie Night, TH | | | | | | |
| ROSH HASHANAH BEGINS AT SUNSET | 29 | 7:30 Fast-Paced Walking Club, O | 30 | | | | | | | | | | | |
| 10:30 Catholic Communion, C | | 9:00 Slow-Paced Walking Club, O | | | | | | | | | | | | |
| 11:00 Presbyterian Service, TH | | 9:30 Stretching, FC | | | | | | | | | | | | |
| 2:00 Sunday Matinee, TH | | 10:00 Corn Hole, O | | | | | | | | | | | | |
| 3:00 Sunday Worship, C | | 11:00 Bingo with Adriana, AR | | | | | | | | | | | | |
| 4:00 Candy Bar Bingo with Chris!, AR | | 2:00 Hand and Foot, TV | | | | | | | | | | | | |
| 7:00 Movie Night, TH | | 2:00 Spanish Class, AR | | | | | | | | | | | | |
| | | 4:00 Beach Volleyball, AR | | | | | | | | | | | | |
| | | 7:00 Movie Night, TH | | | | | | | | | | | | |



Crazy, Random, But Fun Week!

Everyday, there are thousands of reasons to brighten up our days. Sometimes the reasons come in simple but delightful gestures like a smile, a wink, or even a regular "Good morning," that can change the outcome of our days. With that in mind, for a whole week, our Community was challenged to share the same dress code. At first, people were against it. Some people even commented: "It is silly," "No one will do it," and even "Who came up with that idea?" But we proved them wrong. For a whole week, the Community was expecting to see who would join the craziness and form part of the theme of the day.

There were nothing but compliments for all those residents who decided to be part of each day's theme. It did not matter if it was red shirt, favorite team, twin day, jeans day or PJs day, people were expecting to see who would join.

Some people were over the top, cat walking from the elevator to the Dining Room. Others were more quiet, and even left the Dining Room long before the pictures were taken.

Bottom line, we had a blast! Seeing everyone complimenting each other no matter what they were wearing was beautiful. It makes me realize the powerful impact a Community has on each and every single person who forms a part of it.



The girls in their PJs



Paul with the girls!



Monday: Red Shirt Day



Tuesday: Favorite Team Shirt Day



Wednesday: Twin Day!



A Little Bit of Everything!

In our Community, there is always a reason to celebrate! This past month was not the exception.

1. George R. received a certification of appreciation for his service to the United States of America. We thank you!
2. We celebrated Anne's 100 reasons to be grateful. The Community got together to learn her secret to longevity, to which she replied: "I am looking for a man." We are blessed to have among us a pretty, intelligent, wise, healthy woman who is always looking for reasons to be happy and make others happy. We love you, Anne.
3. Our Community held a Health Fair to provide more information about services that could make our life easier. Vendors were attending our residents and providing more opportunities for them to keep being independent. Of course, our residents got lots of candy, free goodies and prizes from different raffles. It was an incredible morning.



Anne and her family on her 100th birthday celebration!



George with his Raffle prize



Maryjane, after the sit and stand challenge!



Shirley, getting a free massage.

Age-Related Eye Diseases?

As humans age, they are at higher risk of getting eye diseases and conditions. Many of these diseases and conditions have no warning or signs, but they can be detected during a comprehensive dilated eye exam. Early detection and treatment are key to saving sight. Some common diseases or conditions are: Age-related macular degeneration (AMD), Cataracts, Diabetic Retinopathy, Glaucoma and Dry eye.

Ways to Prevent Vision Loss:

1. Eat a balanced diet with dark, leafy greens and fish high in omega-3 fatty acids.
2. Maintain a healthy weight.
3. Do not smoke.
4. Keep diabetes under control.
5. Wear sunglasses and a brimmed hat outdoors.
6. Wear protective eyewear.



PROVIDENCE
MEADOWS 
Gracious Retirement Living

4123 Kuykendall Road
Charlotte, NC 28270



Fall in love... with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

704-708-9931

PROVIDENCE
MEADOWS 
Gracious Retirement Living