

Regularly Scheduled Events

Tai Chi

Tuesdays, 1pm

Fridays, 10:30am

Assisted Living Community Room

Call 419.624.1171 for more information.

Early Stage & Caregiver Support Group

First Tuesday of each month, 9:30am

St. Stephen United Church of Christ

Call 419.624.1171 for more information.

Yoga

Mondays, 10am

Assisted Living Community Room

Call 419.624.1171 for more information.

Join us as we open our campus to opportunities to better yourself - your body, mind and spirit. All are welcome!

rejuvenating
invigorating
essential

Body, Mind and Spirit Series Mission Statement

The mission of the *Body, Mind and Spirit Series* is to offer residents and community members programming and events that are focused on *Vital Living* and will help them achieve their highest level of wellness.



Independent Living

Assisted Living

Memory Care

Rehabilitation

Skilled Nursing



Home is here.SM

5000 Providence Drive
Sandusky, Ohio 44870

homeishere.org



Body, Mind and Spirit
THE COMMONS OF PROVIDENCE SERIES



The Commons
of Providence

October-
December
2019

Unless otherwise noted, all events take place in the Assisted Living Community Room on the The Commons of Providence campus, 5000 Providence Drive, Sandusky.

October

- 1** **Alzheimer's Association**
Caregiver Support Group
St. Stephen's United Church of Christ, **9:30-10:30am**
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- 8** **Stein Hospice CEU for Professionals**
"Non-Drug Interventions for Alzheimer's Disease"
Memory Care Building, RSVP to 419.624.1171. Breakfast included, **8-9am**
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- 11** **Doughin Crazy Food Truck**
Providence Care Center, **Cost TBD, 10:30am-12:30pm**
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- 15** **Little Fry Wagon Food Truck**
Providence Care Center, **Cost TBD, 10:30am-3pm**
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- 15** **Walk to End Alzheimer's After Party**
Join us for a special event to celebrate your commitment to the fight against Alzheimer's and the success of the 2019 Erie Shores Walk to End Alzheimer's. All are invited, even if you couldn't make the Walk Day!
Small City Tap House, free to attend. **5-6pm**
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- 16** **Speaker Series: Ron Davidson**
"The Sandusky Waterfront"
RSVP to 419.624.1171. Lunch included, **12-1pm**
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- 17** **Alzheimer's Association**
Early Stage Support Group
St. Stephen's United Church of Christ, **11:30am**
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- 18** **Lunch & Learn: Julie Wenzinger**
Your source for support, guidance and options for aging life and healthcare.
Advocacy Healthcare Concepts, LLC services
RSVP to 419.624.1171. Lunch included, **12pm**

Dates and times are subject to change. Visit Providence Care Centers at homeishere.org or call 419.624.1171 for more information.

- 28** **Flockers Group**
Cracker Barrel. Please call for more information.
RSVP to 419.624.1171. **11:00am**

November

- 1** **All Saints Day Mass**
Assisted Living Community Room, **10am**
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- 5** **Alzheimer's Association**
Erie County Early Stage & Caregiver Support Group
St. Stephen's United Church of Christ, **9:30-10:30am**
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- 6** **Evening Speaker Series: Kyle Brubaker**
Advance Funeral Planning
Please RSVP to 419.624.1171. Dinner included, **4:30-5:30pm**
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- 8** **Community Veteran's Breakfast-Open to all Veterans**
Please RSVP to 419.624.1171. Breakfast included, **8am**
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- 14** **Independent Living Open House**
Stop in for a tour & goodies to take home!
4-6pm
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- 22** **Lunch & Learn: Sight Center Presentation**
Independent Living Building
Please RSVP to 419.624.1171. Dinner is included, **4-6pm**

December

- 5** **Alzheimer's Association**
Erie County Early Stage & Caregiver Support Group
St. Stephen's United Church of Christ, **9:30-10:30am**
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- 6** **Hearth 'N Home Wood Craft Project: Brenda Gorsuch**
Independent Living Building. Please RSVP to 419.624.1171.
Cost TBD. **2pm**
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- 17** **Jingle & Mingle: Music with Debra Rose**
Hot cocoa, cookies & tours of Independent Living.
Independent Living Building. Please RSVP to 419.624.1171.
There is no charge to attend, **2pm**
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- 25** **Christmas Day Mass**
Assisted Living Community Room, **10am**

Spiritual Care Offerings The Commons of Providence Campus

Catholic Mass

Sundays, **10:30am**
Holy Days of Obligation, **10:30am**
2nd Floor Community Room,
Assisted Living Building

Protestant Church Services

Mondays, **2pm**
2nd Floor Community Room,
Assisted Living Building

Catholic Communion Services

Tuesdays, Wednesdays, and Thursdays, **9:30am**
3rd Floor Chapel, Assisted Living Building

Rosary

Mondays, **9:30am**
3rd Floor Chapel, Assisted Living Building

Memory Care Prayer and Communion Services

Mondays, **10:45am**
Wednesdays, **2pm**
Specialized Assisted Living Building

Bible Study

Wednesdays, **11am**
Assisted Living Private Dining Room
Wednesdays, **2pm**
3rd Floor Lounge, Independent Living Building

Bereavement Support Group

First, Third and Fifth Tuesdays of each month,
5:30pm
Assisted Living Building
Supper and sharing. For more information, please contact Rebecca at rhilton@chilivingcomm.org.