

Focus on Wellness

In the midst of the country's current health crisis, there is no time like the present to prepare for the approaching flu season. It is important that we each continue to practice current measures in an effort to prevent the spread of all viruses, such as avoiding large crowds, maintaining social distance, wearing face coverings and staying home when sick. The single most important effort that we can all make is to properly and frequently wash our hands.

In addition to these measures, we can take steps to boost our own immune systems by practicing the healthy steps listed to the right.

Finally, we should each take the flu vaccine when it is available. Each of our campuses are setting up flu clinics for residents & co-workers. For more details, please talk to your Director of Wellness or Executive Director.

Have a safe & healthy season,

Cynthia Avant, Director of Clinical Services

- Eat Healthy Foods
- Get Plenty of Rest
- Exercise Regularly
- Avoid/Reduce Stress



*Dimensions
of Wellness*

Resident Birthdays

November

Joyce Torpey
Carol Bernitsky
Ruth Brown
Malina Capitanio
Tecla Garbarino

December

Ann DiRenzo
Ann Mohrman
Dorothy Schaeffer
Cecilia Kamieniecki
Shirley Lerch
Jean Weist
Barbara Higgins
Marilyn Doyle

Anneliese Hueske
Anna Mae Callan
Marion Barton
Phyllis Bloch
Richard Purcell
Nancy Krynack



Providence Place SENIOR LIVING News

Q4: November 2020

A Note from the Executive Director

Greetings Residents,

As we welcome in Autumn, we will be welcoming some changes here at Providence Place as well - both inside and outside.

With the beautiful fall foliage & the crisp autumn air, we are looking forward to enjoying the season to the fullest with an array of autumn-themed activities. Keep a look out in the Activity Weekly schedule.

The dining room renovations are almost complete and what a great transition for indoor events.

We know the upcoming holiday season will look different this year, but we are all here to celebrate the season and be grateful for all we do have.

Please reach out anytime with questions, suggestions or simply a friendly smile.

Tanya Hoy, Executive Director

Highlighted Events

- 11 – **Veteran's Day Celebrations**
Luncheon, ceremony & musical entertainment
- 12 – **EdU Presentation**
Schuylkill County Courthouse History by Theresa Gaffney
- 17 – **EdU Presentation**
Folklore & Coal Mining of the Northeast by Jay Smar
- 25 – **Holiday Service in Action Kick-off**
Salvation Army Drive Begins

Welcome New Residents

Daniel Nagle



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 ProvidenceRetirement@gmail.com.



www.Providence-Place.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Day Light Savings Ends 8:00 TV Catholic Mass Services (Ch. 49) 10:00 Movement & Meditation (1F) (A) 10:30 Movement & Meditation (2F&3F) (A) 2:00 Communion Service (CH) 2:15 Movie: <i>Atonement</i> (1F&2F) (A) 3:00 Communion Service (CH) 6:30 Yahtzee (2SL) 6:30 Movie: <i>Atonement</i> (3F) (A)	2 10:00 Communion Service (CH) 9:00—10:45 Coffee & Tea 101 Cart: Market Square Coffee House (H) 1:30 Kings in the Corner (SL) 3:00 Communion Service (CH) 3:30 World History: New York, New York (1F&2F) (A) 6:30 Bridge Club (A)	3 9:00 General Election Voting** (OOB) 9:30 Balance in Action (1F) (SL) 10:00 Balance in Action (2F&3F) (SL) 10:00 Gifts of Joy Craft Club (1F&2F) (A) 1:15 Aromatherapy & Nails (1F) (A) 2:00 Gifts of Joy Craft Club (3F) (A) 3:30 World History: New York, New York (3F) (A) 6:15 Kings in the Corner (A)	4 9:00 Breakfast Club Cart: Coffee & Donuts (H) 10:00 Dinning Committee Meeting (A) 1:15 Aromatherapy & Nails (2F) (A) 2:00 TED Talk & Discussion: <i>Restoring Human Dignity at the US Southern Border</i> (1F&2F) (A) 3:30 Crochet Circle (SL) 6:15 Nickel PO-KE-NO \$\$ (A)	5 9:00 Grocery Pick Up: Walmart*** (OOB) 10:15 Drum Sticks Exercise (1F) (A) 10:30 Wellness Clinic: BP & Wt (2F&3F)(WO) 1:15 Aromatherapy & Nails (3F) (A) 2:00 Drum Sticks Exercise (2F&3F) (A) 2:30 Wellness Clinic: BP & Wt (1F) (WO) 2:30 Xbox Bowling Club (A) 3:30 Community Life Planning Meeting (A) 6:15 Kings in the Corner (A)	6 9:30 Confident Cruisers Walking Club (ML) 10:00 Communion Service (CH) 10:15 Comedy Half-Hour: Funny Bones (1F&2F) (A) 10:45 Comedy Half-Hour: Funny Bones (3F) (A) 2:00 Cocktail Hour (1F&2F) (A) 3:00 Communion Service (CH) 3:30 Cocktail Hour (3F) (A) 6:30 Scrabble (A)	7 10:00 Country Kitchen Club (1F&2F) (A) 11:00 Game Club: UNO (SL) 2:00 Nickel Bingo \$\$ (1F&3F) (A) 3:30 Nickel Bingo && (2F) (A) 6:15 Schuylkill County Monopoly (A) TBD Maryland vs. Penn State Football	
8 8:00 TV Catholic Mass Services (Ch. 49) 10:00 Movement & Meditation (1F) (A) 10:30 Movement & Meditation (2F&3F) (A) 2:00 Communion Service (CH) 2:15 Movie: <i>Pride & Prejudice</i> (2F&3F) (A) 3:00 Communion Service (CH) 6:30 Kings in the Corner \$\$ (2SL) 6:30 Movie: <i>Pride & Prejudice</i> (1F) (A)	9 10:00 Communion Service (CH) 10:15 Country Kitchen Club (1F) (A) 11:00 Country Kitchen Club (2F&3F) (A) 2:00 Creamy Butternut Squash Soup & Homemade Bread Taster (1F) (A) 3:00 Communion Service (CH) 3:30 Creamy Butternut Squash Soup & Homemade Bread Taster (2F&3F) (A) 6:30 Bridge Club (A)	10 9:30 Balance in Action (1F&2F) (SL) 10:00 Balance in Action (3F) (SL) 10:00 Gifts of Joy Craft Club (A) 2:00 iN2L: Lifelong Learning (2F) (A) 3:00 iN2L: Lifelong Learning (1F&3F) (A) 6:15 Kings in the Corner (A)	11 Veteran's Day 8:30 Daily Chronicle & Devotions (DR) 9:00 Breakfast Club: Coffee & Donuts (2F) (A) 10:00 Balance in Action w/ Genesis (A) 10:30 Worship with Pastor Randy (CH) 11:30 Veteran's Luncheon** (AR) 1:30 Veteran's Day Ceremony (CH) 2:00 Veteran's Day Musical Performance by Cindy Robertson (DR) 3:30 Fireside Chat with E.D. Tanya (CH) 6:15 Nickel PO-KE-NO \$\$ (A)	12 9:00 - 4:00 Christmas Photography Session with Virginia** (FR) 9:00 Banks & Post Office*** (OOB) 10:00 Team Member Appreciation: Thanks a Latte (A) 11:00 Thanks a Latte Booth Station (ML) 2:00 EdU—Presentation: Schuylkill County Courthouse History by Theresa Gaffney (CH) 3:30 Board Game: Apples to Apples (SL) 6:15 Kings in the Corner (A)	13 8:30 Daily Chronicle & Devotions (DR) 9:30 Confident Cruisers Walking Club (ML) 10:00 Communion Service (CH) 1:30 Zumba Fitness with Michele (A) 2:15 Wall Jumbo Jeopardy (A) 3:00 Communion Service (CH) 3:30 Cocktail Hour (A) 6:30 Scrabble (A)	14 9:30 Retail Shopping: Fair Lanes Village Mall** (OOB) 10:00 Crosswords & Word Finds (ML) 2:00 Nickel Bingo \$\$ (1F&3F) (A) 3:30 Nickel Bingo && (2F) (A) 6:15 Schuylkill County Monopoly (A) TBD Penn State vs. Nebraska Football	
15 8:00 TV Catholic Mass Services (Ch. 49) 10:00 Movement & Meditation (A) 11:00-1:00 Wine & Dine (DR) 2:00 Communion Service (CH) 2:15 Movie: <i>Jane Eyre</i> (A) 3:00 Communion Service (CH) 3:15 iN2L Lifelong Learning (LIB) 6:30 Checkers (A)	16 8:30 Daily Chronicle & Devotions (DR) 10:00 Communion Service (CH) 10:30 Yoga Fitness with Michele (A) 1:15 Prayer Group (CH) 2:30 Welcome Ambassadors Committee Meeting (A) 3:00 Communion Service (CH) 3:30 Nickel Polish Bingo \$\$ (A) 6:15 Bridge Club (A)	17 9:30 Balance in Action & Guided Meditation (A) 10:00 Gifts of Joy Craft Club (A) 11:00 Hydration Mix Station (A) 2:00 EdU—Presentation: <i>Folklore & Coal Mining of the Northeast</i> by Jay Smar (DR) 3:30 Community Puzzle Station (3F) 6:15 Kings in the Corner \$\$ (A)	18 8:30 Daily Chronicle & Devotions (DR) 9:00 Breakfast Club: Coffee & Donuts (3F) (A) 10:00 Balance in Action (A) 10:30 Worship with Pastor Randy (CH) 11:00 Modern Jeopardy Trivia (A) 1:15 Aromatherapy & Nails (A) 2:00 Food for Thought by Chef Tuan featuring Pumpkin Strata (DR) 3:30 Crochet Circle (SL) 6:15 Nickel Polish Bingo \$\$ (A)	19 9:00 Errands Run: Walmart*** (OOB) 10:00 Drum Sticks Exercise (A) 11:00 Men's Club Lunch Out: The Lodge at Sharp Mtn*** (OOB) 1:15 Xbox Bowling Club (A) 2:00 Art Class with Shannon: Acrylic on Canvas (A) 3:30 One with Nature: Bird Watching & Photography (2FP) 6:15 Kings in the Corner (A)	20 8:30 Daily Chronicle & Devotions (DR) 9:30 Confident Cruisers Walking Club (ML) 10:00 Communion Service (CH) 10:30 Diners Lunch Caravan: Friedensburg Country Restaurant*** (OOB) 1:30 Zumba Fitness with Michele (A) 3:00 Communion Service (CH) 3:30 Cocktail Hour (A) 6:30 Scrabble (A)	21 10:00 Country Kitchen Club (3F) (A) 10:30 Balance in Action (1F&2F) (2SL) 11:00 Balance in Action (3F) (A) 2:00 Nickel Bingo \$\$ (1F&3F) (A) 3:30 Nickel Bingo && (2F) (A) 6:15 Schuylkill County Monopoly (A) TBD Iowa vs. Penn State Football	
22 8:00 TV Catholic Mass Services (Ch. 49) 10:00 Movement & Meditation (A) 11:00-1:00 Wine & Dine (DR) 2:00 Communion Service (CH) 2:15 Movie: <i>Elizabeth</i> (A) 3:00 Communion Service (CH) 3:15 iN2L Lifelong Learning (LIB) 6:30 Connect Four (A)	23 8:30 Daily Chronicle & Devotions (DR) 10:00 Communion Service (CH) 10:30 Yoga Fitness with Michele (A) 1:30 EdU—Presentation: Native American Experiences <i>Indians of the Plains</i> by David McSurdy (A) 3:00 Communion Service (CH) 3:30 Nickel Polish Bingo \$\$ (A) 6:15 Bridge Club (A)	24 9:30 Balance in Action & Guided Meditation (A) 10:00 Gifts of Joy Craft Club (A) 11:00 Hydration Mix Station (A) 2:00 Grateful Drumming with Joe (A) 3:00 New Residents & Welcome Ambassadors Mixer (A) 3:30 Community Puzzle Station (3F) 6:15 Kings in the Corner (A)	25 8:30 Daily Chronicle & Devotions (DR) 9:00 Breakfast Club (A) 10:00 Balance in Action (A) 10:30 Worship with Pastor Randy (C) 10:30 Decking the Halls (A) 2:00 Chef's Pairings by Chef Tuan (DR) 3:30 Holiday Service in Action Kick Off: Salvation Army Drive Begins (ML) 6:15 Nickel PO-KE-NO \$\$ (A)	26 Thanksgiving Day 9:00 Macy's Thanksgiving Day Parade Breakfast (A) 10:00 Drum Sticks Exercise (A) 1:15 Xbox Bowling Club (A) 12:00 Thanksgiving Celebration (DR) 2:00 NFL Football Commercial Clips (A) 3:30 One with Nature: Bird Watching & Photography (2FP) 6:15 Kings in the Corner (A)	27 8:30 Daily Chronicle & Devotions (DR) 9:30 Confident Cruisers Walking Club (ML) 10:00 Communion Service (CH) 10:30 EdU-Wellness Talk by Dir of Wellness Ashley Vigoda (CH) 1:30 Zumba Fitness with Michele (A) 3:00 Communion Service (CH) 3:30 Super Social Cocktail Hour (A) 6:30 Scrabble (A)	28 9:30 Retail Shopping: Fair Lanes Village Mall** (OOB) 11:00 Decking the Halls (A) 11:00 Crosswords & Word Finds (ML) 2:00 Nickel Bingo \$\$ (DR) 3:30 EdU Travel: <i>National Parks Adventure</i> (A) 6:15 Schuylkill County Monopoly (A) TBD Penn State vs. Michigan Football	
29 8:00 TV Catholic Mass Services (Ch. 49) 10:00 Movement & Meditation (A) 11:00-1:00 Wine & Dine (DR) 2:00 Communion Service (CH) 2:15 Movie: <i>Pure Country</i> (A) 3:00 Communion Service (CH) 3:15 iN2L Lifelong Learning (LIB) 6:30 Yahtzee (A)	30 8:30 Daily Chronicle & Devotions (DR) 10:00 Communion Service (CH) 10:30 Yoga Fitness with Michele (A) 1:15 Pumpkin Pudding No Bake Cake Taster (A) 2:00 Celebration of Life Memorial Service (A) 3:00 Communion Service (CH) 5:00 November Birthday Dinner (DR) 6:30 Bridge Club (A)			Calendar Key: Activity Room (A), Chapel (CH) 2nd Floor South Lounge (2SL), Main Lobby (ML), Dining Room (DR), Library (LIB), Out of Building (OOB), All Floors (A-FL), 1st Floor Residents (1F), 2nd Floor Residents (2F), 3rd Floor Residents (3F), Hallway (H) Florida Room (FR), Registration Required**, Cost Involved \$\$		<h1>November</h1> <h1>2020</h1>	