

Focus on Wellness

Centers for Disease Control (CDC) recommends everyone 6 months and older receive a yearly flu vaccine as the first and most important step for protection. While there are many different flu strands, the flu vaccine protects against the viruses that research suggests will circulate the most this season. Even healthy people can get the flu, and it can be serious. Let's each do our part.

Each Providence Place campus will be hosting vaccination clinics to make it easy for our residents and co-workers to participate. Please feel free to reach out to your Executive Director or Director of Wellness for specific details regarding your clinic & upcoming booster opportunities.

Cynthia Avant, RN
Director of Clinical Services

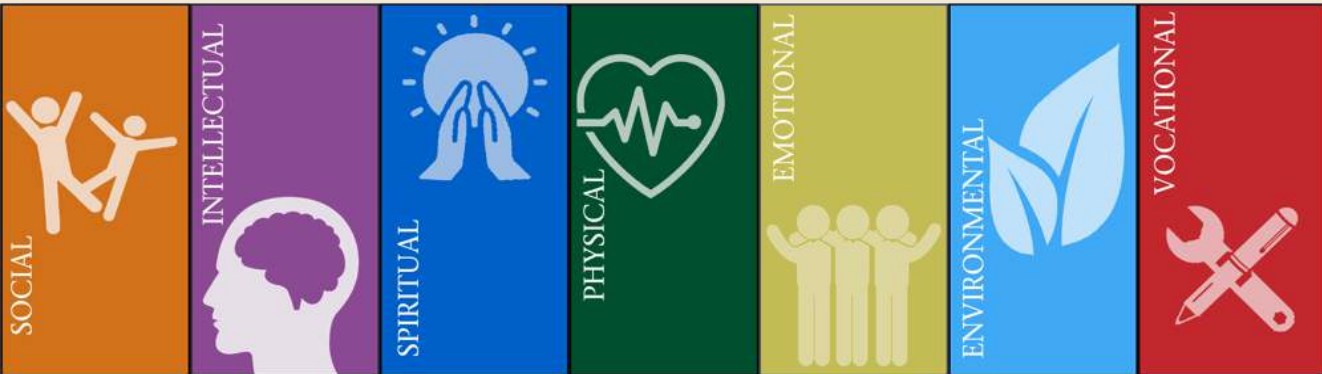
Flu Clinic
Thursday, October 21st
10am - 12pm &
1:30pm - 3pm
(@ Pottsville)

Tuesday, October 26th
2pm - 4pm
(@ Lancaster)



Providence Place SENIOR LIVING News

Q4: October 2021



*Dimensions
of Wellness*

Resident Birthdays

October

- Nancy Johnston
- Sarah Kenney
- Mary Pagnotti
- Judith Adler

November

- Bernard Cunningham
- Vera Tornetta
- Frances Kalbach
- Dolores Heck

December

- Kathleen Gomez
- Richard Walter

A Note from the Executive Director

September has been a month full of change for our residents, team and families as we live through the results of the flooding that occurred the first week in September. With most of our residents now settled in Lancaster and Pottsville, things are running much more smoothly although I think we would all still agree there is no place like home.

I do want to thank all of you for sticking with us through this difficult time and I could not be more grateful for our terrific staff who have made weekly travels to Pottsville and Lancaster to spend days away from their families to continue to care for our residents.

We are still operating under a weekly activities calendar so we can plan accordingly for our return to campus. Please keep an eye out for the weekly updates via email.

Looking forward to seeing all of you back in Collegeville by month's end.

Best wishes,

Francie Hoch
Executive Director

Highlighted Events

Please refer to the attached calendar of events for our Pottsville & Lancaster communities.

You are welcome to visit with your loved ones at your convenience.

Thank you!

Welcome New Residents

- Kathleen Sherwood
- Robert Fox
- Randi Stetz




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
<p>31</p> <p>9:30 Live Stream: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 NFL Football Sunday (3FL) 1:30 Helping Hands: Setting Up Halloween Party (PUB) 2:00 Halloween Party (PUB) 3:00 Communion Service (CH) 6:15 Kings in the Corner (A)</p> <p>Halloween</p>			<p>Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building (A) Activity Room (PUB) Pub (2FL) Second Floor Lounge by Beauty Shop (3F) Third Floor by South Hall (ML) Main Lobby (CH) Chapel (1FP) First Floor Patio (DR) Dining Room</p>	<p>October 2021</p>	<p>1</p> <p>9:00 Green Thumbs: Watering & Tending Plants (1FP) 10:30 Balloon Volleyball (A) 10:30 Life Happens Support Group (CH) 1:30 Zumba with Michele (A) 2:30 Football Friday Afternoon (PUB) 3:00 Communion Service with Deacon (CH) 3:30 Penn State Cocktail Hour (PUB) 6:15 Board Games: Monopoly (PUB)</p>	<p>2</p> <p>9:00 Alzheimer's Association Walk (OOB) 10:00 Puzzle Club (3F) 1:00 College Football Saturday (3FL) 1:30 Helping Hands: Setting Up Bingo (A) 2:00 Nickel Bingo \$\$ (A) 3:30 Vagabond Travelers: Argentina (PUB) 6:15 Card Games: War (A)</p>
<p>3</p> <p>9:30 Live Stream: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Hocus Pocus</i> (PUB) 1:00 NFL Football Sunday (3FL) 2:00 Autumn Country Ride (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:15 Kings in the Corner (A)</p>	<p>4</p> <p>9:00 Walking Warriors (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 TED Talk: <i>Positivity: The Power of Choice</i> (PUB) 3:00 Communion Service (CH) 3:30 Oktoberfest Cocktail Hour (PUB) 6:30 Bridge Club (A)</p>	<p>5</p> <p>9:00 Walking Warriors (ML) 10:30 Meditation (2FL) 10:30 Puzzle Club (3F) 11:00 P² Foodies Prep for Luncheon (A) 12:00 Souper Luncheon (A) 2:00 Brain Game: Name that Tune (ML) 2:00 Dining Committee Meeting (DR) 3:00 XBOX Bowling (A) 6:15 Nickel Bingo (A)</p>	<p>6</p> <p>9:00 Breakfast Club: Quiche Lorraine (A) 10:00 Lite & Lively Exercise (PUB) 10:30 Worship Service in the Chapel (CH) 1:30 Manicures & Mimosas ** (ML) 2:00 Painting with Shannon (A) 2:00 Board Games : Monopoly (2FL) 3:30 Mad Hatter Cocktail Hour (PUB) 6:30 Nickel Po-Ke-No \$\$ (A)</p>	<p>7</p> <p>9:00 Walking Warriors (ML) 10:00 Board Games Checkers (A) 10:30 Day Excursion: Hollywood Casino **\$\$ (OOB) 1:30 Color Me Calm (PUB) 2:00 Craft Corner: Wycinanki Art (A) 3:30 Brain Games: Autumn Trivia (PUB) 6:15 Prize Bingo (A)</p>	<p>8</p> <p>9:00 Green Thumbs: Watering the Plants (ML) 10:30 Ed-U Presentation: History of the Pottsville Maroons (PUB) 10:30 Life Happens Support Group (CH) 1:30 Zumba with Michele (A) 2:30 Football Friday Afternoon (PUB) 3:00 Communion Service (CH) 3:30 Notre Dame Cocktail Hour (PUB) 6:00 Nickel Polish Bingo</p>	<p>9</p> <p>9:00 Shopping at the Fairlane Village Mall **\$\$ (OOB) 10:00 Puzzle Club (3F) 1:00 College Football Saturday (3FL) 1:30 Helping Hands: Setting Up Bingo (A) 2:00 Trick or Treat Bingo (A) 3:30 Vagabond Travelers: Peru (PUB) 6:15 Card Games: 500 Rummy (A)</p>
<p>10</p> <p>9:30 Live Stream: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Young Frankenstein</i> (PUB) 1:00 NFL Football Sunday (3FL) 2:00 Autumn Country Ride (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:15 Kings in the Corner (A)</p>	<p>11</p> <p>9:00 Walking Warriors (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Manicures & Mimosas (ML) 3:00 Communion Service (CH) 3:30 Cider Cocktail Hour (PUB) 6:30 Bridge Club (A)</p>	<p>12</p> <p>9:00 Walking Warriors (ML) 10:30 Meditation (2FL) 10:30 Puzzle Club (3F) 11:00 P² Foodies Prep for Luncheon (A) 12:00 Souper Luncheon (A) 2:00 Brain Game: Name 10 (ML) 2:30 Color Me Calm (2FL) 3:00 Resident Wishes Celebration (PUB) 6:15 Nickel Bingo (A)</p>	<p>13</p> <p>9:00 Coffee, Donuts, & Discussion (A) 10:00 Cheer Exercise (A) 10:30 Worship Service in the Chapel (CH) 1:30 Manicures & Mimosas (ML) 2:00 Variety Show (PUB) 2:30 Board Games: Checkers 3:30 Autumn Sunset Cocktail Hour (PUB) 6:30 Nickel Po-Ke-No (A)</p>	<p>14</p> <p>9:00 Walking Warriors (ML) 10:00 Color Me Calm (2FL) 10:30 Drum Exercise (PUB) 11:00 Diners Caravan: Mt. Fuji Hibachi **\$\$ (OOB) 2:00 Board Games : Checkers (PUBR) 2:30 Craft Corner: Halloween Mason Jars (A) 3:00 Community Life Planning Meeting (ML) 3:30 Brain Games: Halloween Word Within a Word (PUB) 6:15 Prize Bingo (A)</p>	<p>15</p> <p>9:00 Green Thumbs: Watering the Plants (ML) 10:30 Keep Kicking Kickball (PUB) 10:30 Life Happens Support Group (CH) 1:30 Zumba with Michele (PUB) 2:30 Football Friday Afternoon (PUB) 3:00 Communion Service (CH) 3:30 Ohio State Cocktail Hour (PUB) 6:00 Nickel Polish Bingo (PUB)</p>	<p>16</p> <p>9:00 Shopping at the Fairlane Village Mall **\$\$ (OOB) 10:00 Puzzle Club (3F) 1:00 College Football Saturday (3FL) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo (PUB) 3:30 Vagabond Travelers: Chile (PUB) 6:15 Card Games: Pinochle (A)</p>
<p>17</p> <p>9:30 Live Stream: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Practical Magic</i> (PUB) 1:00 NFL Football Sunday (3FL) 2:00 Autumn Country Ride (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:15 Kings in the Corner (A)</p>	<p>18</p> <p>9:00 Walking Warriors (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 TED Talk: <i>The Unstoppable Power of Letting Go</i> (PUB) 3:00 Communion Service (CH) 3:30 Pumpkin Cocktail Hour (PUB) 6:30 Bridge Club (A)</p>	<p>19</p> <p>9:00 Walking Warriors (ML) 10:30 Meditation (2FL) 10:30 Puzzle Club (3F) 11:00 P² Foodies Prep for Luncheon (A) 12:00 Souper Luncheon (A) 2:00 Magician Eddy Ray (PUB) 2:30 Color Me Calm (2FL) 3:30 Keep Kicking Kickball (PUB) 6:15 Nickel Bingo (PUB)</p>	<p>20</p> <p>9:00 Breakfast Club: Pumpkin Pancakes (A) 10:00 Lite & Lively Exercise (PUB) 10:30 Worship Service in the Chapel (CH) 1:30 Manicures & Mimosas (ML) 2:00 Decorating the Bus for Halloween St. Clair Halloween Parade (PL) 2:30 Puzzle Club (3F) 3:00 Cuisine & Cocktail Parings (PUB) 6:30 Leave for St. Clair Halloween Parade (OOB)</p>	<p>21</p> <p>9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 Day Excursion: Weaver's Orchard to Pick Apples **\$\$ (OOB) 2:00 Drumming with Joe (PUB) 2:30 Craft Corner: String Pumpkins (A) 3:30 Brain Games: Candy Trivia (ML) 6:15 Prize Bingo (PUB)</p>	<p>22</p> <p>9:00 Green Thumbs: Watering the Plants (ML) 10:30 Balloon Volleyball (PUB) 10:30 Life Happens Support Group (CH) 1:30 Zumba with Michele (PUB) 2:30 Football Friday Afternoon (PUB) 3:00 Communion Service (CH) 3:30 Harvard Cocktail Hour (PUB) 6:00 Nickel Polish Bingo (PUB)</p>	<p>23</p> <p>9:00 Shopping at Walmart **\$\$ (OOB) 10:00 Puzzle Club (3F) 1:00 College Football Saturday (3FL) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo (PUB) 3:30 Vagabond Travelers: Brazil (PUB) 6:15 Card Games: Solitaire (A)</p>
<p>24</p> <p>9:30 Live Stream: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 Popcorn & a Movie: <i>Dracula</i> (PUB) 2:00 Autumn Country Ride (OOB) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:15 Kings in the Corner (A)</p>	<p>25</p> <p>9:00 Walking Warriors (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Ed-U Presentation: Schuylkill County Ghost Stories by the Historical Society (PUB) 3:00 Communion Service (CH) 3:30 Witches Brew Cocktail Hour (PUB) 6:30 Bridge Club (A)</p>	<p>26</p> <p>9:00 Walking Warriors (ML) 10:30 Meditation (2FL) 10:30 Board Games: Yahtzee (PUBR) 11:00 P² Foodies Prep for Luncheon (A) 12:00 Souper Luncheon (A) 2:00 Schlitzzer Allen Pugh Presentation on <i>Civil War Grave Tours</i> (PUB) 2:30 Color Me Calm (2FL) 3:30 Balloon Volleyball (PUB) 6:15 Nickel Bingo (PUB)</p>	<p>27</p> <p>9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Cheer Exercise (PUB) 10:30 Worship in the Chapel (CH) 1:30 Manicures & Mimosas (ML) 2:00 Tastes of the World: South American Cuisine (A) 2:30 Fireside Chats with Tracy (A) 3:00 Brain Games: Halloween Trivia (PUB) 6:30 Nickel Po-Ke-No (PUB)</p>	<p>28</p> <p>9:00 Walking Warriors (ML) 10:30 Drum Stick Exercise (PUB) 10:30 Board Games : Checkers (PUBR) 11:00 Diners Caravan: Pottsville Diner **\$\$ (OOB) 2:00 John Steven's Polka Band (PUB) 2:30 Craft Corner: Decorate a Foam Pumpkin (A) 3:30 Brain Games: Fact or Fiction (ML) 5:00 Resident Birthday Party (PUB) 6:15 Prize Bingo (PUB)</p>	<p>29</p> <p>9:00 Green Thumbs: Watering the Plants (ML) 10:30 XBOX Bowling (A) 10:30 Life Happens Support Group (CH) 1:30 Zumba with Michele (PUB) 2:30 Football Friday Afternoon (PUB) 3:00 Communion Service (CH) 3:30 Georgia Tech Cocktail Hour (PUB) 6:00 Nickel Polish Bingo (PUB)</p>	<p>30</p> <p>9:00 Shopping Heim's Farmers Market **\$\$ (OOB) 10:00 Puzzle Club (3F) 1:00 College Football Saturday (3FL) 1:30 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo (PUB) 3:30 Vagabond Travelers: Columbia (PUB) 6:15 Card Games: War (A)</p>