

# Focus on Wellness

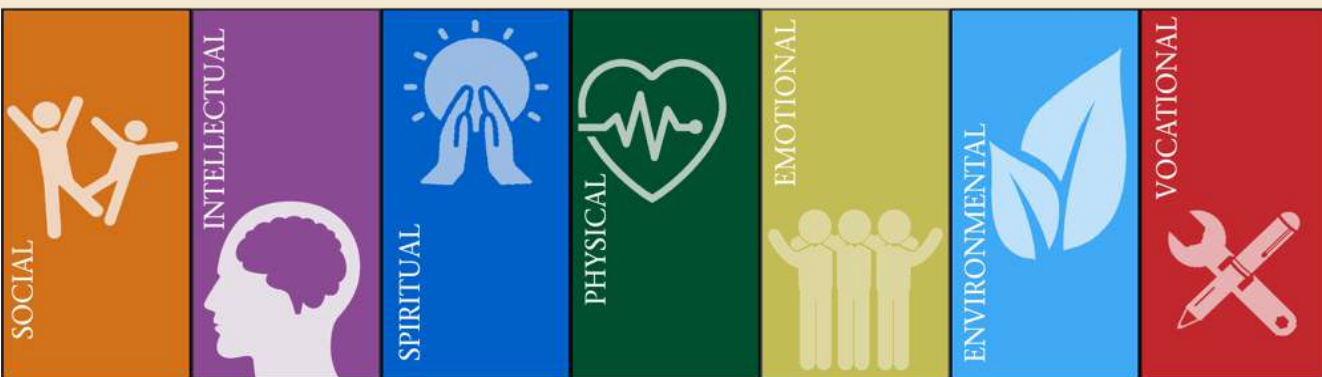
Centers for Disease Control (CDC) recommends everyone 6 months and older receive a yearly flu vaccine as the first and most important step for protection. While there are many different flu strands, the flu vaccine protects against the viruses that research suggests will circulate the most this season. 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 (Pine Grove)

Thursday, October 28<sup>th</sup>  
3pm – 4pm



*Dimensions  
of Wellness*

## Resident Birthdays

### October

Raymond Knapp  
Ellen Clauser  
Laurel Callaway  
Suzanne White  
Paul Hutira

### November

Bernice Wetzel  
Stanley Burke  
Arlan Greth  
Mary Kutz  
Eleanor Jamison  
Shirley Swope  
Gene Haag

### December

Eleanor Miller  
Joanne Moyer  
Rita Beach  
Arlene Knoll  
Eileen Petko  
Robert Wagner



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)



# Providence Place SENIOR LIVING News

Q4: October 2021

## A Note from the Executive Director

The Grove would like to extend a warm welcome to all our new residents and families who have joined our Providence family this September. We hope that you enjoy your new home. If you need anything please stop any of our friendly staff and they will be only too glad to help you.

With COVID cases on the rise state-wide, we are being diligent in monitoring, screening and testing internally to maintain a safe community. Please watch for any email or posted updates as we move into cold/flu season.

Fall festivities are beginning to take shape. We have Trick-or-Treat and many other great activities planned. Check out the entire calendar inside the newsletter.

Holidays will be fast approaching, so stay tuned for information regarding Thanksgiving and Christmas festivities.



*Sincerely,*


*Julie Wallace, Executive Director*

## Highlighted Events

- 11 – **Mountain Road Jiu-Jitsu**  
Demonstration @ 10am
- 13 – **Oktoberfest Entertainment**  
Music in the Living @ 2pm
- 14 – **Hope Hill Lavender Farm**  
**Tour** @ 10 am
- 27 – **Community Drive-By Trick or**  
**Treat** @ 6:30-8:30pm
- 28 – **Halloween Party** @ 2pm

## Welcome New Residents

Joan Shoop  
Irma Fessler  
Fern Krause  
Mary Alice Brennan  
Helen Zerbe  
Mary Lehman  
Julia Kramer  
Raymond Yocum  
Owen Brommer  
Paul Hutira  
Arlan Greth  
Arlene Knoll  
William Joseph  
Mae Wolfe  
Verna Donmoyer  
John Dreisbach

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31</p> <p>9:30 Whole Body Stretch (2F) 10:00 Activities for the Soul (2F) 10:30 Halloween Jacks (2F) 12:00 Wine &amp; Dine (DR) 2:00 Church of God Service (DR) 3:30 Fellowship Social (DR) 6:30 iN2L: Catholic Service (2F)</p> <p>Halloween</p>			<p><b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (FP) Front Patio (RP) Rear Patio</p>	<p>October 2021</p>	<p>1</p> <p>9:30 Target Arm Strength Exercises (2F) 10:00 Opinion Column &amp; Discuss (2F) 10:30 Outdoor Walking Path (OOB) 11:00 Mother Teresa EWNT (2F) 2:00 Jigsaw Puzzle Team (2F) 3:30 iN2L: Movie Memories (2F) 6:30 Game Night: Monopoly (1F)</p>	<p>2</p> <p>9:30 Gentle Moves (2F) 10:00 October Fact or Fiction (2F) 10:30 Coffee &amp; Brain Games (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Ice Cream Social (2F) 4:00 Prize Puzzle of the Week (2F) 5:30 Jeopardy (2F) 6:30 Pennsylvania Polka (2F)</p>
<p>3</p> <p>9:30 Whole Body Stretch (2F) 10:00 Activities for the Soul (2F) 10:30 iN2L: Hymn Sing Along (2F) 12:00 Wine &amp; Dine (DR) 2:00 Church of God Service (DR) 3:30 Fellowship Social (DR) 6:30 iN2L: Catholic Service (2F)</p>	<p>4</p> <p>9:30 Move2Music (2F) 10:00 October Birthday Quiz (2F) 10:30 Mass with Deacon Henninger (1F) 11:00 Mother Teresa EWNT 49 1:30 Shirley's Aromatherapy Hand And Neck Massages (2F) 3:00 Manicures (2F) 6:30 Music &amp; Mindful Colors (1F) 8:15 Raiders vs. Chargers ESPN</p>	<p>5</p> <p>9:30 Core Strength Exercise (2F) 10:00 Planning Committee (1F) 10:30 Coal Country Ghosts &amp; Legends: Angel in the Mines (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Yoga with Leah (2F) 3:30 Karaoke with Alexa (2F) 6:30 Scrabble Team (1F)</p>	<p>6</p> <p>9:30 Sit &amp; Be Fit (2F) 10:00 Fireside Chat with Julie (2F) 10:30 iN2L Learning: Webisode Independence (2F) 11:30 Diner's Caravan: Nino's NY Style Pizza **\$\$ (OOB) 2:30 Card Club: Rummy (1F) 3:30 Confident Cruisers (HW) 6:30 Scripture Reading EWNT (49)</p>	<p>7</p> <p>9:30 Genesis Exercise (2F) 10:00 Ed-U Presentation: Breast Cancer Awareness (2F) 10:30 Open Forum &amp; Discuss (2F) 11:00 Outdoor Walking Path (OOB) 1:30 Ed-U Tour: Pioneer Farm &amp; Pumpkin Patch **\$\$ (OOB) 3:30 Jigsaw Puzzle Team (2F) 6:30 Card Club: Phase 10 (1F)</p>	<p>8</p> <p>9:30 Target Arm Strength Exercises (2F) 10:00 Opinion Column &amp; Discuss (2F) 10:30 Fall Fest Crafty Corner: Christmas Stockings (2F) 11:00 Mother Teresa EWNT (2F) 2:00 Scenic Country Ride (OOB) 3:30 iN2L: Movie Memories (2F) 6:30 Game Night: Monopoly (1F)</p>	<p>9</p> <p>9:30 Gentle Moves (2F) 10:00 Men's Club: Hometown Tour Hegin Valley (OOB) 10:30 Coffee &amp; Brain Games (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Ice Cream Social (2F) 4:00 Prize Puzzle of the Week (2F) 5:30 Jeopardy (2F) 6:30 Pennsylvania Polka (2F)</p>
<p>10</p> <p>9:30 Whole Body Stretch (2F) 10:00 Activities for the Soul (2F) 10:30 Confident Cruiser (HW) 12:00 Wine &amp; Dine (DR) 2:00 iN2L: Methodist Service (2F) 3:00 iN2L: Catholic Service (2F) 6:30 Game Night: Scrabble (2F)</p>	<p>11</p> <p>9:30 Move2Music (2F) 10:00 Ed-U Presentation: Mountain Road Jiu-Jitsu Demonstration (2F) 10:30 Mass with Deacon Henninger (1F) 11:00 Mother Teresa EWNT 49 1:30 Kitchen Krew: Pumpkin Cookies (2F) 3:00 Manicures (2F) 6:30 Music &amp; Mindful Colors (1F) 8:15 Colts vs. Ravens ESPN</p>	<p>12</p> <p>9:30 Core Strength Exercise (2F) 10:00 Wishes Come True: Social with Members of Troop L Pennsylvania State Police (1F) 11:00 Giant Crossword Puzzle (2F) 2:00 Coal Country Ghosts &amp; Legends: Broad Mountain Ghost (2F) 3:30 Liquid Web Cocktails (2F) 6:30 Scrabble Team (1F)</p>	<p>13</p> <p>9:30 Sit &amp; Be Fit (2F) 10:00 Dining Committee (2F) 10:30 iN2L Learning: Webisode Revolution (2F) 11:00 Helping Hands: Set up For Party (2F) 2:00 October Fest: Entertainment by Music in the Living (2F) 3:30 Brew &amp; Bratwurst Social (2F) 6:30 Scripture Reading EWNT (49)</p>	<p>14</p> <p>9:30 Genesis Exercise (2F) 10:00 Daily Chronical (2F) 10:00 Ed-U Tour: Hope Hill Lavender Farm **\$\$ (OOB) 1:00 Diners Caravan: Burger King **\$\$ (OOB) 3:30 Jigsaw Puzzle Team (2F) 6:30 Card Club: Phase 10 (1F)</p>	<p>15</p> <p>9:30 Target Arm Strength Exercises (2F) 10:00 Opinion Column &amp; Discuss (2F) 10:30 Indoor Walk (HW) 11:00 Mother Teresa EWNT (2F) 2:00 Jigsaw Puzzle Team (2F) 3:30 iN2L: Movie Memories (2F) 6:30 Game Night: Monopoly (1F)</p>	<p>16</p> <p>9:30 Gentle Moves (2F) 10:00 October Fact or Fiction (2F) 10:30 Coffee &amp; Brain Games (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Ice Cream Social (2F) 4:00 Prize Puzzle of the Week (2F) 5:30 Jeopardy (2F) 6:30 Pennsylvania Polka (2F)</p>
<p>17</p> <p>9:30 Whole Body Stretch (2F) 10:00 Activities for the Soul (2F) 10:30 Confident Cruisers (HW) 12:00 Wine &amp; Dine (DR) 2:00 Church of God Memorial Service (DR) 3:30 Fellowship Social (DR) 6:30 iN2L: Catholic Service (2F)</p>	<p>18</p> <p>9:30 Move2Music (2F) 10:00 Pumpkin Carols (2F) 10:30 Mass with Deacon Henninger (1F) 11:00 Mother Teresa EWNT 49 1:30 Shirley's Aromatherapy Hand And Neck Massages (2F) 3:00 Manicures (2F) 6:30 Music &amp; Mindful Colors (1F) 8:15 Bills vs. Titans ESPN</p>	<p>19</p> <p>9:30 Core Strength Exercise (2F) 10:00 Today in History (2F) 10:30 Coal Country Ghosts &amp; Legends: Madeline the Spirit of Jim Thorpe(2F) 11:00 Giant Crossword Puzzle (2F) 12:00 October Birthday Celebration (1F) 2:00 Yoga with Leah (2F) 3:30 Karaoke with Alexa (2F) 6:30 Scrabble Team (1F)</p>	<p>20</p> <p>9:30 Sit &amp; Be Fit (2F) 10:00 Daily Chronical &amp; Discuss (2F) 10:30 iN2L Learning: Webisode Liberty for All (2F) 11:00 Word Grid (2F) 1:30 Service in Action: Chopping Vegetables For Greek Salad (2F) 3:30 Confident Cruisers (HW) 6:30 Scripture Reading EWNT (49)</p>	<p>21</p> <p>9:30 Genesis Exercise (2F) 10:00 Today in History (2F) 10:30 Pa. German Superstitions: A Smiling Baby (2F) 1:00 Diners Caravan: Ruby Tuesdays **\$\$ (OOB) 3:30 Jigsaw Puzzle Team (2F) 6:30 Card Club: Phase 10 (1F)</p>	<p>22</p> <p>9:30 Target Arm Strength Exercises (2F) 10:00 Opinion Column &amp; Discuss (2F) 10:30 Fall Fest Crafts (2F) 11:30 Helping Hands: Serving Farm To Table Salad (DR) 2:00 Welcome Ambassador Social (2F) 3:30 iN2L: Movie Memories (2F) 6:30 Game Night: Monopoly (1F)</p>	<p>23</p> <p>9:30 Gentle Moves (2F) 10:00 October Fact or Fiction (2F) 10:30 Coffee &amp; Brain Games (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Ice Cream Social (2F) 4:00 Prize Puzzle of the Week (2F) 5:30 Jeopardy (2F) 6:30 Pennsylvania Polka (2F)</p>
<p>24</p> <p>9:30 Whole Body Stretch (2F) 10:00 Activities for the Soul (2F) 10:30 Confident Cruisers (HW) 12:00 Wine &amp; Dine (DR) 2:00 iN2L: Methodist Service (2F) 3:30 iN2L: Catholic Service (2F) 6:30 Game Night: Scrabble (2F)</p>	<p>25</p> <p>9:30 Move2Music (2F) 10:00 Halloween Around the World (2F) 10:30 Mass with Deacon Henninger (1F) 11:00 Mother Teresa EWNT 49 1:30 Cooking Demo with Chef Sean (2F) 3:00 Manicures (2F) 6:30 Music &amp; Mindful Colors (1F) 8:15 Saints vs. Seahawks ESPN</p>	<p>26</p> <p>9:30 Core Strength Exercise (2F) 10:00 Today in History (2F) 10:30 Coal Country Ghosts &amp; Legends: Whimsical Wraith at Pottsville B&amp;B (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Drum Circle with Joe (2F) 3:30 Cool Drinks Happening (2F) 6:30 Scrabble Team (1F)</p>	<p>27</p> <p>9:30 Sit &amp; Be Fit (2F) 10:00 Daily Chronical &amp; Discuss (2F) 10:30 iN2L Learning: Webisode Wake Up America (2F) 11:00 Word Grid (2F) 2:00 Fall Fest Craft Committee (2F) 3:30 Confident Cruisers (HW) 6:30 Community Drive By Safe Trick or Treat Night (OOB)</p>	<p>28</p> <p>9:30 Balance in Action (2F) 10:00 Today in History (2F) 10:30 Pa. German Superstitions: Unlucky Days (2F) 2:00 Halloween Party: Entertainment By Lee Moyer (2F) 3:30 Witches Brew Cocktail And Mummy Meatball Social (2F) 6:30 Card Club: Phase 10 (1F)</p>	<p>29</p> <p>9:30 Target Arm Strength Exercises (2F) 10:00 Opinion Column &amp; Discuss (2F) 10:30 Indoor Walk (HW) 10:30 Puzzle Packs (1F) 11:00 Mother Teresa EWNT (2F) 2:00 Jigsaw Puzzle Team (2F) 3:30 iN2L: Movie Memories (2F) 6:30 Game Night: Monopoly (1F)</p>	<p>30</p> <p>9:30 Gentle Moves (2F) 10:00 October Fact or Fiction (2F) 10:30 Coffee &amp; Brain Games (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Ice Cream Social (2F) 4:00 Prize Puzzle of the Week (2F) 5:30 Jeopardy (2F) 6:30 Pennsylvania Polka (2F)</p>