

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 (Pottsville)

Thursday, October 21st
10am – 12pm &
1:30pm – 3pm



Providence Place SENIOR LIVING News

Q4: October 2021

A Note from the Executive Director

Soon we will see the beautiful fall colors adorning the trees and feel the cool refreshing air. It is hard to believe it's only 92 days until Christmas! My, how the time flies!

There is a lot of planning going on to celebrate autumn with new menus and activities. Please review the calendar of activities and menus for the upcoming weeks!

We have been monitoring the COVID positivity rates in Schuylkill County. We continue to see a rise in the rates so we need to be diligent in our prevention measures. Please always wear a mask when visiting and check in at the front desk for Department of Health required screening. We continue to follow all COVID guidelines. If any new information is available, Providence Place will be certain to notify you.

Many of our residents participated in some fun activities for National Assisted Living Week from September 12th through September 18th. They participated in a breakfast, prepared by our very own Community Life staff, and played with the staff in a cornhole tournament. Our Community Life staff continue to do an outstanding job with the entertainers and programs. I look forward to continued events for our residents and families. There is so much upcoming! Please get out and join in the fun!

Thankfully,
Tracy Mason, Executive Director

Highlighted Events

- 2 – **Walk to End Alzheimers** @ 9am
- 9 – **Trick or Treat Bingo** with the Pioneer Girls @ 2pm
- 13 – **Outing to Hart's Farm** @ 1:30pm - *Connections Club*
- 13 – **Variety Show** @ 2pm
- 20 – **St. Clair Halloween Parade**
Come see our festive bus!
- 21 – **Outing to Weaver's Orchard** @ 10am – *Connections Club*
- 25 – **Schuylkill County Ghost Stories** by Historical Society @ 2pm
- 31 – **Halloween Party** @ 2pm



*Dimensions
of Wellness*

Resident Birthdays

October

Galen Clouser
Lillie Kauffman
Theresa Zegarski
Frank Trasatt
William Thompson
Jean Twardzik
Anna Neumeister
Patricia Chess
Mildred Gabardi
Constance Hafer
Lorraine Champion
Nancy Palamar
Elizabeth Lawson

November

Joyce Torpey
Carol Bernitsky
Joan Brazinsky
Joseph Stokus
Jane Carroll
Melina Capitanio
Tecla Garbarino

December

Ann Mohrman
Dorothy Schaeffer
Robert Long
Shirley Lerch
Warren Hassinger
Jean Weist
Barbara Higgins
Vera Chisick
Anneliese Hueske
Carol Seitzinger
Anna Mae Callan
Marion Barton
Nancy Krynack



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

Welcome New Residents

Catherine Hoffman
Kenneth Frie
Dean Brauer
Helen Reigel

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Halloween 31</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Trinity Lutheran Church: Live Stream (PUB)</p> <p>10:00 Fall Prevention Series: Tai Chi for Balance (A)</p> <p>1:30 Helping Hands: Set Up (PUB)</p> <p>2:00 Halloween Party (PUB)</p> <p>3:00 Communion Service (C)</p> <p>3:30 Walk for Heart Health (OOB)</p> <p>6:15 Kings in the Corner (PUB)</p>	<p>THE</p> <h1>Club</h1>		<p>Calendar Key:</p> <p>(A) Activity Room (LIB) Library (1:1) 1 on 1 (C) Chapel (OOB) Out of Building (PUB) Pub (CN) Connections (FP) Front Porch (AF) All Floors (ML) Main Lobby (P) Patio (PL) Parking Lot (\$\$) Cost Involved</p>	<h1>October</h1> <h1>2021</h1>	<p>1</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussions (A)</p> <p>10:15 October Trivia (CN)</p> <p>10:30 Hydration & Small Bites (CN)</p> <p>1:30 Zumba with Michele (PUB)</p> <p>2:30 Football Friday Afternoon (PUB)</p> <p>3:00 Communion Service (C)</p> <p>3:30 Penn State Cocktail Hour (PUB)</p> <p>6:15 Board Games: Monopoly (PUB)</p>	<p>2</p> <p>9:00 Alzheimer's Walk (OOB)</p> <p>10:00 Baking Club (A)</p> <p>10:30 Talk & Taste (A)</p> <p>1:00 College Football Games (3FL)</p> <p>2:00 Bingo for Prizes (A)</p> <p>2:30 Hydration & Healthy Bites (P)</p> <p>3:00 iN2L Discovery Earth: Argentina (PUB)</p> <p>3:30 Walk for Heart Health (ML)</p> <p>6:15 War (A)</p>
<p>3</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Trinity Lutheran Church: Live Stream (PUB)</p> <p>10:00 Fall Prevention Series: Tai Chi for Balance (A)</p> <p>1:00 Video Chat with Families (1:1)</p> <p>1:00 Movie: <i>Hocus Pocus</i> (PUB)</p> <p>3:00 Communion Service (C)</p> <p>3:30 Walk for Heart Health (OOB)</p> <p>6:15 Kings in the Corner (PUB)</p>	<p>4</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussions (A)</p> <p>10:30 Memory Magic (CN)</p> <p>11:30 Walk for Heart Health (ML)</p> <p>1:00 Reminiscing: DL & Street Signs (A)</p> <p>2:00 Drama Club: Haunted Forest (A)</p> <p>3:00 Communion Service (C)</p> <p>3:30 Oktoberfest Cocktail Hour (PUB)</p> <p>6:30 Bridge Club (PUB)</p>	<p>5</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussions (A)</p> <p>10:30 Traveling Tune Tuesday (CN)</p> <p>1:30 Garden Club: Planting Spring Bulbs (P)</p> <p>2:30 Gratitude Display/ 5 Health Benefits of Expressing Gratitude (A)</p> <p>3:00 Finish My Line (ML)</p> <p>6:15 Nickel Bingo \$\$ (PUB)</p>	<p>6</p> <p>8:30 Ladies Breakfast (A)</p> <p>9:00 Morning Meeting & Inspirations (P)</p> <p>10:00 Lite & Lively (PUB)</p> <p>10:30 Worship Service (C)</p> <p>1:00 Leave for Leaf Peeping (OOB)</p> <p>1:30 Sundaes @ Buddy's Log Cabin (OOB)</p> <p>3:30 Cocktail Hour (PUB)</p> <p>6:15 Nickle Po-Ke-No \$\$ (PUB)</p>	<p>7</p> <p>9:00 Morning Meeting & Inspirations (P)</p> <p>9:30 Daily Chronicle & Discussions (P)</p> <p>10:00 Fittercise (A)</p> <p>10:30 Hydration & Small Bites (A)</p> <p>1:30 Meditation for Inner Peace (P)</p> <p>2:00 Craft Corner: Wycinanki Art (A)</p> <p>2:30 Hydration & Healthy Bites (PUB)</p> <p>3:30 Walk for Heart Health (ML)</p> <p>6:15 Nickel Polish Bingo \$\$ (PUB)</p>	<p>8</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussions (A)</p> <p>10:15 Create & Explore: Scarecrows (CN)</p> <p>10:30 Hydration & Healthy Bites (CN)</p> <p>1:30 Zumba with Michele (A)</p> <p>2:30 Football Friday Afternoon (PUB)</p> <p>3:00 Communion Service (C)</p> <p>3:30 Notre Dame Cocktail Hour (PUB)</p> <p>6:15 Board Games: Monopoly (PUB)</p>	<p>9</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussion (A)</p> <p>10:00 Baking Club (A)</p> <p>10:30 Talk & Taste (A)</p> <p>1:00 College Football Games (3FL)</p> <p>2:00 Bingo for Prizes (A)</p> <p>2:30 Hydration & Healthy Bites (A)</p> <p>3:15 iN2L Discovery Earth: Peru (PUB)</p> <p>6:15 500 Rummy (A)</p>
<p>10</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Trinity Lutheran Church: Live Stream (PUB)</p> <p>10:00 Fall Prevention Series: Tai Chi for Balance (A)</p> <p>1:00 Video Chat with Families (1:1)</p> <p>1:00 Movie: <i>Young Frankenstein</i> (PUB)</p> <p>3:00 Communion Service (C)</p> <p>3:30 Walk for Heart Health (ML)</p> <p>6:15 Kings in the Corner (PUB)</p>	<p>11</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussions (A)</p> <p>10:15 Memory Magic (CN)</p> <p>1:15 Word Search (A)</p> <p>2:00 Manicures & Hand Massages (A)</p> <p>2:30 Hydration & Healthy Bites (A)</p> <p>3:00 Communion Service (C)</p> <p>3:30 Cider Cocktail Hour (PUB)</p> <p>6:30 Bridge Club (PUB)</p>	<p>12</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussions (A)</p> <p>10:15 Name That Tune (CN)</p> <p>10:30 Hydration & Healthy Bites (CN)</p> <p>1:00 Meditation in the Garden (P)</p> <p>2:00 Begins With/ Name 5 Game</p> <p>3:00 PP Wishes Celebration (PUB)</p> <p>6:15 Nickel Bingo \$\$ (PUB)</p>	<p>13</p> <p>9:00 Morning Meeting & Inspirations (PUB)</p> <p>9:30 Coffee, Donuts & Discussions (PUB)</p> <p>10:30 Worship Service (C)</p> <p>1:00 Leave for Pumpkin Run to Hart's Farm in Ringtown (OOB)</p> <p>2:30 Short Stories: The Witch of Ringtown Valley (OOB)</p> <p>3:30 Autumn Sunset Cocktail Hour (PUB)</p> <p>4:00 Video Chat with Families (1:1)</p> <p>6:15 Nickel Po-Ke-No \$\$ (PUB)</p>	<p>14</p> <p>9:00 Morning Meeting & Inspirations (P)</p> <p>9:30 Daily Chronicle & Discussions (P)</p> <p>10:00 Lite & Lively (A)</p> <p>10:30 Hydration & Small Bites (A)</p> <p>1:30 Find a Word Puzzle (A)</p> <p>2:00 Pumpkin Decoupage (A)</p> <p>3:00 Xbox Bowling (A)</p> <p>3:30 Hydration & Healthy Bites (A)</p> <p>6:15 Nickel Polish Bingo \$\$ (PUB)</p>	<p>15</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussions (A)</p> <p>10:30 "I Love Lucy" Trivia (CN)</p> <p>1:30 Zumba with Michele (PUB)</p> <p>2:30 Football Friday Afternoon (PUB)</p> <p>3:00 Communion Service (C)</p> <p>3:30 Ohio State Cocktail Hour (PUB)</p> <p>6:00 Nickel Polish Bingo (PUB)</p>	<p>16</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussion (A)</p> <p>10:00 Baking Club (A)</p> <p>10:30 Talk & Taste (A)</p> <p>11:00 Walk for Heart Health (ML)</p> <p>2:00 Bingo for Prizes (A)</p> <p>2:30 Hydration & Healthy Bites (A)</p> <p>3:15 iN2L Discovery Earth: Chile (PUB)</p> <p>6:15 Pinochle (A)</p>
<p>17</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Trinity Lutheran Church: Live Stream (PUB)</p> <p>10:00 Fall Prevention Series: Tai Chi for Balance (A)</p> <p>1:00 Video Chat with Families (1:1)</p> <p>1:00 Movie: <i>Practical Magic</i> (PUB)</p> <p>3:00 Communion Service (C)</p> <p>3:30 Walk for Heart Health (ML)</p> <p>6:15 Kings in the Corner (PUB)</p>	<p>18</p> <p>9:00 Morning Meeting & Inspirations (SL)</p> <p>9:30 Daily Chronicle & Discussions (SL)</p> <p>10:30 Memory Magic (CN)</p> <p>11:00 Walk for Heart Health (ML)</p> <p>1:00 Word Search (A)</p> <p>2:00 Apple Cider & Pumpkin Pastries (A)</p> <p>2:30 History of Caged Graves (A)</p> <p>3:00 Communion Service (C)</p> <p>3:30 Pumpkin Cocktail Hour (PUB)</p> <p>6:35 Bridge Club (PUB)</p>	<p>19</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussions (A)</p> <p>10:15 Sing-A-Long (CN)</p> <p>10:30 Hydration & Small Bites (A)</p> <p>2:00 Magician Eddy Ray (PUB)</p> <p>3:00 Finish My Line (ML)</p> <p>3:30 Walk for Heart Health (ML)</p> <p>6:15 Nickel Bingo \$\$ (PUB)</p>	<p>20</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Coffee, Donuts & Discussions (PUB)</p> <p>10:00 Chair Exercises (PUB)</p> <p>10:30 Worship Service (C)</p> <p>11:00 Walk for Heart Health (ML)</p> <p>2:00 Making of Pumpkin Custard Pies (A)</p> <p>3:00 Video Chat with Families (1:1)</p> <p>5:30 Make-Up & Costumes (ML)</p> <p>6:30 Leave for St. Clair Halloween Parade</p>	<p>21</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussions (A)</p> <p>10:00 Weaver's Orchard: Apple Picking \$\$ (OOB)</p> <p>10:30 Hydration & Healthy Bites (A)</p> <p>2:00 Drum Circle with Joe (PUB)</p> <p>2:30 Helping Hands: Set Up (P)</p> <p>3:00 Art Class with Kim (P)</p> <p>4:00 Walk for Heart Health (OOB)</p> <p>6:15 Nickel Polish Bingo \$\$ (PUB)</p>	<p>22</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussions (A)</p> <p>10:00 Pictionary (CN)</p> <p>11:00 Walk for Heart Health (ML)</p> <p>1:30 Zumba with Michele (PUB)</p> <p>2:30 Football Friday Afternoon (PUB)</p> <p>3:00 Communion Service (C)</p> <p>3:30 Harvard Cocktail Hour (PUB)</p> <p>6:00 Nickel Polish Bingo (PUB)</p>	<p>23</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussion (A)</p> <p>10:00 Baking Club : Baked Apples (A)</p> <p>10:30 Talk & Taste (A)</p> <p>11:00 Walk for Heart Health (ML)</p> <p>2:00 Bingo for Prizes (A)</p> <p>2:30 Hydration & Healthy Bites (A)</p> <p>3:15 iN2L Discovery Earth: Brazil (PUB)</p> <p>6:15 Solitaire (A)</p>
<p>24</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Trinity Lutheran Church: Live Stream (PUB)</p> <p>10:00 Fall Prevention Series: Tai Chi for Balance (A)</p> <p>1:00 Video Chat with Families (1:1)</p> <p>1:00 Movie: <i>Dracula</i> (PUB)</p> <p>1:00 NFL Football Sunday (2FL)</p> <p>3:00 Communion Service (C)</p> <p>6:15 Kings in the Corner (A)</p>	<p>25</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussions (A)</p> <p>10:15 Memory Magic (CN)</p> <p>10:30 Hydration & Healthy Bites (CN)</p> <p>1:30 Jigsaw Puzzle Competition (P)</p> <p>2:00 Sch. County Ghost Stories by Historical Society</p> <p>3:00 Communion Service (C)</p> <p>3:30 Witches Brew Cocktail Hour (PUB)</p> <p>6:30 Bridge Club (PUB)</p>	<p>26</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussions (A)</p> <p>10:15 Pumpkin Painting (CN)</p> <p>10:30 Hydration & Small Bites (CN)</p> <p>2:00 Schlitzter Allen Pugh Presentation: Civil War Grave Tours (PUB)</p> <p>2:30 Helping Hands: Set Up (A)</p> <p>3:00 Create with a Leaf (A)</p> <p>6:15 Nickel Bingo \$\$ (PUB)</p>	<p>27</p> <p>9:00 Morning Meeting & Inspirations</p> <p>9:30 Coffee, Donuts & Discussions (PUB)</p> <p>10:00 Chair Exercises (PUB)</p> <p>10:30 Worship with Pastor Randy</p> <p>1:30 Appreciation Club (A)</p> <p>2:00 Preparation of Treat Bags for CN (A)</p> <p>3:00 Video Chat with Families (1:1)</p> <p>3:30 Cocktail Hour (PUB)</p> <p>6:15 Nickel Po-Ke-No \$\$ (PUB)</p>	<p>28</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussions (A)</p> <p>10:00 Station Exercises on the Trail (OOB)</p> <p>11:00 Halloween Hangman (A)</p> <p>2:00 John Steven's Polka Band (PUB)</p> <p>2:00 Birthday Celebration with Entertainment by Vic Boris (CN)</p> <p>3:30 iN2L Exploration (CN)</p> <p>6:15 Nickle Polish Bingo \$\$ (PUB)</p>	<p>29</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussions (A)</p> <p>10:00 Halloween Social (CN)</p> <p>11:00 Walk for Heart Health (ML)</p> <p>1:30 Zumba with Michele (PUB)</p> <p>2:30 Football Friday Afternoon (PUB)</p> <p>3:00 Communion Service (C)</p> <p>3:30 Georgia Tech Cocktail Hour (PUB)</p> <p>6:00 Nickel Polish Bingo (PUB)</p>	<p>30</p> <p>9:00 Morning Meeting & Inspirations (A)</p> <p>9:30 Daily Chronicle & Discussion (A)</p> <p>10:00 Baking Club (A)</p> <p>10:30 Talk & Taste (A)</p> <p>11:00 Walk for Heart Health (ML)</p> <p>2:00 Hallows' Eve Bingo for Prizes (A)</p> <p>2:30 Hydration & Healthy Bites (A)</p> <p>3:15 iN2L Discovery Earth: Columbia (PUB)</p> <p>6:15 War (A)</p>