

Focus on Wellness

Not feeling particularly cheery this time of year? You're not alone. Many find that the holidays bring as much stress as they do joy. But there are ways to ease through the season with mindfulness. *Mindfulness is bringing your attention to the present moment. It is noticing when we get caught up in thoughts about the past or future and return our attention to the present – the only reality.*

How can we be more mindful this season?:

- Accept Imperfection
- Don't lose sight of what really counts
- Respond with Kindness
- Rethink your Resolutions

Wishing you peace & joy this season and into 2022!



Dimensions
of Wellness

Resident Birthdays

December

1 – Mossie Sites	24 – Ronald Hocker
5 – Alice Galbraith	25 – Frances Kerlin
8 – Norman Kennedy	29 – Ruth Yocum
10 – Donald Bankert	30 – John Houpt
12 – Dona Zullinger	31 – Mary Hocker
12 – Ray Kaufman	31 – Dolores Howard
14 – Donald Begalke	
15 – Reuben Wadel	
16 – Lavada Norko	
16 – Dorothy Wallace	



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



Providence Place SENIOR LIVING News

Q4: December 2021

A Note from the Executive Director

We can now see the holiday spirit filling our community. There is a lot of planning going on to celebrate the season with new menus and activities. Please review the calendar for the upcoming weeks!

We have been monitoring the COVID positivity rates in Franklin 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 required screening questions. We continue to follow all COVID guidelines. If any new information is available, Providence Place will be certain to notify you.

There are plenty of opportunities to celebrate in the coming weeks and we look forward to our December holiday celebrations. Stay tuned for details for residents, families and team members.

Best,

Holly Townsend, Executive Director

Highlighted Events

- 8 – **Holiday Social** @ 2pm
with Bayada Home Health Care
- 19 – **Cookies & Cocoa with Santa**
@ 2-4pm
- 21 – **EdU: Christmas in America**
with Roy Justice @ 2pm

Welcome New Residents

Shirley St. Clair
Claire Jamison
Al Fischer
Johanna Spierenburg

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">THE <i>Club</i></p>		<p>Calendar Key: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CN) ** Registration Required \$\$ Cost Involved</p>	<p>1 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 1:30 Crafty Creation: Design Your Own Stocking Stuffer (CN) 2:00 Sip and Show (CN) 3:00 Helping Hands: Tree Decorating (3A) 6:15 Horseshoes (3E)</p>	<p>2 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Church Service (CN) 2:00 Gifts for Giving : Holiday Stamped Tea Towels (3A) 3:00 Hydration Station (P) 6:15 Musical Entertainment with Sum of Each Quartet Holiday Mix (2A)</p>	<p>3 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Santa's Workshop Detective (3A) 1:30 Walk and Stroll Club (HW) 2:30 Sing With Dave Powers (CN) 3:00 Sip and Sing (CN) 6:15 <i>Movie Night:</i> <i>It's a Wonderful Life</i> (3A)</p>	<p>4 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Gifts for Giving: Holiday Bracelets (3A) 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 iN2L: © Passport Travels: Ireland (2A) 6:15 Puzzle Club (3A)</p>
		<p>5 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: The History of Holly And Mistle Toe (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:15 Musical Entertainment with Bryan Herber (2A) 6:15 Not Forgotten Ministries (2A)</p>	<p>6 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Circle of Friends with Chaplain Rick (PDR) 10:00 iN2L: Hymn Sing (2A) 1:30 Pink Ladies Club (CN) 2:30 Sip and Make a New Friend (CN) 3:00 Bible Study (CN) 6:15 Card Club (P)</p>	<p>7 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Ed U Presentation: Appalachian Mountains with Terry (2A) 1:30 Balance & Action (3E) 2:00 Crafty Creations: Holiday Greeting Cards (3A) 3:00 Hydration Station (3A) 6:15 Game Shows (Ch. 78) Remember Pearl Harbor</p>	<p>8 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dining Committee Meeting (2A) 1:30 Karaoke (CN) 2:00 December Birthday Celebration (CN) 3:00 Musical Entertainment with Jessica Snyder (CN) 6:15 Horseshoes (3E)</p>	<p>9 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Church Service (CN) 1:30 Crafty Creations: Candy Cane Wreath (CN) 2:00 Sip and Show (CN) 3:00 Brain Games: A Christmas Carol (3A) 6:15 Chit Chat in the Front Lobby (FL)</p>
<p>12 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Laugh Therapy (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>13 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Circle of Friends with Chaplain Rick (PDR) 10:00 Coal Mining Music With Jay Smar (CN) 1:30 Pink Ladies Club: Personal Care (CN) 2:30 Tea Time With Frances (CN) 3:00 Bible Study (CN) 6:15 Card Club (P)</p>	<p>14 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Day Excursion: Turn's Duck Pin Bowling (CN) 11:00 Diners Caravan: Pizza (OOB) 1:30 Balance & Action (3E) 2:00 Hydration Station (3A) 3:00 Brain Games: Christmas Song Picture Wordies (3A) 6:15 Game Shows (Ch. 78)</p>	<p>15 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Five Below \$\$ (OOB) 1:00 Kitchen Creations: Candy Cane Snowmen (CN) 1:30 Balance & Action (3E) 2:00 Fireside Chat (2A) 3:00 iN2L: Prize Bingo (3A) 6:15 Horseshoes (3E)</p>	<p>16 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Church Service (CN) 1:30 Art Exploration: Mixed Media (C) 2:00 Musical Entertainment with Tom Shultz (2A) 3:00 Hydration Station: Holiday Punch (P) 6:15 Chit Chat in the Front Lobby (FL)</p>	<p>17 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Dancing Through the Decades (3A) 1:30 Balance & Action (3E) 2:00 Musical Concert with Frances Drost (2A) 3:00 December Trivia (3A) 6:15 <i>Movie Night: A Christmas Story</i> (3A)</p>	<p>18 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Brain Games: Children's Toys Word Search 1:30 Saturday Sitcom (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Let Reminisce: Christmas Carols (3A) 6:15 Puzzle Club (3A)</p>
<p>19 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Laugh Therapy (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 2:00 Cookies and Cocoa With Santa 6:15 Songs and Scripture (Ch. 809)</p>	<p>20 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Circle of Friends with Chaplain Rick (PDR) 10:00 Hymn Sing (2A) 1:30 Pink Ladies Club (CN) 2:30 Iced Tea Time (CN) 3:00 Bible Study (CN) 6:15 Card Club (P)</p>	<p>21 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Christmas Bingo (3A) 1:30 Balance & Action (3E) 1:30 Crafty Creation: Felt Angels (CN) 2:00 Sip and Show (CN) 3:00 Gifts for Giving: Left, Right Present game(3A) 6:15 Game Shows (Ch. 78)</p>	<p>22 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 11:00 Diners Caravan: Perkins (3A) 1:30 Balance & Action (3E) 2:00 Kitchen Creation: Holiday Baking (CN) 3:00 Sip and Taste (CN) 6:15 Horseshoes (3E)</p>	<p>23 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Church Service (CN) 1:30 Reindeer Ring Toss (CN) 2:00 Holiday Social Hour w/ Coquito (CN) 6:15 Chit Chat in the Front Lobby (FL)</p>	<p>24 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Seated Chair Exercise (3A) 1:30 Brain Game: Santa's Secret Code (3A) 2:00 Exploring The iN2L (3A) 3:00 Social Hour : Spiked Hot Cocoa or Not (P) 6:15 <i>Movie Night: Miracle on 34th St.</i> (3A) Christmas Eve</p>	<p>25 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Aromatherapy and Nails (3A) 1:30 Balance & Action (3E) 2:00 iN2L: © Holiday Tunes (3A) 3:00 Sugar Cookie Social (FL) 6:15 Puzzle Club (3A) Christmas Day</p>
<p>26 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Laugh Therapy (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>27 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Circle of Friends with Chaplain Rick (PDR) 10:00 iN2L: Hymn Sing (2A) 1:30 Pink Ladies Club: New Year's Eve Popper's (CN) 2:30 Hot Cocoa Hour (CN) 3:00 Bible Study (CN) 6:15 Card Club (P)</p>	<p>28 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Brain Games: Pop the Champagne Quote (3A) 1:30 Balance & Action (3E) 1:30 Crafty Creations: Herbal Satchel (CN) 2:00 Sip and Show (CN) 3:00 Brain Game: New Year Word Match (3A) 6:15 Game Shows (Ch. 78)</p>	<p>29 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: Prize Bingo (3A) 1:30 Balance & Action (3E) 1:30 Kitchen Creation: Mexican Corn Bread (CN) 2:00 Taste and Tell (CN) 3:00 Brain Game: Happy New "Year" (3A) 6:15 Horseshoes (3E)</p>	<p>30 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dance Class with Jess (FL) 10:00 Church Service (CN) 1:30 1950's Musical Countdown (CN) 2:00 New Year Social : Sip Sip Hooray! (CN) 3:00 Brain Games: New Year's Eve Message (3A) 6:15 Chit Chat in the Front Lobby (FL)</p>	<p>31 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Making New Year Resolutions (3A) 1:30 Walk and Stroll Club (HW) 2:00 Super Social Hour Best of 2021 and Unboxing 2020 Time Capsule (P) 6:15 <i>Movie Night: Holiday TV Classics</i> (3A) New Year's Eve</p>	<p style="text-align: center; font-size: 2em;">December 2021</p>