

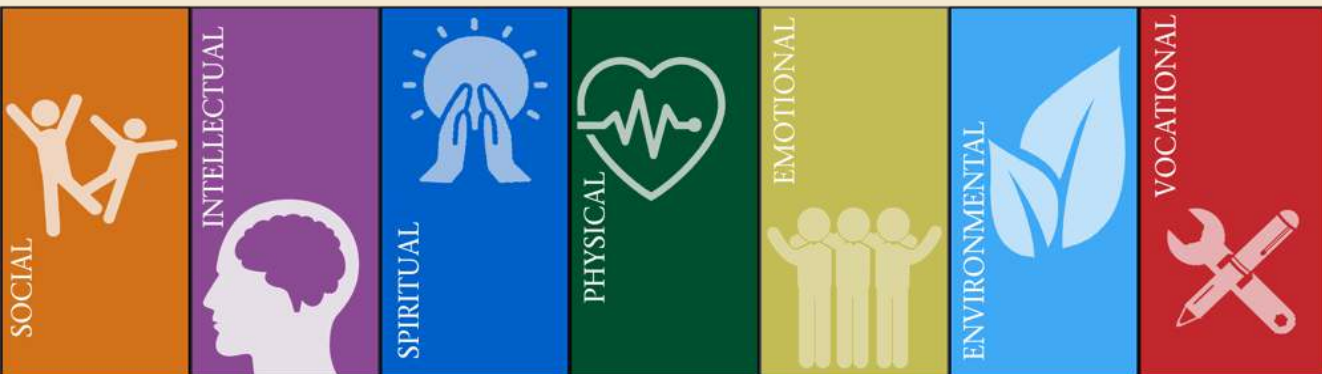
Focus on Wellness

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		
		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 (CC) **Registration Required, \$\$ Cost Involved	1 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA**\$\$ (OOB) 10:00 Helping Hands: Building Wide Holiday Décor Set Up (FL) 1:30 Seated Arm Weights (2A) 2:00 Blood Pressure Clinic (2A) 3:00 Helping Hands: Building Wide Holiday Décor Set Up (FL) 6:15 Blitz with Ruth (2A)	2 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (PDR) 10:00 Cooking Creation: Holiday Cookies (C) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:00 Musical Entertainment <i>Holiday Mix</i> by Sum of Each Quartet (2A)	3 9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Gift Wrapping Club (P) 1:30 Balance & Action (3E) 2:00 Card Club: Rummy (2A) 3:00 Celebrating December Birthdays (P) 6:15 Movie: <i>It's a Wonderful Life</i> (3A)	4 9:00 Light & Lively Exercise (3E) 10:00 Gifts for Giving: Jeweled Christmas Tree (C) 11:30 Taste of Town: Stoner's Family Restaurant**\$\$ (OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 iN2L Passport Travels to Ireland (2A) 6:15 Horseshoes (3E)		
		5 9:00 Light & Lively Exercise (3E) 9:30 Holiday Door Decorating Contest (See Flyer for Guidelines) 10:00 Aromatherapy and Nails (2A) 11:00 – 12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:15 Musical Entertainment by Bryan Herber (2A) 6:00 Song and Scripture (Ch.809)	6 9:00 Muffins and Mimosas (C) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 Seated Chair Exercise (2A) 2:00 iN2L Ed-U Clip & Discussion: Pearl Harbor (2A) 3:00 Game Club: Sequence (2A) 6:15 Card Club: UNO (2A)	7 Remember Pearl Harbor 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Ed-U Presentation: <i>Christmas Bird Count</i> by Retired Teacher Terry Neumyer (2A) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Prize Bingo (2A) 3:00 Jeopardy! (2A) 6:15 Corn Hole (3E)	8 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit :YMCA**\$\$ (OOB) 10:00 Dining Committee Meeting (2A) 1:30 Musical Entertainment by Jessica Snyder (3A) 2:00 Holiday Social Hosted by Bayada Home Health Care (P) 3:00 Jeopardy! (2A) 6:15 Card Club: Pinochle (2A)	9 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (PDR) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Billiards (3E)	10 9:00 Light & Lively Exercise (3E) 10:00 Craft Corner: Building Mini Gingerbread Houses (C) 10:00 Bible Study with Sharon (PDR) 2:00 Musical Entertainment by Adylynn Wood (2A) 3:00 Social Hour: Gingerbread (P) 6:15 Movie: <i>Christmas with the Kranks</i> (3A)	11 9:00 Light & Lively Exercise (3E) 9:30 Helping Hands: Holiday Napkin Ring Holders (C) 10:00 Gift Wrapping Club (P) 1:30 Stair Stepper Exercise (3E) 2:00 Nickel Bingo \$\$ (2A) 3:00 iN2L Passport Travels to North Pole(2A) 6:15 Game Club: Sequence (2A)
		12 9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Aromatherapy and Nails (2A) 11:00 – 12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Sipping Root Beer Floats and Holiday Music (P) 6:30 Song and Scripture (Ch.809)	13 9:00 Light & Lively (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 Seated Chair Exercise (2A) 2:00 Musical Entertainment featuring <i>Coal Mining Music</i> by Jay Smar(2A) 3:00 iN2L Ed-U Discussion: <i>History of the Bible, Who Wrote the Bible, Why is it Reliable?</i> Part 1 (2A) 6:15 Horseshoes (3E)	14 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: TJ Maxx**\$\$ (OOB) 10:00 Helping Hands: Christmas Candy Sleighs (C) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Nickel Bingo \$\$ (2A) 3:00 Community Life Planning Meeting (P) 6:15 Blitz with Ruth (2A)	15 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit :YMCA**\$\$ (OOB) 10:00 Gift Wrapping Club (P) 1:30 Seated Arm Weights (2A) 2:00 Fireside Chat & Holiday Door Decoration Winner Announcement (2A) 3:00 Coffee & Conversation (P) 6:15 Card Club: Dealer's Choice (2A)	16 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (PDR) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Musical Entertainment with Tom Shultz (2A) 3:00 Mid Week Worship Service (2A) 6:15 Card Club: UNO (2A)	17 9:00 Light & Lively Exercise (3E) 9:30 Walk or Roll Walking Club 10:00 Prize Bingo (2A) 1:30 Balance & Action (3E) 2:00 Musical Concert with Frances Drost (2A) 3:00 Peppermint Schnapps Social Hosted by Directors of Sales (P) 6:15 Movie: <i>A Christmas Story</i> (3A)	18 9:00 Light & Lively Exercise (3E) 9:30 Helping Hands: Holiday Napkin Ring Holders (C) 10:00 Gifts for Giving: Glitter Tree Ornament (C) 1:30 Stair Stepper Exercise (3E) 2:00 Horseshoes (3E) 3:00 Mexican Train Dominoes (C) 6:15 Billiards (3E)
		19 9:00 Light & Lively Exercise (3E) 9:30 Color Me Calm (L) 10:00 Aromatherapy and Nails (2A) 11:00 – 12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 2 - 4 Safe Community Event: Cookies & Cocoa with Santa (FL) 6:30 Song and Scripture (Ch.809)	20 9:00 Light & Lively (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 12:00 Men's Club Luncheon** (C) 2:00 iN2L Ed-U Discussion: <i>History of the Bible, Who Wrote the Bible, Why is it Reliable?</i> Part 2 (2A) 3:00 Jewelry Box Bingo (2A) 6:15 Blitz with Ruth (2A)	21 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree**\$\$ (OOB) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Roy Justice Virtually Presents <i>Christmas In America</i> (2A) 3:00 Ornament Bingo (2A) 6:15 Game Club: Sequence (2A)	22 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA**\$\$ (OOB) 11:30 Taste of Town: Olive Garden**\$\$ (OOB) 2:00 Candy Bar Bingo with Jen (2A) 3:00 Candy Canes 101: <i>How Are They Made?</i> (P) 3:30 Candy Cane Blind Tasting (P) 6:15 Card Club: Pinochle (2A)	23 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (PDR) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 4:00-5:30 Special Guest Carolers to Accompany the Dinner Service (DR)	Christmas Eve 24 9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles & Word Finds (L) 10:00 Bible Study with Sharon (PDR) 1:30 Balance & Action (3E) 2:00 White Elephant Prize Bingo (2A) 3:00 Social Hour: Spiked or Not Hot Cocoa (P) 6:15 Movie: <i>Miracle on 34th St.</i> (3A)	Christmas Day 25 9:00 Light & Lively Exercise (3E) 10:00 Prize Bingo (2A) 11:30 -12:30 Holiday Drink Service (DR) 1:30 Stair Stepper Exercise (3E) 2:00 iN2L Holiday Tunes (3A) 3:00 Sugar Cookie Social (P) 6:15 Horseshoes (3E)
		26 9:00 Light & Lively Exercise (3E) 9:30 Walk or Roll Walking Club 10:00 Aromatherapy and Nails (2A) 11:00 – 12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes (C) 6:30 Song and Scripture (Ch.809)	27 9:00 Light & Lively (3E) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 Seated Chair Exercise (2A) 2:00 iN2L Nickel Bingo (2A) 3:00 iN2L Ed-U Discussion: <i>The God Who Speaks</i> (2018) (2A) 6:15 Horseshoes (3E)	28 9:00 Light & Lively Exercise (3E) 10:00 Shopping Trip: Target**\$\$ (OOB) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 iN2L: Trivial Word Games (2A) 3:00 Reminiscing Holiday Favorites (P) 6:15 Card Club: Rummy (2A)	29 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit :YMCA**\$\$ (OOB) 10:00 Nickel Bingo \$\$ (2A) 1:30 Seated Arm Weights (2A) 2:00 Game Club: Sequence (2A) 3:00 Tea with Little Debbie (P) 6:15 Blitz with Ruth (2A)	30 9:00 Sit & Be Fit Exercise (3E) 9:00 <i>Greifshare</i> with Chaplain Rick (PDR) 10:00 Dance Class with Jess (FL) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Horseshoes (3E)	New Year's Eve 31 9:00 Light & Lively Exercise (3E) 9:30 Wii Bowling League (3E) 10:00 Year 2022 Calendar Bingo (2A) 1:30 Balance & Action (3E) 2:00 Super Social Hour: Best of 2021 and Unboxing 2020 Time Capsule (P) 6:15 Movie Night: Holiday TV Classics (3A)	<div style="text-align: center;"> <h1>December</h1> <h1>2021</h1> </div>