

# Focus on Wellness

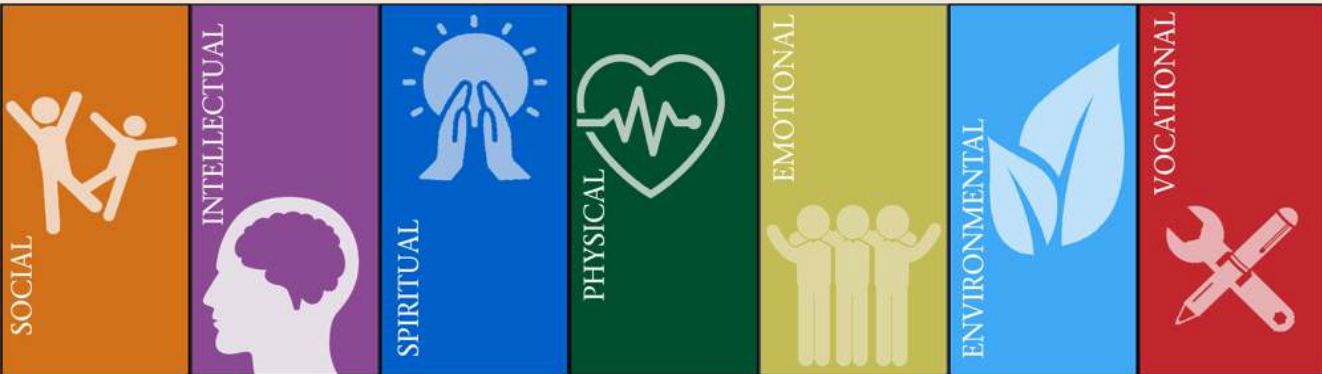
As we continue to navigate the COVID-19 pandemic, we must remain vigilant in our efforts to slow down the virus. To do this, vaccinations are crucial. For individuals that were fully-vaccinated more than 6 months ago, a booster is now available to ensure that our bodies remain able to fight the virus.

Each of our campuses will be hosting booster clinics for residents and co-workers that received the Pfizer or Moderna vaccine. Please contact your Executive Director or Director of Wellness for further details.

*Cynthia Avant*  
Director of Clinical Services

## *Covid Booster Clinic (Collegeville)*

**Wednesday, November 17<sup>th</sup>  
10am – 12pm**



*Dimensions  
of Wellness*

## *Resident Birthdays*

### *November*

11 – Bernard Cunningham  
11 – Vera Tornetta  
19 – Frances Kalbach  
25 – Dolores Heck

### *December*

11 – Kathleen Gomez  
16 – Richard Walter

Q4: November 2021

## *A Note from the Executive Director*

We will certainly have much to be thankful for this holiday season as we all return to Collegeville. I know we are all counting the days looking forward to our reunion of residents, families and staff. How wonderful it will be for our residents to have all of you be able to visit more easily for the holiday season.

We are so happy and fortunate to report that all of our Collegeville residents and staff remain COVID free at this time. We are making every effort to ensure that we will stay that way. With 100% of our residents vaccinated, this certainly helps our odds. We have a booster clinic coming on November 17<sup>th</sup> to help ensure everyone's continued health and safety.

Looking forward to a Happy and Healthy Holiday Season with all of you.

Best,

*Francie Hoch*

*Executive Director*

## *Highlighted Events*

- TBD – **Welcome Home Dinner**  
@ 4:30pm
- 9 – **Valley Forge Casino Trip** @ 10am
- 11 – **Fireside Chat with Francie**  
@ 1pm
- 11 – **EdU Presentation: The Rip  
Roarin' Ridin' Times of Teddy  
Roosevelt** @ 6pm
- 19 – **Happy Hour** @ 4pm  
*Entertainment by Kirk Mauer*



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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1 style="text-align: center;">November 2021</h1>	1	2	3	4	5	6	
	9:00 Coffee and Donuts (AR) 10:30 Chair Exercises (CR) 11:00 The Daily Chronicle (CR) 1:00 Bingo (AR) 2:15 November Trivia (AR) 3:00 Nature Walk (L) 4:00 Happy Hour (P)	9:00 Walk and Roll Club (L) 10:00 Retail Shopping at Wal-Mart** (OOB) 10:30 The Daily Chronicle (CR) 11:00 Wii Bowling (AR) 1:00 Pinochle Club (AR) 2:00 Tending to Houseplants (L) 3:30 Racko Card Club (P)	9:00 Walk and Roll Club (L) 10:00 Rosary and Spiritual Prayer Group with St. Eleanor's Legion of Mary (T) 11:00 The Daily Chronicle (CR) 1:00 Pinochle Club (AR) 2:15 Music Movements with Nadine (CR) 3:30 Billiards (GR)	9:00 Walk and Roll Club (L) 10:00 Trip Out: Ott's Greenhouse** (OOB) 11:00 Puzzle Club (CR) 1:00 Pokeno (AR) 2:15 Balance Class with Nadine (CR) 3:00 Mexican Train (CR) 4:30 Welcome Home Dinner (DR)	9:00 Walk and Roll Club (L) 10:30 Balloon Volleyball (CR) 1:00 Bingo (AR) 2:30 Pinochle Card Club (CR) 3:00 Green Thumbs: Tending to plants (L) 4:00 Happy Hour (P) 6:00 Board Games (CR)	10:00 Wii Bowling (CR) 11:00 The Daily Chronicle (CR) 1:00 Resident Run Bingo (AR) 2:00 College Football (T) 3:30 Puzzle Club (CR) 4:00 Nature Walk (L) 6:15 Card Games (AR)	
	7	8	9	10	11	12	13
	8:00 Televised Catholic Mass (Ch 291) 9:30 Distribution of Communion (CR) 11:00 The Daily Chronicle (CR) 1:00 Matinee: <i>Mystic Pizza</i> (T) 4:00 FNL Football: Eagles vs. Chargers (T) 6:00 Card Club (AR)	9:00 Coffee and Donuts (AR) 10:30 Drumming Circle (CR) 11:00 The Daily Chronicle (CR) 1:00 Bingo (AR) 2:15 Turkey Trivia (CR) 3:00 Nature Walk (P) 4:00 Happy Hour and Shuffleboard (P)	9:00 Walk and Roll Club (L) 10:00 Day Excursion: Valley Forge Casino**\$\$ (OOB) 10:30 The Daily Chronicle (CR) 1:00 Meet and Greet with Chaplain Luke (CR) 2:00 Wii Bowling (AR) 3:00 Tending to Houseplants (L) 4:00 Racko (P)	9:00 Walk and Roll Club (L) 10:00 Rosary and Spiritual Prayer Group with St. Eleanor's Legion of Mary (T) 11:00 The Daily Chronicle (CR) 1:00 Pinochle Club (AR) 2:15 Music Movements with Nadine (CR) 3:30 Billiards (GR)	9:00 Paying Tribute to our Veterans (OL) 10:00 Patriotic Sing-Along (CR) 1:00 Fireside Chat (AR) 2:15 Balance Class with Nadine (CR) 6:15 Ed-U Presentation <i>The Rip Roarin' Rough Ridin' Times of Teddy Roosevelt</i> by Dr. Covington (CR)	9:00 Walk and Roll Club (L) 10:00 Wii Bowling (CR) 1:00 Resident Run Bingo (AR) 2:30 Pinochle Card Club (CR) 3:00 Green Thumbs: Tending to Plants (L) 4:00 Comedy Hour (T)	10:00 Wii Bowling (CR) 11:00 The Daily Chronicle (CR) 1:00 Bingo (AR) 2:15 Armchair Travel to Australia (CR) 3:30 Puzzle Club (CR) 4:00 Happy Hour (P) 6:15 Card Games (AR)
	Daylight Saving Ends				Veteran's Day		
14	15	16	17	18	19	20	
8:00 Televised Catholic Mass (Ch 291) 9:30 Distribution of Communion (CR) 11:00 Chair Exercises 1:00 Movie Matinee: <i>Going in Style</i> (T) 4:25 NFL Football: Eagles vs. Broncos (T) 6:00 Pinochle Club (AR)	9:00 Coffee and Donuts (AR) 10:30 Chair Exercises (CR) 11:00 The Daily Chronicle (CR) 1:00 Nickel Bingo (AR) 2:15 Crossword Puzzle (CR) 3:00 Nature Walk (L) 4:00 Happy Hour (P)	9:00 Walk and Roll Club (L) 10:00 The Daily Chronicle (CR) 10:00 Shopping: Dollar Tree** (OOB) 11:00 Catholic Mass with St. Eleanor's (T) 2:00 Tending to Houseplants (L) 3:00 Wii Bowling (CR) 4:00 Racko Card Game (P)	9:00 Walk and Roll Club (L) 10:00 Rosary and Spiritual Prayer Group with St. Eleanor's Legion of Mary (T) 1:00 Pinochle Club (AR) 2:15 Music Movements with Nadine (CR) 3:00 Shuffleboard (P) 4:00 Men's Club (P)	9:00 Walk and Roll Club (L) 10:00 Pot Luck Thanksgiving Meal (AR) 12:00 Thanksgiving Meal ** (AR) 2:15 Balance Class with Nadine (CR) 3:00 Ceca Celebration (P) 4:00 UNO (CR) 6:00 Pokeno (AR)	9:00 Walk and Roll (L) 10:00 Wii Bowling (CR) 1:00 Nickel Bingo (AR) 2:15 Crossword Puzzle (CR) 3:00 Charlie Brown Comic Strip Trivia (CR) 4:00 Musical Entertainment & Happy Hour featuring Kirk Mauer (P)	10:00 Wii Bowling (CR) 11:00 The Daily Chronicle (CR) 1:00 Resident Run Bingo (AR) 2:00 College Football (T) 3:00 Puzzle Club (CR) 4:00 Nature Walk (L) 6:15 Card Games (AR)	
21	22	23	24	25	26	27	
8:00 Televised Catholic Mass (Ch 291) 9:30 Distribution of Communion (CR) 11:00 The Daily Chronicle (CR) 1:00 NFL Football: Eagles vs. Saints (T) 3:00 Pinochle Club (AR) 6:00 Board Games (CR)	9:00 Coffee and Donuts (AR) 10:30 Drumming Circle (CR) 11:00 The Daily Chronicle (CR) 1:00 Community Life Planning Committee (AR) 2:15 Brain Teasers (CR) 3:00 Nature Walk (L) 4:00 Happy Hour and Shuffleboard (P)	9:00 Walk and Roll Club (L) 10:00 The Daily Chronicle (CR) 11:00 Diners Lunch Caravan: Friendly's**\$\$ (OOB) 2:00 Tending to Houseplants (L) 3:00 Wii Bowling (CR) 4:00 Chair Exercises (CR)	9:00 Walk and Roll Club (L) 10:00 Rosary and Spiritual Prayer Group with St. Eleanor's Legion of Mary (T) 1:00 Pinochle Club (AR) 2:15 Music Movements with Nadine (CR) 3:30 TED Talk & Discussion: Louie Schwartzberg: <i>Nature, Beauty, and Gratitude</i> (CR)	9:00 Grateful Continental Breakfast (AR) 10:00 Macy's Thanksgiving Day Parade (CR) 11:30 This Day in History (CR) 1:00 Matinee <i>Miracle on 34th Street</i> (T) 3:00 Turkey Trot (L)	9:00 Walk and Roll (L) 10:00 Wii Bowling (CR) 1:00 Resident Run Bingo (AR) 2:30 Pinochle Card Club (CR) 3:00 Green Thumbs: Tending to Plants (L) 4:00 Comedy Hour (T)	10:00 Wii Bowling (CR) 11:00 The Daily Chronicle (CR) 1:00 Bingo (AR) 2:15 Armchair Travel to Puerto Rico (CR) 3:30 Puzzle Club (CR) 4:00 Happy Hour (P) 6:15 Card Games (AR)	
28	29	30	<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (DR) Dining Room (GR) Game Room (L) Lobby (T) Theater (OOB) Out of Building				
8:00 Televised Catholic Mass (Ch 291) 9:30 Distribution of Communion (CR) 11:00 The Daily Chronicle (CR) 1:00 NFL Football: Eagles vs. Giants (T) 2:00 Chair Exercises (CR) 3:00 Nature Walk (L) 4:00 Shuffleboard (P)	9:00 Coffee and Donuts (AR) 10:30 Chair Exercises (CR) 11:00 The Daily Chronicle (CR) 1:00 Dining Services Committee (AR) 2:15 Holiday Decorating (AR) 3:00 Nature Walk (L) 4:00 Happy Hour (P)	9:00 Walk and Roll Club (L) 10:00 The Daily Chronicle (CR) 10:00 Shopping: Wegman's** (OOB) 1:00 Pinochle Club (AR) 2:00 Tending to Houseplants (L) 3:00 Wii Bowling (CR) 4:00 Racko Card Club (P)					
			