

# 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  
(Pine Grove)*

Monday, November 22<sup>nd</sup>  
10am



*Dimensions  
of Wellness*

## Resident Birthdays

### 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

Q4: November 2021

## A Note from the Executive Director

The Grove is COVID-free and open for visitation and outings once again. We ask that you continue to be masked and vigilant on your hand washing/sanitizing when visiting your loved ones. Please remember when signing in to take your temperature and answer the questionnaire and the receptionist desk.

We are also undergoing some construction in the lobby. Please be patient with our disarray while we complete the much-needed updates.

We will be having a COVID booster clinic on November 22<sup>nd</sup>, which will be for all residents and team members that received their initial vaccines and anyone in need of boosters or first doses.

Stay tuned for updates on Thanksgiving and Christmas festivities!



*Sincerely, Julie Wallace, Executive Director*

## Highlighted Events

- 4 – **Kitchen Krew: Apple Butter** @ 2pm
- 9 – **EdU Presentation: Reptile Show** @ 2pm
- 9 – **Tortoise & Hare Race** @ 3:30pm
- 17 – **EdU Presentation: COMMUNITY Support** (United Way) @ 3:30pm
- 19 – **EdU Presentation: Book Signing** with Darnell Golphin @ 3pm



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>November 2021</h1>	1 9:30 Target Arm Exercise (2F) 10:00 Jigsaw Puzzle Team (2F) 10:30 Mass with Deacon Henninger (1F) 11:00 Confident Cruisers (H) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:30 Scrabble Team (1F)	2 8:00 Voting Municipal Election** (OOB) 9:30 Balance in Action (2F) 10:00 Planning Committee (2F) 10:30 iN2L Ted Talk: Song Writing (2F) 11:00 Opinion & Discuss (2F) 2:00 Yoga with Leah (2F) 3:30 Karaoke with Alexa (2F) 4:00 Confident Cruisers (H) 6:30 Card Club: Rummy (1F)	3 9:30 Target Leg Exercise (2F) 10:00 Fireside Chat with E.D. Julie (2F) 10:30 Cookbook Cover Contest (2F) 11:00 Confident Cruisers (H) 1:30 Fall Fest Crafters: Fur Wreaths (2F) 3:30 iN2L Learning: Service Branches Marines (2F) 6:30 Film Fest: <i>Eat, Pray, Love</i> (2F)	4 9:30 Genesis Exercise (2F) 10:00 Helping Hands: Peeling Apples (2F) 11:00 iN2L Learning: Diwali Festival of Lights (2F) 2:00 Kitchen Krew: Apple Butter (2F) 3:00 Apple Cider Social (2F) 6:30 Scripture Reading EWNT 49 8:20 NFL Football: Colts vs. Jetts (1F)	5 9:30 Move2Music (2F) 10:00 Dining Committee (2F) 10:30 Remembrance Day Word Play (2F) 11:00 Confident Cruisers (H) 1:30 Helping Hands: Set Up Welcome Raffle Gifts (2F) 2:00 Welcome Ambassador Social (2F) 3:30 Apple Cider Mimosa (2F) 6:30 Game of Dominos (1F)	6 9:30 Sit & Be Fit Exercise (2F) 10:00 Men's Club: Country Ride** (2F) 10:30 Coffee Cache & Daily Chronicle (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle of the Week (2F) 7:00 Wheel of Fortune (2F) 8:00 Pennsylvania Polka (2F)	
	7 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 iN2L: Methodist Service (2F) 3:30 iN2L: Catholic Service (2F) 6:30 Music & Mindful Colors (1F)  Daylight Saving Ends	8 9:30 Target Arm Exercise (2F) 10:00 Fall Fest Crafters: Patriotic Tea Light Candles (2F) 10:30 Mass with Deacon Henninger (1F) 11:00 Confident Cruisers (H) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:30 Scrabble Team (1F)	9 9:30 Balance in Action Exercise (2F) 10:00 Service in Action: Pet Treats For S.P.C.A. (2F) 11:00 iN2L Learning: World Freedom Day (2F) 2:00 Ed-U Presentation: <i>Conservation, Research &amp; Training Program</i> by Venom Institute Reptile Show (2F) 3:30 Live Tortoise & the Hare Race (2F) 6:30 Card Club: Rummy (1F)	10 9:30 Target Leg Exercise (2F) 10:00 Opinion Column & Discuss (2F) 10:30 iN2L: Would You Rather (2F) 11:00 Mother Teresa Program EWNT 49 2:00 Ed-U Presentation: Honoring Our Veterans with Retired Vietnam Veteran Mr. O (2F) 3:30 Charcuterie Plate And Pinot Blanc Social (2F) 6:30 Film Fest: <i>Holidate</i> (2F)	11 9:30 Core Strength Exercise (2F) 10:00 iN2L Learning: Service Branches Army (2F) 10:30 Ed-U Tour: Hope Hill Lavender Farm**\$\$ (OOB) 1:30 Diner's Caravan: Burger King**\$\$ (OOB) 3:30 Jigsaw Puzzle Team (2F)  Veteran's Day	12 9:30 Move2Music (2F) 10:00 Today in History (2F) 10:30 Word Search (2F) 11:00 Confident Cruisers (H) 2:00 Mindful Colors & Music (2F) 3:30 Jigsaw Puzzle Team (2F) 6:30 Game of Dominos (1F)	13 9:30 Sit & Be Fit Exercise (2F) 10:00 November Fact or Fiction (2F) 10:30 Coffee Cache & Daily Chronicle (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle of the Week (2F) 7:00 Wheel of Fortune (2F) 8:00 Pennsylvania Polka (2F)
	14 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 Church of God Service (DR) 3:30 Fellowship Hour (DR) 6:30 iN2L: Catholic Service (2F)	15 9:30 Target Arm Exercise (2F) 10:00 Jigsaw Puzzle Team (2F) 10:30 Mass with Deacon Henninger (1F) 11:00 Confident Cruisers (H) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:30 Scrabble Team (1F)	16 9:30 Balance in Action Exercise (2F) 10:00 Cooking Demo With Chef Sean (2F) 10:30 Taste Testing (2F) 11:00 Confident Cruisers (H) 2:00 Yoga with Leah (2F) 3:30 Karaoke with Alexa (2F) 6:30 Card Club: Rummy (1F)	17 9:30 Target Leg Exercise (2F) 10:00 Opinion Column & Discuss (2F) 10:30 iN2L: Would you Rather (2F) 11:00 Mother Teresa Program EWNT 49 2:00 Ed-U Presentation: Schuylkill United Way Opportunities, Kelly Malone (2F) 3:30 CommUNITY Support: Forum (2F) 4:00 Eucharistic Congress EWTN 49 6:30 Film Fest: <i>A Fuller Thanksgiving</i> (2F)	18 9:30 Core Strength Exercise (2F) 10:00 Ed-U Wellness: Myths About Hospice Care (2F) 10:30 November Birthday Quiz (2F) 11:00 iN2L: Country Music Sing Along (2F) 12:30 Diner's Caravan: Red Lion Café**\$\$ (OOB) 3:00 Scenic Country Ride (OOB) 6:30 Scripture Reading EWNT 49 8:20 NFL Football: Falcons vs. Patriots (1F)	19 9:30 Move2Music (2F) 10:00 iN2L Ted Talk: Musical Solace (2F) 10:30 Opinion & Discuss (2F) 11:00 Confident Cruisers (H) 1:30 Ed-U Presentation: Musician & Book Author Darnell Golphin (2F) 3:00 Book Signing Opportunity (2F) 6:30 Game of Dominos (2F)	20 9:30 Sit & Be Fit Exercise (2F) 10:00 Country Ride (2F) 10:30 Coffee Cache & Daily Chronicle (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle of the Week (2F) 7:00 Wheel of Fortune (2F) 8:00 Pennsylvania Polka (2F)
	21 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 iN2L: Methodist Service (2F) 3:30 iN2L: Catholic Service (2F) 6:30 Music & Mindful Colors (1F)	22 9:30 Target Arm Exercise (2F) 10:00 Crochet Club (2F) 10:30 Mass with Deacon Henninger (1F) 11:00 Confident Cruisers (H) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 2:00 Service in Action: Salad Prep (2F) 3:00 Manicures (2F) 6:30 Scrabble Team (1F)	23 9:30 Balance in Action Exercise (2F) 10:00 iN2L Learning: Service Branches Navy (2F) 10:30 Confident Cruisers (H) 11:00 Diner's Caravan & Shopping: Nino's Italian Restaurant & Horning's Market **\$\$ (OOB) 3:30 Creative Station (2F) 6:30 Card Club: Rummy (1F)	24 9:30 Target Leg Exercise (2F) 10:00 Opinion Column & Discuss (2F) 10:30 iN2L: Would you Rather (2F) 11:30 Helping Hands: Serving Farm To Table Salad (DR) 2:00 Ed-U Musical Performance: Jay Smar <i>Old Time Country Christmas</i> (2F) 3:30 Cinnamon Eggnog Social (2F) 6:30 Film Fest: <i>Anne With an E</i> (2F)	25 9:30 Core Strength Exercise (2F) 10:00 Macy Day Parade (2F) 10:30 Coffee & Donut Social (2F) 11:00 iN2L: Holiday Traditions (2F) 2:00 Favorite Football Trivia (2F) 3:30 Confident Cruisers (H) 6:30 Scripture Reading EWNT 49 8:20 NFL Football: Saints vs. Bills (1F)  Thanksgiving	26 9:30 Move2Music (2F) 10:00 Today in History (2F) 10:30 Word Search (2F) 11:00 Confident Cruisers (H) 2:00 Mindful Colors & Music (2F) 3:30 Jigsaw Puzzle Team (2F) 6:30 Game of Dominos (1F)	27 9:30 Sit & Be Fit Exercise (2F) 10:00 November Fact or Fiction (2F) 10:30 Coffee Cache & Daily Chronicle (2F) 11:00 Holy Rosary EWNT 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle of the Week (2F) 7:00 Wheel of Fortune (2F) 8:00 Pennsylvania Polka (2F)
	28 9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 Church of God Service (DR) 2:30 Memorial Service (DR) 3:30 Fellowship Hour (DR) 6:30 iN2L: Catholic Service (2F)	29 9:30 Target Arm Exercise (2F) 10:00 Jigsaw Puzzle Team (2F) 10:30 Mass with Deacon Henninger (1F) 11:00 Confident Cruisers (H) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Manicures (2F) 6:30 Scrabble Team (1F)	30 9:30 Balance in Action Exercise (2F) 10:00 iN2L Learning: Service Branches Air Force (2F) 10:30 Fact or Fiction: Howard Hughes (2F) 12:00 November Birthday Celebration (1F) 11:00 Confident Cruisers (H) 2:00 Drum Circle with Joe (2F) 3:30 Cool Down & Cool Drinks (2F) 6:30 Card Club: Rummy (1F)	<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			