

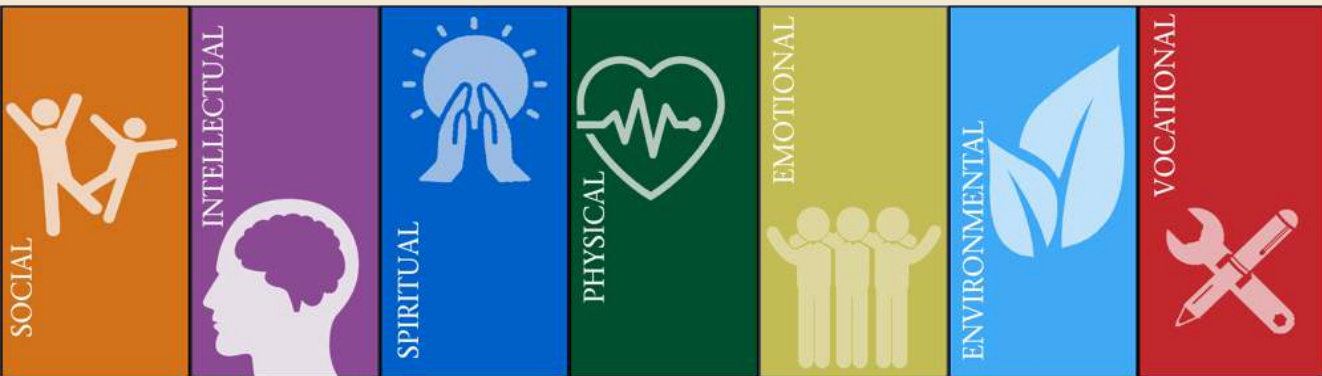
Focus on Wellness

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

- 11 – Kathleen Gomez
16 – Richard Walter

A Note from the Executive Director

We will certainly have much to be thankful for this holiday season as we celebrate in Collegeville. 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 our residents and staff are staying healthy. We are making every effort to ensure that we will stay that way. With 100% of our residents vaccinated, this certainly helps our odds.

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

Best,

Francie Hoch

Executive Director

Highlighted Events

- 2 – **EdU Presentation: Scrooge & Charles Dickens** @ 1:15pm
9 – **Fireside Chat with Francie** @ 1pm
15 – **Holiday Jubilee** @ 4-6pm
Entertainment by Jerry Trecroce
28 – **EdU Presentation: Norman Rockwell** @ 10am
31 – **New Year's Eve Happy Hour & Ball Drop** @ 4pm
Entertainment by Steve Pollack

Welcome New Residents

Patricia Bush
Sandra Flaharty
Randi Stetz
Beverly Berlin
Bob Berlin




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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Calendar Key: ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (DR) Dining Room (GR) Game Room (L) Lobby (T) Theater (OL) Old Lobby (OOB) Out of Building	1 9:00 Walk and Roll Club (L) 10:00 Rosary and Spiritual Prayer Group with St. Eleanor's Legion of Mary (T) 11:00 December Facts and Trivia (CR) 1:00 Holiday Crafts (AR) 2:00 Pinochle Club (AR) 3:30 Tree Lighting Gala (OL) 6:00 Board Games (CL)	2 9:00 Walk and Roll Club (L) 10:00 Retail Shopping at Target** (OOB) 11:00 Puzzle Club (CR) 1:15 ED-U Presentation <i>Scrooge and Charles Dickens</i> by Dr. Covington (P) 2:15 Balance Class with Nadine (CR) 4:00 Ceca Celebration (P) 6:00 Grinch Cocktails and Shuffleboard Tournament (P)	3 9:00 Walk and Roll Club (L) 10:00 Holiday Wreath Making Demo w/ Brenda (CR) 1:00 Nickel Bingo (AR) 2:30 Crochet Club (AR) 3:30 Armchair Travel to Germany (CR) 4:00 Happy Hour (P) 6:00 Wii Bowling (CR)	4 10:00 Wii Bowling (CR) 11:00 Current Events (CR) 1:00 Resident Run Bingo (AR) 2:15 Sunshine Club (CR) 3:30 Puzzles and Games (CR) 4:00 Nature Walk (L) 6:00 Pinochle Club (AR)
		5 8:00 Televised Catholic Mass (Ch 291) 9:30 Distribution of Communion (CR) 10:00 The Daily Chronicle (CR) 1:00 Football: Eagles take on the Jets (CR) 1:15 Holiday Matinee: <i>Home Alone</i> (T) 3:00 Card Club (AR) 6:00 Game Night (CR)	6 9:00 Walk and Roll Club (L) 10:30 Coffee and Donuts (P) 11:00 Chair Exercises (CR) 1:00 Bingo (AR) 2:15 Music and Meditation w/ Nadine (CR) 3:00 Gingerbread House Craft (AR) 4:00 Happy Hour (P) 6:00 Scrabble (CR)	7 9:00 Walk and Roll Club (L) 10:00 Holiday Shopping at Boscov's** (OOB) 11:00 Current Events (CR) 1:00 Drumming Circle (CR) 2:00 Wii Bowling (CR) 3:00 Tending to Houseplants (L) 4:00 Chair Exercises (CR) 6:00 Hot Chocolate and Cookie Social (AR)	8 9:00 Walk and Roll Club (L) 10:00 Rosary and Spiritual Prayer Group with St. Eleanor's Legion of Mary (T) 11:00 Fun Facts of Christmas Around the World (CR) 1:00 Holiday Crafts (AR) 2:00 Pinochle Club (AR) 3:30 Billiards (GR) 6:00 Board Games (CL)	9 9:00 Walk and Roll Club (L) 10:00 Scenic Drive Trip** (OOB) 1:00 Fireside Chat (AR) 2:15 Balance Class w/ Nadine (CR) 3:30 Pinochle Club (AR) 4:00 Nature Walk (L) 6:00 Holiday Cocktails (P)
		Remember Pearl Harbor				
12 8:00 Televised Catholic Mass (Ch 291) 9:30 Distribution of Communion (CR) 10:00 The Daily Chronicle (CR) 1:00 Holiday Matinee: <i>Christmas with the Kranks</i> (T) 3:00 Mexican Train (CR) 6:00 Card Club (AR)	13 9:00 Walk and Roll Club (L) 10:30 Coffee and Donuts (P) 11:00 Chair Exercises (CR) 1:00 Nickel Bingo (AR) 2:15 Music and Meditation w/ Nadine (CR) 3:00 Pinochle Club (AR) 4:00 Happy Hour (P) 6:00 Scrabble (CR)	14 9:00 Walk and Roll Club (L) 10:30 Lunch Out: Moccia's Train Stop**\$\$ (OOB) 11:00 Current Events (CR) 1:00 Drumming Circle w/ Joe (CR) 2:00 Wii Bowling (CR) 3:00 Tending to Houseplants (L) 4:00 Card Club (CR)	15 9:00 Walk and Roll Club (L) 10:00 Rosary and Spiritual Prayer Group with St. Eleanor's Legion of Mary (T) 1:00 Holiday Crafts (AR) 2:30 Pinochle Club (AR) 3:00 Nature Walk (L) 4-6pm Holiday Jubilee featuring Entertainer Jerry Trecroce, Hot Hors d'oeuvres & Holiday Drinks (P)	16 9:00 Walk and Roll Club (L) 10:00 Making Holiday Cookies (CR) 11:00 Holiday Cookie Facts and Trivia (AR) 1:00 Pokeno (AR) 2:15 Balance Class w/ Nadine (CR) 3:30 Crossword Puzzle (CR) 5:30 Christmas Lights Drive** (OOB) 6:30 Hot Chocolate and Cookies (P)	17 9:00 Walk and Roll Club (L) 10:30 Balloon Volleyball (CL) 1:00 Nickel Bingo (AR) 2:30 Crochet Club (AR) 3:30 Armchair Travel to Norway (CR) 4:00 Happy Hour (P) 6:00 Wii Bowling (CR)	18 10:00 Wii Bowling (CR) 11:00 Current Events (CR) 1:00 Resident Run Bingo (AR) 2:15 Sunshine Club (CR) 3:30 Puzzles and Games (CR) 4:00 Nature Walk (L) 6:00 Pinochle Club (AR)
19 8:00 Televised Catholic Mass (Ch 291) 9:30 Distribution of Communion (CR) 10:00 The Daily Chronicle (CR) 1:00 Football: Eagles take on Washington (T) 1:15 Radio City Rockettes (CR) 3:00 Card Club (AR) 6:00 Game Night (CR)	20 10:00 ED-U Presentation: <i>History Life and Music of Burt Bacharach</i> by Steve Pollack (CR) 1:00 Community Life Planning Cmte (AR) 1:30 Bingo (AR) 2:15 Music Meditation w/ Nadine (CR) 3:30 Nature Walk (L) 4:00 Happy Hour (P) 6:00 Board Games (CR)	21 9:00 Walk and Roll Club (L) 10:00 Retail Shopping at Wal-Mart** (OOB) 11:00 Catholic Mass with St. Eleanor's (CR) 1:00 Drumming Circle (CR) 2:00 Chair Exercises (CR) 3:00 Tending to Houseplants (L) 4:00 Fun Facts about Candy Canes (CR) 6:00 Reminiscing of Holiday Traditions (AR)	22 9:00 Walk and Roll Club (L) 10:00 Rosary and Spiritual Prayer Group with St. Eleanor's Legion of Mary (T) 11:00 December Facts and Trivia (CR) 1:00 Cooking Demo w/ Chef Chad (AR) 2:00 Pinochle Club (AR) 3:30 Christmas Carol Word Games (CR) 6:00 Board Games (CL)	23 9:00 Walk and Roll Club (L) 10:00 Scenic Drive Trip** (OOB) 11:00 Puzzle Club (CR) 1:00 Pokeno (AR) 2:15 Balance Class w/ Nadine (CR) 3:30 Word Games (CR) 4:00 Nature Walk (L) 6:00 Holiday Happy Hour (P)	24 9:00 Walk and Roll Club (L) 10:00 Crochet Club (AR) 11:00 This Day in History (CR) 1:00 Bingo (AR) 2:15 Wii Bowling (CR) 3:15 Chair Exercises (CR) 4:00 Happy Hour (P) 6:00 Friday Night Movie <i>A Christmas Carol</i> (T) Christmas Eve	25 10:00 Wii Bowling (CR) 11:00 Current Events (CR) 1:00 Holiday Bingo (AR) 2:15 Crossword Puzzle (CR) 3:30 Puzzles and Games (CR) 4:00 Nature Walk (L) 6:00 Pinochle Club (AR)
26 8:00 Televised Catholic Mass (Ch 291) 9:30 Distribution of Communion (CR) 1:00 The Daily Chronicle (CR) 1:00 Football: Eagles take on the Giants (CR) 1:15 Holiday Matinee: <i>Christmas Vacation</i> (T) 3:00 Scrabble (AR) 6:00 Pinochle Club (CR)	27 9:00 Walk and Roll Club (L) 10:30 Coffee and Donuts (P) 11:00 Chair Exercises (CR) 1:00 Dining Services Committee (AR) 1:15 Bingo (AR) 2:15 Music and Meditation w/ Nadine (CR) 3:00 Card Club (AR) 4:00 Happy Hour (P) 6:00 Word Games (CR)	28 9:00 Walk and Roll Club (L) 10:00 ED-U Presentation: <i>History of Norman Rockwell</i> by Steve Pollack (CR) 1:00 Drumming Circle (CR) 2:00 Make-A-Word (CR) 3:00 Tending to Houseplants (L) 4:00 Chair Exercises (CR)	29 9:00 Walk and Roll Club (L) 10:00 Rosary and Spiritual Prayer Group with St. Eleanor's Legion of Mary (T) 11:00 December Facts and Trivia (CR) 1:00 Holiday Crafts (AR) 2:00 Pinochle Club (AR) 3:30 Rewinding the Highlights of 2021 (CR) 6:00 Board Games (CL)	30 9:00 Walk and Roll Club (L) 10:00 Trip to Wegmans** (OOB) 11:00 Current Events (CR) 1:00 Pokeno (AR) 2:15 Balance Class w/ Nadine (CR) 3:30 Crossword Puzzle (CR) 5:00 Wine and Dine (DR) 6:00 Game Night (CR)	31 9:00 Walk and Roll Club (L) 10:30 Making Party Treats (AR) 1:00 Bingo (AR) 2:15 Wii Bowling (CR) 3:15 Chair Exercises (CR) 4:00 New Year's Eve Happy Hour & Ball Drop with Entertainer Steve Pollack (P) New Year's Eve	December 2021