

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

- | | |
|---------------------|--------------------------|
| 3 – Virginia Maloy | 14 – Sharon Warnecke |
| 3 – Marjorie Zinn | 18 – Christine Koehnlein |
| 3 – Grayson Starner | 26 – Lois Smith |
| 7 – Verna Wentz | 31 – Mary Lou Rowlands |
| 7 – Betty Gingerich | |
| 8 – Dorothy Hartman | |
| 11 – Norma Malsky | |



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 York 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 Thanksgiving & December holidays. Stay tuned for details for residents, families and team members.

Best,

Howard Holben

Executive Director

Highlighted Events

- 1 – **Decking Your Door:** Holiday Decor @ 2:30pm
- 9 – **Christmas Cookie Competition** @ 1:30pm
- 15 – **Fireside Chat with Howard** @ 3:30pm
- 16 – **Grinch Luncheon**
- 21 – **Christmas Light Ride** @ 6pm – *Connections & Club*
- 23 – **Santa's Sleigh, Cocoa & Cookies** @ 1:15pm – Family & Friends Welcome, please RSVP by 12/19
- 27 – **Matinee: Christmas Chronicles** & Santa's Sangrias @ 1:30pm

Welcome New Residents

Bea Perkins

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>THE</p> <h1>Club</h1>		<p>Calendar Key: ** Registration Required \$\$ Cost Involved Community Room/Chapel (CR/CH) Activity Room (AR) Lobby (LB) Pub (P) Connections Neighborhood (CN) Dining Room (DR) Front Porch (FP)</p>	1 9:30 Daily Reading (CR/CH) 9:45 Working with Words (CR/CH) 10:00 Exercise Routine (CR/CH) 10:30 Menu Review (CR/CH) 1:30 Pianist Justin Adams (P) 2:30 Helping Hands: Building Wide Holiday Door Décor 3:30 Half Hour of Humor (P) 6:45 Special Guest : Christmas Caroling by	2 9:30 Daily Reading (CR/CH) 10:00 Bible Study with Chaplain Bob (P) 10:00 Culinary Creation: Oreo Truffles (AR) 10:20 Exercise & Menu Review (AR) 10:30 Praying of the Rosary (CR/CH) 11:00 December Birthday Luncheon (P) 1:15 Staff Snack Station (P) 2:00 Hot Chocolate & Musical Entertainment by Dan Martin (P)	3 9:30 Daily Reading (CR/CH) 10:15 Fitness Dice (CR/CH) 10:30 Menu Review (CR/CH) 1:15 Music Therapy with Lindsay (AR) 2:15 Create & Design- Snowflakes (CR/CH) 2:30 Culinary Creation: Cinnamon Bites Christmas Trees with Employment Specialist Stephanie (AR)	4 9:30 Daily Reading (CR/CH) 9:45 Morning Stretch (CR/CH) 10:00 Donut mind if I Do & Coffee (AR) 1:30 Culinary Creation: Gingerbread House Constructing (AR) 3:30 Helping Hands: Basket of Goodies (AR) 6:00 Socialize in the Lobby (LB)
		5 9:30 Daily Reading & Hot Drinks (P) 9:45 Song & Scripture (P) 10:20 Five Minutes of Exercise (P) 10:30 Menu Review & Joke of the Day (P) 1:15 Create A Christmas Card (P) 2:00 Bubbly Floats & Christmas Tunes (P) 3:00 Worship Service (CR) 6:00 Socialize in the Lobby (LB)	6 9:30 Daily Reading (CR/CH) 9:45 Card Crunch Fitness (CR/CH) 10:15 Themed Trivia (CR/CH) 10:30 Menu Review (CR/CH) 1:30 Bingo & Balloon Volleyball with Friends followed by Mocktails Social Hour (CN) 2:30 Manicures & Mocktails (AR) 2:30 Belltone Hearing Special Presentation	Remember Pearl Harbor 7 9:30 Daily Reading (CR/CH) 9:45 Imagery Fitness (CR/CH) 10:00 Memory Magic (CR/CH) 10:30 Menu Review (CR/CH) 1:00 Mid Week Worship Service (CR/CH) 1:30 Educational Presentation : A Pearl Harbor & WW2 Display by Victoria (AR) 6:00 Socialize in the Lobby (LB)	8 9:30 Daily Reading (CR/CH) 9:45 Working with Words (CR/CH) 10:00 Exercise Routine (CR/CH) 10:30 Menu Review (CR/CH) 1:15 Prize Bingo with Professor Jeff (AR) 2:30 Culinary Creation: Christmas Cookies for Competition (AR) 6:00 Socialize in the Lobby (LB)	9 9:30 Daily Reading (CR/CH) 10:00 Bible Study with Chaplain Bob (P) 10:00 Culinary Creation: M&M Reindeer Cupcakes (AR) 10:20 Exercise & Menu Review (AR) 10:30 Praying of the Rosary (CR/CH) 1:15 Staff Snack Station (P) 1:30 Holiday Cookie Competition (P) 3:00 Hymns with Chaplain Bob (CR/CH)
12 9:30 Daily Reading & Hot Drinks (P) 9:45 Song & Scripture (P) 10:20 Five Minutes of Exercise (P) 10:30 Menu Review & Joke of the Day (P) 1:15 Create A Christmas Card (P) 2:00 Bubbly Floats & Christmas Tunes (P) 3:00 Worship Service (CR/CH) 6:00 Socialize in the Lobby (LB)	13 9:30 Daily Reading (CR/CH) 9:45 Card Crunch Fitness (CR/CH) 10:15 Themed Trivia (CR/CH) 10:30 Menu Review (CR/CH) 1:30 Bingo & Balloon Volleyball with Friends followed by Mocktails Social Hour (CN) 1:30 Create & Design: Ugly Christmas Sweaters (AR)	14 9:30 Daily Reading (CR/CH) 9:45 Imagery Fitness (CR/CH) 10:00 Finish the Phrase (CR/CH) 10:30 Menu Review (CR/CH) 12:00 White Christmas Movie and Lunch with Friends (CN) 1:30 Musical Entertainment by Joe Crispell (P) 2:00 Christmas Bingo with Bayada (AR)	15 9:30 Daily Reading (CR/CH) 9:45 Working with Words (CR/CH) 10:00 Gardening with Sue : Christmas Themed Evergreen Arrangement AR) 1:30 Pianist Justin Adams (P) 1:30 Kind Hearts Gifting : Mini Wood Beaded Ornaments (P) 2:30 Prize Bingo (AR) 6:00 Socialize in the Lobby (LB)	16 9:30 Daily Reading (CR/CH) 9:45 Set up For Luncheon (CR/CH) 10:00 Bible Study with Chaplain Bob (P) 10:00 Culinary Creation: Grinch Juice (AR) 10:30 Praying of the Rosary (CR/CH) 11:30 Club Christmas Luncheon (CR/CH) 1:30 The Grinch comes to visit (LB) 2:30 Grinch the Movie (CR/CH) 3:30 Find the Grinch : Building Wide	17 9:30 Daily Reading (CR/CH) 9:45 Fitness Fun Dice (CR/CH) 10:00 Chefs Pairing (AR) 12:00 Ladies Tea & Luncheon (P) 1:15 Music Therapy with Lindsay (AR) 1:30 Small Bites & Mocktails (P) 2:00 Musical Entertainment by Thomas Shultz (P) 3:15 Creative Cooking- Homemade	18 9:30 Daily Reading (CR/CH) 9:45 Morning Stretch (CR/CH) 10:00 Busy Hands: Gift Wrapping (AR) 1:30 Candy Christmas Tree Treat (AR) 2:00 Musical Entertainment: Tom and Randi (P) 3:00 Coloring to the Classics (P) 6:00 Socialize in the Lobby (LB)
19 9:30 Daily Reading & Hot Drinks (P) 9:45 Song & Scripture (P) 10:20 Five Minutes of Exercise (P) 10:30 Menu Review & Joke of the Day (P) 1:15 Create a Christmas Card (P) 2:00 Best Punch Raspberry Float (P) 3:00 Worship Service (CR/CH) 6:00 Socialize in the Lobby (LB)	20 9:30 Daily Reading (CR/CH) 9:45 Card Crunch Fitness (CR/CH) 10:15 Themed Trivia (CR/CH) 10:30 Menu Review (CR/CH) 1:30 Bingo & Balloon Volleyball with Friends followed by Mocktails Social Hour (CN) 2:30 Manicures & Mocktails (AR) 3:15 Afternoon Exercise (CR/CH)	21 9:30 Daily Reading (CR/CH) 9:45 Imagery Fitness (CR/CH) 10:00 Read Round the Table (CR/CH) 10:30 Menu Review (CR/CH) 1:30 Educational Presentation: Classic Christmas History by JoJo (AR) 2:30 Burst of Christmas Social Hour & Special Guest: The Lady Birds (AR) 6:00 Christmas Light Ride with Friends	22 9:30 Daily Reading (CR/CH) 9:45 Working with Words (CR/CH) 10:00 Exercise Routine (CR/CH) 10:30 Menu Review (CR/CH) 11:00 Resident Christmas Lunch (DR) 1:30 Ugly Christmas Sweater Contest (AR) 3:00 White Elephant Prize Bingo (AR) 6:00 Socialize in the Lobby (LB)	23 9:30 Daily Reading (CR/CH) 10:00 Bible Study with Chaplain Bob (P) 10:00 Culinary Creation: Christmas Cookies (AR) 10:20 Exercise & Menu Review (AR) 10:30 Praying of the Rosary (CR/CH) 1:15 Staff Snack Station (P) 1:15 Santa's Sleigh Milk & Cookies Family & Friends Drive-thru (FP)	Christmas Eve 24 9:30 Daily Reading (CR/CH) 10:15 Christmas Crunch Fitness (CR/CH) 10:30 Menu Review (CR/CH) 1:15 Christmas Eve Service (CR/CH) 2:30 Marshmallow Buddies Hot Chocolate Social (AR) 3:30 Menu Review (AR) 6:00 Socialize in the Lobby (LB)	Christmas Day 25 9:30 Daily Reading & Christmas Prayer (CR/CH) 10:00 Gingerbread Men & Hot Cocoa (AR) 10:30 Christmas Gifts for All (AR) 1:30 Irving Berlin's White Christmas & Eggnog (CR/CH) 6:00 Socialize in the Lobby (LB)
26 9:30 Daily Reading & Hot Drinks (P) 9:45 Song & Scripture (P) 10:20 Five Minutes of Exercise (P) 10:30 Menu Review & Joke of the Day (P) 1:15 Coloring to the Classics (P) 2:00 Bubbly Floats & Christmas Tunes (P) 3:00 Worship Service (CR/CH) 6:00 Socialize in the Lobby (LB)	27 9:30 Daily Reading (CR/CH) 9:45 Card Crunch Fitness (CR/CH) 10:15 Themed Trivia (CR/CH) 10:30 Menu Review (CR/CH) 1:30 Monday Matinee: The Christmas Chronicles-Starring Kurt Russell and Goldie Hawn (CR/CH) 6:00 Socialize in the Lobby (LB)	28 9:30 Daily Reading (CR/CH) 9:45 Imagery Fitness (CR/CH) 10:00 Memories in the Making (CR/CH) 10:30 Menu Review (CR/CH) 1:00 Mid Week Worship Service (CR/CH) 1:30 Helping Hands: Social Prep (P) 2:00 Caramel Apple Toddy Social (P) 3:00 Educational Presentation: Life As A Deputy by Matthew Straub (AR)	29 9:30 Daily Reading (CR/CH) 9:45 Working with Words (CR/CH) 10:00 Exercise Routine (CR/CH) 10:30 Menu Review (CR/CH) 1:30 Pianist Justin Adams (P) 2:30 Prize Bingo (AR) 3:00 New Years Traditions (P) 6:00 Socialize in the Lobby (LB)	30 9:30 Daily Reading (CR/CH) 10:00 Bible Study with Chaplain Bob (P) 10:00 Culinary Creation: Golden Rod Pretzels (AR) 10:20 Exercise & Menu Review (AR) 10:30 Praying of the Rosary (CR/CH) 1:15 Staff Snack Station (P) 1:30 Culinary Creations with Friends (CN) 2:00 Cotton Candy Cocktail, Mocktail So-	New Year's Eve 31 9:30 Daily Reading (CR/CH) 10:15 Fitness Dice (CR/CH) 10:30 Menu Review (CR/CH) 11:00 Happy Noon Year Lunch (DR) 1:15 New Years Eve Small Group Word Find (CR/CH) 2:00 Meet The Chef (AR) 3:00 Try Something New: Wine-O's (P) 6:00 Socialize in the Lobby (LB)	<h1>December</h1> <h1>2021</h1>