

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
		Calendar Key: (AR) Activities Room, (DR) Dining Room (FR) Fitness Room, (P) PUB (CR) Community Room (CY) 100 Hall Court Yard (PT) Pool Table Room (L) Lobby (FP) Front Patio (FL) Front Lobby (CN) Connections Neighborhood (OOB) Out of the Building ** Registration Required	1 9:30 Morning Exercise (AR) 10:00 iN2L Holiday Home Makeover with Mr. Christmas <i>Not Your Mother's Christmas!</i> (AR) 1:30 Live Music by Pianist Justin Adams (P) 2:30 <i>Decking Your Door</i> Holiday Community Celebration (FL) 3:30 Res. Run: Card Club (AR) 6:00 Res. Run: Jingo (AR) 6:45 Special Guests by Dover Assembly of God Offering Christmas Carols (FL)	2 9:30 Morning Exercise (AR) 10:00 Bible Study (P) 10:30 Praying the Rosary (CR) 11:00 December Birthday Luncheon (AR) 2:00 Hot Chocolate & Musical Entertainment by Dan Martin (P) 3:00 Hymns with Chaplain (CR) 4:00 First Thursday Night Out: Cracker Barrel**\$\$ (OOB) 4:30 Wine & Dine (DR) 6:15 Card Club (AR)	3 9:30 Morning Exercise (AR) 10:00 Wii Bowling League (AR) 1:30 CommUNITY Support: York County Food Bank (FL) 2:30 Culinary Creation; Cinnamon Bites Christmas Trees with Stephanie Leader, Employment Specialist (AR) 6:15 Resident Hosted Bingo (AR) 6:15 Res. Run: Scrabble (FL)	4 9:30 Morning Exercise (AR) 10:00 House Of Café; Donut Mind If I Do! (AR) 10:30 Fact or Crap Game (AR) 1:30 Culinary Creation; Gingerbread Houses (AR) 3:30 Helping Hands; Basket Goodies (AR) 6:15 Poker Night (FL)
		5 9:30 Morning Exercise (AR) 10:00 House Of Café (AR) 10:30 Create & Design; Story Stones (AR) 11:00 & 12:15 Table Mate Riddles (DR) 1:30 Resident Hosted Prayer Circle (AR) 2:00 Bubbly Floats & Christmas Tunes Social (P) 3:00 Worship Service (CR) 6:15 Resident Hosted; Poker Night (AR) 6:15 Neighbor Visit Bearing Treats (CN)	6 9:30 Morning Exercise (AR) 10:00 Manicures & Mimosas (AR) Puzzle Competition (FL) 1:15 Welcome Ambassador Peanut Butter Blossom Social (AR) 2:30 Create & Design; Sock Gnomes with Betty (AR) 6:15 Bible Scripture Circle (AR) 6:15 Res. Run: Cards & Small Bites (FL)	7 Remember Pearl Harbor 9:30 Morning Exercise (AR) 9:30 Shopping Trip: Dollar Tree**\$\$ (OOB) 10:00 <i>GriefShare</i> Support Group with Chaplain Bob (P) 1:00 Mid Week Worship Service (CR) 1:30 Ed-U Presentation: <i>Pearl Harbor & WWII Militaria</i> by Miss Victory, Taneytown History Museum (AR) 3:00 Circle of Friends (CR) 6:15 Moonlight Bingo (AR)	8 9:30 Morning Exercise (AR) 10:00 Balance and Action by Laura from Genesis Health & Rehab (AR) 1:30 Prize Bingo with Professor Jeff (AR) 2:30 Culinary Creation; Christmas Cookies for Competition (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:15 Res. Run: Corn Hole (AR)	9 9:30 Morning Exercise (AR) 10:00 Bible Study (P) 10:30 Praying the Rosary (CR) 1:30-3:00 Holiday Cookie Competition Judged by 2 Residents & 1 Staff (P) 3:00 Hymns with Chaplain (CR) 4:30 Wine & Dine (DR) 5:30 Night Out On The Town; Christmas Lights ** (OOB) 6:15 Color Me Calm (AR)
12 9:30 Morning Exercise (AR) 10:00 House Of Café (AR) 10:30 Create & Design; Story Stones (AR) 11:00 & 12:15 Table Mate Riddles (DR) 1:30 Resident Hosted Prayer Circle (AR) 2:00 Holiday Orange Cranberry Mimosas Social (P) 3:00 Worship Service (CR) 6:15 Resident Hosted; Poker Night (AR) 6:15 Neighbor Visit Bearing Treats (CN)	13 9:30 Morning Exercise (AR) 10:00 House of Café & Discussions (AR) 1:30-3:00 Create & Design; Ugly Christmas Sweaters (AR) 3:00 Reminisce; Holiday Memories (AR) 6:15 Res. Run: Horseshoes (AR) 6:15 Res. Run: Riddles & Small Bites (FL)	14 9:30 Morning Exercise (AR) 9:30 Shopping Trip: Weis**\$\$ (OOB) 10:00 <i>GriefShare</i> Support Group with Chaplain Bob (P) 1:00 Mid Week Worship Service (CR) 1:30 Musical Entertainment by featuring Joe Crispell (P) 2:00 Christmas Bingo with Bayada Home Health (AR) 3:00 Circle of Friends (CR) 6:15 Moonlight Bingo (AR)	15 9:30 Morning Exercise (AR) 10:00 Gardening with Sue; Christmas Evergreen Arrangement (AR) 1:30 Live Music by Pianist Justin Adams (P) 1:30 Kind Hearts Gifting; Mini Wood Beaded Ornament (P) 2:30 Prize Bingo (AR) 3:30 Fire Side Chat with ED Howard (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:15 Res. Run: Jingo (AR)	16 9:30 Morning Exercise (AR) 10:00 Bible Study (P) 10:30 Praying the Rosary (CR) 1:30 Special Holiday Appearance from Mystery Guest (FL) 2:30 Matinee: How <i>The Grinch Stole Christmas (2016)</i> (CR) 3:30 Community Hunt: Find The Grinch (FL) 4:30 Wine & Dine (DR) 6:15 Poker & Booze (P) 6:15 Res. Run: Uno (FL)	17 9:30 Morning Exercise (AR) 10:00 Chefs Pairing (AR) 12:00 Ladies Tea and Luncheon (P) 1:30 Small Bites & Mocktails (P) 2:00 Musical Entertainment featuring Tom Shultz (AR) 3:00 Create & Design; Salt Shaker Snow Globe (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:15 Resident Hosted Jingo (AR) 6:15 Res. Run: Scrabble (FL)	18 9:30 Morning Exercise (AR) 10:00 Kind Heart Gift Wrapping (AR) 1:30 Create & Design; Candy Christmas Tree Treat (AR) 2:00 Musical Entertainment featuring Tom & Randy (P) 3:30 Helping Hands; Basket Goodies (AR) 6:15 Poker Night (FL)
19 9:30 Morning Exercise (AR) 10:00 House Of Café (AR) 10:30 Create & Design; Story Stones (AR) 11:00 & 12:15 Table Mate Riddles (DR) 1:30 Resident Hosted Prayer Circle (AR) 2:00 Best Punch Raspberry Float Social (P) 3:00 Worship Service (CR) 6:15 Resident Hosted; Poker Night (AR) 6:15 Neighbor Visit Bearing Treats (CN)	20 9:30 Morning Exercise (AR) 10:00 Brain Exercises by Bethany from Genesis Health & Rehab (AR) 1:30 Helping Hands; Mocktails Prep (AR) 2:30 Manicures & Mocktails (AR) 3:30 Christmas Tunes & Conversations (AR) 6:15 Res. Run: Bible Scripture Circle (AR) 6:15 Res. Run: Dominoes & Small Bites (FL)	21 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Kohls**\$\$ (OOB) 10:00 <i>GriefShare</i> Support Group with Chaplain Bob (P) 1:00 Mid Week Worship Service (CR) 1:30 Ed-U Presentation: <i>Classic Christmas History</i> by team member Jo Feo (AR) 2:30 Burst of Christmas Social Hour & Special Guest Appearance by The Lady Birds Swing Dancers (AR) 3:00 Circle of Friends (CR) 6:15 Moonlight Bingo (AR)	22 9:30 Morning Exercise (AR) 10:00 iN2L Holiday Home Makeover with Mr. Christmas <i>My Big Fat Italian Christmas</i> (AR) 11:00 Resident Christmas Lunch with Special Holiday Menu (DR) 1:30-2:30 Ugly Christmas Sweater Contest (AR) 3:00 White Elephant Prize Bingo (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:15 Res. Run: Tabletop Air Hockey (AR)	23 9:30 Morning Exercise (AR) 10:00 Bible Study (P) 10:00 Community Life Planning Committee Meeting (AR) 10:30 Praying the Rosary (CR) 1:15-3:00 Community Holiday Event: Santa's Sleigh, Cocoa & Cookies (FL) 4:30 Wine & Dine (DR) 5:00 Dinner & A Show; <i>A Christmas Carol</i> (CR) 6:15 Res. Run Rumi (AR)	24 Christmas Eve 9:30 Morning Exercise (AR) 10:00 House Of Café & Conversations (AR) 1:30 Christmas Eve Service (AR) 2:30 Marshmallow Snowman Hot Chocolate Social (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:15 Resident Hosted Bingo (AR) 6:15 Res. Run: Scrabble (FL)	25 Christmas Day 9:30 Morning Exercise (AR) 10:00 House Of Café; Gingerbread Men & Hot Cocoa (AR) 10:30 A Christmas Gift For You! (FL) 1:30 Holiday Christmas Classic: Irving Berlin's <i>White Christmas</i> & Eggnog (CR) 6:00 Hallmark Christmas Movie (FL)
26 9:30 Morning Exercise (AR) 10:00 House Of Café (AR) 10:30 Create & Design; Story Stones (AR) 11:00 & 12:15 Table Mate Riddles (DR) 1:30 Resident Hosted Prayer Circle (AR) 2:00 White Russian Mocktail Social (P) 3:00 Worship Service (CR) 6:15 Resident Hosted; Poker Night (AR) 6:15 Neighbor Visit Bearing Treats (CN)	27 9:30 Morning Exercise (AR) 10:00 House of Café & Discussions (AR) 1:30 Matinee: <i>Christmas Chronicles</i> (CR) 3:30 Res. Run: Card Club (AR) 6:15 Cranium Crunches (AR) 6:15 Res. Run: Uno & Small Bites (FL)	28 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Target**\$\$ (OOB) 10:00 <i>GriefShare</i> Support Group with Chaplain Bob (P) 1:00 Mid Week Worship Service (CR) 2:00 Caramel Apple Toddy Social (P) 3:00 Ed-U Presentation: <i>Life As A Deputy</i> by Matthew Straub, Dover PD (AR) 3:00 Circle of Friends (CR) 6:15 Moonlight Bingo (AR)	29 9:30 Morning Exercise (AR) 10:00 Holiday Home Makeover with Mr. Christmas <i>A Tale of Two Holidays</i> (AR) 1:30 Live Music by Pianist Justin Adams (P) 2:30 Prize Bingo (AR) 3:30 Res. Run: Card Club (AR) 4:00 & 5:15 Table Mate Trivia (DR) 6:15 Res. Run: Jingo (AR)	30 9:30 Morning Exercise (AR) 10:00 Res. Run Bible Study (P) 10:30 Praying the Rosary (AR) 1:30 Helping Hands; Social Prep (P) 2:00 Cotton Candy Cocktail, Mocktail Social Hour (P) 3:00 Spiritual Songs & Hymns (CR) 4:30 Wine & Dine (DR) 5:00 Gentlemen's Dinner & Show (CR) 6:15 Res. Run Scrabble (AR)	31 New Year's Eve 9:30 Morning Exercise (AR) 10:00 Wii Bowling League (AR) 11-12 Happy Noon Year Lunch (DR) 1:30 Res. Run: Card Club (AR) 2:00 Meet The Chef (AR) 3:00 Try Something New; Wine-Oh's** (P) 4:00 & 5:15 Table Mate Trivia (DR) 6:15 Res. Run: Jingo (AR) 6:15 Res. Run: Scrabble (FL)	<h1>December</h1> <h1>2021</h1>