

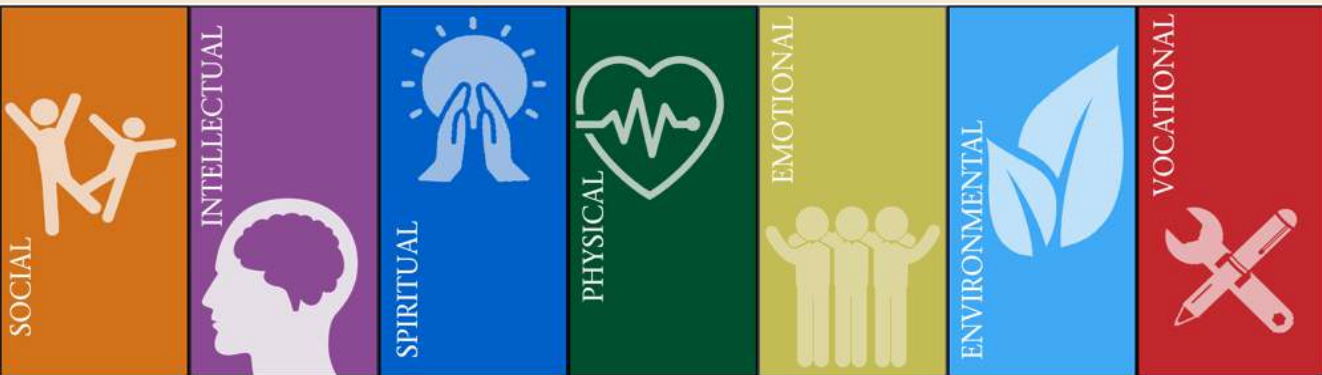
Focus on Wellness

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 – Michael Micene | 22 – Cora Hummel |
| 5 – Cynthia Brown | 25 – Barbara Barnhart |
| 6 – David Adams | 26 – John Long |
| 13 – Lawrence Belusko | 26 – Russell Koons |
| 16 – Dolores Humenick | 31 – Carolyn Fellin |
| 21 – George Mehallo | |



Providence Place SENIOR LIVING News

Q4: December 2021

A Note from the Executive Director

The holidays are here! We hope everyone enjoyed a lovely Thanksgiving and we have so many great celebrations for December. Check out the activity calendar for internal and external happenings.

As we continue to navigate this pandemic, please take care during holiday gatherings. We are welcoming visitors for the season, but not for meals within the community due to masking requirements.

As always, my team is here for any of your concerns or needs. Reach out anytime to chat. Continue to stay safe, happy, and healthy.

Happy Holidays!

Kim Perchak

Executive Director

Highlighted Events

- 4 – **Live Nativity Outing**
Christ Evangelist Lutheran @ 5pm
- 10 – **Children's Visit with Santa**
On the Terrace @ 6-8pm
- 11 – **Hazleton Philharmonic Christmas Show** @ 6pm
- 13 – **EdU Demo: Create Holiday Centerpieces** @ 2:30pm
- 14 – **Christmas Celebration Super Social** with John Stevens Polka Band @ 2pm
- 20 – **Joyeux Noel Movie** @ 12:30pm
Connections Club
- 30 – **EdU Presentation: Visiting Holiday Donkey & Dog** @ 3pm

Welcome New Residents

Francis Blahoski
Eugene Contrady
Margey Edwards
George Mehallo
Jane Zinn



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
<p style="text-align: center;">THE <i>Club</i></p>		Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) - iN2L- It's Never Too Late (1st) 1st floor (ML) Meet in Lobby (2nd) 2nd Floor (3rd) 3rd Floor (DR) Dining Room (Ch) Chapel in Connections (C) Café (T) Connections Floor	1 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Christmas Joy - Singer Sue Reilly ^(2nd) 1:30 Time Slips & Creative Writing (T) 2:30 Holiday Music: By Glenn Faul (DR) 3:30 Community Outreach: Winter Coat Drive / Hazleton SA (3rd) 6:30 Dominoes (1st)	2 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Christmas Penance / Father Mike ^(Ch) 1:00 Holiday Fun: Mod Paper Ornament ^(2nd) 2:00 Honey Hole Wine Tasting / ED Kim ^(1st) 2:30 Ed-U: Christmas Bird: Photographer Terry Neumyer (3rd) 3:30 TED Talk : 5 Ways to Listen ^(3rd) 6:30 Pinochle Players Club (3rd)	3 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration: Woodcarving (3rd) 1:30 Welcome Ambassador Cmte. Mtg ^(3rd) 2:30 Dessert & Discussion -Chef Jack (DR) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	4 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 1:00 iN2L: Fiddler on the Roof (2nd) 1:45 Men's Club: Antiq. Car Model Kits ^(3rd) 2:30 Matinee: A Christmas Carol (2nd) 3:30 Focus on Health: BP Checks (3rd) 5:00 Holiday Trip: Christ Evan. Lutheran Church: 27th Ann. Living Nativity** (OOB) 6:30 Uno (1st)
		5 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service (Ch) 2:45 Bingo (3rd) 4:00 iN2L: The KISSStory of Mistletoe (3rd) 6:30 Knit & Crochet Club (3rd)	6 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Food For Thought: Fruit Cake (C) 1:30 Circle of Life (3rd) 2:30 Christmas Carols with Sue (T) 2:30 Sunshine Committee (3rd) 4:00 Egg Nog Tasting & Trivia (1st) 6:30 Pinochle Players Club (3rd)	7 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 10:00 Stretch Exercise (2nd) 10:00 iN2L: USS Arizona Memorial(T) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 iN2L: USS Arizona Memorial (3rd) 2:30 Community Outreach: PP Blanket Donations/WB VA Hospital (3rd) 4:00 Patriotic Singalong (3rd) 6:30 Scrabble (1st) Remember Pearl Harbor	8 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Paper Poinsettia's (2nd) 1:30 Name That Holiday Tune (3rd) 2:45 Bingo 4:00 December Birthday Celebration Dinner (DR) 6:30 Ed-U Wellness: Nutrition /Hydration by Alyson Cara, RDN	9 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Saint of the Day: St. Juan Diego ^(2nd) 10:30 Stamper Christmas Cards (3rd) 1:00 Craft Club Christmas Stockings (T) 3:00 Ed-U: Top 10 Scams of 2021: By M. Nutter of PA Office of AG (3rd) 6:30 Pinochle Players Club (3rd)
12 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:00 Video Call with Families (C) 1:30 Prayer Service (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Legend of the Candy Cane (3rd) 6:30 Knit & Crochet Club (3rd)	13 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Resident Birthday Committee Meet- ing © 2:30 Music Therapy with Cynthia (T) 6:30 Pinochle Players Club (3rd)	14 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:00 iN2L: Christmas Through the Ages (T) 2:00 Christmas Celebration Super Social: Refreshments, Gifts, Entertainment By John Stevens Polka Band (2nd) 3:30 Thankful Club (3rd) 6:30 Scrabble (1st)	15 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:45 Club Christmas Brunch: (C) 1:30 Providence Place Holiday Store (3rd) 2:30 Gift Wrapping Station (3rd) 3:00 Mulled Wine & Manicures (3rd) 5:00 Bus Trip Christmas Lights Berwick Blvd (ML) 6:30 Dominoes (1st)	16 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Balance in Action Exercise By Genesis (2nd) 10:30 Art Talk: Reverse Glass Painting (3rd) 1:30 Craft Club: Holiday Reverse Glass Painting With Sue Reilly (3rd) 2:30 Entertainment: Windfall (T) 3:30 Holiday Crossword Challenge (1st) 6:30 Pinochle Players Club (3rd)	17 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Jingle Bells Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Christmas Storytelling/Hot Cocoa ^(2nd) 1:30 TED Talk & Discussion: The Clue To A Great Story (3rd) 2:30 Christmas Storytelling/Hot Cocoa (T) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	18 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Cooking Club: Pizelles (C) 1:30 Ed-U Demo: Holiday Improvisational Drawing By Tim Stauffer (3rd) 2:30 Matinee: Miracle on 34th Street (2nd) 3:30 Finish the Phrase (1st) 6:30 Uno (1st)
19 9:00 TV Catholic Mass (3rd) 10:00 K-9 Visits / Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service (Ch) 2:45 Christmas Cookie Bingo With Girl Scout Troop 30270 (3rd) 4:00 iN2L: Rockefeller Center Christmas Tree (3rd) 6:30 Knit & Crochet Club (3rd)	20 9:00 The ChristmasTruce— Daily Chronicles ^(2nd) 9:30 Christmas in the Trenches Song (2nd) 10:00 Yoga Fitness by Bill (Ch) 10:30 Word Play (3rd) 12:30 Movie: Joyeux Noel -True Story ^(2nd) 2:30 Craft Club: DIY Angels (T) 2:30 Chef's Pairings with Chef Jack (DR) 4:00 Sudoku Challenge (1st)	21 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Christmas Carols with Sue (2nd) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Local History: Hazle Park Skating Rink (3rd) 1:30 ** Bus Trip: Country Ride (T) 3:30 Cooking Club: Gingerbread Swirl Fudge (C) 6:30 Scrabble (1st)	22 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 SeasonScents:Orange/Clove Pom ^(3rd) 1:00 Holiday Tea/Cookies/Inspiration (2nd) 1:30 Bible Study / Deacon Bob Roman (C) 2:00 Paint & Sip/Sue & Mary Donna (T) 3:30 Dealing with Loss Support Group (SR) 6:30 Holiday Musical Entertainment By George Rittenhouse (DR)	23 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Rosary (Ch) 10:30 iN2L: Animal World: Reindeer (3rd) 1:00 DVD: ESPN: 4 Days in October 1:30 Christmas Trees 101 (3rd) 2:45 Bingo (3rd) 3:30 Video Calls with Family (C) 6:30 Pinochle Players Club (3rd)	24 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Jingle Bells Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration: Scroll Sawing (3rd) 1:30 iN2L: Christmas Caroling 3rd) 2:30 Matinee: It's A Wonderful Life (2nd) 3:00 Christmas Eve Service With Chaplain Marianne (Ch) 6:30 Boggle (1st) Christmas Eve	25 9-10:00 Daily Chron./ Pedal Exercise (2nd) 10:00 Christmas Service: Chaplain Marianne (Ch) 10:30 Holiday Photo Booth (1st) 11:00-1:00 Christmas Celebration (DR) 1:30 "Sounds of Christmas" Featuring Pianist Bryan Herber (3rd) 3:00 Hot Chocolate Bar / Holiday Video:(1st) 6:30 Vintage Board Games (1st) Christmas Day
26 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Therapy Alliance ^(1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Times Square Ball Drop (3rd) 6:30 Knit & Crochet Club (3rd)	27 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Famous Birthdays: Marlene Deitric ^(3rd) 1:30 Memories & Mocktails (T) 2:30 Ed-U: History of Old Tyme Christmas Music By Jay Smar (DR) 2:30 Entertainer: George Rittenhouse (T) 6:30 Pinochle Players Club (3rd)	28 9:00 Morning Inspiration/Daily Chronicle (2nd) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:00 Movie: My All America (2) 1:30 iN2L Tours: Pennsylvania Cathedrals ^(3rd) 2:00 Dining Demo with Chef Jack (DR) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)	29 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 iN2L: New Year's Eve Around the World (3rd) 2:30 Music Therapy with Cynthia (T) 2:45 Bingo (3rd) 6:30 Dominoes (1st)	30 9:00 Morning Inspiration/Daily Chronicle ^(2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Saint of the Day: St. Anysia (2nd) 10:30 PP Walking Club: Indoor Walk (ML) 1:30 New Years Party Hats/ Sue&Mary (T) 2:00 Honey Hole Wine Tasting/ED Kim ^(1st) 3:00 Ed-U Presentation: Visiting Donkey & Dog / Young's Funny Farm (1st) 6:30 Pinochle Players Club (3rd)	31 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30-12:30 DVD Movie: Survive and Advance ^(2nd) 1:30 Decorate for New Year's Social (ML) 2:30 New Year's Eve Ball Drop Super Social (C) 4:00 2022 Resolutions (1st) 6:30 Boggle (1st) New Year's Eve	<p style="text-align: center; font-size: 2em;">December 2021</p>