

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		
		Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C)	1 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Craft Club: Bow Making 101 (3rd) 1:30 Holiday Celebration Planning Cmte. (3rd) 2:30 Holiday Musical Entertainment featuring Glenn Faul (DR) 3:30 Community Outreach: Kickoff to Winter Outerwear Drive For Hazleton Salvation Army (3rd) 6:30 Dominoes (1st)	2 9:30 Balance in Action Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Christmas Penance with Father Mike (Ch) 1:30 Cooking Club: Yule Log (C) 2:00 Honey Hole Winery Tasting w/ Kim (1st) 2:30 Ed-U Presentation: <i>Christmas Bird Count</i> by Terry Neumyer (3rd) 3:30 TED Talk & Discussion: <i>5 Ways to Listen Better</i> (3rd) 6:30 Pinochle Players Club (3rd)	3 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 with Chef Jack (DR) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	4 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Community Life Planning Mtg (3rd) 1:45 Men's Club: Model Car Kits (3rd) 2:30 Matinee: <i>A Christmas Carol</i> (2nd) 3:30 Focus on Health: Blood Pressure Checks (3rd) 5:00 Holiday Trip: Christ Evangelical Lutheran Church: 27th Annual 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: <i>The KISStory of Mistletoe</i> (3rd) 6:30 Knit & Crochet Club (3rd)	6 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) 2:00 Cooking Club: Homemade Eggnog (C) 2:30 Sunshine Committee (3rd) 4:00 Eggnog Tasting & Trivia (1st) 6:30 Pinochle Players Club (3rd)	7 9:30 Breakfast Caravan: Perkins*** (OOB) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 iN2L: <i>USS Arizona Memorial</i> (3rd) 2:30 Community Outreach: ProvPlace Knit & Crochet Club - Blanket Donations for Wilkes-Barre VA Hospital (3rd) 4:00 Patriotic Songs of the Heart (3rd) 6:30 Scrabble (1st) Remember Pearl Harbor	8 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 TED Talk & Discussion: <i>Why We Do What We Do</i> (3rd) 1:30 Name That Holiday Tune (3rd) 2:45 Bingo (3rd) 4:00 December Birthday Celebration Dinner (DR) 6:30 Ed-U Wellness Presentation: <i>Nutrition & Hydration 101</i> By Alyson Cara, RDN	9 9:30 Balance in Action Exercise (2nd) 10:00 Saint of Day: St. Juan Diego (2nd) 10:30 Craft Club: Stamper Christmas Cards (3rd) 1:30 X-Box Bowling (2nd) 2:00 Honey Hole Winery Wine Tasting With ED Kim (1st) 3:00 Ed-U Presentation: <i>Top 10 Scams of 2021</i> by Michelle Nutter, PA of AG (3rd) 6:30 Pinochle Players Club (3rd)	10 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration: Woodturning (3rd) 1:30 Soul Club: Chicken Soup for the Soul (3rd) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciarvella (2nd) 3:00 New Resident Cocktail Mixer (1st) 3:30 Dealing with Loss Support Group (SR) 6-8 Outdoor Children's Visits with Santa (T)	11 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 PP Walking Club: Indoor Walk (ML) 1:30 Ed-U Demo: <i>A Holiday Painting Class</i> By Jennie Perez (3rd) 2:30 Matinee: <i>Elf</i> (2nd) 3:30 Holiday Word Puzzle Challenge (1st) 6:00 Holiday Concert <i>Sounds of the Season</i> by Hazleton Philharmonic Symphony Orchestra*** (OOB)
		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) 1:30 Prayer Service (Ch) 2:45 Bingo (3rd) 4:00 iN2L: <i>Legend of the Candy Cane</i> (3rd) 6:30 Knit & Crochet Club (3rd)	13 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Resident Birthday Cmte Mtg (C) 1:30 Circle of Life (3rd) 2:30 Ed-U Demo: Holiday Centerpieces with Hazleton Garden Club & PP Resident Mary Konschnik (3rd) 3:30 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)	14 9:30 Shopping Trip: Walmart*** (OOB) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:00 Interactive Music Class w/ Cynthia (3rd) 2:00 Christmas Celebration Super Social: Great Food, Gifts, Musical Entertainment By John Stevens Polka Band (2nd) 3:30 Thankful Club (3rd) 6:30 Scrabble (1st)	15 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Diner's Lunch Caravan: Applebee's*** (OOB) 1:30 Providence Place Holiday Store (3rd) 2:30 Gift Wrapping Station (3rd) 3:00 Mulled Wine & Manicures (3rd) 5:00 Holiday Trip: Berwick Boulevard Christmas Lights Display** (OOB) 6:30 Dominoes (1st)	16 9:30 Daily Prayer & Meditation (Ch) 10:00 Balance in Action Exercise By Genesis Health & Rehab (2nd) 10:30 Today in History (2nd) 1:30 Craft Club: Holiday Reverse Glass Painting with Sue Reilly (3rd) 2:45 Poinsettia Bingo (3rd) 3:30 Holiday Crossword Challenge (1st) 6:30 Pinochle Players Club (3rd)	17 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration Wood Pyrography (3rd) 1:30 TED Talk & Discussion: <i>The Clue To A Great Story</i> (3rd) 2:30 December Birthday Sundae Social Hosted by Resident Birthday Cmte. (3rd) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	18 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Cooking Club: Pizzelles (C) 1:30 Ed-U Demo: Holiday Improvisational Drawing By Tim Stauffer (3rd) 2:30 Matinee: <i>Miracle on 34th Street</i> (2nd) 3:30 Finish the Phrase (1st) 6:30 Uno (1st)
		19 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 Christmas Cookie Bingo with Girl Scout Troop 30270 (3rd) 4:00 iN2L: Rockefeller Tree Lighting (3rd) 6:30 Knit & Crochet Club (3rd)	20 9:30 Men's Club: Coffee Caravan to Dunkin Donuts*** (OOB) 10:00 Yoga Fitness by Bill (Ch) 10:30 Word Play (3rd) 1:30 Circle of Life (3rd) 2:30 Chef's Pairings with Chef Jack (DR) 4:00 Sudoku Challenge (1st) 6:30 Pinochle Players Club (3rd)	21 9:30 Shopping Trip: Dollar Tree*** (OOB) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Local History: Hazle Park Ice Skating Rink (3rd) 2:30 Dining Service Cmte Mtg (3rd) 3:30 Cooking Club: Gingerbread Swirl Fudge (C) 6:30 Scrabble (1st)	22 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Scents of the Holidays: Orange & Clove Pomanders (3rd) 1:30 Bible Study with Dn. Bob Roman (C) 2:30 Craft with ED Kim (2nd) 3:30 Dealing with Loss Support Group (SR) 6:30 Holiday Musical Entertainment By George Rittenhouse (DR)	23 9:30 Balance in Action Exercise (2nd) 10:00 Rosary (Ch) 10:30 iN2L Animal World: Reindeer (3rd) 1:30 iN2L: Christmas Trees 101 (3rd) 2:45 Bingo (3rd) 3:30 TED Talk & Discussion: <i>The Skill of Self Confidence</i> (3rd) 6:30 Pinochle Players Club (3rd)	24 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration Wood Crafting: Scroll Sawing (3rd) 1:30 Christmas Caroling (3rd) 2:30 Matinee: <i>It's A Wonderful Life</i> (2nd) 3:00 Christmas Eve Service With Chaplain Marianne (Ch) 6:30 Boggle (1st) Christmas Eve	25 9:30 Pedal Exercise (2nd) 10:00 Christmas Service With Chaplain Marianne (Ch) 10:30 Holiday Photo Booth Social (1st) 11:00-1:00 Christmas Celebration (DR) 1:30 <i>Sounds of Christmas</i> Live Music Featuring Pianist Bryan Herber (3rd) 3:00 Hot Chocolate Bar (1st) 6:30 Vintage Board Games (1st) Christmas Day
		26 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: Times Sq. Ball Drop History (3rd) 6:30 Knit & Crochet Club (3rd)	27 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Famous Birthdays Spotlight: Marlene Deitrich (3rd) 1:30 Circle of Life (3rd) 2:00 Tech. Cmte Best Gadgets of 2021 (3rd) 2:30 Ed-U Presentation: <i>History of Old Tyme Christmas Music</i> By Jay Smar (DR) 3:30 Dealing with Loss Support Group (SR) 6:30 Pinochle Players Club (3rd)	28 9:30 Retail Shopping: Boscov's*** (OOB) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 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 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 iN2L: New Year's Eve Around the World (3rd) 1:30 Interactive Music Class w/ Cynthia(2nd) 2:45 Bingo (3rd) 4:00 Champagne Floats & Charades (1st) 6:30 Dominoes (1st)	30 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 Craft Club: New Year's Party Hats (3rd) 2:00 Honey Hole Winery Wine Tasting With ED Kim (1st) 3:00 Ed-U Presentation: Holiday Donkey & Dog Visit by Young's Funny Farm (1st) 4:00 New Year's Word Search (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 Art Exploration Wood Crafting: Intarsia & Marquetry (3rd) 1:30 Helping Hands: Social Setup (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	<h1 style="text-align: center;">December</h1> <h1 style="text-align: center;">2021</h1>