

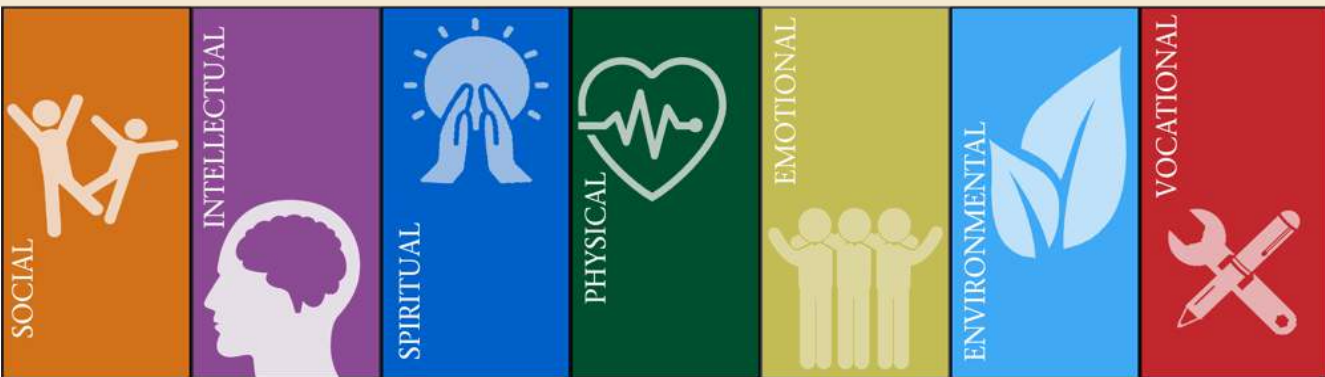
Focus on Wellness

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 – Opal MacDurmon
- 3 – Sheldon Hall
- 5 – Barbara Good
- 16 – Beverly Spencer
- 20 – Dorothy George



Providence Place SENIOR LIVING News

Q4: December 2021

A Note from the Executive Director

It's the most wonderful time of the year! I hope everyone can enjoy special moments with your loved ones this season, as I plan on doing the same.

As we reflect back on the past year and our transition to Providence Place, we wanted to take a moment to thank everyone for their open hearts in welcoming new team members, new residents, lively activities and some refreshing of our living spaces.

Wishing you happy holidays and happy new year! Here's to 2022 and a year of new opportunities!

Best,

Donna O'Leary

Executive Director

Highlighted Events

- 2 – **Edu Presentation: Ol' Tyme Country Christmas Music** @ 3pm
- 13 – **Holiday Entertainment: Caroling**
With Trail Life Troop #316 @ 6:30pm
- 14 – **Hershey Sweet Lights Outing**
@ 5:30pm
- 18 – **Caroling with "Sum of Each"**
@ 4pm
- 31 – **Noon Year's Eve Party** @ 12pm

Welcome New Residents

M. Lois Rostolsky
Twila Mark



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

