

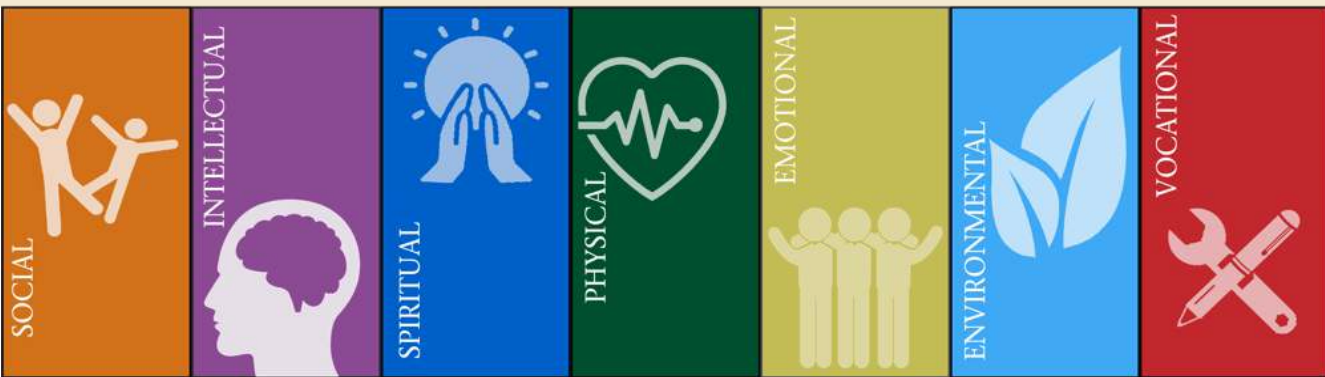
Focus on Wellness

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

- 9 – Eleanor Miller
- 10 – Joanne Moyer
- 13 – Lucy Smith
- 16 – Rita Beach
- 24 – Arlene Knoll
- 27 – Eileen Petko
- 28 – Robert Wagner



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

The Grove is COVID-free and open for visitation and outings for the holidays. We ask that you continue to be masked and vigilant on your hand washing/sanitizing when visiting your loved ones. Please remember when signing in to take your temperature and answer the questionnaire and the receptionist desk.

We are also finalizing some construction in the lobby. Please be patient with our disarray while we complete the much-needed updates.

Holiday happenings are well under way and we look forward to our internal celebrations in the coming weeks. Please take the time to visit and celebrate with us or join on outings, however, holiday meals are unfortunately not open for visitors due to COVID precautions.

Stay tuned for updates Christmas festivities!


Sincerely,
Julie Wallace
Executive Director

Highlighted Events

- 2 – **Helping Harvest Food Bank**
Volunteer opportunity @ 9am
- 2 – **Art Class: Exploring Winter Art Projects** @ 6:30pm
- 8 – **Personal Makeovers & Photo Shoot** with Mary Kay @ 2pm
- 12 – **Holly Jolly Holiday Party**
Entertainment by Jessica Snyder @ 2pm
- 31 – **Noon Year Ball Drop** @ 12pm
Entertainment by Lee Moyer

Welcome New Residents

Lucy Smith
Alice Kimmel
Paul Rumpf

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (H) Hallway (L) Lobby	1 9:00 December Gratitude Calendars (DR) 10:00 Helping Hands: Angel Tree For Pine Grove Area School District (2F) 10:30 Christmas Songs of the Heart (2F) 11:00 Mother Teresa Program EWNT 49 (DR) 2:00 Kitchen Krew: Snickerdoodles (2F) 3:30 Caring is Sharing Club: Apartment Visits & Cookie Cart (2F) 6:30 Game of Dominos (2F)	2 9:00 Service in Action: Volunteering at Helping Harvest Food Bank Distributing Food (OOB) 10:30 Jigsaw Puzzle Team (2F) 11:00 Confident Cruisers (H) 2:00 iN2L Chapter Book: Nutcracker & Mouse King Chapters 1-3 (2F) 3:30 Hot Chocolate Bar (2F) 6:00 Ed-U Presentation: Winter Art Pieces by Aleesa Palina, St. Clair Area Art Teacher (2F)	3 9:30 Core Strength Exercise (2F) 10:00 Holiday Craft n' Creations: Christmas Stockings (2F) 11:00 Planning Committee (1F) 1:30 Resident Planning Committee (2F) 3:30 Ed-U Presentation: Introducing the American Heritage Girls by Mae DeBruyn (2F) 4:00 Caring is Sharing Club: Gifts for Children (2F)	4 9:30 Sit & Be Fit (2F) 10:00 December Fact or Fiction (2F) 10:30 Coffee Cache & Daily Chronicle (2F) 11:00 Holy Rosary EWNT49 2:00 Scenic Country Ride** (OOB) 3:30 Jigsaw Puzzle Team (2F) 7:00 Wheel of Fortune (1F) 8:00 Pennsylvania Polka (1F)
		5 9:30 Whole Body Stretches (2F) 10:00 Amen Corner (2F) 10:30 Portals of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 iN2L: Methodist Service (2F) 3:30 iN2L: Catholic Service (2F) 6:30 Music & Mindful Colors (1F)	6 9:30 Balance in Action (2F) 10:00 Holiday Craft n' Creations: Painting X-Mas Wreaths (2F) 10:30 Mass with Deacon Henninger (1F) 11:00 Confident Cruisers (H) 1:30 Helping Hands: Set Up for Bingo (2F) 2:00 Welcome Bingo with Pottsville PP Residents (2F) 3:30 Ice Cream Social (2F)	7 Remember Pearl Harbor 9:30 Target Leg Exercise (2F) 10:00 Fireside Chat with Julie (2F) 10:30 Remembering WWII Veteran Harlan Twible (2F) 1:30 Film Fest: <i>USS Indianapolis Men of Courage</i> (2F) 3:30 American Heritage Girls: Caroling (L) 6:30 Card Club: Rummy (1F)	8 9:30 Move2Music (2F) 10:00 iN2L Chapter Book: Nutcracker And Mouse King Chapters 4,5,6 (2F) 11:00 Opinion & Discuss (2F) 2:00 Ed-U Presentation: Jen O'Connell Mary Kay Glamor Make Overs (2F) 3:30 Glamor Photo Shoot (2F) 6:30 Game of Dominos (2F)	9 9:30 Gentle Moves (2F) 10:00 You Tube Christmas: Try Not To Laugh (2F) 11:00 Brain Games: Christmas Art (2F) 2:00 Sounds of the Season By Brian (DR) 3:30 Hot Chocolate Bar (1F) 6:30 Game of Sorry (1F) 8:00 NFL Football: Vikings vs. Steelers (1F)
12 9:30 Whole Body Stretches (2F) 10:00 Amen Corner (2F) 10:30 Portals of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 <i>A Holly Jolly Holiday Party</i> with Entertainment By Jessica Snyder (2F) 3:30 Charcuterie Holiday Plate Peppermint Punch (2F) 6:30 Music & Mindful Colors (1F)	13 9:30 Balance in Action (2F) 10:00 iN2L Chapter Book: <i>Nutcracker And Mouse King</i> Chapter 10-12 (2F) 10:30 Mass With Deacon Henninger (1F) 11:00 Confident Cruisers (H) 1:30 Shirley's Aromatherapy Hand & Neck Massage (2F) 3:00 Manicures (2F) 6:30 Scrabble Team (1F)	14 9:30 Target Leg Exercise (2F) 10:00 Service in Action: Delivering Gifts to Pine Grove Area School District (OOB) 12:00 Diner's Caravan: Country Kitchen Restaurant**\$\$ (OOB) 2:00 Sunshine Committee: Christmas Cards for PP Community (F) 3:30 Hot Chocolate Bar (2F) 6:30 Christmas Monopoly (1F)	15 9:30 Move2Music (2F) 10:00 Helping Hands: Wrapping Gifts (2F) 10:30 iN2L Chapter Book: Nutcracker And Mouse King Chapters 13,14 (2F) 2:00 Craft n' Creations: Making Gingerbread Village (2F) 4:00 iN2L: Sounds of the Season (2F) 6:30 Game of Dominos (1F)	16 9:30 Gentle Moves (2F) 10:00 Good Grief Support Group (2F) 11:00 Brain Games: Christmas Art (2F) 2:00 Welcome Ambassador Gingerbread Cookie Social (2F) 3:30 New Resident Raffle (2F) 6:30 Game of Sorry (1F) 8:00 NFL Football: Titans vs. 49ers (1F)	17 9:30 Core Strength Exercise (2F) 10:00 Dining Committee (2F) 11:00 Mind Games (2F) 2:00 Jigsaw Puzzle Team (2F) 3:00 Holy Rosary EWNT 49 4:00 Confident Cruisers (H) 6:30 Color Me Christmas (1F) 8:00 Hallmark: <i>Mistletoe in Montana</i> (1F)	18 9:30 Sit & Be Fit (2F) 10:00 December Fact or Fiction (2F) 10:30 Coffee Cache & Daily Chronicle (2F) 11:00 Holy Rosary EWNT49 2:00 Men's Club Trip Out: Buddy's Log Cabin Restaurant for Ice Cream**\$\$ (OOB) 3:30 Jigsaw Puzzle Team (2F) 7:00 Wheel of Fortune (1F) 8:00 Pennsylvania Polka (1F)
19 9:30 Whole Body Stretches (2F) 10:00 Amen Corner (2F) 10:30 Portals of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 iN2L: Methodist Service (2F) 3:30 iN2L: Catholic Service (2F) 6:30 Music & Mindful Colors (1F)	20 9:30 Balance in Action (2F) 10:00 Cooking Demo with Sean (2F) 10:30 Mass With Deacon Henninger (1F) 11:00 Confident Cruisers (H) 1:30 Shirley's Aromatherapy Hand & Neck Massage (2F) 3:00 Manicures (2F) 6:30 Scrabble Team (1F)	21 9:30 Target Leg Exercise (2F) 10:00 Word Match (2F) 10:30 Today in History (2F) 2:00 Yoga with Leah (2F) 3:30 Confident Cruisers (H) 3:30 Scripture Reading EWNT 49 6:30 Christmas Monopoly (1F)	22 9:30 Move2Music (2F) 10:00 Today in History (2F) 10:30 Confident Cruisers (H) 11:00 iN2L: Sing Along (2F) 2:00 Film Flick: <i>Christmas Vacation</i> (2F) 4:00 Logical Holiday Cookie Puzzle (2F) 6:30 Game of Dominoes (1F)	23 9:30 Gentle Moves (2F) 10:00 iN2L: Holiday Traditions (2F) 10:30 Opinion & Discuss (2F) 11:00 Confident Cruisers (H) 2:00 The Stories Behind The Carols (2F) 3:30 Game of Rummy (1F) 4:00 The Christmas Story Crossword Puzzle (2F) 6:30 Game of Sorry (1F)	Christmas Eve 24 9:30 Core Strength Exercise (2F) 10:00 Reminisce: Vintage Holidays (2F) 10:30 The Legend of the Mistletoe (2F) 11:00 Mother Teresa EWNT 2:00 Film Flick: <i>It's A Wonderful Life</i> (2F) 4:00 Christmas Word Quilt Puzzle (2F) 6:30 Color Me Christmas (1F) 8:00 Hallmark: <i>Hot Chocolate Holiday</i> (1F)	Christmas Day 25 9:30 Sit & Be Fit (2F) 10:00 Disney Parks Magical Christmas Parade (2F) 10:30 Coffee & Donut Social (2F) 11:00 & 12:00 Christmas Dinner (DR) 2:00 Color Me Christmas Packs (2F) 4:00 Christmas Mass EWNT 49 6:30 Christmas Monopoly (1F)
26 9:30 Whole Body Stretches (2F) 10:00 Amen Corner (2F) 10:30 Portals of Prayer (2F) 12:00 Wine & Dine (DR) 2:00 Church of God Service (DR) 2:30 Memorial Program (DR) 3:30 Fellowship Hour (DR) 6:30 Music & Mindful Colors (1F)	27 9:30 Balance in Action (2F) 10:00 iN2L: Google Earth Find Your Homestead (2F) 10:30 Mass With Deacon Henninger (1F) 11:00 Confident Cruisers (H) 1:30 Shirley's Aromatherapy Hand & Neck Massage (2F) 3:00 Manicures (2F) 6:30 Scrabble Team (1F)	28 9:30 Target Leg Exercise (2F) 10:00 Word Match (2F) 10:30 Today in History (2F) 1:30 Scripture Reading EWNT 49 2:00 Drum Circle (2F) 3:30 Cool Down & Cool Drinks (2F) 6:30 Christmas Monopoly (1F)	29 9:30 Move2Music (2F) 10:00 Today in History (2F) 10:30 Confident Cruisers (H) 11:00 iN2L: Comedy Classics (2F) 2:00 Film Flick: <i>Single All the Way</i> (2F) 4:00 Christmas Carol Mining Puzzle (2F) 6:30 Game of Dominoes (1F)	30 9:30 Gentle Moves (2F) 10:00 Gratitude Calendar Lookback (2F) 11:00 Helping Hands: Time Capsule Social (2F) 2:00 Year in Review Social (2F) 3:30 Creating 2021 Time Capsule (2F) 4:00 Old Fashion Cocktail Tasting (2F) 6:30 Game of Sorry (2F)	New Year's Eve 31 9:30 Core Strength Exercise (2F) 10:00 Reminisce: Vintage New Year's Eve Celebrations with Guy Lombardo (2F) 10:30 Holy Rosary EWNT 49 11:00 Daily Chronical & Discuss (2F) 12:00 Noon Year Eve Ball Drop (DR) 2:00 New Year's Eve Entertainment With Lee Moyer (2F) 3:30 Champagne & Charcuterie Plate (2F) 8:00 Hallmark: <i>A Wonderful Life</i> (1F)	<h1>December</h1> <h1>2021</h1>