

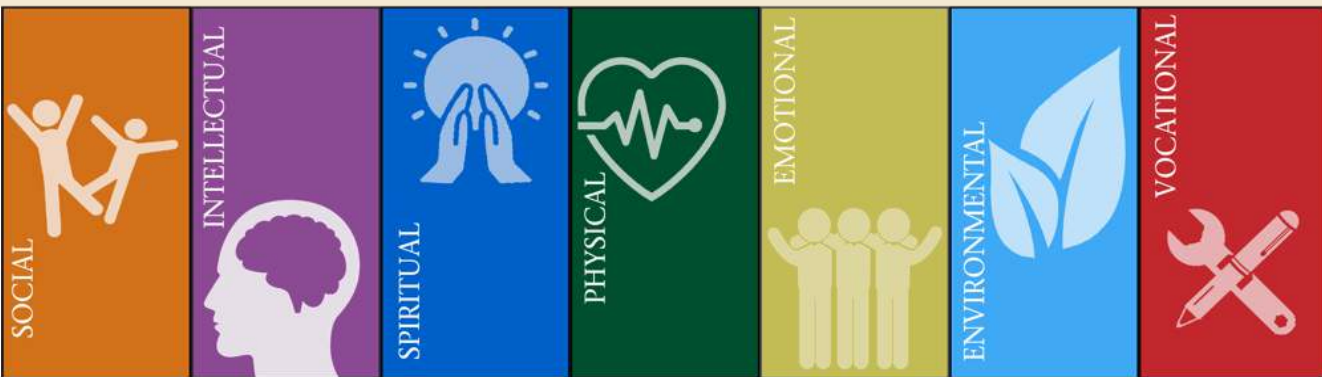
Focus on Wellness

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

- | | |
|-----------------------|-----------------------|
| 5 – Ann Mohrman | 22 – Anneliese Hueske |
| 6 – Dorothy Schaeffer | 23 – Carol Seitzinger |
| 7 – Robert Long | 29 – Anna Mae Callan |
| 11 – Shirley Lerch | 29 – Marion Barton |
| 12 – Warren Hassinger | 31 – Nancy Krynack |
| 14 – Barbara Higgins | |



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

This is the most wonderful time of the year, isn't it? I can feel the hustle and bustle beginning already. Everyone is beginning to plan family events for the season. With the holidays approaching it gives me great pleasure to say we have come out of a very difficult time with COVID. As of the day I write this, we have no COVID cases in our Providence Place community. When I look back, I am so grateful for the support received from our families and friends. Unfortunately, the virus has had a great effect on many. Our thoughts are with those who have suffered a loss.

We are all doing a great job keeping residents safe. We have provided and will continue to provide all the recommended vaccinations to our residents and co-workers. We truly feel this is the best way to combat the virus. We continue to strive for a 100% COVID vaccination rate. Schuylkill County continues to have a high positivity rate.

We are planning great things here, with many fantastic outings and internal events planned for the season. Community Life has been working hard to schedule performers, Christmas light drives, and holiday themed activities. Please see the activity calendar for the schedule of events.

Over the past few weeks, we have welcomed new team members to our family. We are working diligently to be sure hiring is a priority. I'm very proud of my dedicated and caring team at Pottsville. 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.

Tracy Mason, Executive Director

Highlighted Events

- 3 – **Lithuanian Christmas**
With Historical Society @ 2:30pm
- 19 – **Local Christmas Lights Tinsel Tour** @ 5:30pm – *Connections Club*
- 20 – **Holiday Party with Elvis**
@ 2pm
- 31 – **New Year's Eve Party**
Entertainment by Tanya & Marge
@ 7pm

Welcome New Residents

Jacob Baumann
Carol Benner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>THE <i>Club</i></p>	<p>Calendar Key: (A) Activity Room (C) 3rd Floor Chapel (ML) Main Lobby (CN) Connections Neighborhood (PUB) 1st Floor Pub Lounge \$\$ Cost Involved</p>		<p>1 9:00 Breakfast Club with Missy: Gingerbread Pancake (A) 9:30 Daily Chronicle & Discussions (A) 10:30 Worship Service (C) 11:30 Walk for Heart Health (C) 1:00 Craft: Winter Memory Keepsake (A) 2:15 Organize Food Drive (A) 2:30 Sing Along: Holiday Hymns (A) 3:00 Communion Service (C) 3:30 Cocktail Hour (PUB)</p>	<p>2 9:00 Seasonal Music & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:30 Wall Scrabble Holiday Edition (A) 1:30 Garden Club: Suet Feeders for Feathered Community Birds (A) 2:30 Fitness for the Holidays (A) 3:15 Thirst Quencher (A) 6:30 Nickel Polish Bingo \$\$ (PUB)</p>	<p>3 9:00 Breakfast by Rebecca (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Hospitality Club (CN) 10:15 Cookie Swap (CN) 1:30 Zumba with Michele (PUB) 3:00 Communion Service (C) 3:00 Mulled Cider Cocktail Hour (PUB) 6:15 Board Games: Monopoly (PUB)</p>	<p>4 9:00 Search a Cheer & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Baking Club: Pecan Sticky Buns (A) 10:45 Let's get Nutty (Edu. on Pecan) (A) 1:00 College Football Games (2nd FL) 2:00 Jingle to Stay Fit (A) 3:00 Hydration & Healthy Bites (A) 3:30 Vagabond Travelers: European Holiday Traditions (PUB) 6:15 Card Games: War (PUB)</p>	
	<p>5 9:00 Hanukkah & The Festival of Lights Music (A) 9:30 Trinity Lutheran Church: Live Stream (PUB) 10:00 Meet and Greet Social (ML) 1:00 Video Chat with Families (1:1) 1:00 Movie: <i>Fiddler on the Roof</i> (A) 3:00 Communion Service (C) 3:30 Short Story Book Club (L) 6:15 Kings in the Corner (PUB)</p>	<p>6 9:00 Search a Word & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 Memory Magic (CN) 12:45 Walk and Stretch (ML) 1:00 Christmas Derby Bits (A) 1:30 Reindeer Races (A) 2:30 Winner's Circle: Holiday Mimosas (A) 3:00 Communion Service (C) 3:30 Bible Study (C) 6:00 Christmas Lights Outing (OOB) 6:30 Bridge Club (PUB)</p>	<p>7 Remember Pearl Harbor 9:00 Naval Legends: Pearl Harbor (A) 9:30 Pearl Harbor Facts & Discussions (A) 10:00 Hospitality Club (CN) 10:15 Tuesday Tunes (CN) 1:30 Anxiety Busting (C) 2:00 Release the Stress Exercises (C) 3:00 Boost Your Confidence Affirmations (C) 3:30 Expressions of Prayer (C) 6:15 Nickle Bingo \$\$ (PUB)</p>	<p>8 9:00 Search a Word & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:30 Worship Service (C) 11:30 Walk for Heart Health (C) 1:00 Craft: Sock Snowmen (A) 2:00 Live Musical Entertainment by Harpist Linda Ulmstead (PUB) 3:00 Communion Service (C) 3:00 Holly Jolly Cocktail Hour & Holiday Scattergories (PUB) 6:15 Bridge Club (PUB)</p>	<p>9 9:00 Seasonal Music & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:30 TimeSlips: Christmas Story (L) 1:30 Garden Club: Trim And Replant House Plants (A) 2:30 Santa's Fitness Plan (A) 3:15 Fresh and Bubbly (A) 6:00 Outing: Hershey Sweet Lights (OOB) 6:30 Nickel Polish Bingo \$\$ (PUB)</p>	<p>10 9:00 Word Search & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Hospitality Club (CN) 10:15 Christmas Word in Word & Eggnog (CN) 1:30 Zumba with Michele (PUB) 3:00 Communion Service (C) 3:30 Cocktail Hour (PUB) 6:15 Uno Card Game (PUB)</p>	<p>11 9:00 Search Holiday Recipes & Inspirations 9:30 Daily Chronicle & Discussions (A) 10:00 Baking Club: Healthy Chewy Ginger Molasses Cookies (A) 10:45 Molasses 101 (A) 12:45 Walking Tail-Gate (ML) 1:00 College Football Games (2nd FL) 3:00 Tackle Bites (A) 3:30 Football Trivia (A) 6:15 Card Games: 500 Rummy (PUB)</p>
	<p>12 9:00 Christmas Hymns & Inspirational Discussion (A) 9:30 Trinity Lutheran Church: Live Stream (PUB) 10:00 Walk to Spread Good Cheer (ML) 1:00 Video Chat with Families (1:1) 1:00 Movie: <i>It's A Wonderful Life</i> (PUB) 3:00 Communion Service (C) 3:30 Short Stories Book Club (L) 6:15 Christmas Family Feud (PUB)</p>	<p>13 9:00 Grinch Word Search & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Hospitality Club (CN) 10:15 Memory Magic (CN) 1:00 Name That Christmas Song (A) 2:00 Lump of Coal Christmas Wrap Game & Exercise (A) 3:00 Communion Service (C) 3:30 Reindeer Margarita Cocktails (PUB) 6:00 Christmas Lights Outing (OOB) 6:30 Bridge Club (PUB)</p>	<p>14 9:00 Seasonal Music & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Hospitality Club (CN) 10:15 Movin' & Groovin' (CN) 12:00 Souper Tuesday Luncheon (A) 1:30 Craft: Paint a Snowman (PUB) 2:30 Made for Joy Yoga (PUB) 3:30 Stirring Up Christmas Memories with Holiday Cocktails (A) 6:15 Nickle Bingo \$\$ (PUB)</p>	<p>15 9:00 Breakfast Club with Missy: Gingerbread Pancakes & Southern Holiday Breakfast Plate (A) 9:30 Daily Chronicle & Discussions (A) 10:30 Worship Service (C) 11:30 Muddy Puddle Walk & Hot Coca (C) 1:00 Craft: Holiday Gnomes (PUB) 2:00 Sing Along: Holiday Hymns (PUB) 3:00 Communion Service (C) 3:30 Boilo Cocktail Hour (PUB) 6:30 Bridge Club (PUB)</p>	<p>16 9:00 Seasonal Music & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:30 Reminisce: Funny Holiday Moments (A) 1:30 Garden Club: DIY Birdseed Bells (A) 2:00 Craft Corner: Christmas Wreath (A) 3:00 Reindeer Reach and Stretch (A) 3:30 Rudolph Punch (A) 6:30 Nickel Polish Bingo \$\$ (PUB)</p>	<p>17 9:00 Winter Word Search & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Hospitality Club (CN) 10:15 Christmas Word Games (CN) 1:30 Zumba with Michele (PUB) 3:00 Communion Service (C) 3:30 Cocktail Hour (PUB) 6:15 Sixty Second Slam Game (PUB)</p>	<p>18 9:00 Holiday Magazines & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Baking Club: Delish Pear Pastry (A) 10:45 The History of Christmas Pears (A) 12:45 Walking Tail-Gate (ML) 1:00 College Football Games (2nd FL) 2:00 Tackle Bites (A) 2:30 Finish my Line Christmas Edition (A) 3:30 Vagabond Travelers: African Holiday Traditions (PUB) 6:15 Christmas Movie (A)</p>
	<p>19 9:00 Christmas Hymns & Inspirational Discussions (A) 9:30 Trinity Lutheran Church: Live Stream (PUB) 10:00 Christmas Items Walk & Hunt (ML) 1:00 Video Chat with Families (1:1) 1:00 Movie: <i>Miracle on 34th St</i> (PUB) 3:00 Communion Service (C) 3:30 Short Stories Book Club (L) 6:15 Christmas Trivia (PUB)</p>	<p>20 9:00 Feast Word Search & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Hospitality Club (CN) 10:15 Memory Magic (CN) 1:00 Everything X-Mas A-Z Word Game (A) 2:00 Holiday Community Celebration with Entertainment from Elvis (PUB) 3:00 Communion Service (C) 3:30 Bible Study (C) 6:00 Christmas Lights Outing (OOB) 6:30 Bridge Club (PUB)</p>	<p>21 9:00 Christmas Music & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Hospitality Club (CN) 10:15 Name That Tune (CN) 12:00 Souper Tuesday Luncheon (A) 1:30 Matinee: How the Grinch Stole Christmas (A) 3:30 Christmas Science: Grow the Grinch's Heart (PUB) 6:15 Nickle Bingo \$\$ (PUB)</p>	<p>22 9:00 Joyful Word Search & Inspirations 9:30 Daily Chronicle & Discussions (A) 10:30 Worship Service (C) 11:30 Christmas Discussion Walk (C) 1:00 Craft: Painting a Snowy Scene (A) 2:00 Sing Along: Holiday Hymns 3:00 Communion Service (C) 3:00 Old Fashioned Cocktail Hour (PUB) 6:30 Bridge Club (PUB)</p>	<p>23 9:00 Christmas Arts & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:30 Reminisce: Family Christmas (A) 1:30 Name 5 Holiday Edition Game (A) 2:00 Birthday Celebration featuring Entertainment by Vic (CN) 3:30 Baking Holiday Cookies for ASPCA Pets (A) 6:30 Nickel Polish Bingo \$\$ (PUB)</p>	<p>24 Christmas Eve 9:00 Winter Word Search & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Hospitality Club (CN) 10:15 Secret Santa Social (CN) 1:30 Zumba with Michele (PUB) 3:00 Communion Service (C) 3:30 DIY Christmas Ornaments (A) 6:15 The Night Before Christmas (A)</p>	<p>25 Christmas Day 9:00 Nativity Themed Search & Inspirations 9:30 Daily Chronicle & Discussions (A) 10:00 Baking Club: Yorkshire Pudding (A) 11:00 The Origins of Yorkshire Pudding (A) 12:45 Mummer March to Pub (ML) 1:00 Christmas Parade (PUB) 2:00 Appetizers and Bubbly (PUB) 2:30 Video Chat with Families (A) 6:15 The Nativity Story (A)</p>
	<p>26 9:00 Praise Songs & Inspirations Discussions (A) 9:30 Trinity Lutheran Church: Live Stream (PUB) 10:00 Count Down Exercise & Walk (ML) 1:00 Video Chat with Families (1:1) 1:00 Movie: <i>A Christmas Story</i> (PUB) 3:00 Communion Service (C) 3:30 Short Stories Book Club (L) 6:15 New Year's Traditions Trivia (PUB)</p>	<p>27 9:00 Party Words Search & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Hospitality Club (CN) 10:15 Memory Magic (CN) 1:00 Craft: New Years Eve in a Bottle (A) 2:00 Fire Cracker Treats (A) 3:00 Communion Service (C) 3:00 Pomegranate Cocktail Hour (PUB) 6:00 Christmas Lights Outing (OOB) 6:30 Bridge Club (PUB)</p>	<p>28 9:00 Seasonal Sounds & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Hospitality Club (CN) 10:15 Songs from the Heart (CN) 12:00 Souper Tuesday Luncheon (A) 1:30 New Years Wall Scrabble (A) 2:30 Busting the Stress of Holidays (C) 3:30 Bubbling Over with Emotions (C) 6:15 Nickle Bingo \$\$ (PUB)</p>	<p>29 9:00 Mummer's Word Search & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:30 Worship Service (C) 11:30 A Walk to Remember <i>Reminiscing past New Years</i> (C) 1:00 Craft: New Years Eve Painting (A) 2:15 Helping Hands: Clean Up Project (A) 3:00 Communion Service (C) 3:00 Taste of the World: Lucky New Year's Food & Drinks (PUB)</p>	<p>30 9:00 Holiday Sing Along & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:30 Let's Write our Resolutions (A) 1:30 Garden Club: DIY Nut Rolls Feeders (A) 2:30 Twisting in the New Year Fitness (A) 3:30 Healthy Cranberry Smoothies (A) 5:00 Birthday Dinner (PUB) 6:30 Nickel Polish Bingo \$\$ (PUB)</p>	<p>31 New Year's Eve 9:00 Ball Drop Word Search & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Hospitality Club (CN) 10:15 New Years Celebration (CN) 1:30 Zumba with Michele (PUB) 2:30 Reminiscing New Year's and Eggnog & Cookies (PUB) 3:00 Communion Service (C) 3:30 Poetry: Limericks (C) 6:15 New Years Bingo (PUB)</p>	<p>December 2021</p>