

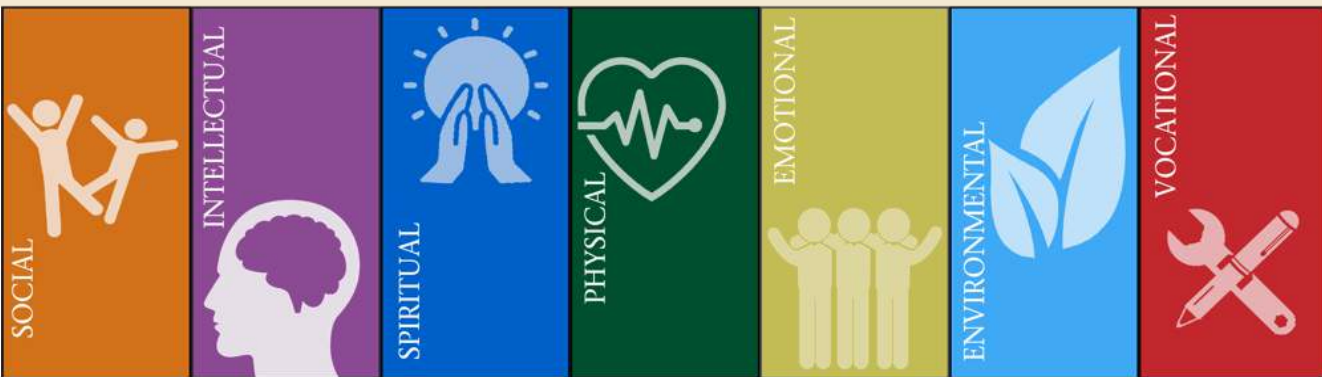
Focus on Wellness

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
		Calendar Key: ** Registration Required, \$\$ Cost Involved (PUB) 1st Floor Pub (DR) Dining Room (A) Activity Room (ML) Main Lobby (3F) 3rd Floor (L) Library (CH) Chapel (2FL) 2nd Floor Lounge by Beauty Shop (3FL) 3rd Floor Lounge by Elevator	1 9:00 Breakfast Club: Gingerbread Pancake Plate** (A) 10:00 Lite & Lively Exercise (PUB) 10:30 Worship Service (CH) 2:00 Acrylic Paints with Shannon (A) 2:30 Puzzle Club (3F) 3:00 Peppermint Cocktail Hour with Holiday Cheer Trivia (PUB) 4:00 Craft Corner: Garland (A) 6:30 Nickel Po-Ke-No \$\$ (A)	2 9:00 Walking Warriors (ML) 10:00 Color Me Calm (3FL) 10:30 Day Trip: Walk In Art Center Festival of Trees*** (OOB) 2:00 Craft Corner: Candy Canes (A) 3:00 Community Life Planning Cmte (PUB) 4:00 Holiday Name That Tune & Hot Cocoa Cart (ML) 6:15 Prize Bingo (A)	3 9:00 Green Thumbs: Tending to Plants (1FP) 10:30 Balloon Volleyball (PUB) 10:30 Life Happens Support Group (CH) 1:30 Zumba with Michele (PUB) 2:30 Ed-U Presentation: Historical Society of Frackville presents <i>Lithuanian Christmas Traditions</i> (PUB) 3:00 Communion Service (CH) 3:00 Mulled Cider Cocktail Hour (PUB) 6:15 Nickel Polish Bingo \$(DR)	4 9:00 Shopping Trip: Walmart*** (OOB) 10:00 Puzzle Club (3F) 1:00 College Football Saturday (2FL) 1:30 Helping Hands: Setting Up For Nickel Bingo (PUB) 2:00 Nickel Bingo*** (PUB) 3:30 Vagabond Travelers: European Holiday Traditions (PUB) 6:15 Card Games: War (PUB)
		5 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 Popcorn & Movie: <i>White Christmas</i> (PUB) 1:00 NFL Game: Giants vs. Dolphins (2FL) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:15 Kings in the Corner (A)	6 9:00 Walking Warriors (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Dining Committee Meeting (DR) 3:00 Communion Service (CH) 3:30 Manicures & Mistletoe Mimosas (ML) 6:00 Christmas Lights & Hot Cocoa Community Excursion** (OOB) 6:30 Bridge Club (A)	7 9:00 Walking Warriors (ML) 10:30 Guided Meditation & Essential Aromas (2FL) 10:30 Board Games: Checkers (3FL) 11:00 P ² Foodies: Prepping for Luncheon (A) 12:00 Souper Tuesday Luncheon (A) 2:00 iN2L: Pearl Harbor (PUB) 3:30 XBOX Bowling (A) 6:15 Nickel Bingo \$(A) Remember Pearl Harbor	8 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Lite & Lively Exercise (PUB) 10:30 Worship Service (CH) 2:00 Live Harp Music by Linda Ulmstead (PUB) 2:30 Puzzle Club (3F) 3:00 Holly Jolly Cocktail Hour & Holiday Scattergories (PUB) 6:15 Nickel Po-Ke-No \$\$ (A)	9 9:00 Walking Warriors (ML) 10:00 Board Games: Connect 4 (2FL) 10:30 Craft Corner: Cinnamon Ornaments (A) 2:00 Brain Games: Christmas Word Within A Word (PUB) 3:00 Prize Bingo (PUB) 6:00 Evening Outing: Hershey Sweet Lights** (OOB)
12 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 Popcorn & Movie: <i>It's a Wonderful Life</i> (PUB) 1:00 NFL Game: Saints vs. Jets (2FL) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:15 Kings in the Corner (A)	13 9:00 Walking Warriors (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Manicures & Mistletoe Mimosas (ML) 3:00 Communion Service (CH) 3:30 Reindeer Margarita Cocktail Hour (PUB) 6:00 Christmas Lights & Hot Cocoa Community Excursion** (OOB) 6:30 Bridge Club (A)	14 9:00 Walking Warriors (ML) 10:30 Guided Meditation & Essential Aromas (2FL) 10:30 Color Me Calm (3FL) 11:00 P ² Foodies: Prepping for Luncheon (A) 12:00 Souper Tuesday Luncheon (A) 2:00 Craft Corner: Peppermint Ornaments (A) 3:00 Brain Games: Holiday Wordies (PUB) 6:15 Nickel Bingo \$(A)	15 9:00 Breakfast Club: Holiday Southern Breakfast Plate (A) 10:00 Lite & Lively Exercise (PUB) 10:30 Worship Service (CH) 2:00 Creating: Coal Region Boilo (A) 2:30 Puzzle Club (3F) 3:00 Fireside Chats with E.D. Tracy (PUB) 3:30 Tasting: Coal Region Boilo (PUB) 6:30 Nickel Po-Ke-No \$\$ (A)	16 9:00 Walking Warriors (ML) 10:00 Board Games: Yahtzee (2FL) 10:30 Drumstick Exercise (PUB) 11:00 Diner's Lunch Caravan: Palermo Pizza & Restaurant*** (OOB) 2:00 Drumming with Joe (PUB) 2:00 Craft Corner: Christmas Wreath (A) 2:30 Puzzle Club (3F) 3:00 Brain Games: Holiday Trivia (PUB) 6:15 Prize Bingo (A)	17 9:00 Green Thumbs: Tending to the Plants (1FP) 10:30 Balloon Volleyball (PUB) 10:30 Life Happens Support Group (CH) 1:30 Zumba with Michele (PUB) 2:30 Christmas Cookie Baking (A) 3:00 Communion Service (CH) 6:15 Nickel Polish Bingo \$(DR)	18 9:00 Shopping Trip: Walmart*** (OOB) 10:00 Puzzle Club (3F) 1:00 College Football Saturday (2FL) 2:00 Cocoa Bomb Bingo (PUB) 3:30 Vagabond Travelers: African Holiday Traditions (PUB) 6:15 Card Games: Pinochle (PUB)
19 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 Popcorn & Movie: <i>Miracle on 34th St</i> (PUB) 1:00 NFL Game: Cowboys vs. Giants (2FL) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:15 Kings in the Corner (A)	20 9:00 Walking Warriors (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Community Holiday Celebration with Drinks, hors d'oeuvres & Elvis! (PUB) 3:00 Communion Service (CH) 3:00 Helping Hands: Cleaning Up (PUB) 6:00 Christmas Lights & Hot Cocoa Community Excursion** (OOB) 6:30 Bridge Club (A)	21 9:00 Walking Warriors (ML) 10:30 Guided Meditation & Essential Aromas (2FL) 10:30 Board Games: Monopoly (3FL) 11:00 P ² Foodies: Prepping for Luncheon (A) 12:00 Souper Tuesday Luncheon (A) 2:00 Brain Games: Holiday Jeopardy (PUB) 3:00 XBOX Bowling (A) 6:15 Nickel Bingo \$(A)	22 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Lite & Lively Exercise (PUB) 10:30 Worship Service (CH) 2:00 Ed-U Presentation: <i>Chocolates by Holly Demonstration</i> by local owner Holly Barket-Chapman (PUB) 2:30 Puzzle Club (3F) 3:00 Old Fashioned Christmas Cocktail Hour (PUB) 6:30 Nickel Po-Ke-No \$\$ (A)	23 9:00 Walking Warriors (ML) 10:00 Color Me Calm (3FL) 10:00 Drum Stick Exercise (PUB) 11:00 Diner's Lunch Caravan: Carmelo's Roman Delight*** (OOB) 2:00 Holiday Musical Entertainment featuring John Bauer (PUB) 2:30 Puzzle Club (3F) 3:30 Brain Games: Holiday Name 10 (PUB) 6:15 Prize Bingo (A)	24 9:00 Card Games (PUB) 10:30 Life Happens Support Group (CH) 2:00 Color Me Calm (3FL) 3:00 Communion Service (CH) 4:00 Puzzle Club (3F) 6:00 Christmas Carols (PUB) Christmas Eve	25 9:30 Reminiscing with Cocoa & Cookies (A) 10:30 Pass the Christmas Present Game (PUB) 11:45 Holiday Dinner (DR) 2:00 Team Appreciation: Christmas Gifts to Team Members (TB) 3:00 Christmas Carol Songs of the Heart (PUB) Christmas Day
26 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Balance in Action (CH) 1:00 Popcorn & Movie: <i>A Christmas Story</i> (PUB) 1:00 NFL Game: Giants vs. Eagles (2FL) 3:00 Communion Service (CH) 3:30 Short Stories Book Club (L) 6:15 Kings in the Corner (A)	27 9:00 Walking Warriors (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 iN2L: New Year's Around the World (PUB) 3:00 Communion Service (CH) 3:00 Pomegranate Cocktail Hour (PUB) 6:00 Christmas Lights & Hot Cocoa Community Excursion** (OOB) 6:30 Bridge Club (A)	28 9:00 Walking Warriors (ML) 10:30 Guided Meditation & Essential Aromas (2FL) 11:00 P ² Foodies Prepping for Luncheon (A) 12:00 Souper Tuesday Luncheon (A) 2:00 Brain Games: New Year's Trivia (ML) 3:00 Board Games: Checkers (PUB) 6:15 Nickel Bingo \$(A)	29 9:00 Coffee, Donuts, & Discussion (PUB) 10:00 Lite & Lively Exercise (PUB) 10:30 Worship Service (CH) 2:00 Color Me Calm (3FL) 2:30 Puzzle Club (3F) 3:00 Tastes of the World: Lucky New Year's Food & Drinks (PUB) 6:30 Nickel Po-Ke-No \$\$ (A)	30 9:00 Walking Warriors (ML) 10:00 Board Games: Schuylikillopoly (2FL) 10:00 Drum Stick Exercise (PUB) 11:00 Diner's Lunch Caravan: La Dolce Casa*** (OOB) 2:00 Manicures & Mistletoe Mimosas (ML) 3:30 Brain Game: New Year's Word Within a Word (PUB) 6:15 Prize Bingo (A)	31 9:00 Green Thumbs: Tending to the Plants (1FP) 10:30 Keep Kicking Kickball (PUB) 10:30 Life Happens Support Group (CH) 1:30 Zumba with Michele (PUB) 2:30 Reminiscence: New Year's Traditions with Eggnog & Cookies (PUB) 3:00 Communion Service (CH) 7:00 New Year's Eve Party (PUB) New Year's Eve	<h1 style="text-align: center;">December</h1> <h1 style="text-align: center;">2021</h1>