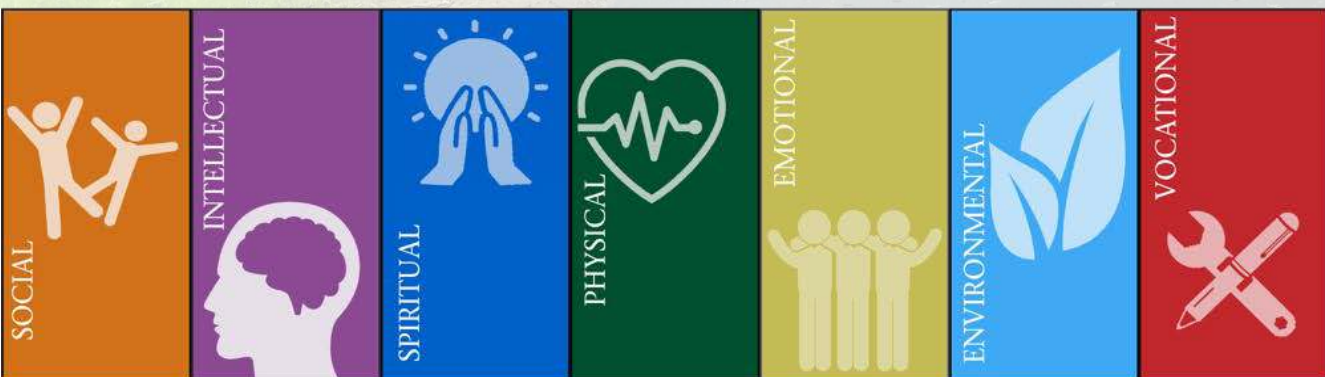


Focus on Wellness

SUMMER is here! Be sure to make the most of the season with these healthy tips:

- Stay Hydrated with plenty of water
- Use sunscreen and shade to enjoy the outdoors
- Enjoy socializing with friends in nature
- Enjoy local, seasonal produce in our dining programs

Please enjoy all of our outdoor walking paths and activities. Check your calendar for outings!



Dimensions
of Wellness

Resident Birthdays

September

- | | |
|-----------------|-------------------|
| 5 – Nicholas S. | 14 – Anna U. |
| 6 – Sang O. | 19 – Audrey S. |
| 6 – Agnes L. | 20 – Elizabeth L. |
| 7 – Clara M. | 24 – Lee M. |
| 7 – Marlene R. | 26 – Joan F. |
| 9 – Joanne K. | 30 – Sandra C. |
| 14 – Gladys B. | |



Providence Place SENIOR LIVING News

Q3: September 2022

A Note from the Executive Director

We have some exciting positive changes happening at Providence Place of Pottsville! First, I am excited to announce that our new Executive Director will be Melissa Melnick. Melissa has great experience in senior living, most recently as our Corporate Director of Recruiting and previously at River Street Manor in Wilkes Barre as HR Director for 5 years. I continue to spend time with Melissa at Pottsville training her to take over full-time as ED on October 1st.

Additionally, I'm proud to report that our new Executive Chef, Luis Ruiz is working hard to take our menu and food quality to the next level. He has also hired a Sous Chef, Jacob, and two cooks, Jennifer and Wendy, to complete the culinary team. We are already experiencing great meals and look forward to many more improvements from the dining department.

Our biggest focus as we recover from the pandemic & the national staffing shortage in so many industries, is the addition of nurses, med-techs and caregivers. We are continuing to make hiring a top priority as we move forward.

Thank you for your continued support! We are optimistic that as we continue to build our team and quality of care, we will serve our Pottsville community at the highest level.

Sincerely,

Rick Barley

COO & Acting ED

Melissa Melnick

Executive Director in Training

Highlighted Events

- 8 – **Gardening Therapy:** PSU Master Gardener Wendy J. @ 10:30am
- 14 – **Joyful Moments LUAU** @ 7pm
- 15 – **Entertainment by Leon Broskey** @ 3pm
- 20 – **The 60's: A Musical History** by Lester H. @ 2pm
- 20 – **Picnic Lunch:** Sweet Arrow Lake @ 11:45 am – *Connections*
- 27 – **Dementia Awareness Walk** @ 2pm
- 28 – **Considering the Conversation Series:** Financial Aspects @ 2pm

11th-17th: **National Assisted Living Week**
(Please see calendar for detailed celebrations)

Welcome New Residents

- Betty G.
- Marcia E.
- Carol P.
- Alice T.
- Diane W.
- Ann S.
- Gerrard V.



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	
<p style="text-align: center;">THE <i>Club</i></p>		<p>Calendar Key: (L) Lobby (PUB) Pub, 1st Floor, (PUBR) Pub, Rear (A) Activity Room, 2nd Floor (CN) Connections, Terrace (CH) Chapel, 3rd Floor, (LIB) Library - 3rd (3FSL) 3rd Floor South Lounge (OOB) Out of Building (BP) Back Patio, (FP) Front Patio - 1st (TB) Throughout Building (PL) Parking Lot, Front</p>	<h1>September 2022</h1>		1	2	3
		<p>9:00 Morning Meeting (A) 9:15 Drum Fit Exercise (A) 10:00 Coffee & Fall Flavors Desserts (CN) 11:00 Household Chores (PUB) 1:30 Garden Club & Bird Feeders (BP) 2:00 Grateful Drumming with Joe (CN) 3:30 Create & Design (A) 6:00 Bingo (PUB)</p>	<p>9:00 Morning Meeting (PUBR) 9:30 Balloon Volleyball (PUB) 10:15 Junk Drawer Detectives (PUB) 11:00 Walk to Dine (TB) 1:30 Chair Zumba with Michele (PUB) 2:30 Library Squad (LIB) 3:00 Communion Service (CH) 4:30 Table Mate Trivia (DR) 5:30 Household Chores: Folding (PUB)</p>	<p>9:00 Morning Meeting (A) 9:15 Polka Exercises (A) 10:30 Hospitality Club (CN) 1:30 Garden Club & Bird Feeders (BP) 2:30 Handmade: Fresh Fruits & Chocolates (A) 3:30 Household Chores (A) 6:00 Reminisce Magazine (PUB)</p>			
<p>4</p> <p>9:00 Morning Meeting (A) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 9:30 Amen Corner Bible Trivia (PUBR) 10:15 Hymn Sing (CN) 1:15 Chair Exercises (CN) 2:00 Bingo (CN) 3:00 Communion Service (CH) 3:30 Bible Study (A) 5:30 Creating Calm: Colored Pencil (PUB)</p>	<p>Labor Day 5</p> <p>9:00 Morning Meeting (A) 9:30 Bee Gees Seated Workout (A) 10:00 Labor Day Thank You Cards (A) 10:30 Discuss, Recall & Trivia: Origins of Labor Day (A) 12:00 Labor Day Picnic (DR & 1FP) 1:15 Thankful to You Club (TB) 2:00 Musical Entertainment: Stanley (PUB) 3:00 Communion Service (CH) 5:30 Household Chores: Folding (PUB)</p>	<p>Happy Birthday, Agnes Leffer! 6</p> <p>9:00 Morning Meeting (A) 9:30 Disco Seated Workout (A) 10:15 Musical Memory Lane (CN) 1:30 Color Me Calm (PUB) 2:00 Life Celebration for Agnes (A) 3:30 Create & Design (A) 4:00 Walking Club to Dine (TB) 6:00 Bingo (PUB)</p>	<p>7</p> <p>9:00 Morning Meeting (PUBR) 9:30 Five Clues - What Am I? (PUBR) 10:00 Walking Warriors (TB) 10:30 Worship Service (CH) 1:30 Yoga with Michele (CN) 2:00 Art Expressions Class by Kim (CN) 3:00 Tailgate Social Hour (PUB) 3:30 Clay Formations (A) 6:00 Color Me Calm (PUB)</p>	<p>8</p> <p>9:00 Morning Meeting (A) 9:15 Drum Fit Exercise (A) 10:00 Coffee & Fall Flavors Desserts (CN) 11:00 Household Chores (PUB) 1:30 Musical Engagement by Cynthia (CN) 2:30 Library Squad (LIB) 3:30 Create & Design (A) 6:00 Bingo (PUB)</p>	<p>9</p> <p>9:00 Morning Meeting (PUBR) 9:30 Balloon Volleyball (PUB) 10:15 Junk Drawer Detectives (PUB) 11:00 Walk to Dine (TB) 1:30 Chair Zumba with Michele (PUB) 2:30 Library Squad (LIB) 3:00 Mass & Confession with Father (CH) 4:30 Table Mate Trivia (DR) 5:30 Household Chores: Folding (PUB)</p>	<p>10</p> <p>9:00 Morning Meeting (A) 9:15 Polka Exercises (A) 10:30 Card Making (A) 11:00 Natures Observations (BP) 1:30 Garden Club & Bird Feeders (BP) 2:30 Handmade: Corn Shucking (A) 3:30 Household Chores (A) 6:00 Reminisce Magazine (PUB)</p>	
<p>Grandparents Day & Patriot Day 11</p> <p>9:00 Morning Meeting (A) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 9:30 Amen Corner Bible Trivia (PUBR) 10:15 Discuss & Recall: 9/11/2001 (CN) 1:15 Chair Exercises (CN) 2:00 Grandparents Day Tea (PUB) 3:00 Communion Service (CH) 3:30 Bible Study (A) 5:30 Creating Calm: Colored Pencil (PUB)</p>	<p>12</p> <p>9:00 Morning Meeting (A) 9:30 Picture This Story Creating (A) 10:30 Yoga with Michele (PUB) 1:15 Memory Magic (CN) 2:30 Hydration Station Pit Stop (A) 3:00 Communion Service (CH) 5:30 Household Chores: Folding (PUB) 7:00 Night Music by John Cosentini (PUB)</p>	<p>13</p> <p>9:00 Morning Meeting (A) 9:30 Disco Seated Workout (A) 10:15 Musical Memory Lane (CN) 1:30 Color Me Calm (PUB) 2:00 AL Week: Wheel of Fortune Team Members vs. Residents (PUB) 3:30 Create & Design (A) 4:00 Walking Club to Dine (TB) 6:00 Bingo (PUB)</p>	<p>14</p> <p>9:00 Morning Meeting (PUBR) 9:30 Donut Mind If I Do! (PUB) 10:00 Walking Warriors (TB) 10:30 Garden Club & Bird Feeders (BP) 1:30 Yoga with Michele (CN) 2:00 AL Week: Wheel of Fortune Team Members vs. Residents (PUB) 3:30 Music and Scarf Movements (A) 7:00 Joyful Moments Luau Celebration (PL)</p>	<p>15</p> <p>9:00 Morning Meeting (A) 9:15 Drum Fit Exercise (A) 10:00 Coffee & Fall Flavors Desserts (CN) 11:00 Household Chores (PUB) 1:30 Thankful to You Club (PUBR) 2:00 Grateful Drumming with Joe (PUB) 3:30 Create & Design (A) 6:00 Bingo (PUB)</p>	<p>16</p> <p>9:00 Morning Meeting (PUBR) 9:30 Balloon Volleyball (PUB) 10:15 Junk Drawer Detectives (PUB) 11:00 Walk to Dine (TB) 1:30 Chair Zumba with Michele (PUB) 2:30 Library Squad (LIB) 3:00 Communion Service (CH) 4:30 Table Mate Trivia (DR) 5:30 Household Chores: Folding (PUB)</p>	<p>17</p> <p>9:00 Morning Meeting (A) 9:15 Polka Exercises (A) 10:30 My Life Story Spotlight (A) 11:00 Natures Observations (BP) 1:30 Garden Club & Bird Feeders (BP) 2:30 Handmade: Peeling Hard Boiled Eggs & Preparing Red Beets (A) 3:30 Household Chores (A) 6:00 Reminisce Magazine (PUB)</p>	
National Assisted Living Week							
<p>18</p> <p>9:00 Morning Meeting (A) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 9:30 Amen Corner Bible Trivia (PUBR) 10:15 Hymn Sing (CN) 1:15 Chair Exercises (CN) 2:00 Bingo (CN) 3:00 Communion Service (CH) 3:30 Bible Study (A) 5:30 Creating Calm: Colored Pencil (PUB)</p>	<p>19</p> <p>9:00 Morning Meeting (A) 9:30 Picture This Story Creating (A) 10:30 Yoga with Michele (PUB) 1:15 Memory Magic (CN) 2:30 Hydration Station Pit Stop (A) 3:00 Communion Service (CH) 5:30 Household Chores: Folding (PUB)</p>	<p>20</p> <p>9:00 Morning Meeting (A) 9:30 Disco Seated Workout (A) 10:15 Musical Memory Lane (CN) 1:00 iN2L: Virtual Tour of Ellis Island (PUB) 2:00 Ed-U Presentation: <i>The 60's</i> by Lester Hirsh (PUB) 3:30 Create & Design (A) 4:00 Walking Club to Dine (TB) 6:00 Bingo (PUB)</p>	<p>21</p> <p>9:00 Morning Meeting (PUBR) 9:30 Cranium Crunches (PUBR) 10:00 Walking Warriors (TB) 10:30 Worship Service (CH) 1:00 Fireside Chat (PUB) 1:30 Yoga with Michele (CN) 2:30 Musical Entertainment featuring John Stevens Polka Band (CN) 3:30 Clay Formations (A) 6:00 Color Me Calm (PUB)</p>	<p>22</p> <p>9:00 Morning Meeting (A) 9:15 Drum Fit Exercise (A) 10:00 Coffee & Fall Flavors Desserts (CN) 11:00 Household Chores (PUB) 1:30 Garden Club & Bird Feeders (BP) 2:00 Very Autumn Social (A) 3:30 Create & Design (A) 6:00 Bingo (PUB)</p>	<p>Native American Day 23</p> <p>9:00 Morning Meeting (PUBR) 9:30 Balloon Volleyball (PUB) 10:15 Junk Drawer Detectives (PUB) 11:00 Walk to Dine (TB) 1:30 Chair Zumba with Michele (PUB) 2:00 Ed-U Presentation <i>Native Americans Of Schuylkill County</i> by Historian, Dave McSurdy (PUB) 3:00 Communion Service (CH) 4:30 Table Mate Trivia (DR) 5:30 Household Chores: Folding (PUB)</p>	<p>24</p> <p>9:00 Morning Meeting (A) 9:15 Polka Exercises (A) 10:30 Card Making (A) 11:00 Natures Observations (BP) 1:30 Garden Club & Bird Feeders (BP) 2:30 Handmade: Potato Perogies & Caramelized Onions (A) 3:30 Household Chores (A) 6:00 Reminisce Magazine (PUB)</p>	
<p>25</p> <p>9:00 Morning Meeting (A) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 9:30 Amen Corner Bible Trivia (PUBR) 10:15 Hymn Sing (CN) 1:15 Chair Exercises (CN) 2:00 Bingo (CN) 3:00 Communion Service (CH) 3:30 Bible Study (A) 5:30 Creating Calm: Colored Pencil (PUB)</p>	<p>26</p> <p>9:00 Morning Meeting (A) 9:30 Picture This Story Creating (A) 10:30 Yoga with Michele (PUB) 1:15 Memory Magic (CN) 2:30 Hydration Station Pit Stop (A) 3:00 Communion Service (CH) 5:30 Household Chores: Folding (PUB)</p>	<p>27</p> <p>9:00 Morning Meeting (A) 9:30 Disco Seated Workout (A) 10:15 Musical Memory Lane (CN) 1:00 iN2L: Tour of Corning Museum of Glass (PUB) 2:00 Walk for Dementia Awareness (PL) 3:30 Create & Design (A) 4:00 Walking Club to Dine (TB) 6:00 Bingo (PUB)</p>	<p>28</p> <p>9:00 Morning Meeting (A) 9:30 Donut Mind If I Do! (PUB) 10:00 Walking Warriors (TB) 10:30 Garden Club & Bird Feeders (BP) 1:30 Yoga with Michele (CN) 2:15 Home Chefs: Fall Flavors (A) 3:00 The Great Outdoors Social Hour (FP) 3:30 Music and Scarf Movements (A) 6:00 Color Me Calm (PUB)</p>	<p>29</p> <p>9:00 Morning Meeting (A) 9:15 Drum Fit Exercise (A) 10:00 Coffee & Fall Flavors Desserts (CN) 11:00 Household Chores (PUB) 1:30 Walking for Health (OOB) 2:30 Musical Entertainment by The Singing Mayor (CN) 3:30 Create & Design (A) 6:00 Picture Bingo (A)</p>	<p>30</p> <p>9:00 Morning Meeting (PUBR) 9:30 Balloon Volleyball (PUB) 10:15 Junk Drawer Detectives (PUB) 11:00 Walk to Dine (TB) 1:30 Chair Zumba with Michele (PUB) 2:30 Library Squad (LIB) 3:00 Communion Service (CH) 4:30 Table Mate Trivia (DR) 5:30 Household Chores: Folding (PUB)</p>		