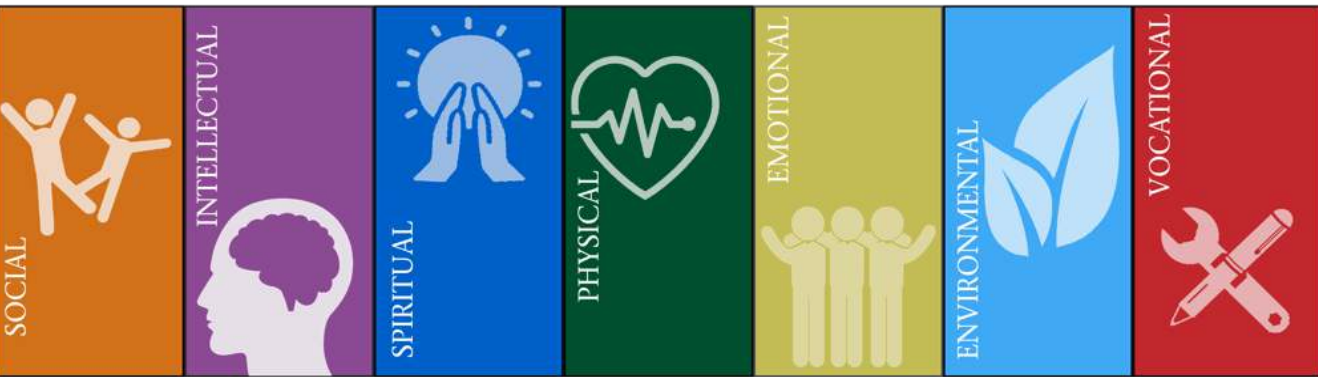


# Focus on Wellness

As we step into Fall, the shorter days and cooler temperatures can sometimes lead to feelings of sadness or loneliness. Take this time to find ways to focus on your own wellness by staying connected to your community and loved ones through the following:

- Reflect on your own needs
- Reach out to family members you don't see often
- Join a club or hobby group at your community and make time for activities you enjoy; such as painting, yoga, woodwork, outings and more
- Enjoy local, seasonal produce in our dining programs
- Volunteer your time to give back

Check your activities calendar and highlight items of interest to you – and feel free to invite your friends & family to join!



Dimensions  
of Wellness

## Resident Birthdays

### October

3 – John M.  
4 – Jean Z.  
4 – Ralph M.  
4 – Frank K.  
8 – Michael M.  
8 – Joyce B.  
8 – Dolores G.  
9 – Margaret D.  
10 – Dorothy R.  
13 – Shirley B.

### November

6 – Caroline D.  
13 – Rachel T.  
16 – Albert Z.  
16 – Hazel M.  
17 – Angeline M.  
18 – Rosemary M.  
18 – Anna Mae K.  
21 – Eleanor S.  
25 – Rosemary R.  
26 – Nicholas G.  
26 – Rosemary D.  
28 – Roger C.

### December

6 – David A.  
12 – Eugene R.  
13 – Lawrence B.  
14 – Jacquelyn L.  
21 – George M.  
21 – Mary G.  
21 – Mary R.  
22 – Cora H.  
25 – Barbara B.  
26 – John L.  
26 – Russell K.  
31 – Carolyn F.



# Providence Place SENIOR LIVING News

Q4: October 2022

## A Note from the Executive Director

Summer days are winding down. Let's break out our cozy and warm weather clothing. Our residents are still enjoying sitting out on our porches and decks, walking around our beautiful walking path, and breathing some fresh air and watching as the leaves turn colors. We are nestled between the beautiful mountains, let's enjoy the seasonal changes in our area!

We are preparing for cold & flu season by offering all of our resident and coworkers the flu vaccine and COVID boosters. The upcoming clinic will be held on November 3rd. Anyone interested in these vaccinations can see nursing for the consent forms.

At Providence Place of Drums, my entire team is committed to be sure our residents are treated like family and we will go above and beyond to find ways to say "YES".

Thank you to all the staff, residents, and families who have supported us to build a strong compassionate team. As always, I am available for comments, ideas, and concerns.

Stay healthy and think happy,

*Kim Perchak*

Executive Director

## Highlighted Events

- 3 – **EdU Presentation:** World Class Olive Oils & Vinegars @ 2:30pm
- 5 – **Oktoberfest Super Social** Entertainment by John Stevens Polka Band @ 2:30pm
- 13 – **EdU Presentation:** The Beauty Of Isreal @ 2:30pm
- 20 – **EdU Excursion:** Lehigh Gorge Scenic Railway @ 9:30am
- 27 – **Diner's Lunch Caravan** Red Lobster @ 10:45am

## Welcome New Residents

Robert S.  
Catherine Y.  
Mary G.  
Marion H.  
Jacquelyn L.  
Jean Z.



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 9:00 TV Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Sit & Be Fit Exercise (2nd) 11:00 Wine & Dine (DR) 1:30 Hymn Sing (CH) 2:30 Children's Outdoor Halloween Parade (FP) 4:00 IN2L: October Destinations (2nd) 6:30 Knit & Crochet Club (2nd)	31 9:00 Daily Chronicle / Inspirations (2nd) 9:30 Rosary (CH) 10:00 Yoga Finesses By Bill Kringle (CH) 1:30 Helping Hands Club: Decorate for Halloween Social (DR) 2:30 Halloween Super Social: Musical Entertainment by Windfall (DR) 6:30 Pinochle Players Club (3rd)  Halloween	<b>THE</b> <i>Club</i>		<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (FP) Front Porch (SR) Sunroom, (DR) Dining Room, (CH) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, (C) Caste	<b>October</b>  2022	1 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (CH) 10:30 Saturday Sitcom (2nd) 1:30 Cooking Club: Mummy Dogs (T) 2:30 Matinee: Patch Adams (2nd) 6:30 Unio Card Game (2nd)
2 9:00 TV Catholic Mass (3rd) 9:30 Sit & Be Fit Exercise (2nd) 10:30 Brain game (2nd) 11:00 Wine & Dine (DR) 1:30 Hymn Sing (CH) 2:30 Bingo (3rd) 6:30 Knit & Crochet Club (2nd)	3 9:00 Daily Chronicle/ Inspirations (2nd) 9:30 Rosary (CH) 10:00 Yoga Fitness By Bill Kringle (CH) 1:30 Finishing the Lyric (2nd) 2:30 Craft: Wooden picture painting (2nd) 6:30 Pinochle Players Club (3rd)	4 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer & Meditation (CH) 10:30 Brain Game: Memory Search (2nd) 1:00 Prayer Service & Communion (CH) 1:30 Cooking Club: Walking Taco's (T) 2:30 Musical Entertainment: Joe Sweet 6:30 Dominos (2nd)	5 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplin Bev (Ch) 10:30 Sensory Game (2nd) 1:30 Manicure & Mocktales (2nd) 2:30 Oktoberfest Super Social :Entertainment By John Stevens Polka Band (DR) 6:30 Word Search (2nd) 6:30 Pinochle Players Club (3rd)	6 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Cooking Club: Candy Apple Bar (C) 1:30 Red & Black Game (2nd) 2:30 Musical Entertainment Glen Faul (T) 6:30 Pinochle Players Club (3rd)	7 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study with Chaplin Bev (2nd) 10:30 Cooking Club: Soft Pretzel Bar (C) 1:30 Dealing with Loss Support Group (SR) 2:45 Bingo (3rd) 6:30 Scrabble (2nd)	8 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (CH) 10:30 Providence Place Walking Club (ML) 2:30 Matinee: Chicago (2) 3:30 Pumpkin Spice Super Happy Hour (1st) 6:30 Unio Card Game (2nd)
9 9:00 TV Catholic Mass (3rd) 9:30 Sit & Be Fit Exercise (2nd) 10:30 Companion K-9 Visit By "Harvey" Of Therapy Alliance (1st) 11:00 Wine & Dine (DR) 1:30 Hymn Sing (CH) 2:30 Fall Crossword Challenge (2nd) 6:30 Knit & Crochet Club (2nd)	10 9:00 Daily Chronicle/Insp / Inspirations (2nd) 9:30 Rosary (CH) 10:00 Yoga Fitness By Bill Kringle (CH) 1:30 Bible Study with Deccan Roman (C) 2:45 Bingo (3rd) 6:30 Pinochle Players Club (3rd)	11 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer & Meditation (CH) 10:30 Brain Game: Memory Search (2nd) 1:00 Prayer Service & Communion (CH) 1:30 Interactive Music Class (2nd) 2:30 Entertainment: Joe Stanky & The Coal Miners (T) 6:30 Dominos (2nd)	12 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplin Bev (Ch) 10:30 Manicure & Mocktales (2nd) 1:30J Jeopardy (2nd) 2:30 Craft: Fresh Pumpkin Decorating (T) 6:30 Word Search (2nd)	13 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:30 Finishing The Lines (2nd) 1:30 Trip Out: Fall Foliage Ride (OOB) 3:30 Hymn Sing (CH) 6:30 Pinochle Players Club (3rd)	14 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study with Chaplin Bev (2nd) 10:30 Social on The Patio (3rd) 1:30 Dealing with Loss Support Group (SR) 2:00 Drum to Your Own Beat Drumming Class with Joe Ciarvella (3rd) 6:30 Scrabble (2nd)	15 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (CH) 1:30 Cooking Club: Pumpkin Patch Dirt Cups (T) 2:30 Matinee: The Adams Family (T) 6:30 Unio Card Game (2nd)
16 9:00 TV Catholic Mass (3rd) 9:30 Sit & Be Fit Exercise (2nd) 10:30 Brain Game (2nd) 11:00 Wine & Dine (DR) 1:30 Hymn Sing (CH) 2:30 Bingo (3rd) 6:30 Knit & Crochet Club (2nd)	17 9:00 Daily Chronicle/Insp / Inspirations (2nd) 9:30 Rosary (CH) 10:00 Yoga Fitness By Bill Kringle (CH) 1:30 Think Twice Memory Game (2nd) 2:30 Book Club: Reading & Discussing Your Favorite Book(2nd) 6:30 Pinochle Players Club (3rd)	18 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer & Meditation (CH) 10:30 Brain Game: Memory Search (2nd) 1:00 Prayer Service & Communion (CH) 1:30 Craft Club: Fabric Pumpkins (T) 2:30 Bingo (T) 6:30 Dominos (2nd)	19 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer Service with Chaplin Bev (Ch) 10:30 Pumpkin Decorating (2nd) 1:00 Manicure & Mocktails (2nd) 2:30 Musical Entertainment: by Glen Faul (DR) 6:30 Word Search (2nd)	20 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:30 Bible Trivia (2nd) 1:30 Hymn Sing (CH) 2:30 Apple Cider Social (3rd Patio) 3:30 Cranium Crunches (1st) 6:30 Pinochle Players Club (3rd)	21 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study with Chaplin Bev (2nd) 10:30 Pumpkin Trivia (2nd) 1:30 Dealing with Loss Support Group (SR) 2:00 Acrylic Canvas Painting (2nd) 6:30 Scrabble (2nd)	22 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:30 Providence Place Walking Club (ML) 1:30 Color me Calm (2nd) 2:30 Matinee: Ghostbusters (2nd) 6:30 Unio Card Game (2nd)
23 9:00 TV Catholic Mass (3rd) 9:30 Sit & Be Fit Exercise (2nd) 10:30 Companion K-9 Visit By "Harvey" Of Therapy Alliance (1st) 11:00 Wine & Dine (DR) 1:30 Hymn Sing (CH) 2:30 Bingo (3rd) 6:30 Knit & Crochet Club (2nd)	24 9:00 Daily Chronicle/Insp / Inspirations (2nd) 9:30 Rosary (CH) 10:00 Yoga Fitness By Bill Kringle (CH) 1:30 Sharpen Your Senses (2nd) 2:30 Candy Corn Toss (2nd) 6:30 Pinochle Players Club (3rd)	25 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Prayer & Meditation (CH) 10:30 Brain Game: Memory Search (2nd) 1:00 Prayer Service & Communion (CH) 1:30 Music Class: Cynthia 3:00 Fireside Chat (1st) 6:30 Dominos(2nd)	26 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chaplin Bev (Ch) 10:30 TED Talk & Discussion How To Make Stress Friend (2nd) 1:00 Manicure & Mocktails (2nd) 2:00 Cooking Club: Pumpkin Pies (T) 6:30 Word Search (2nd)	27 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:30 Finishing THE Words (2nd) 1:30 Hymn Sing (CH) 2:00 Halloween Party: (T) 6:30 Pinochle Players Club (3rd)	28 9:30 Hand Weights Exercise (2nd) 10:00 Bible Study with Chaplin Bev (2nd) 10:30 Trivia Challenge (2nd) 1:30 Dealing with Loss Support Group (SR) 2:45 Halloween Candy Bingo (3rd) 6:30 Scrabble (2nd)	29 9:00 Daily Chronicle / Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:30 Craft: Soap Making (2nd) 1:30 Cooking Club: Halloween Mini Mummy Pizza (T) 2:30 Matinee: Hocus Pocus (2nd) 6:30 Unio Card Game (2nd)