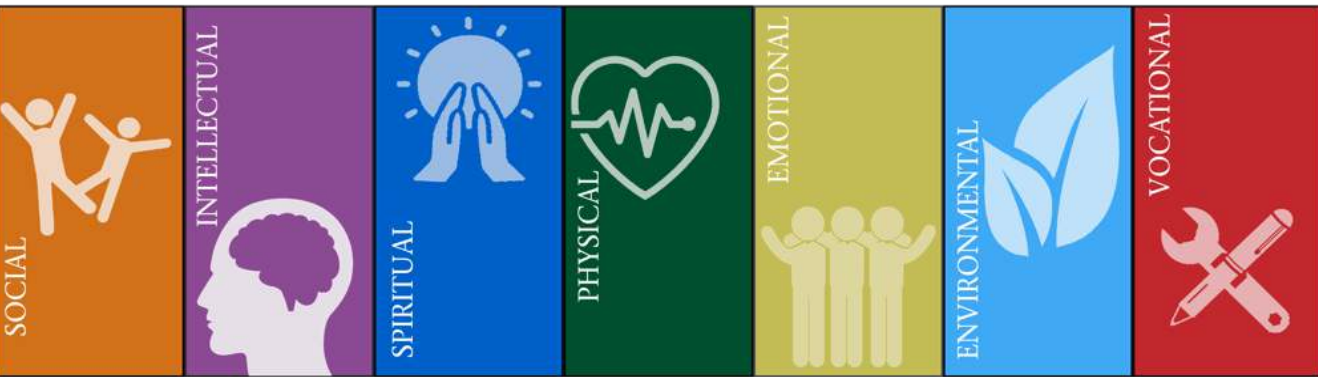


# Focus on Wellness

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
<p>30</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Sit &amp; Be Fit Exercise (2nd) 11:00-1:00 Wine &amp; Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:30 Children's Outdoor Halloween Parade (FP) 4:00 iN2L: October Destinations: Salem, Massachusetts (3rd) 6:30 Jenga (1st)</p>	<p>31</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Helping Hands Club: Decorate for Halloween Social (DR) 2:30 Halloween Super Social: Musical Entertainment by <i>Windfall</i> (DR) 3:30 Employee Pumpkin Decorating Contest Awards (1st) 6:30 Pinochle Players Club (3rd) Halloween</p>			<p>Calendar Key: ** 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, Café (C)</p>	<h1>October</h1> <h2>2022</h2>	<p>1</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Fall Planting (3rd) 1:30 Trip Out: Fall Foliage Country Ride** (OOB) 2:30 Matinee: <i>Patch Adams</i> (2nd) 3:30 Welcome Ambassador Cmte. Meeting (3rd) 6:30 Rummikub (1st)</p>
<p>2</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Sit &amp; Be Fit Exercise (2nd) 11:00-1:00 Wine &amp; Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: October Destinations: Poconos, Pennsylvania (3rd) 6:30 Jenga (1st)</p>	<p>3</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 New Resident Pumpkin Pie Social (3rd) 2:30 ED-U Demo /Presentation: <i>World Class Olive Oils &amp; Vinegars</i> By Olive You Tasting Emporium (DR) 3:30 TED Talk &amp; Discussion: <i>How Education Helped Me Rewrite My Life</i> (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>4</p> <p>9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Daily Prayer &amp; Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service &amp; Communion (Ch) 1:30 Craft Club: Straw Hat Scarecrows (3rd) 2:30 Chef's Pairings with Chef Ashley (DR) 3:30 Movie Matinee Committee Meeting (3rd) 6:30 Scrabble (1st)</p>	<p>5</p> <p>9:30 Providence Place Walking Club (ML) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:30 Oktoberfest Super Social: Entertainment By John Stevens Polka Band (DR) 3:30 Sunshine Committee (2nd) 6:30 Dominoes (1st)</p>	<p>6</p> <p>9:30 Sit &amp; Be Fit Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Community Outreach: Troopons: Coupons for Troops (3rd) 1:30 Community Life Planning Meeting (3rd) 2:30 Dessert &amp; Discussion With Chef Ashley (DR) 3:30 Holistic Wellness Aromatherapy (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>7</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Pottery (3rd) 1:30 Dealing with Loss Support Group (SR) 2:45 Bingo (3rd) 4:00 Today in History (3rd) 6:30 Boggle (1st)</p>	<p>8</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Fall Planting (3rd) 1:30 Trip Out: Fall Foliage Country Ride** (OOB) 2:30 Matinee: <i>Chicago</i> (2nd) 3:30 Pumpkin Spice Super Happy Hour (1st) 6:30 Rummikub (1st)</p>
<p>9</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit by "Harvey" Of Therapy Alliance (1st) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine &amp; Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:15 Theater Trip: The Emerson Theater: Nuremberg Community Players Present: <i>Rocky Horror Show**\$\$</i> (OOB) 3:30 Fall Crossword Challenge (1st) 6:30 Music Club: Glenn Miller Hits (1st)</p>	<p>10</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob Roman (C) 2:45 Bingo (3rd) 4:00 iN2L: October Destinations: Acadia National Park, Maine (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>11</p> <p>9:30 Shopping Trip: Dollar Tree/Aldi's**\$\$ (OOB) 10:00 Daily Prayer &amp; Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service &amp; Communion (Ch) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Community Outreach: "Furry Friends" Blankets For Hazleton Animal Shelter (3rd) 3:30 Red or Black Card Game (2nd) 6:30 Scrabble (1st)</p>	<p>12</p> <p>9:30 Trip Out: Apple Picking: Heller's Apple Orchard**\$\$ (OOB) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:30 Alzheimer's Support Group** (SR) 3:30 TED Talk &amp; Discussion: <i>How To Live Passionately-No Matter Your Age</i> (2nd) 4:00 October Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)</p>	<p>13</p> <p>9:30 Daily Prayer &amp; Meditation (Ch) 10:00 Sit &amp; Be Fit Exercise (2nd) 10:30 Cooking Club: Caramel Apple Parfaits (C) 1:30 Technology Committee: GrandPad (3rd) 2:30 Ed-U Presentation: <i>The Beauty of Israel</i> By Retired Teacher Terry Neumyer (3rd) 3:30 Hymn Sing (Ch) 6:30 Pinochle Players Club (3rd)</p>	<p>14</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Pottery (3rd) 1:30 Dealing with Loss Support Group (SR) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciavella (2nd) 3:15 Holiday Celebration Planning Cmte. (3rd) 6:30 Boggle (1st)</p>	<p>15</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Fall Planting (3rd) 1:30 Dessert Caravan: Leiby's**\$\$ (OOB) 2:30 Matinee: <i>The Addams Family Values</i> (2nd) 3:30 Halloween Superstitions &amp; Traditions (3rd) 6:30 Rummikub (1st)</p>
<p>16</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Sit &amp; Be Fit Exercise (2nd) 11:00-1:00 Wine &amp; Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: October Destinations: Albuquerque International Balloon Festival (3rd) 6:30 Jenga (1st)</p>	<p>17</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 "Campus Store" Cart (2nd) 2:30 Ed-U Health Presentation: <i>Emotional Health Awareness</i> By DOW Melissa Jacoby (3rd) 3:30 Name That Decade (1st) 6:30 Pinochle Players Club (3rd)</p>	<p>18</p> <p>9:30 Retail Shopping: Boscov's**\$\$ (OOB) 10:00 Daily Prayer &amp; Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service &amp; Communion (Ch) 1:30 Food for Thought &amp; Tasting: Honeycrisp Apples (C) 2:30 Bingo (3rd) 3:30 Thankful to You Committee (3rd) 6:30 Scrabble (1st)</p>	<p>19</p> <p>9:30 <i>All About October</i> Trivia (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Balance in Action Exercise By Carrie of Powerback Rehab (2nd) 1:00 Manicures &amp; Mocktails (2nd) 2:00 Circle of Friends (SR) 2:30 Musical Entertainment by Glenn Faul (DR) 3:30 Pumpkins &amp; Gourds 101 (3rd) 6:30 Dominoes (1st)</p>	<p>20</p> <p>9:30 Ed-U Day Excursion: Lehigh Gorge Scenic Railway: Jim Thorpe, PA: Fall Foliage Train Ride**\$\$ (OOB) 10:00 Sit &amp; Be Fit Exercise (2nd) 10:30 TED Talk &amp; Discussion: <i>The Surprising Science of Happiness</i> (2nd) 1:30 Hymn Sing (Ch) 2:30 Dining Service Committee Meeting (3rd) 3:30 Cranium Crunches (1st) 6:30 Pinochle Players Club (3rd)</p>	<p>21</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Pottery (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Ed-U Presentation: <i>Songs of the Harvest</i> by Lester Hirsh (DR) 3:30 Soul Club: <i>Chicken Soup for the Soul</i> (1st) 6:30 Boggle (1st)</p>	<p>22</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Fall Planting (3rd) 1:30 iN2L: Famous Birthday Spotlight: Christopher Lloyd (3rd) 2:30 Matinee: <i>Ghostbusters</i> (2nd) 3:30 Cornell Lab Bird Cam (3rd) 7:00 Men's Club: Yuengs &amp; Wings: Penn State vs. Minnesota (3rd)</p>
<p>23</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit by "Harvey" Of Therapy Alliance (1st) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine &amp; Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: October Destinations: White Mountains, New Hampshire (3rd) 6:30 Music Club: Best of Bing Crosby (1st)</p>	<p>24</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob Roman (C) 2:30 Ed-U Presentation: October History: <i>The Battle of Germantown</i> By Guardians of Our History: Joe &amp; Dolores McDevitt (3rd) 3:30 Blast from the Past: <i>The Munsters</i> Marathon (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>25</p> <p>9:30 Trip Out: Hobby Lobby**\$\$ (OOB) 10:00 Daily Prayer &amp; Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service &amp; Communion (Ch) 1:30 Interactive Music Class with Cynthia (2nd) 3:00 Fireside Chat (1st) 4:00 Candy Corn Toss (1st) 6:30 Scrabble (1st)</p>	<p>26</p> <p>9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 TED Talk &amp; Discussion: <i>How To Make Stress Your Friend</i> (2nd) 1:30 Circle of Friends (SR) 2:30 Craft with Kim (2nd) 3:30 Resident Birthday Committee (3rd) 6:30 Dominoes (1st)</p>	<p>27</p> <p>9:30 Daily Prayer &amp; Meditation (Ch) 10:00 Sit &amp; Be Fit Exercise (2nd) 10:45 Diner's Lunch Caravan: Red Lobster**\$\$ (OOB) 1:30 Hymn Sing (Ch) 2:30 Dining Demo with Chef Ashley (DR) 3:30 Focus on Health: Blood Pressure Checks (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>28</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Pottery (3rd) 1:30 Dealing with Loss Support Group (SR) 2:45 Halloween Candy Bingo (3rd) 4:00 Local History: Brainerd Church (3rd) 6:30 Boggle (1st)</p>	<p>29</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Fall Planting (3rd) 1:30 Helping Hands Club: Fill Treat Bags For Children's Halloween Parade (3rd) 2:30 Matinee: <i>Hocus Pocus</i> (2nd) 3:30 <i>Monster Mash</i> Super Happy Hour (1st) 6:30 Rummikub (1st)</p>