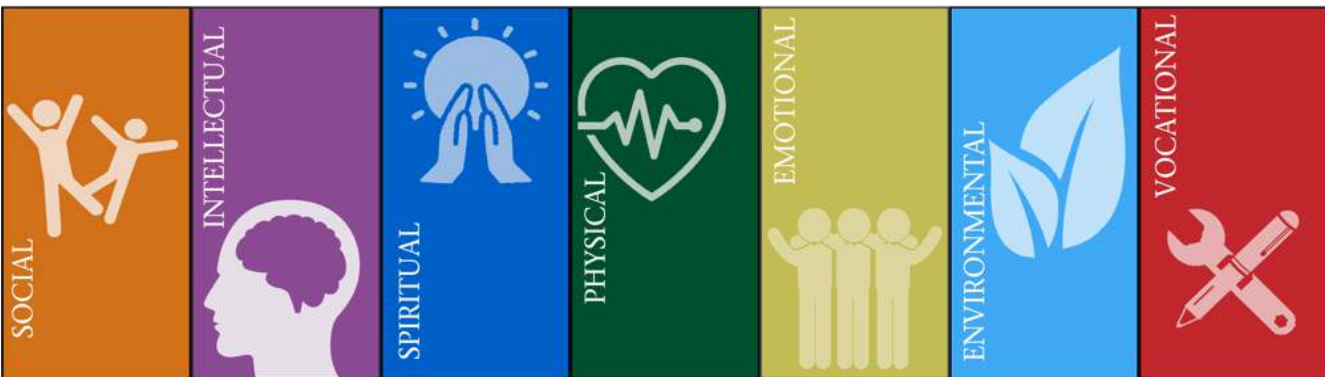


Focus on Wellness

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 – Theresa Z.
12 – Betty G.
14 – Anna N.
20 – Constance H.
23 – Lois F.
25 – Marion H.
26 – Paul H.
27 – Lorraine C.
27 – Nancy P.
28 – Elizabeth L.
30 – Ray W.

November

2 – Joyce T.
7 – Frederick B.
8 – Eva K.
11 – Isabel W.
16 – Janet W.
17 – Joseph B.
20 – Joanna S.
21 – Gerard V.
24 – Carole P.

December

4 – Joseph W.
4 – Gwendolyn R.
5 – Ann M.
7 – Robert L.
23 – Carol S.
24 – Howard S.
29 – Anna Mae C.
29 – Marion B.
31 – Nancy K.



Providence Place SENIOR LIVING News

Q4: October 2022

A Note from the Executive Director

Don't we all love the fall weather and beautiful foliage this time of the year? Or maybe it's the love of your favorite sporting teams hitting the turf or the ice. By far, it's my favorite time of the year. I'm very grateful to be back at the Pottsville community and I have enjoyed getting to meet many of you over the past couple weeks. Please know my door is always open and I welcome you to stop by and introduce yourself. My hope is that we can continue to work together to make Providence Place the best experience possible for residents, families and team members.

We continue to focus on hiring and I'm proud to report we continue with weekly onboarding for new staff members. Our Connections South Memory Care wing will be opening October 3rd, where we will allow residents to age-in-place with us by providing person-centered care and personalized activities tailored to individuals living with dementia.

Many of our residents and staff participated in some fun activities for National Assisted Living Week and we are grateful to our dedicated staff here in Pottsville. We are looking forward to more fantastic events this fall season that we hope you participate in. Our Fall Fest will be held on Thursday, October 20th from 4pm- 7pm, Trick-or-Treating will be Saturday, October 22nd from 2pm- 4pm and we have a Halloween Pet Parade on Tuesday, October 25th at 6:30pm. More info will be out soon, stay tuned!

As always, my team is here for any of your concerns or needs. Please feel free to reach out anytime. Stay safe, take care and be happy.

All the best,

Melissa Melnick

Executive Director in Training

Highlighted Events

- 10 – **Schuylkill County Ghost Stories** @ 10am
- 18 – **St. Clair Halloween Parade** @ 7pm
- 22 – **Trick-or-Treat** @ 2-4pm
Families & Friends Welcome!
- 25 – **Flub & COVID vaccine clinic** @ 10a-2p
- 26 – **Fire Safety Presentation** @ 10am with Fire Chief Misstichen

Welcome New Residents

Ray W.
Mary S.
Kay S.
Joan S.
Howard S.
Fred B.



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 |
|--|--|--|--|--|--|--|
| 30 9:00 Morning Meeting (A) 9:30 Amen Corner Bible Trivia (A) 10:15 Hymn Sing (A) 10:30 Remember When... (A) 1:15 Chair Exercises (CN) 2:00 Bingo (CN) 3:00 Communion Service (CH) 3:30 Bible Study (A) 5:30 AFV & Colored Pencil Art (PUB) | 31 9:00 Morning Meeting (A) 9:30 Time Slips Story Creating (A) 10:30 Yoga with Michele (PUB) 1:00 Memory Magic (CN) 2:00 Halloween Dance Party & Musical Entertainment by Bryan Herber (PUB) 3:00 Communion Service (CH) 5:30 Puzzles & Crosswords (PUB) Halloween | THE Club | | Calendar Key: ** Registration Required, \$\$ Cost Involved (L) Lobby, (PUB) Pub, 1st Floor, (PUBR) Pub, Rear, (A) Activity Room, 2nd Floor (CN) Connections, Terrace (CH) Chapel, 3rd Floor, (LIB) Library - 3rd (OOB) Out of Building (BP) Back Patio, (FP) Front Patio - 1st (TB) Throughout Building (PL) Parking Lot, Front | October 2022 | 1 9:00 Morning Meeting (A) 9:15 - 11 Community Event: Alzheimer's Awareness Walk (OOB) 1:30 Balloon Volleyball (CN) 2:00 Pumpkin' Dipped Social (CN) 3:00 Vagabond Travelers: <i>The Haunting of the Wild West</i> (PUB) 6:00 Household Chores: Sorting (PUB) |
| 2 9:00 Morning Meeting (A) 9:30 Amen Corner Bible Trivia (A) 10:15 Hymn Sing (A) 10:30 Remember When... (A) 1:15 Chair Exercises (CN) 2:00 Bingo (CN) 3:00 Communion Service (CH) 3:30 Bible Study (A) 5:30 AFV & Colored Pencil Art (PUB) | 3 9:00 Morning Meeting (A) 9:30 Time Slips Story Creating (A) 10:30 Yoga with Michele (PUB) 1:00 Memory Magic (CN) 2:00 Dance Club (CN) 3:00 Communion Service (CH) 5:30 Puzzles & Crosswords (PUB) | 4 9:00 Morning Meeting (A) 9:30 Polka Seated Workout (A) 10:00 Name That Tune (A) 11:00 Walk to Dine (TB) 1:00 Thankful Club: S'more Like You (PUB) 2:00 Dining Services Committee Mtg (DR) 2:30 Armchair Travels Social (PUB) 6:00 Household Chores: Sorting (PUB) | 5 9:00 Morning Meeting (PUB) 9:30 Junk Drawer Detectives (PUB) 10:30 Strength Training (PUB) 1:30 Yoga with Michele (CN) 2:30 Art Expressions with Kim (CN) 3:00 Fallin' in Love with Autumn Social Hour (PUB) 6:00 Household Chores: Folding (PUB) | 6 9:00 Morning Meeting (A) 9:30 Seated Aerobics (A) 10:00 Bible Study (A) 11:00 Day Excursion: Leiby's Carriage Ride ** (OOB) 2:00 Grateful Drumming with Joe (CN) 3:30 Craft Corner: Button Pumpkins (PUB) 6:00 Board Games: Scrabble (PUBR) 7:00 Musical Entertainment featuring Gospel Singers (A) | 7 9:00 Morning Meeting (A) 9:30 Gentle Stretches (A) 10:00 Craft: Crows at Sunset (A) 1:30 Zumba with Michele (PUB) 2:30 Finish the Lyrics Trivia (PUB) 3:00 Communion Service (CH) 4:00 <i>It's 5 O'clock Somewhere</i> Social Hour (PUB) 6:00 Household Chores: Folding (PUB) | 8 9:00 Morning Meeting (A) 9:30 Music & Movement Exercise (A) 10:00 Window Gardening Club (A) 1:30 iN2L Balloon Pop (CN) 2:00 Apple Crisp Social (CN) 3:00 Music and Movement (CN) 6:00 Household Chores: Sorting (PUB) |
| 9 9:00 Morning Meeting (A) 9:30 Amen Corner Bible Trivia (A) 10:15 Hymn Sing (A) 10:30 Remember When... (A) 1:15 Chair Exercises (CN) 2:00 Bingo (CN) 3:00 Communion Service (CH) 3:30 Bible Study (A) 5:30 AFV & Colored Pencil Art (PUB) | 10 9:00 Morning Meeting (A) 9:30 Time Slips Story Creating (A) 10:30 Yoga with Michele (PUB) 1:00 Memory Magic (CN) 2:00 Dance Club (CN) 3:00 Communion Service (CH) 5:30 Puzzles & Crosswords (PUB) | 11 9:00 Morning Meeting (A) 9:30 Polka Seated Workout (A) 10:00 Finish the Lyrics (A) 11:00 Walk to Dine (TB) 1:00 Horticulture Club (BP) 2:00 Volunteer Recognition Celebration (A) 3:30 Window Garden Club (A) 6:00 Household Chores: Sorting (PUB) | 12 9:00 Morning Meeting (A) 9:30 Wild West Pass It On (A) 10:30 Lite & Lively (PUB) 1:30 Yoga with Michele (CN) 2:30 Corn Hole Tournament (CN) 3:00 Oktoberfest Social Hour (PUB) 6:00 Household Chores: Folding (PUB) | 13 9:00 Morning Meeting (A) 9:30 Seated Aerobics (A) 10:00 Bible Study (A) 1:30 Musical Engagement with Cynthia (CN) 2:30 Hydration and Small Bites (CN) 3:00 Random Trivia (CN) 3:30 Time Slips Story Creating (CN) 6:00 Household Chores: Sorting (PUB) | 14 9:00 Morning Meeting (A) 9:30 Gentle Stretches (A) 10:00 Craft: Kaleidoscope Leaves (A) 1:30 Zumba with Michele (PUB) 2:30 Amen Corner Trivia (PUB) 3:00 Communion Service (CH) 4:00 <i>It's 5 O'clock Somewhere</i> Social Hour (PUB) 6:00 Household Chores: Folding (PUB) | 15 9:00 Morning Meeting (A) 9:30 Music & Movement Exercise (A) 10:00 Window Gardening Club (A) 1:30 iN2L Guess the Word Game (CN) 2:00 Fall Frappe' Social (CN) 3:00 UNO & Cards Game (CN) 6:00 Household Chores: Sorting (PUB) |
| 16 9:00 Morning Meeting (A) 9:30 Amen Corner Bible Trivia (A) 10:15 Hymn Sing (A) 10:30 Remember When... (A) 1:15 Chair Exercises (CN) 2:00 Bingo (CN) 3:00 Communion Service (CH) 3:30 Bible Study (A) 5:30 AFV & Colored Pencil Art (PUB) | 17 9:00 Morning Meeting (A) 9:30 Time Slips Story Creating (A) 10:30 Yoga with Michele (PUB) 1:00 Men's Group (PUB) 1:00 Memory Magic (CN) 2:00 Dance Club (CN) 3:00 Communion Service (CH) 5:30 Puzzles & Crosswords (PUB) | 18 9:00 Morning Meeting (A) 9:30 Polka Seated Workout (A) 10:00 Name That Tune (A) 11:00 Walk to Dine (TB) 1:00 Volunteer Club: High Touch Clean (A) 2:00 <i>It's About Time</i> Social (A) 3:30 Window Garden Club (A) 6:00 Household Chores: Sorting (PUB) | 19 9:00 Morning Meeting (A) 9:30 Music & Movement Exercise (A) 10:00 Ed-U Presentation: <i>Pottsville Maroons</i> by Historical Society (PUB) 1:00 Nature Walk (OOB) 1:30 Hot Coco Break (PUB) 2:00 Fireside Chat with Melissa Melnick, E.D. (PUB) 3:00 Bewitching Tea Social (PUB) 6:00 Household Chores: Folding (PUB) | 20 9:00 Morning Meeting (A) 9:30 Seated Aerobics (A) 10:00 Bible Study (A) 1:30 Musical Engagement (CN) 2:30 Hydration and Small Bites (CN) 3:00 Time Slips Story Creating (CN) 4:00 - 7:00 Community Event: Providence Place Fall Festival (PL) | 21 9:00 Morning Meeting (A) 9:30 Gentle Stretches (A) 10:00 Craft: Acorn Mandala (A) 1:30 Zumba with Michele (PUB) 2:30 Finish the Lines Trivia (PUB) 3:00 Communion Service (CH) 4:00 <i>It's 5 O'clock Somewhere</i> Social Hour (PUB) 6:00 Household Chores: Folding (PUB) | 22 9:00 Morning Meeting (A) 9:30 Music & Movement Exercise (A) 10:00 Window Gardening Club (A) 1:30 iN2L Balloon Pop (CN) 2:00 All Things Pumpkin Social (CN) 3:00 Music and Movement (CN) 6:00 Household Chores: Sorting (PUB) |
| 23 9:00 Morning Meeting (A) 9:30 Amen Corner Bible Trivia (A) 10:15 Hymn Sing (A) 10:30 Remember When... (A) 1:15 Chair Exercises (CN) 2:00 Bingo (CN) 3:00 Communion Service (CH) 3:30 Bible Study (A) 5:30 AFV & Colored Pencil Art (PUB) | 24 9:00 Morning Meeting (A) 9:30 Time Slips Story Creating (A) 10:30 Yoga with Michele (PUB) 1:00 Memory Magic (CN) 2:00 Dance Club (CN) 3:00 Communion Service (CH) 5:30 Puzzles & Crosswords (PUB) | 25 9:00 Morning Meeting (A) 9:30 Polka Seated Workout (A) 10:15 CommUNITY Event Prep: Pumpkin Dog Treats (A) 11:00 Walk to Dine (TB) 1:00 Volunteer Club: Social Set Up (A) 2:00 <i>Sweet Candy Corn</i> Social (A) 6:00 Volunteer Club: Parade Prep (PUB) 6:30 Halloween Pet Parade (PUB) | 26 9:00 Morning Meeting (A) 9:30 Music & Movement Exercise (A) 10:00 Ed-U Presentation: <i>Fire Safety & Prevention</i> , Chief Misstichen (PUB) 1:00 Nature Walk (OOB) 2:00 Centenarian Birthday Celebration for Paul Hutira (PUB) 3:30 Brain Games: Halloween Trivia (PUB) 6:00 Household Chores: Folding (PUB) | 27 9:00 Morning Meeting (A) 9:30 Seated Aerobics (A) 10:00 Bible Study (A) 1:30 Musical Engagement (CN) 2:00 Baking Club: Pumpkin Spice Cookies (CN) 3:00 Craft Corner: Mason Jar Leaf Lanterns (A) 6:00 Household Chores: Sorting (PUB) | 28 9:00 Morning Meeting (A) 9:30 Gentle Stretches (A) 10:00 Craft: Autumn Fabric Collage (A) 1:30 Zumba with Michele (PUB) 2:30 Amen Corner Trivia (PUB) 3:00 Communion Service (CH) 4:00 <i>It's 5 O'clock Somewhere</i> Social Hour (PUB) 6:00 Household Chores: Folding (PUB) | 29 9:00 Morning Meeting (A) 9:30 Music & Movement Exercise (A) 10:00 Window Gardening Club (A) 1:30 iN2L Guess the Word Game (CN) 2:00 Novelty Ice Cream Social (CN) 3:00 Corn Hole Tournament (CN) 6:00 Household Chores: Sorting (PUB) |