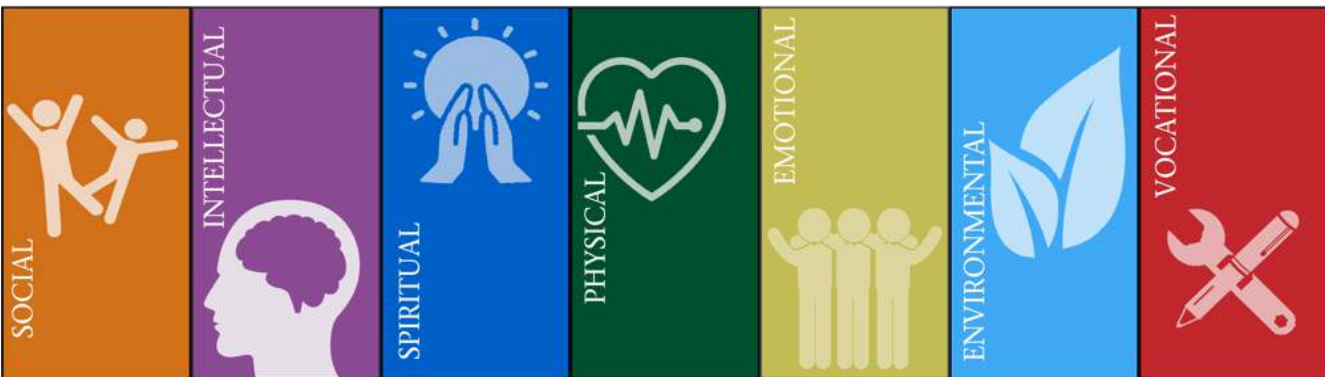


# Focus on Wellness

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 3<sup>rd</sup>, 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 20<sup>th</sup> from 4pm- 7pm, Trick-or-Treating will be Saturday, October 22<sup>nd</sup> from 2pm- 4pm and we have a Halloween Pet Parade on Tuesday, October 25<sup>th</sup> 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](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 Hymn Sing (PUB) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine &amp; Dine (DR) 1:00 Popcorn &amp; a Movie: <i>Bounty Hunter</i> (PUB) 2:00 Scenic Autumn Drive **(OOB) 3:00 Communion Service (CH) 3:30 Bible Study (A) 6:00 Card Games: War (PUBR)</p>	<p>31</p> <p>9:00 Brain Games: Halloween Trivia (ML) 10:30 Yoga with Michele (PUB) 1:00 Helping Hands: Setting up for Halloween Party (PUB) 2:00 Halloween Party with Bryan Herber (PUB) 3:00 Communion Service (CH) 3:30 Puzzle Club (3F) 6:00 Board Games: Connect 4 (PUBR) Halloween</p>			<p><b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved A Activity Room TB Throughout Building PL Parking Lot PUB Pub 3FSL 3rd Floor South Lounge CH Chapel 3F 3rd Floor PUBR Rear Room of Pub ML Main Lobby</p>	<p>October 2022</p>	<p>1</p> <p>9:00 Alzheimer's Walk **(OOB) 10:00 Resident Led Puzzle Club (3F) 1:00 Helping Hands: Setting up Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 3:00 Vagabond Travelers: <i>Ghosts in Ghost Towns: The Haunting of the Wild West</i> (PUB) 6:00 Resident Led Card Games: War (PUBR)</p>
<p>2</p> <p>9:00 Hymn Sing (PUB) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine &amp; Dine (DR) 1:00 Popcorn &amp; a Movie: <i>Olympus Has Fallen</i> (PUB) 2:00 Scenic Autumn Drive **(OOB) 3:00 Communion Service (CH) 3:30 Bible Study (A) 6:00 Board Games: Bunco (PUBR)</p>	<p>3</p> <p>9:00 Walking Warriors (ML) 10:30 Yoga with Michele (PUB) 1:00 Sunshine Committee Meeting (PUB) 1:15 Circle of Friends (CH) 2:00 Brain Games: Finish My Line (PUB) 2:30 Quiet Contemplation &amp; Prayer (CH) 3:00 Communion Service (CH) 6:00 Board Games: Checkers (PUBR)</p>	<p>4</p> <p>9:00 Brain Games: Word Play (ML) 10:00 Ed-U Presentation: <i>Ghost Stories of Schuylkill County</i> by Historical Society (PUB) 12:00 Souper Luncheon **(A) 2:00 Dining Committee Meeting (DR) 2:30 Puzzle Club (3F) 3:00 Glowing Hands Fall Spa Treatment **(CH) 6:00 Nickel Bingo \$(PUB)</p>	<p>5</p> <p>9:00 Breakfast Club: Pumpkin Pancake Platter **(A) 10:30 Strength Training (PUB) 1:00 Birthday Club (A) 1:30 TED Talk: <i>How to Discover Your Authentic Self at Any Age</i> (PUB) 2:00 Acrylic Paint Class with Shannon (A) 3:00 Fall in Love with Autumn Social Hour (PUB) 6:00 Po-Ke-No (PUBR)</p>	<p>6</p> <p>9:00 Walking Warriors (ML) 10:00 Bible Study (A) 11:00 Day Excursion: Leiby's Carriage Ride **(OOB) 2:00 Puzzle Club (3F) 3:00 Card Games: UNO (PUBR) 3:30 Craft Corner: Button Pumpkins (PUB) 6:00 Board Games: Scrabble (PUBR) 7:00 Gospel Singers (CH)</p>	<p>7</p> <p>9:00 Green Thumbs: Tending Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Community Life Planning Meeting (PUB) 1:30 Zumba with Michele (PUB) 2:30 Quiet Contemplation &amp; Prayer (CH) 3:00 Communion Service (CH) 3:30 5 o'clock Somewhere Social Hour (PUB) 6:00 Card Games: War (PUBR)</p>	<p>8</p> <p>9:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 10:00 Resident Led Board Games: Checkers (PUBR) 1:00 Helping Hands: Setting Up Bingo (PUB) 2:00 Trick or Treat Bingo with the Frontier Girls (PUB) 3:00 Vagabond Travelers: <i>Salem's Secrets</i> (PUB) 6:00 Resident Led Card Games: Rummy (PUB)</p>
<p>9</p> <p>9:00 Hymn Sing (PUB) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine &amp; Dine (DR) 1:00 Popcorn &amp; a Movie: <i>Murder Mystery</i> (PUB) 2:00 Scenic Autumn Drive **(OOB) 3:00 Communion Service (CH) 3:30 Bible Study (A) 6:00 Puzzle Club (3F)</p>	<p>10</p> <p>9:00 Brain Games: Word Play (ML) 10:30 Yoga with Michele (PUB) 1:00 Gratitude Committee (PUB) 1:15 Circle of Friends (CH) 2:00 XBOX Bowling (A) 2:30 Quiet Contemplation &amp; Prayer (CH) 3:00 Communion Service (CH) 6:00 Card Games: UNO (PUBR)</p>	<p>11</p> <p>9:00 Walking Warriors (ML) 10:00 Board Games: Connect 4 (PUBR) 10:30 Keep Kicking Kickball (PUB) 12:00 Souper Luncheon **(A) 2:00-4:00 Manicures &amp; Mimosas **(CH) 2:30 Color Me Calm (PUBR) 6:00 Nickel Bingo \$(PUB)</p>	<p>12</p> <p>9:00 Coffee, Donuts, &amp; Current Events (PUB) 10:30 Lite &amp; Lively (PUB) 1:30 TED Talk: <i>How to Deal with Toxic Family Relationships</i> (PUB) 2:00 Puzzle Club (3F) 2:30 Helping Hands: Setting Up for Oktoberfest (PUB) 3:00 Oktoberfest Social Hour (PUB) 6:00 Po-Ke-No (PUBR)</p>	<p>13</p> <p>9:00 Brain Games: Name That Tune (ML) 10:00 Bible Study (A) 10:30 Word Puzzles (PUBR) 11:00 Diners Caravan: Ruby Tuesday **\$(OOB) 1:00 Board Games: Bunco (PUBR) 2:00 Our Planet Documentary: <i>Grasslands to Deserts</i> (PUB) 3:00 Craft Corner: Pumpkin Painting (A) 6:00 Prize Bingo (PUB)</p>	<p>14</p> <p>9:00 Green Thumbs: Tending Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Curls for Girls (3FSL) 1:30 Zumba with Michele (PUB) 2:30 Quiet Contemplation &amp; Prayer (CH) 3:00 Communion Service (CH) 3:30 5 o'clock Somewhere Social Hour (PUB) 6:00 Color Me Calm (PUBR)</p>	<p>15</p> <p>9:00 Shopping Trip: Walmart **\$(OOB) 10:00 Resident Led Color Me Calm (PUB) 1:00 Helping Hands: Setting up Bingo (PUB) 2:00 Nickel Bingo \$(PUB) 3:00 Vagabond Travelers: <i>Dracula's Castle: Myth vs. Reality</i> (PUB) 6:00 Resident Led Card Games: Pinochle (PUB)</p>
<p>16</p> <p>9:00 Hymn Sing (PUB) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine &amp; Dine (DR) 1:00 Popcorn &amp; a Movie: <i>London Has Fallen</i> (PUB) 2:00 Scenic Autumn Drive **(OOB) 3:00 Communion Service (CH) 3:30 Bible Study (A) 6:00 Color Me Calm (PUBR)</p>	<p>17</p> <p>9:00 Walking Warriors (ML) 10:30 Yoga with Michele (PUB) 1:00 Men's Group (PUB) 1:15 Circle of Friends (CH) 2:00 Brain Games: Jeopardy (PUB) 2:30 Quiet Contemplation &amp; Prayer (CH) 3:00 Communion Service (CH) 3:30 Artist In Depth: O'Keeffe (A) 6:00 Word Puzzles (PUBR)</p>	<p>18</p> <p>9:00 Brain Games: Halloween Trivia (ML) 10:00 Cranium Crunches (PUBR) 10:30 Balloon Tennis (PUB) 12:00 Souper Luncheon **(A) 2:00 Ed-U Presentation: History of the Minstrel by Lester Hirsh (PUB) 2:30 Puzzle Club (3F) 3:00 Manicures &amp; Mimosas **(CH) 6:00 Nickel Bingo \$(PUB)</p>	<p>19</p> <p>9:00 Coffee, Donuts, &amp; Current Events (PUB) 10:00 Ed-U Presentation: <i>Pottsville Maroons</i> by Historical Society (PUB) 2:00 Fireside Chats with Melissa Melnick, E.D. (PUB) 3:00 Bewitching Tea Social (PUB) 4:30 Helping Hands: Decorating Bus for Parade (PL) 6:15 Leave for St. Clair Halloween Parade **(OOB)</p>	<p>20</p> <p>9:00 Walking Warriors (ML) 10:00 Balance in Action with Powerback Rehab (PUB) 2:00 Drum Circle with Joe Ciaravella (PUB) 2:30 Color Me Calm (PUBR) 3:00 Helping Hands: Setting Up for the Fall Festival (PL) 4-7 Providence Place Fall Festival (PL)</p>	<p>21</p> <p>9:00 Green Thumbs: Tending Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 TED Talk: <i>How Friendship Affects Your Brain</i> (PUB) 1:30 Zumba with Michele (PUB) 2:30 Quiet Contemplation &amp; Prayer (CH) 3:00 Communion Service (CH) 3:30 5 o'clock Somewhere Social Hour (PUB) 6:00 Puzzle Corner (3F)</p>	<p>22</p> <p>9:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 10:00 Resident Led Word Puzzles (PUB) 1:00 Helping Hands: Setting Up for Trick or Treat (ML) 2:00-4:00 Children's Trick or Treat (1F) 6:00 Resident Led Card Games: Solitaire (PUBR)</p>
<p>23</p> <p>9:00 Hymn Sing (PUB) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine &amp; Dine (DR) 1:00 Popcorn &amp; a Movie: <i>You've Got Mail</i> (PUB) 2:00 Scenic Autumn Drive **(OOB) 3:00 Communion Service (CH) 3:30 Bible Study (A) 6:00 Card Games: UNO (PUBR)</p>	<p>24</p> <p>9:00 Brain Games: Word Association (ML) 10:30 Yoga with Michele (PUB) 1:00 XBOX Bowling (A) 1:15 Circle of Friends (CH) 2:00 Seated Tai Chi (PUB) 2:30 Quiet Contemplation &amp; Prayer (CH) 3:00 Communion Service (CH) 6:00-7:30 Trunk or Treat at DHH Middle School **(OOB)</p>	<p>25</p> <p>10:00 Color Me Calm (PUBR) 12:00 Souper Luncheon **(A) 2:00 P<sup>2</sup> Foodies: Making Pumpkin Dog Treats for the Pet Parade (A) 3:00 Puzzle Club (3F) 3:30 TED Talk: <i>The 4 Phases of Retirement</i> (PUB) 6:30 Halloween Pet Parade (PUB)</p>	<p>26</p> <p>9:00 Breakfast Club: Coffeehouse Breakfast **(A) 9:30 Board Games: Connect 4 (PUBR) 10:00 Ed-U Presentation: <i>Fire Safety &amp; Prevention</i> with Fire Chief Misstichen (PUB) 2:00 Paul Hutira's 100th Birthday Celebration (PUB) 3:30 Brain Games: Halloween Trivia (PUB) 6:00 Po-Ke-No (PUBR)</p>	<p>27</p> <p>9:00 Walking Warriors (ML) 10:00 Bible Study (A) 11:00 Diners Caravan: Palermo's **\$(OOB) 1:00 Board Games: Yahtzee (PUBR) 2:00 Virtual Tour of Vatican Museums (PUB) 3:00 Craft Corner: Mason Jar Leaf Lanterns (A) 6:00 Prize Bingo (PUB)</p>	<p>28</p> <p>9:00 Green Thumbs: Tending Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Curls for Girls (3FSL) 1:30 Zumba with Michele (PUB) 2:30 Quiet Contemplation &amp; Prayer (CH) 3:00 Communion Service (CH) 3:30 5 o'clock Somewhere Social Hour (PUB) 6:00 Board Games: Scrabble Sentences (PUB)</p>	<p>29</p> <p>9:00 Shopping Trip: Walmart **\$(OOB) 10:00 Resident Led Puzzle Club (3F) 1:00 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo (PUB) 3:00 Vagabond Travelers: <i>Castle Ghosts of Ireland</i> (PUB) 3:30 Helping Hands: Getting Bus Ready for Parade (PL) 6:00 Leave for King Frost Parade **(OOB)</p>