

# 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

### November

Catherine D.B.  
Bernard C.  
Alice R.  
Frances K.  
Dolores H.

### December

Pasquale F.  
Richard W.  
Victor M.  
Gerald M.  
Dorothy W.  
Kathleen B.

## A Note from the Executive Director

Collegeville enjoyed a wonderful October with our **Walk to Remember**, Oktoberfest celebration and Trick-or-Treat.

As you have seen, the wall is close to complete! The final step is to reface the wall and start landscaping. The Dining room deck reopened and we are excited to use our beautiful deck throughout the fall season.

Just a reminder, we have our flu and covid vaccine clinic on Tuesday, November 1<sup>st</sup>. We ask that all residents complete the consent form at the front desk if you have not already completed. We appreciate your help keeping the community safe!

Lastly, please welcome our new Director of Wellness, Jodi Stump. Jodi has several years' experience as a Wellness Director. She served in the Air Force for 6 years and enjoys spending time with her husband and children. Please stop by the wellness office and introduce yourself.

*Terri Sanelli*

*Executive Director*

## Highlighted Events

- 3 – **Diner's Caravan: Moccia's Train Stop @ 10am**
- 8 – **Outing to Ursinus Museum of Art @ 10am**
- 11 – **EdU Presentation: Rendezvous in Orbit @ 3pm**
- 17 – **Montgomery County SPCA Service in Action @ 10:30am**
- 20 – **Reading Royals Hockey Game Outing @ 1pm**
- 22 – **Friendsgiving Happy Hour & Entertainment @ 3:30pm**

## Welcome New Residents

Karin H.  
Joan L.  
Carol H.  
Bruce S.  
Mary T. (and Teddy)




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	
		1 9:30 Chair Exercises (CH) 10:00 Shopping Trip: Boscov's***\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (P) 2:00 Car Racing (P) 2:15 Book Mobile (OS) 3:00 Aerobic Drumming (P) 6:15 Community Board Games (P)	2 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Crossword Puzzle (P) 1:00 <i>Look Who's Dancing</i> Dancercise (P) 2:00 Busy Bee Custom Creations: Brenda's Wreaths (AR) 3:00 Balloon Volleyball (P) 6:00 Res. Run Card Games (P)	3 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Diners Caravan Lunch Out: Moccia's Train Stop***\$\$ (OOB) 1:00 Activities Committee Meeting (AR) 2:00 Community Crossword (P) 3:30 TV Trivia Happy Hour (P) 6:00 Nighttime Nickel Bingo (AR)	4 10:30 Sit and Be Fit (P) 11:00 Community Crossword (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Helping Hands Committee (AR) 3:00 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)	5 10:00 Chair Exercises (P) 11:00 Bake Apple Pie (AR) 1:00 Bingo in Hats (AR) 2:00 Trivia & Games (P) 3:00 Aromatherapy & Hand Massage (AR) 3:30 Black Jack Happy Hour (P) 6:15 Res. Run Dominoes (AR)	
	6 10:30 Catholic Mass on Screen (T) 11:00 Chair Exercises (P) 1:00 Dominoes (AR) 2:00 Games in the Pub: Racko/Checkers/Scrabble (P) 3:00 Bocce / Corn Hole (OS) 4:00 Knitting & Crochet Club (P) 6:00 Movie: <i>You've Got Mail</i> (T)  Daylight Saving Ends	7 11:00 Chair Exercises (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 TED Talk: <i>How Your Memory Works &amp; Why Forgetting is Totally Okay</i> Lisa Genova, Neuroscientist (T) 4:00 Games: Racko/Pinochle/Checkers in the Pub (P) 6:00 Happy Hour (P)	8 9:30 Chair Exercises (CH) 10:00 Trip: Ursinus Museum of Art** (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (P) 2:00 Aerobic Drumming (P) 3:30 Entertainer: Bruce Copp (P) 6:15 Community Board Games (P)	9 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Crossword Puzzle (P) 1:00 Balloon Volleyball (P) 2:00 Artful Coloring to Music 3:00 Thankful To You Committee (P) 6:00 Res. Run Card Games (P)	10 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Chair Exercises (P) 11:00 Jeopardy Challenge (P) 12:00 Ordering Lunch In: Speck's***\$\$ (P) 1:00 Balance in Action Class by Genesis Health & Rehab (P) 3:00 Catholic Mass St. Eleanor Catholic Church (T) 4:00 Shakespeare in the Pub (P) 6:00 Nighttime Nickel Bingo (AR)	11 10:30 Sit and Be Fit (P) 11:00 Community Crossword (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Making Dog Biscuits (AR) 3:00 Ed-U Night Wonders Of Astronomy: <i>Rendezvous in Orbit</i> (T) 4:00 Red, White & Blue Happy Hour VFW Presenter for Veteran's Day (P) 6:00 Res. Run: Billiards (OL)  Veteran's Day	12 10:00 Chair Exercises (P) 11:00 Bake Cherry Pie (AR) 1:00 Bingo in Hats (AR) 2:00 Movie Matinee: <i>Sound of Music</i> Part 1 (T) 3:30 Name That Tune Happy Hour (P) 6:15 Res. Run Dominoes (AR)
	13 10:30 Catholic Mass on Screen (T) 11:00 Chair Exercises (P) 1:00 Gin Rummy (P) 2:00 Book Club (P) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Knitting & Crochet Club (P) 6:00 Movie: <i>Sound Of Music</i> (T) Part 2	14 10:30 Woofs of Wisdom with Ellie Mae (P) 11:00 Chair Exercises (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Racko/Pinochle/Checkers (P) 6:00 Happy Hour (P)	15 9:30 Chair Exercises (CH) 10:00 Shopping Trip: Target***\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (P) 2:30 Aerobic Drumming (P) 3:30 Entertainer: Calvin Pressley (P) 6:15 Community Board Games (P)	16 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Crossword Puzzle (P) 1:00 <i>Look Who's Dancing</i> Dancercise (C) 2:00 Artful Coloring to Music 3:00 Balloon Volleyball (P) 6:00 Res. Run Card Games (P)	17 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Chair Exercises (P) 10:30 Service in Action Trip: Montgomery County SPCA** (OOB) 1:00 Fireside Chat with Terri, E.D. (P) 3:30 Welcome New Residents Happy Hour (P) 6:00 Res. Run Billiards	18 10:30 Chair Exercises (P) 11:00 Community Crossword (P) 1:00 Dinning Services Committee Mtg (AR) 1:30 Bingo Bucks Bingo (AR) 2:30 Ed-U Wellness: By Beth Pope, PT from Genesis (T) 3:30 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)	19 10:00 Chair Exercises (P) 11:00 Bake Pumpkin Pie (AR) 1:00 Bingo in Hats (AR) 2:00 Trivia & Games (Pub) 3:00 Gin Rummy (P) 3:30 Roulette Happy Hour (P) 6:15 Res. Run Dominoes (AR)
	20 10:30 Catholic Mass on Screen (T) 11:00 Chair Exercises (P) 1:00 Trip: Reading Royals Hockey Game ***\$\$ (OOB) 2:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Knitting & Crochet Club (P) 6:00 Movie: <i>Moonstruck</i> (T) Part 1	21 11:00 Chair Exercises (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Creative Crafting (AR) 6:00 Happy Hour (P)	22 9:30 Chair Exercises (CH) 10:00 Shopping Trip: Redners***\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (P) 2:00 Aerobic Drumming 3:30 Friendsgiving Happy Hour with Holiday Pies and Entertainer Courtney Colletti (P) 6:15 Community Board Games (P)	23 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Artful Coloring to Music (P) 1:00 Golden Soul Dogs with Sage and Jenny Cochran (T) 2:00 Turkey Scavenger Hunt (P) 3:00 Balloon Volleyball (P) 6:00 Res. Run Card Games (P)	24 10:00 Sit and Be Fit (P) 10:30 Thanksgiving Day Parade with Hot Chocolate (P) 1:00 Thanksgiving Nickel Bingo 2:00 Community Crossword (P) 3:00 Artful Coloring to Music (P) 4:30 Wine & Dine Thanksgiving Feast (DR)  Thanksgiving	25 10:30 Chair Exercises (P) 11:00 Community Crossword (P) 1:00 Dinning Services Committee Mtg (AR) 1:00 Bingo Bucks Bingo (AR) 2:00 Movie Matinee: <i>Moonstruck</i> 3:30 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)	26 10:00 Chair Exercises (P) 11:00 Decorate Doughnuts (AR) 1:00 Bingo in Hats (AR) 2:00 Crafting for the Holiday Bazaar (P) 3:00 Gin Rummy (AR) 4:00 Name That Tune Happy Hour (P) 6:15 Res. Run Dominoes (AR)
	27 10:30 Catholic Mass on Screen (T) 11:00 Chair Exercises (P) 1:00 Gin Rummy (P) 2:00 Book Club (P) 3:00 Games in the Pub: Racko/Checkers/Scrabble (P) 4:00 Knitting & Crochet Club (P) 6:00 Movie: <i>Alice's Restaurant</i> (T)	28 10:30 Woofs of Wisdom with Ellie Mae (P) 11:00 Chair Exercises (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Crafting for the Holiday Bazaar (AR) 6:00 Happy Hour (P)	29 9:30 Chair Exercises (CH) 10:00 Shopping Trip: Dollar Store***\$\$ (OOB) 11:00 Games at the Pub (P) 1:00 Balance in Action Class by Genesis Health & Rehab (P) 2:00 Resident Presentation; Boating with Bob & Bev Berlin (T) 3:00 iN2L Trivia and Games (P)(P) 6:15 Community Board Games (P)	30 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Crossword Puzzle (P) 1:00 <i>Look Who's Dancing</i> Dancercise (P) 2:00 Artful Coloring to Music 3:00 Balloon Volleyball (P) 6:00 Res. Run Card Games (P)	<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (CR) Community Room (AR) Activity Room (P) Pub, (C) Connections Neighborhood (DR) Dining Room, (OL) Old Lobby (GR) Game Room, (LIB) Library (ML) Main Lobby, (OS) Outside		<h1>November</h1> <h2>2022</h2>