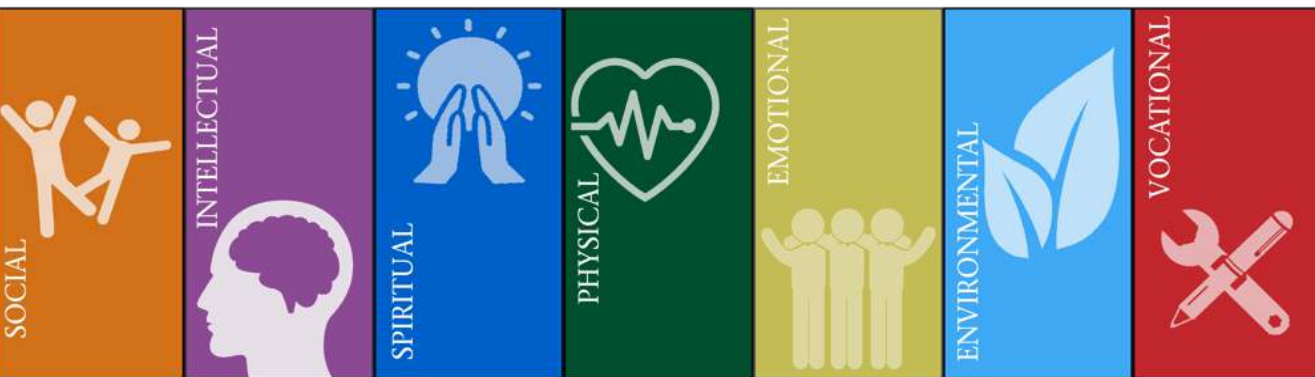


Focus on Wellness

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

Caroline D.
Rachel T.
Albert Z.
Hazel M.
Angeline M.
Rosemary M.
Anna Mae K.
Eleanor S.
Rosemary R.
Nicholas G.
Rosemary D.
Roger C.

December

David A.
Eugene R.
Lawrence B.
Jacquelyn L.
Mary G.
Mary R.
Cora H.
Barbara B.
Russell K.
Carolyn F.



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



Providence Place SENIOR LIVING News

Q4: November 2022

A Note from the Executive Director

Fall is officially in its full glory. 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 – **Flu & COVID vaccine Clinic**
- 6 – **Companion K-9 Visits @ 10am**
- 8 – **Election Day:** Voting for Butler Township @ 9:30am
- 11 – **Veteran's Day Festivities:** Bagpipe Tribute & Service @ 10am
- 18 – **Cinema Drafthouse Outing** Elvis Movie & Lunch @ 10:15am
- 24 – **Thanksgiving Festivities:** Parade, Coffee & Juice Cart, Celebration, Service & Bingo

Welcome New Residents

Judy S.
Eleanor S.
Eugene C.
Edythe W.
Ann Marie B.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">THE <i>Club</i></p>		1	2	3	4	5
6	7	8	9	10	11	12
<p>9:00 TV Catholic Mass (3RD) 10:00 Companion K-9 Visits With Therapy Alliance (1ST) 10:30 Sit & Be Fit Exercise (2ND) 1:30 Worship Service with Chaplain Bev (CH) 2:45 Bingo (3RD) 6:30 Knit & Crochet Club (2ND)</p> <p style="text-align: center;">Daylight Saving Ends</p>	<p>9:00 Daily Chronicle & Inspiration (2ND) 9:30 Rosary (CH) 10:00 Yoga Fitness By Bill Krings (CH) 1:30 New Resident Apple Cider Mixer (3RD) 2:00 Paint and Sip: Thanksgiving Themed (T) 6:30 Pinochle Players Club (3RD)</p>	<p>9:00 Daily Chronicle & Inspiration (2nd) 10:00 Daily Prayer & Meditation (CH) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (CH) 2:00 We Are Thankful Social (T) 3:00 IN2L– Dancing to the Oldies (T) 6:30 Dominos (2nd)</p>	<p>9:00 Daily Chronicle & Inspiration (2ND) 10:00 Prayer Service with Chaplin Bev (CH) 10:30 Balance in Action Exercise (2nd) 1:00 Prayer and Communion Service (C) 3:00 Ring Toss (T) 6:30 Word Search (2ND)</p>	<p>9:00 Daily Chronicle & Inspiration (2ND) 10:00 Sit & Be Fit (2ND) 10:30 Craft Club: Thanksgiving Throws (2ND) 1:30 Music Therapy with Cindy (T) 2:30 Snack & Social (T) 6:30 Pinochle Players Club (2ND)</p>	<p>9:00 Daily Chronicle & Inspiration (2ND) 9:30 Hand Weights Strength Exercise (2ND) 10:00 Veteran's Day Tribute With Bagpiper, Bernie Jespersen (FP) 1:00 Cooking Corner: Pumpkin Bread (C) 1:30 Veteran's Day Service With Chaplain Beverly (CH) 2:30 Reminiscing –The Good Old Days ((2ND) 6:30 Scramble (2ND)</p> <p style="text-align: center;">Veteran's Day</p>	<p>9:30 Pedal Exercise (2ND) 10:00 Rosary (CH) 10:30 Color Me Calm (2ND) 11:00 Lunch Outing–Antoine's Breakfast World (OOB) \$\$\$ 1:30 Worship Service with Chaplain Bev (CH) 2:30 Matinee: Good Will Hunting (2ND) 6:30 Unico Card Game (2ND)</p>
13	14	15	16	17	18	19
<p>9:00 TV Catholic Mass (3RD) 10:00 Finish the Lyrics (2ND) 10:30 Sit & Be Fit Exercise (2ND) 1:30 Worship Service by Chaplain Bev (CH) 2:30 Snack & Social (T) 6:30 Knit & Crochet Club (2ND)</p>	<p>9:00 Daily Chronicle & Inspiration (2ND) 9:30 Rosary (CH) 10:00 Yoga Fitness By Bill Krings (CH) 1:30 Bible Study with Deacon Bob Roman (SR) 2:30 Cooking Club: National Pickle Day(C) 6:30Pinochle Players Club (3RD)</p>	<p>9:00 Daily Chronicle & Inspiration (2nd) 10:00 Daily Prayer & Meditation (CH) 10:30 Stretch Exercise (2nd) 11:00 Lunch Outing : Cracker barrel (OOB) \$\$\$\$ 1:00 Prayer Service & Communion (CH) 1:30 Interactive Music Class with Cynthia (2ND) 2:30 Bingo (3RD) 6:30 Dominos (2nd)</p>	<p>9:00 Daily Chronicle & Inspiration (2ND) 10:00 Prayer Service with Chaplin Bev (CH) 10:30 Cooking : Preparing Thanksgiving Dishes (C) 1:30 Manicures & Mocktails (2ND) 2:30 Music Therapy with Cynthia (2ND) 6:30 Word Search (2ND)</p>	<p>9:00 Daily Chronicle & Inspiration (2ND) 10:00 Cooking: Thanksgiving Meal (C) 1:00 Kitchen Komer "Snickerdoodles" (T) 2:30 Hymn Sing (CH) 6:30 Pinochle Players Club (2ND)</p>	<p>9:00 Daily Chronicle & Inspiration (2ND) 9:30 Hand Weights Strength Exercise (2ND) 10:15 Trip Out: Cinema Draffhouse Lunch & Movie: Elvis **\$\$ (OOB) 1:30 Dealing with Loss Support Group (SR) 2:30 Snack & Social (T) 6:30Scramble (2ND)</p>	<p>9:30 Pedal Exercise (2ND) 10:00 Rosary (CH) 10:30 Color Me Calm (2ND) 1:30 Worship Service with Chaplain Bev (CH) 2:30 Matinee: Planes, Trains & Automobiles (2ND) 6:30 Unico Card Game (2ND)</p>
20	21	22	23	24	25	26
<p>9:00 TV Catholic Mass (3RD) 10:00 Diner's Caravan Brunch Four Blooms Restaurant **\$\$ (OOB) 10:30 Sit & Be Fit Exercise (2ND) 1:30 Worship Service by Chaplain Bev (CH) 2:45 Bingo (3RD) 6:30 Knit & Crochet Club (2ND)</p>	<p>9:00 Daily Chronicle & Inspiration (2ND) 9:30 Rosary (CH) 10:00 Yoga Fitness By Bill Krings (CH) 1:30 New Resident Apple Cider Mixer (3RD) 2:30 Craft Corner: Thanksgiving Day Flower Pots (T) 6:30Pinochle Players Club (3RD)</p>	<p>9:00 Daily Chronicle & Inspiration (2nd) 10:00 Daily Prayer & Meditation (CH) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (CH) 2:30 Cooking Club: Pumkin Pie Chocolate Chip Cookies (T) 6:30 Dominos (2nd)</p>	<p>9:00 Daily Chronicle & Inspiration (2ND) 10:00 Prayer Service with Chaplin Bev (CH) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:30 Sip And Paint: Wooden Signs for Thanksgiving (T) 6:30 Word Search (2ND)</p>	<p>09:30 Macy's Thanksgiving Parade on TV: Coffee & Fresh Juice Cart (3RD) 10:00 Daily Prayer & Meditation (CH) 10:30 Sit & Be Fit (2ND) 1:30 Thanksgiving Service with Chaplain Beverly (CH) 2:45 "Turkey Bingo" (3RD) 6:30 Pinochle Players Club (2nd)</p> <p style="text-align: center;">Thanksgiving Day</p>	<p>9:00 Daily Chronicle & Inspiration (2ND) 9:30 Hand Weights Strength Exercise (2ND) 10:30 Trivia Challenge (2ND) 1:00 Cooking Corner: Pumkin Dip (C) 1:30 Dealing with Loss Support Group (SR) 2:30 Reminiscing – The Good Old Days (2ND) 6:30 Scramble (2ND)</p>	<p>9:30 Pedal Exercise (2ND) 10:00 Rosary (CH) 10:30 Color Me Calm (2ND) 1:30 Kitchen Komer " Ambrosia" (T) 2:30 Matinee: Home Alone (2N) 6:30 Unico Card Game (2ND)</p>
27	28	29	30	<h1>November</h1> <h2>2022</h2>		
<p>9:00 TV Catholic Mass (3RD) 10:00 Finish the Lyrics (2ND) 10:30 Sit & Be Fit Exercise (2ND) 1:30 Worship Service by Chaplain Bev (CH) 2:45 Bingo (3RD) 6:30 Knit & Crochet Club (2ND)</p>	<p>9:00 Daily Chronicle & Inspiration (2ND) 9:30 Rosary (CH) 10:00 Yoga Fitness By Bill Krings (CH) 1:30 Bible Study with Deacon Roman (SR) 2:30 Vendor Holiday Shopping: Sugar & Loaf; Paparazzi Jewelry & More (1ST) 6:30Pinochle Players Club (3rd)</p>	<p>9:00 Daily Chronicle & Inspiration (2nd) 10:00 Daily Prayer & Meditation (CH) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (CH) 1:30 Bingo (T) 3:00 Creative Expressions(T) 6:30 Dominos (2nd)</p>	<p>9:00 Daily Chronicle & Inspiration (2ND) 10:00 Prayer Service with Chaplin Bev (CH) 10:30 Balance in Action Exercise (2nd) 12:30 Sing along with Kathy 2:30 Rockefeller Center Christmas Tree Lighting Celebration and Hot Coco Bar (T) 6:30 Word Search (2ND)</p>			