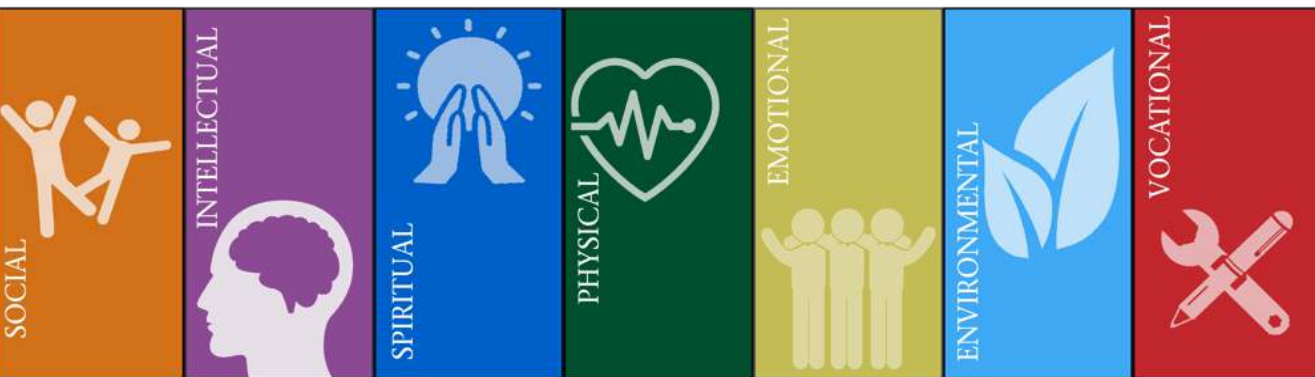


Focus on Wellness

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.



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.




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	
		<p>1</p> <p>9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Chef's Pairings with Chef Ashley (DR) 3:30 Movie Matinee Committee Meeting (3rd) 6:30 Scrabble (1st)</p>	<p>2</p> <p>9:30 Providence Place Walking Club: Indoor Walk Challenge (ML) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:45 Bingo (3rd) 3:30 Sunshine Committee (2nd) 6:30 Dominoes (1st)</p>	<p>3</p> <p>9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 TED Talk & Discussion: <i>How To Speak So People Want To Listen</i> (C) 1:30 Community Life Planning Meeting (3rd) 2:30 Dessert & Discussion With Chef Ashley (DR) 3:30 Holistic Wellness Aromatherapy (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>4</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Geometric Design (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Today in History: Discovery of King Tut's Tomb: National Geographic Presentation: <i>King Tut: Child King of Ancient Egypt</i> (3rd) 3:30 Karaoke Singalong (3rd) 6:30 Boggle (1st)</p>	<p>5</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Winter Project: Succulent Garden (3rd) 1:30 Focus on Health: Blood Pressure Checks (3rd) 2:30 Matinee: <i>Good Will Hunting</i> (2nd) 6:30 Rummikub (1st) 7:00 World Series Championship Game Super Social (3rd)</p>	
	<p>6</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: November Travel: North Carolina Pecan Harvest Festival (3rd) 6:30 Jenga (1st) Daylight Saving Ends</p>	<p>7</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 New Resident Apple Cider Mixer (3rd) 2:30 Ed-U Presentation: <i>Romance Scams</i> By Michelle Nutter of PA Office of AG (3rd) 3:30 TED Talk & Discussion: <i>The Power of Time Off</i> (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>8</p> <p>9:30 Trip Out: Voting: Butler Township Polls** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Craft Club: Poppy Pins (3rd) 2:30 Ed-U Presentation: Luzerne County Supernatural Tales: By Mark Riccetti Of Luzerne County Historical Society (3rd) 3:30 Red or Black Card Game (3rd) 6:30 Scrabble (1st)</p>	<p>9</p> <p>9:30 Shopping Trip: Dollar Tree/Aldi's***\$\$ (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) 4:00 November Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)</p>	<p>10</p> <p>9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Cooking Club: Pumpkin Bread with Chocolate Chips (C) 1:30 Technology Committee: Computer/Cell Phone Tips with Hayley (3rd) 2:45 Bingo (3rd) 3:30 Hymn Sing (Ch) 6:30 Pinochle Players Club (3rd)</p>	<p>11</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Veteran's Day Tribute: With Bagpiper, Bernie Jespersen (FP) 10:30 Art Exploration: Geometric Design (3rd) 1:30 Veteran's Day Service With Chaplain Beverly (Ch) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciarvella (2nd) 3:30 Soul Club: <i>Chicken Soup for the Soul</i> (2nd) 6:30 Boggle (1st) Veteran's Day</p>	<p>12</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Winter Project: Succulent Garden (3rd) 1:30 Welcome Ambassador Cmte. Meeting (3rd) 2:30 Matinee: <i>You've Got Mail</i> (2nd) 3:30 "Flannel Fun" Super Happy Hour (1st) 6:30 Rummikub (1st)</p>
	<p>13</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: November Travel: Peddler's Village Apple Festival (3rd) 6:30 Jenga (1st)</p>	<p>14</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob Roman (SR) 2:30 Cooking Club: National Pickle Day: Deep Fried Pickles with Cajun Sauce (C) 3:30 Community Outreach: <i>Troopons:</i> Coupons for Troops (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>15</p> <p>9:30 Retail Shopping: Boscov's***\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Bingo (3rd) 3:30 Thankful to You Committee (2nd) 6:30 Scrabble (1st)</p>	<p>16</p> <p>9:30 <i>All About November</i> Trivia (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Balance in Action Exercise By Carrie of Powerback Rehab (2nd) 1:30 Circle of Friends (SR) 2:30 Manicures & Mocktails (2nd) 3:30 <i>Front Porch Traveler:</i> Fall in New England (2nd) 6:30 Dominoes (1st)</p>	<p>17</p> <p>9:30 Daily Prayer & Meditation (Ch) 10:00 Ed-U Presentation: <i>Magnificent Kiwi Birds of New Zealand</i> By Retired Teacher, Terry Neumyer (3rd) 10:30 Sit & Be Fit Exercise (2nd) 1:30 TED Talk & Discussion: <i>Why Having Fun</i> <i>Is the Secret to a Healthier Life</i> (3rd) 2:30 Dining Service Committee Meeting (3rd) 3:30 Cranium Crunches (1st) 6:30 Pinochle Players Club (3rd)</p>	<p>18</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:15 Trip Out: Cinema Drafthouse: Lunch & Movie: <i>Elvis**\$\$</i> (OOB) 1:30 Dealing with Loss Support Group (SR) 2:30 Holiday Celebration Planning Cmte. (3rd) 3:30 Art Exploration: Geometric Design (3rd) 6:30 Boggle (1st)</p>	<p>19</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Winter Project: Succulent Garden (3rd) 1:30 Dessert Caravan: Café Europa***\$\$ (OOB) 2:30 Matinee: <i>Planes, Trains & Automobiles</i> (2nd) 3:30 Hymn Sing (Ch) 6:30 Rummikub (1st)</p>
	<p>20</p> <p>9:00 TV Catholic Mass (3rd) 9:30 Diner's Caravan: Brunch: Four Blooms Restaurant***\$\$ (OOB) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 4:00 iN2L: November Travel: Radio City Rockettes (3rd) 2:45 Bingo (3rd) 6:30 Jenga (1st)</p>	<p>21</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 "Campus Store" Cart (3rd) 2:30 Ed-U Health Presentation: Normal & Not Normal Brain Changes Awareness by DOW, Melissa (3rd) 3:30 Hymn Sing (Ch) 6:30 Pinochle Players Club (3rd)</p>	<p>22</p> <p>9:30 Shopping Trip: Target***\$\$ (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Food for Thought & Tasting: Parsnips (C) 3:00 Fireside Chat (1st) 3:30 X-Box Bowling (2nd) 6:30 Musical Entertainment By George Rittenhouse (DR)</p>	<p>23</p> <p>9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 TED Talk & Discussion: <i>Give Yourself Permission to be Creative</i> (2nd) 1:30 Circle of Friends (SR) 2:30 Craft with Kim (2nd) 3:30 Resident Birthday Committee (2nd) 6:30 Dominoes (1st)</p>	<p>24</p> <p>9:30 Macy's Thanksgiving Parade on TV: Coffee & Fresh Juice Cart (3rd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Thanksgiving Celebration (DR) 1:30 Thanksgiving Service With Chaplain Beverly (Ch) 2:45 "Turkey" Bingo (3rd) 6:30 Pinochle Players Club (3rd) Thanksgiving Day</p>	<p>25</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Art Exploration: Geometric Design (3rd) 1:30 Celebration of Life Service (Ch) 2:00 Dining Demo with Chef Ashley (DR) 3:00 Men's Club: Indoor Bocce Ball Tournament (3rd) 6:30 Boggle (1st)</p>	<p>26</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Winter Project: Succulent Garden (3rd) 1:30 iN2L: Famous Birthday Spotlight: Charles Schulz: <i>Peanuts</i> Creator (3rd) 2:30 Matinee: <i>Home Alone</i> (2nd) 3:30 "Cranberry Craze" Super Happy Hour (1st) 6:30 Rummikub (1st)</p>
	<p>27</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: iN2L: November Travel: Kona Coffee Festival (3rd) 6:30 Jenga (1st)</p>	<p>28</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob Roman (SR) 2:30 Vendor Holiday Shopping: Sugar & Loaf, Paparazzi Jewelry, Holiday Ornaments, Olive You Tasting Emporium & More! (1st) 3:30 Blast from the Past: <i>I Love Lucy</i> (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>29</p> <p>9:30 Daily Prayer & Meditation (Ch) 10:00 Trip Out: Zanolini's Country Gift Shop***\$\$ (OOB) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Bingo (3rd) 3:30 TED Talk & Discussion: <i>How To Speak So People Want To Listen</i> (C) 6:30 Scrabble (1st)</p>	<p>30</p> <p>9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Diner's Lunch Caravan: 5-Star Chinese Restaurant***\$\$ (OOB) 1:30 Circle of Friends (SR) 2:30 Ed-U Presentation: <i>History of Christmas Carols</i> By Guardians of Our History: Joe & Dolores McDevitt (3rd) 3:30 Hymn Sing (Ch) 6:30 Dominoes (1st)</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>November</h1> <h2>2022</h2>	