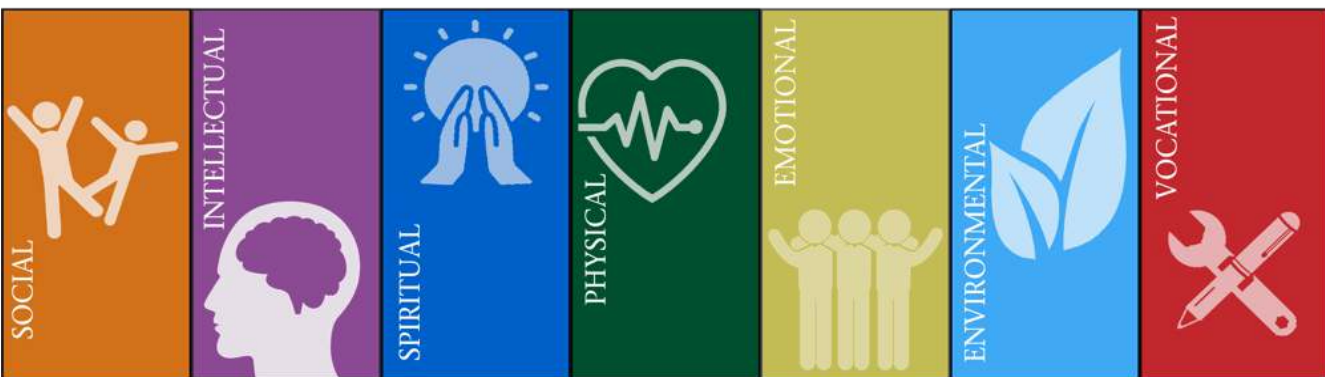


Focus on Wellness

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

Bernice W.
Bruce B.
Mary K.
Eleanor J.
Shirley S.
Gene H.

December

Frances H.
Joanne M.
Joan H.
Gerald L.
Arlene K.
Eileen P.
Robert W.



Providence Place SENIOR LIVING News

Q4: November 2022

A Note from the Executive Director

The Grove is excited to have our call bell system up and running after it was taken out by lightning. Thank you to everyone who helped make the transitional time work for the community!

We are currently COVID-free and are no longer requiring masks for residents and visitors.

Community Life has some awesome activities coming your way. We thoroughly enjoyed our Halloween festivities and look forward to celebrating the Thanksgiving season with family and friends. We are truly grateful!

Sincerely,
Julie Wallace
Executive Director

Highlighted Events

- 2 – **Fireside Chat with Julie** @ 10am
- 8 – **EdU Presentation:** The Greatest Gospel Songs @ 2pm
- 10 – **Giving Thanks:** Pine Grove Police Department @ 2pm
- 11 – **Red, White & Blue Social:** Veteran's Day @ 3pm
- 24 – **Thanksgiving Festivities:** Parade, Coffee & Donuts, Wine & Dine
- 29 – **Grateful Drumming with Joe** @ 2pm

Welcome New Residents

Lucille P.
Olena B.
Patricia N.
Norma 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p>9:30 Move2Music (2F) 10:00 Kitchen Krew: Making Muffins (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Ed-U Presentation: <i>The Age Of Enlightenment</i> By The Guardians Of History (DR) 3:30 Cheese & Fruit Charcuterie (DR) 6:00 Mixed Drinks & Music Social (2F)</p>	<p>2</p> <p>9:30 Move2Music (2F) 10:00 Fireside Chat With Julie And Management Team (2F) 11:00 Resident Planning Committee (2F) 11:30 Diner's Caravan: Friedensburg Country Restaurant **\$\$ (OOB) 3:30 iN2L: On This Day (2F) 6:00 Mixed Drinks & Music Social (2F)</p>	<p>3</p> <p>9:30 Light Hand Weight Exercises (2F) 10:00 World Briefs & Discuss (2F) 10:30 Dancercise (2F) 11:00 Cool Down With Cool Drinks (2F) 2:30 Craft & Creations: Cinnamon Stick Votive (2F) 3:30 Helping Hands: Clean Up Crew (2F) 6:00 Game Of Clue (1F)</p>	<p>4</p> <p>9:30 Target Core Exercise (2F) 10:00 Dining Committee Meeting (2F) 11:00 iN2L Learning: Brain Teasers (2F) 2:00 Film Fest: <i>Planes, Trains And Automobiles</i> (2F) 3:00 Popcorn & Soda Cart (2F) 4:00 Saints & Heroes EWTN 49 6:00 Game Night: Uno (2F)</p>	<p>5</p> <p>9:30 Gentle Moves (2F) 10:00 Men's Club Outing: Stoyers Dam (OOB) 10:30 <i>Mornings With Jesus</i> Program (2F) 11:00 Coffee Cache And Daily Chronicles (2F) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F)</p>
		<p>6</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 12:00 Wine & Dine (DR) 1:30 Scenic Country Ride (OOB) 2:30 iN2L Catholic Service (2F) 3:30 iN2L Methodist Service (2F) 6:00 Music & Mindful Colors (2F)</p> <p>Daylight Saving Ends</p>	<p>7</p> <p>9:30 Core Strength Exercise (2F) 10:00 November IQ (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Mother Teresa Program EWNT 49 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Game Night: Shut The Box Dice (1F) 8:15 Ravens vs Saints ESPN</p>	<p>8</p> <p>9:30 Balance In Action (2F) 10:00 November IQ (2F) 11:00 You Tube: Scripture & Song (2F) 2:00 Ed-U Presentation: <i>The Greatest Gospel Songs And The Meaning Behind Them</i> By The United Methodist Women (DR) 4:00 Confident Cruisers (H) 6:00 Crafting With Victoria (2F) 6:00 Watercolor Painting (2F)</p>	<p>9</p> <p>9:30 Balance In Action By Kari, Genesis Health & Rehab (2F) 10:00 Community Life Planning Meeting (1F) 11:00 Jigsaw Puzzle Team (2F) 2:00 Kitchen Krew: Pumpkin Cookies (2F) 4:00 Confident Cruisers (H) 6:00 Watercolor Painting (2F)</p>	<p>10</p> <p>9:30 Light Hand Weight Exercises (2F) 10:00 World Briefs & Discuss (2F) 10:30 Dancercise (2F) 11:00 Cool Down With Cool Drinks (2F) 2:00 Community Outreach: Giving Thanks To Pine Grove Police Department Delivering Muffins (OOB) 4:00 Confident Cruisers (HW) 6:00 Game Of Clue (1F)</p>
<p>13</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 11:00 Hymn Sing Along (2F) 12:00 Wine & Dine (DR) 2:00 Church of God Memorial Service (DR) 3:00 Fellowship Hour (DR) 6:00 Music & Mindful Colors (2F)</p>	<p>14</p> <p>9:30 Core Strength Exercise (2F) 10:00 November IQ (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Mother Teresa Program EWNT 49 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Game Night: Shut The Box Dice (1F) 8:15 Commanders vs Eagles ESPN</p>	<p>15</p> <p>9:30 Target Balance Exercise (2F) 10:00 Community Outreach: Letters For Heroes (2F) 11:00 Scripture And Song (2F) 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 3:30 Visit From Comfort Dog Bubba (2F) 6:00 Crafting With Victoria (2F)</p>	<p>16</p> <p>9:30 Move2Music (2F) 10:00 iN2L: On This Day (2F) 11:00 Name The State Puzzle (2F) 11:30 Diner's Caravan: Burger King And Good Will Thrift Store **\$\$ (OOB) 3:30 Memory Magic (2F) 4:00 Confident Cruisers (HW) 6:00 Mixed Drinks & Music Social (2F)</p>	<p>17</p> <p>9:30 Light Hand Weight Exercises (2F) 10:00 World Briefs & Discuss (2F) 10:30 Dancercise (2F) 11:00 Cool Down With Cool Drinks (2F) 12:30 Walmart Trip **\$\$ (OOB) 3:30 Game Of Rummy (2F) 6:00 Checkers (2F)</p>	<p>18</p> <p>9:30 Target Core Exercise (2F) 11:00 iN2L Learning: Brain Teasers (2F) 2:00 Ed-U Presentation: <i>America, A Nation Of Immigrants</i> By Lester Hirsh, Songwriter & Poet (DR) 3:30 Open Forum & Discuss (DR) 4:00 Saints & Heroes EWTN 49 6:00 Game Night: Uno (2F)</p>	<p>19</p> <p>9:30 Gentle Moves (2F) 10:00 November Fact Or Fiction (2F) 10:30 <i>Mornings With Jesus</i> Program (2F) 11:00 Coffee Cache And Daily Chronicles (2F) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)</p>
<p>20</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 12:00 Wine & Dine (DR) 1:30 Scenic Country Ride (OOB) 2:30 iN2L Catholic Service (2F) 3:30 iN2L Methodist Service (2F) 6:00 Music & Mindful Colors (2F)</p>	<p>21</p> <p>9:30 Core Strength Exercise (2F) 10:00 November IQ (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Mother Teresa Program EWNT 49 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Game Night: Shut The Box Dice (1F) 8:15 49's vs Cardinals ESPN</p>	<p>22</p> <p>9:30 Target Balance Exercise (2F) 10:00 Community Outreach: Letters For Heroes (2F) 11:00 Scripture And Song (2F) 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 3:30 Visit From Comfort Dog Bubba (2F) 6:00 Crafting With Victoria (2F)</p>	<p>23</p> <p>9:30 Move2Music (2F) 10:00 Thankful For Thanksgiving Humor (2F) 10:30 Pinterest Christmas Craft Ideas (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Crochet Class With Helen (2F) 3:30 Hot Chocolate Cart (2F) 6:00 Mixed Drinks & Music (2F)</p>	<p>24</p> <p>9:00 Macy's Thanksgiving Day Parade (2F) 10:00 Pumpkin Coffee & Donuts (2F) 11:00 Thanksgiving Puzzle Team (2F) 12:00 Wine & Dine (DR) 2:00 Film Fest: <i>The Blindside</i> (2F) 3:00 Penny Candy Cart (2F) 4:00 Confident Cruisers (HW) 6:00 Checkers (1F)</p> <p>Thanksgiving Day</p>	<p>25</p> <p>9:30 Target Core Exercise (2F) 10:00 iN2L Learning: Brain Teasers (2F) 11:00 Reminisce: What Was On Your Thanksgiving Table? (2F) 2:00 Ed-U Presentation: <i>Joyful Motions</i> By Fitness Educator Celeste Bailey (2F) 3:00 iN2L: Mindful Meditation (2F) 4:00 Saints & Heroes EWTN 49 6:00 Game Night: Uno (2F)</p>	<p>26</p> <p>9:30 Gentle Moves (2F) 10:00 November Fact Or Fiction (2F) 10:30 <i>Mornings With Jesus</i> Program (2F) 11:00 Coffee Cache And Daily Chronicles (2F) 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 7:00 Wheel Of Fortune (1F)</p>
<p>27</p> <p>9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Portals Of Prayer (2F) 11:00 Hymn Sing Along (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Service (DR) 3:00 Fellowship Hour (DR) 6:00 Music & Mindful Colors (2F)</p>	<p>28</p> <p>9:30 Core Strength Exercise (2F) 10:00 November IQ (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Mother Teresa Program EWNT 49 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Game Night: Shut The Box Dice (1F) 8:15 Steelers vs Colts ESPN</p>	<p>29</p> <p>9:30 Target Balance Exercise (2F) 10:00 Community Outreach: Letters For Heroes (2F) 11:00 You Tube: Scripture And Song (2F) 2:00 Grateful Drumming With Joe (2F) 3:00 Cool Down With Cool Drinks (2F) 3:30 Visit From Comfort Dog Bubba (2F) 6:00 Card Club: Phase 10 (2F)</p>	<p>30</p> <p>9:30 Move2Music (2F) 10:00 iN2L: On This Day (2F) 10:30 Book Club (2F) 11:00 Mindful Colors And Music (1F) 2:00 Welcome Ambassador Social (2F) 3:30 Funny Ice Breakers (2F) 4:00 Confident Cruisers (HW) 6:00 Mixed Drinks & Music Social (2F)</p>	<p>Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building (1F) First Floor Activity Room (2F) Second Floor Activity Room (DR) Dining Room (FP) Front Patio (RP) Rear Patio (L) Lobby (HW) Hallway</p>		<p>November 2022</p>