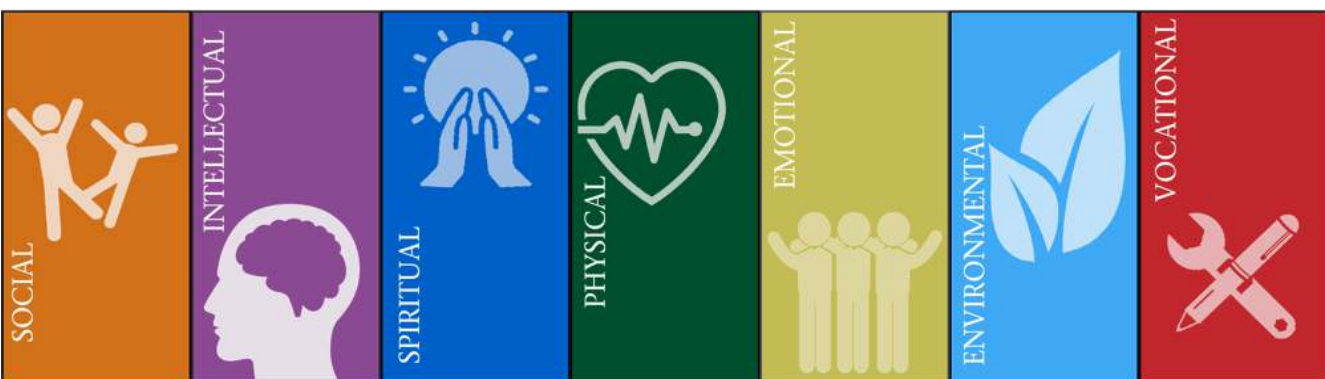


Focus on Wellness

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

Joyce T.
Frederick B.
Eva K.
Betty F.
Joan H.
Jon F.
Janet W.
Joseph B.
Joanna S.
Carole P.

December

Joseph W.
Gwendolyn R.
Ann M.
Robert L.
Theresa N.
Carol S.
Howard S.
Anna Mae C.
Marion B.
Nancy K.



Providence Place SENIOR LIVING News

Q4: November 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 is now open, 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.

We had such an enjoyable October with our Oktoberfest and a small Trick-or-Treat. Thank you for your patience as we navigate this latest COVID surge. We can't wait to step into this Thanksgiving season with all of our family and friends.

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

Highlighted Events

- 3 – **Hollywood Casino Outing** @ 11am
- 9 – **Patriot K-9 Rescue Presentation:**
Helping our 4-legged Veterans @ 2pm
- 16 – **Crimson Academy Dancers:**
Holiday Program @ 6pm

Welcome New Residents

Janet M.
Howard S.
Geraldine D.
Marcella R.
Alphonse V.
Geraldine V.
Janet M.
Lois M.
Theresa N.
Leona B.
Jon 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 style="text-align: center;">THE <i>Club</i></p>		1 9:00 Morning Meeting (A) 9:30 EZ Does It (A) 10:00 Chair Exercises (A) 11:00 Walk to Dine (TB) 1:30 Bingo (CN) 2:00 Dining Committee Meeting (DR) 2:30 IN2L: Balloon Pop (CN) 3:00 Manicures (CH) 6:00 Bingo (PUB)	2 9:00 Morning Meeting (A) 9:30 Joggin Noggin: Word Pairing (A) 10:00 Worship Service (CH) 11:00 Walk to Dine (TB) 1:00 Brain Games (CN) 1:30 Yoga with Michele (CN) 2:30 Art Expressions with Kim (CN) 3:00 The Devil is in the Details Social Hour (PUB) 6:00 Household Chores: Sorting (PUB)	3 9:00 Morning Meeting (A) 9:30 Drum Fit Exercise (A) 10:30 Time Slips Story Telling (A) 11:00 Day Excursion: Hollywood Casino (ML) 1:15 Junk Drawer Detective (A) 2:00 Trivia and Snacks (A) 3:00 Create & Design (A) 6:00 Bingo (PUB) 7:00 Entertainment: Gospel Singers (A)	4 9:00 Morning Meeting (PUBR) 9:30 Craft: Sunflower Door Décor (A) 10:30 Refreshment & Snack (A) 11:00 Walk to Dine (TB) 1:30 Chair Zumba with Michele (PUB) 3:00 Communion Service (CH) 3:30 It's 5 O'clock Somewhere Social Hour (PUB) 6:00 Color Me Calm (PUB)	5 9:00 Morning Meeting (A) 9:15 Polka Exercises (A) 10:00 Baking Club: Pumpkin Cream Cheese Brownies (A) 11:00 Walk to Dine (TB) 12:30 Crafting Corner: Fall & Friends (CN) 1:00 Bowling (CN) 2:00 Movie Matinee (CN) 6:00 Reminisce Magazine (PUB)
		6 9:00 Morning Meeting (PUBR) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Bible Study (PUB) 11:00 Walk to Dine (TB) 1:00 Chair Exercises (CN) 2:00 Bingo (CN) 3:00 Communion Service (CH) 5:30 Household Chores: Folding (PUB) Daylight Saving Ends	7 9:00 Morning Meeting (PUBR) 9:30 Cranium Crunches (PUBR) 10:30 Yoga with Michele (PUB) 11:00 Walk to Dine (TB) 1:00 What Doesn't Belong (A) 2:00 Hydration Station & Small Bites (A) 3:00 Communion Service (CH) 5:30 Puzzles & Crosswords (PUB)	8 9:00 Morning Meeting (A) 9:30 EZ Does It (A) 10:00 Chair Exercises (A) 11:00 Walk to Dine (TB) 1:00 Horseshoes (CN) 2:00 We Are Thankful Social Hour (CN) 3:00 Manicures (CH) 6:00 Bingo (PUB)	9 9:00 Morning Meeting (PUBR) 9:30 Donut Mind If I Do! (PUB) 10:00 Finish That Phrase (PUB) 11:00 Walk to Dine (TB) 1:30 Yoga with Michele (CN) 2:00 Ed-U Presentation: <i>Helping Our 4 Legged Veterans</i> (PUB) 3:00 It's Nach-o Everyday Social Hour (PUB) 5:30 Household Chores: Folding (PUB)	10 9:00 Morning Meeting (A) 9:30 Drum Fit Exercise (A) 10:00 Word Pairing (A) 11:00 Walk to Dine (TB) 1:00 Junk Drawer Detective (A) 2:00 Time Slips Story Creating (A) 3:00 Create & Design (A) 6:00 Bingo (PUB) 7:00 Entertainment: Gospel Singers (A)
13 9:00 Morning Meeting (PUBR) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Bible Study (PUB) 11:00 Walk to Dine (TB) 1:00 Chair Exercises (CN) 2:00 Bingo (CN) 3:00 Communion Service (CH) 5:30 Household Chores: Sorting (PUB)	14 9:00 Morning Meeting (PUBR) 9:30 Cranium Crunches (PUBR) 10:30 Yoga with Michele (PUB) 11:00 Walk to Dine (TB) 1:00 Finish the Phrase (A) 2:00 Hydration Station & Small Bites (A) 3:00 Communion Service (CH) 5:30 Puzzles & Crosswords (PUB)	15 9:00 Morning Meeting (A) 9:30 EZ Does It (A) 10:00 Chair Exercises (A) 11:00 Walk to Dine (TB) 1:00 Autumnal Arrangements (CN) 2:00 Snacks & Social (CN) 3:00 Manicures (CH) 6:00 Bingo (PUB)	16 9:00 Morning Meeting (A) 9:30 Joggin Noggin: Word Opposites (A) 10:00 Worship Service (CH) 1:30 Yoga with Michele (CN) 2:00 Ed-U Presentation: <i>Trees by Porcupine Pat</i> (PUB) 2:00 Fireside Chats (PUB) 3:00 Pickle Your Fancy Social Hour (PUB) 6:00 Household Chores: Folding (PUB)	17 9:00 Morning Meeting (PUBR) 9:30 Drum Fit Exercise (A) 10:00 What Doesn't Belong (A) 11:00 Walk to Dine (TB) 1:00 Junk Drawer Detective (A) 2:00 Drum Circle with Joe (PUB) 3:00 Create & Design (A) 6:00 Bingo (PUB) 7:00 Entertainment: Gospel Singers (A)	18 9:00 Morning Meeting (PUBR) 9:30 Craft: Fall Flower Door Hanger 10:30 Refreshment and Snack (A) 11:00 Walk to Dine (TB) 1:30 Chair Zumba with Michele (PUB) 3:00 Communion Service (CH) 3:30 It's 5 O'clock Somewhere Social Hour (PUB) 5:30 Card Games (PUB)	19 9:00 Morning Meeting (A) 9:15 Polka Exercises (A) 10:00 Baking Club: Smore's (A) 11:00 Walk to Dine (TB) 12:30 IN2L: Travel to the National Parks (CN) 1:30 Crafts: Water Colors (CN) 2:30 Snack & Social Hour (CN) 6:00 Reminisce Magazine (PUB)
20 9:00 Morning Meeting (PUBR) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Hymn Sing (PUB) 11:00 Walk to Dine (TB) 1:00 Chair Exercises (CN) 2:00 Bingo (CN) 3:00 Communion Service (CH) 5:30 Household Chores: Folding (PUB)	21 9:00 Morning Meeting (PUBR) 9:30 Cranium Crunches (PUBR) 10:30 Yoga with Michele (PUB) 11:00 Walk to Dine (TB) 1:00 Word Pairing (A) 2:00 Hydration Station (A) 3:00 Communion Service (CH) 5:30 Puzzles & Crosswords (PUB)	22 9:00 Morning Meeting (PUBR) 9:30 EZ Does It (A) 10:00 Chair Exercises (A) 11:00 Walk to Dine (TB) 1:00 Crafting Corner: Autumn Art (CN) 2:00 Snack & Social (CN) 3:00 Manicures (CH) 6:00 Bingo (PUB)	23 9:00 Morning Meeting (PUBR) 9:30 Donut Mind If I Do! (PUB) 10:00 Finish That Phrase (A) 11:00 Walk to Dine (TB) 1:30 Yoga with Michele (CN) 2:30 Hydration Station (CN) 3:00 Thankful Cider Sipping Social Hour (PUB) 5:30 Household Chores: Folding (PUB)	24 9:00 Macy's Thanksgiving Day Parade (A) 10:00 Thanksgiving Trivia (A) 10:30 Bingo (A) 11:00 Walk to Dine (TB) 1:15 Drum Fit Exercise (A) 2:00 Memory Magic (A) 3:00 Create & Design (A) 7:00 Entertainment: Gospel Singers (A) Thanksgiving Day	25 9:00 Morning Meeting (A) 9:30 Craft: Canvas Painting (A) 10:15 Finish That Phrase (A) 11:00 Walk to Dine (TB) 1:30 Chair Zumba with Michele (PUB) 3:00 Communion Service (CH) 3:30 It's 5 O'clock Somewhere Social Hour (PUB) 6:00 Puzzles (PUB)	26 9:00 Morning Meeting (A) 9:15 Polka Exercises (A) 10:00 Baking Club: Trail Mix (A) 11:00 Walk to Dine (TB) 12:00 Movie Matinee (CN) 1:30 Making Ambrosia (CN) 3:00 Puzzles and Pondering (CN) 6:00 Reminisce Magazine (PUB)
27 9:00 Morning Meeting (PUBR) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00 Hymn Sing (PUB) 11:00 Walk to Dine (TB) 1:00 Chair Exercises (CN) 2:00 Bingo (CN) 3:00 Communion Service (CH) 6:00 Kings in the Corner (PUBR)	28 9:00 Morning Meeting (PUBR) 9:30 Cranium Crunches (PUBR) 10:30 Yoga with Michele (PUB) 11:00 Walk to Dine (TB) 1:00 Color Me Calm (A) 2:00 Hydration Station (A) 3:00 Communion Service (CH) 5:30 Puzzles & Crosswords (PUB)	29 9:00 Morning Meeting (A) 9:30 EZ Does It (A) 10:00 Chair Exercises (A) 11:00 Walk to Dine (TB) 12:00 IN2L: Imagination Vacations (CN) 1:30 Bingo (CN) 3:00 Manicures (CH) 6:00 Entertainment: Crimson Academy Dancers Performance (PUB)	30 9:00 Morning Meeting (A) 9:30 Name 5 Trivia (A) 10:00 Worship Service (CH) 11:00 Walk to Dine (TB) 1:30 Yoga with Michele (CN) 2:30 Hydration Station (CN) 3:00 Welcome Social Hour (PUB) 5:30 Household Chores: Sorting (PUB)	<p>Calendar Key: (L) Lobby (PUB) Pub, 1st Floor, (PUBR) Pub, Rear (A) Activity Room, 2nd Floor (CN) Connections, Terrace (CH) Chapel, 3rd Floor, (LIB) Library-3rd (3FSL) 3rd Floor South Lounge (OOB) Out of Building (BP) Back Patio, (FP) Front Patio—1st (TB) Throughout Building (PL) Parking Lot, Front</p>		

November 2022