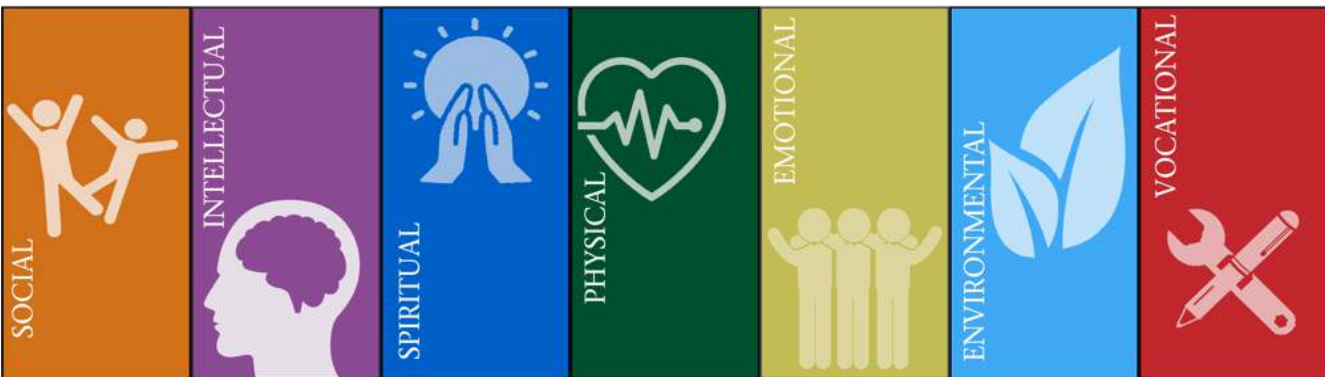


Focus on Wellness

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.



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

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.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|--|---|--|---|--|--|---|
|  | | 1 9:00 Walking Warriors (ML) 10:30 Balloon Volleyball (PUB) 12:00 Souper Tuesday Luncheon **(A) 2:00 Dining Committee Meeting (DR) 2:30 Color Me Calm (PUBR) 3:00 Manicures & Mimosas **(CH) 6:00 Nickel Bingo \$\$ (PUB) | 2 9:00 Breakfast Club: Pumpkin Pecan Waffles **(A) 10:00 Worship with Pastor Reading (CH) 10:30 Strength Training (PUB) 1:00 P ² Foodies: Pumpkin Chip Cookies (A) 2:00 Acrylic Paint Class with Shannon (A) 3:00 The Devil is in the Details Social Hour (PUB) 6:00 Po-Ke-No (PUBR) | 3 9:00 Walking Warriors (ML) 10:00 Community Life Planning Committee Meeting (PUB) 11:00 Day Excursion: Hollywood Casino **\$(OOB) 2:00 Color Me Calm (PUBR) 3:30 Craft Corner: Thankful Hanging Décor (A) 7:00 Entertainment: Gospel Singers (CH) | 4 9:00 Green Thumbs: Tending Plants (TB) 10:00 Life Happens Support Group (CH) 10:30 Ted Talk: <i>The Science of Happiness</i> (PUB) 1:30 Zumba with Michele (PUB) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 3:30 5 O'clock Somewhere Social Hour (PUB) 6:00 Puzzle Club (3F) | 5 9:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 10:00 Word Puzzles (PUBR) 1:00 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$\$ (PUB) 3:00 Vagabond Travelers: Vermont (PUB) 6:00 Card Games: War (PUB) | |
| | | 6 9:00 Hymn Sing (PUB) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine & Dine (DR) 2:00 Musical Entertainment: John Cosentini (PUB) 3:00 Communion Service (CH) 6:00 Kings in the Corner (PUBR) Daylight Saving Ends | 7 9:00 Brain Games: Literary Trivia (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Sunshine Committee Meeting (PUB) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 3:30 XBOX Bowling (A) 6:00 Board Games: Monopoly (PUBR) | 8 9:00 Walking Warriors (ML) 10:00 Word Puzzles (PUBR) 10:30 Keep Kicking Kickball (PUB) 12:00 Souper Tuesday Luncheon **(A) 2:00-4:00 Manicures & Mimosas **(CH) 2:30 Card Games: Rummy (PUBR) 6:00 Nickel Bingo \$\$ (PUB) | 9 9:00 Coffee, Donuts, & Current Event (PUB) 10:30 Lite & Lively (PUB) 1:00 Birthday Club (A) 2:00 Ed-U Presentation: Helping for Our 4 Legged Veterans by Patriot K-9 Rescue (PUB) 3:00 It's Nach-o Everyday Social Hour (PUB) 6:00 Po-Ke-No (PUBR) | 10 9:00 Walking Warriors (ML) 10:00 Bible Study (A) 11:00 Day Excursion: Plum Creek Creamery **\$(OOB) 1:00 Documentary: <i>Black Holes The Edge of All We Know</i> (PUB) 2:30 Cranium Crunches (PUBR) 3:30 Craft Corner: Fall String Art (A) 6:00 Prize Bingo (PUB) | 11 Veteran's Day 9:00 Green Thumbs: Tending Plants (TB) 10:00 Life Happens Support Group (CH) 12:00 Veteran's Luncheon (A) 1:30 Zumba with Michele (PUB) 2:00 Entertainment by John Bauer (PUB) 3:00 Mass & Confession with Father (CH) 3:30 5 O'clock Somewhere Social Hour (PUB) 6:00 Word Puzzles (PUBR) |
| 13 9:00 Hymn Sing (PUB) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>The Italian Job</i> (PUB) 3:00 Communion Service (CH) 6:00 Kings in the Corner (PUBR) | 14 9:00 Brain Games: Word Associations (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Gratitude Committee Meeting (PUB) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 3:30 Ring Toss (A) 6:00 Color Me Calm (PUBR) | 15 9:00 Walking Warriors (ML) 10:00 Color Me Calm (PUBR) 10:30 Balloon Tennis (PUB) 12:00 Souper Luncheon **(A) 2:00-4:00 Manicures & Mimosas **(CH) 2:30 Board Games: Connect 4 (PUBR) 6:00 Nickel Bingo \$\$ (PUB) | 16 9:00 Breakfast Club: Quiche Lorraine **(A) 10:00 Worship with Pastor Reading (CH) 10:30 Seated Tai Chi (PUB) 2:00 Ed-U Presentation: Trees by Porcupine Pat of the PA Conservation District (PUB) 2:30 Card Games: Rummy (PUBR) 3:00 Pickle Your Fancy Social Hour (PUB) 6:00 Po-Ke-No (PUBR) | 17 9:00 Errand Day: Banks & Post Office **\$(OOB) 10:00 Bible Study (A) 10:30 Balance In Action with Powerback Rehab (PUB) 11:00 Diners Caravan: Uma **\$(OOB) 2:00 Drum Circle with Joe (PUB) 3:00 Ed-U Wellness: Brain Changes with Brittany Gaffney, DOW (PUB) 5:00 Resident Birthday Dinner (PUB) | 18 9:00 Green Thumbs: Tending Plants (TB) 10:00 Life Happens Support Group (CH) 10:30 Ted Talk: Want to be Happy? (PUB) 1:30 Zumba with Michele (PUB) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 3:30 5 O'clock Somewhere Social Hour (PUB) 6:00 Board Games: Checkers (PUB) | 19 9:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 10:00 Color Me Calm (PUBR) 1:00 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$\$ (PUB) 3:00 Vagabond Travelers: New Hampshire (PUB) 6:00 Color Me Calm (PUBR) | |
| 20 9:00 Hymn Sing (PUB) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>The Notebook</i> (PUB) 3:00 Communion Service (CH) 6:00 Kings in the Corner (PUBR) | 21 9:00 Brain Games: Finish My Line (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Men's Club Meeting (PUBR) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 3:30 XBOX Bowling (A) 6:00 Puzzle Club (3F) | 22 9:00 Walking Warriors (ML) 10:00 Card Games: UNO (PUBR) 10:30 Welcoming Committee Meeting (PUB) 12:00 Souper Tuesday Luncheon **(A) 2:00-4:00 Glowing Hands Fall Spa Treatment (CH) 2:30 Color Me Calm (PUBR) 6:00 Nickel Bingo \$\$ (PUB) | 23 9:00 Coffee, Donuts, & Current Events (PUB) 10:00 Card Games: Pinochle (PUBR) 10:30 Gentle Stretching (PUB) 2:00 Fireside Chats (PUB) 2:30 Word Puzzles (PUBR) 3:00 Thankful Cider Sipping Social Hour (PUB) 6:00 Po-Ke-No (PUBR) | 24 9:00 Walking Warriors (ML) 9:00-12:00 Macy's Thanksgiving Day Parade with Snacks (2FL) 10:00 Bible Study (A) 2:00 Thanksgiving Word Play (PUB) 3:00 Helping Hands: Decorating for Christmas (PUB) 6:00 Board Games: Connect 4 (PUBR) Thanksgiving Day | 25 9:00 Green Thumbs: Tending Plants (TB) 10:00 Life Happens Support Group (CH) 10:30 Curls for Girls (2FSL) 1:30 Zumba with Michele (PUB) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 3:30 5 O'clock Somewhere Social Hour (PUB) 6:00 Color Me Calm (PUBR) | 26 9:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 10:00 Puzzle Club (3F) 1:00 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$\$ (PUB) 3:00 Vagabond Travelers: Rhode Island (PUB) 6:00 Board Games: Scattergories (PUBR) | |
| 27 9:00 Hymn Sing (PUB) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>White Christmas</i> (PUB) 3:00 Communion Service (CH) 6:00 Kings in the Corner (PUBR) | 28 9:00 Brain Games: Word Play (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 TED Talk: <i>What Makes Life Good?</i> (PUB) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 3:30 Cornhole (A) 6:00 Word Puzzles (PUBR) | 29 9:00 Walking Warriors (ML) 10:00 Puzzle Club (3F) 10:30 TED Talk: <i>Changing the Way We Think of Aging</i> (PUB) 12:00 Souper Tuesday Luncheon **(A) 2:00-4:00 Manicures & Mimosas **(CH) 2:30 Board Games: Scrabble (PUBR) 6:00 Entertainment: Crimson Academy Dancers Performance (PUB) | 30 9:00 Coffee, Donuts, & Current Events (PUB) 10:00 Color Me Calm (PUBR) 10:30 Core Exercises (PUB) 2:00 Ed-U Presentation: PA Wildlife by Red Creek Wildlife Rescue (PUB) 2:30 Card Games: Solitaire (PUBR) 3:00 Welcome Social (PUB) 6:00 Po-Ke-No (PUBR) | Calendar Key: ** Registration Required \$\$ Cost Involved PUB Pub A Activity Room 2FL 2nd Floor Lounge 3F 3rd Floor Corner Lounge CH Chapel ML Main Lobby PUBR Rear Room of Pub TB Throughout Building | | <h1>November</h1> <h2>2022</h2> | |