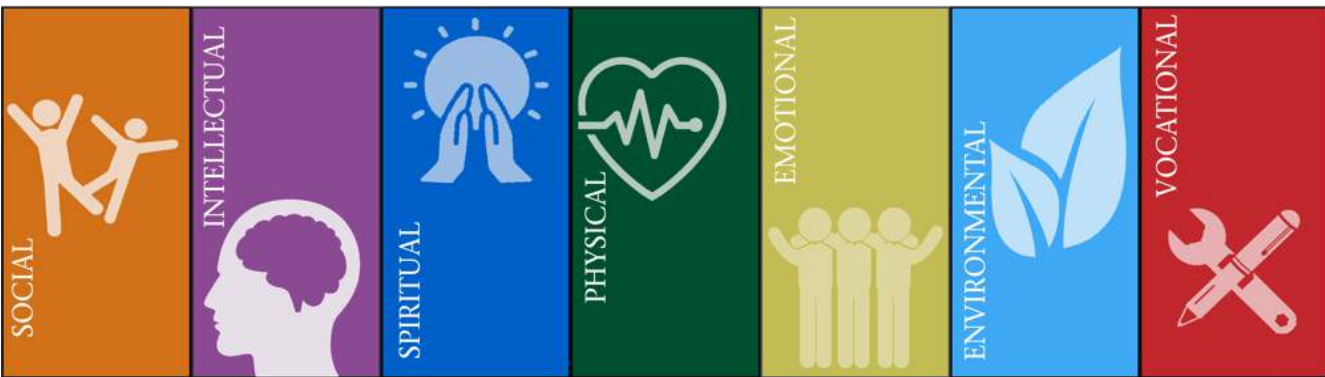


Focus on Wellness

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

December

- | | |
|----------------|----------------|
| 1 – Mossie S. | 16 – Glenn W. |
| 2 – Roberta L. | 16 – Nancy S. |
| 4 – Patsy P. | 24 – Ronald H. |
| 5 – Alice G. | 29 – Ruth Y. |
| 8 – Norman K. | |
| 14 – Donald B. | |
| 15 – Reuben W. | |
| 16 – Lavada N. | |



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: December 2022

A Note from the Executive Director

Fall has brought us a beautiful scene here in Chambersburg. The holidays are here and we have a lot to celebrate. As you visit your loved ones, make sure you enjoy some time outside in the beauty before winter fully arrives!

Take a look at our calendar and feel free to visit for some fun events and activities. Please join us on the 21st for our Family Festivities around the Fireplace and our New Year's Eve Social on the 31st (3pm).

Wishing you joy and peace this holiday season and all the best as we step into 2023.

Sincerely,

Holly Townsend

Executive Director

Highlighted Events

- 15 – **New Resident Social:** Hot Cocoa Bombs @ 1:30pm
- 19 – **Holiday Happy Hour Special** @ 3pm
- 21 – **Family Festivities Around the Fireplace** @ 3pm
Families Welcome
- 22 – **Blue Christmas Social** @ 2pm
- 28 – **Local Fares: Olive Garden** @ 11am

Welcome New Residents

Leevester T.
Gregg D.
Janet M.
Roberta L.
Faye C.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>THE</p> <h1>Club</h1>		<p>Calendar Key: Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY) Connections (CN) Picnic Tables (PT) ** Registration Required \$\$ Cost Involved</p>	<p>December</p> <p>2022</p>		<p>1</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Windy Knoll Ice Cream (CN)(OOB) 1:30 Balance & Action (3E) 2:00 Sip and Be Social (CN) 3:00 December Cranium Crunches (3A) 6:15 Chit Chat in the Lobby (FL)</p>	<p>2</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Decorate the Christmas Tree (3A) 1:30 Walk and Stroll Club (HW) 2:00 Musical Entertainment Featuring The Singer Mayor Chuck Mummert (2A) 3:00 Social Hour : Sugar Cookies (2A) 6:15 Movie Night: Miracle on 34th Street (3A)</p>	<p>3</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:15 Crafty Creations: Selfie—Elfie (CN) 2:00 Sip and Show (CN) 3:00 Reminisce and Recall: Jingle All the Way (3A) 6:15 Puzzle Club (3A)</p>
		<p>4</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 The History of Mistletoe and Holly (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Hydrations and Humor (P) 6:15 Not Forgotten Ministries (3A)</p>			<p>5</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 A Minty Match (3A) 1:30 iN2L : Seated Chair Exercise (2A) 2:00 Hidden Among the Pinecones (3A) 3:00 iN2L: Documentary: Pearl Harbor When Japan Woke the Sleeping Giant (2A) 6:15 Card Club (3A)</p>	<p>6</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Book Club : One Special Gift (3A) 1:15 Crafty Creation: Paint A Snowman with Snow Paint (CN) 1:30 Balance & Action (3E) 2:30 Sip and Show (CN) 3:00 Table Talk Tidbits (3A) 6:15 Game Shows (ch.78)</p>	<p>7</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Christmas Bird Count with Terry Neumyer (2A) 1:15 Kitchen Creation: Rudolph Treats (CN) 2:30 Sip and Taste (CN) 3:00 iN2L: Visit the Pearl Harbor National Museum (CN) 6:15 Horseshoes (3E) Pearl Harbor Remembrance Day</p>
<p>11</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Christmas Bird Count (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Musical Entertainment Featuring Pianist Bryan Herber (2A) 6:15 Not Forgotten Ministries (2A)</p>	<p>12</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Crafting Club: Gifts for Giving (3A) 1:30 iN2L : Seated Chair Exercise (2A) 2:00 iN2L Documentary: The Origins of Hanukkah (2A) 3:00 Ed-U Musical Entertainment Featuring Lester Hirsh's Christmas Program (2A) 6:15 Card Club (3A)</p>	<p>13</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Appreciate and Thank: Warm Wishes (3A) 1:15 Crafty Creations: Christmas Ornaments for Friends (CN) 1:30 Balance & Action (3E) 2:30 Sip and Show (CN) 3:00 Chocolate Covered Social (P) 6:15 Game Shows (ch.78)</p>	<p>14</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Dining Committee (2A) 1:15 Kitchen Creation: Crockpot Apple Cider (CN) 2:30 Sip and Taste (CN) 3:00 Jessica Snyder Performs (CN) 6:15 Horseshoes (3E)</p>	<p>15</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 10:00 Dance Class With Jess (FL) 1:30 Balance & Action (3E) 2:00 Christmas Song Picture Wordies (3A) 3:30 Day Excursion: Hersey Sweet Lights (CN) (OOB) 6:15 Chit Chat in the Lobby (FL)</p>	<p>16</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L Prize Bingo (3A) 1:30 Walk and Stroll Club (HW) 2:00 The History of Christmas Carols Featuring Joe and Dolores (2A) 3:00 Social Hour : Gingerbread (P) 6:15 Movie Night: A Christmas Story (3A)</p>	<p>17</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:15 Drama Club: Who Stole The Peppermints (CN) 2:30 Cotton Candy Station (CN) 3:00 Tea Time With Tiffany (P) 6:15 Puzzle Club (3A)</p>	
<p>18</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Spelling a Christmas Carol (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Hydrations and Humor (P) 6:15 Songs and Scripture (Ch. 809)</p>	<p>19</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L Prize Bingo (3A) 1:30 iN2L : Seated Chair Exercise (2A) 2:00 Explore the iN2L (2A) 3:00 iN2L Documentary Christmas Around the World (2A) 6:15 Card Club (3A)</p>	<p>20</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Holiday Cookie Baking (C) 1:15 Kitchen Creation : Gingerbread Cupcakes (CN) 1:30 Balance & Action (3E) 2:30 Sip and Taste (CN) 3:00 Stocking Stuffer Game (3A) 6:15 Game Shows (ch.78)</p>	<p>21</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Left Right Christmas Game (3A) 1:30 Cookies and Hot Cocoa with Santa (CN) 2:30 Holiday Musical Bingo (CN) 3:00 White Christmas Martini Social (P) 6:15 Horseshoes (3E)</p>	<p>22</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Drama Club: Who Stole the Peppermint (CN) 1:30 Balance & Action (3E) 2:30 Sip and Be Social (CN) 3:00 Jeopardy (3A) 6:15 Chit Chat in the Lobby (FL)</p>	<p>23</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mad Winter Libs (3A) 1:15 Crafty Creation: 3D Gingerbread House (CN) 2:00 Sip and Show (CN) 3:00 Social Hour: Peppermint (P) 6:15 Movie Night: It's a Wonderful Life (3A)</p>	<p>24</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 2:00 Christmas Eve Worship Service (2A) 3:00 O' Christmas Tree Social (P) 6:15 Puzzle Club (3A)</p> <p style="text-align: center;">Christmas Eve</p>	
<p>25</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Hydrations and Humor (P) 1:15 Holiday Scents to Remember (CN) 2:30 Sip and Share (CN) 3:00 Caroling Karaoke & Hot Cocoa (P) 6:15 Songs and Scripture (Ch. 809)</p> <p style="text-align: center;">Christmas Day</p>	<p>26</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L Prize Bingo (3A) 1:30 iN2L : Seated Chair Exercise (2A) 2:00 An International Christmas (3A) 3:00 iN2L Documentary: Holiday Celebrations From Around the World w/ Intercultural Families (2A) 6:15 Card Club (3A)</p>	<p>27</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Diners Caravan (3A) 1:15 Kitchen Creation: No -Bake Champagne Cheesecake (CN) 1:30 Balance & Action (3E) 2:30 Friends Hosting Friends Reminiscing Holiday Favorites (CN) 6:15 Game Shows (ch.78)</p>	<p>28</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Happy New Year Match (3A) 1:15 Crafty Creation: DIY Party Poppers (CN) 2:30 Sip and Show (CN) 3:00 Irish Cream Coffee Social (P) 6:15 Horseshoes (3E)</p>	<p>29</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Martin's Potato Roll Museum (CN) (OOB) 1:30 Balance & Action (3E) 2:00 Sip and Be Social (CN) 3:00 Happy Winter Message (3A) 6:15 Chit Chat in the Lobby (FL)</p>	<p>30</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Secret Champagne Quote (3A) 1:30 Walk and Stroll Club (HW) 2:00 New Year, New You: Resolutions (3A) 3:00 Social Hour : Egg Nogg (P) 6:15 Movie Night: Paris Holiday (3A)</p>	<p>31</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café & Current Events (P) 10:00 Aromatherapy and Nails (3A) 1:30 Movie and Popcorn (3A) 3:00 New Year Super Social Dress to Impress (P) 6:15 Puzzle Club (3A)</p> <p style="text-align: center;">New Year's Eve</p>	