

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 L. | |
| 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	
		Calendar Key: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Back Lobby (BL) **Registration Required, \$\$ Cost Involved	<h1>December</h1> <h2>2022</h2>		1 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (2A) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Card Club: Dealer's Choice (2A)	2 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PDR) 1:30 Wii Bowling League (3E) 2:00 Musical Entertainment Featuring The Singer Mayor Chuck Mummert (2A) 3:00 Social Hour: Sugar Cookie (2A) 6:30 Movie Night: <i>Miracle on 34th St.</i> (3A)	3 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Local Fares: Jim's Farmer's Market **\$(OOB) 1:30 Jingle Down the Stairs Exercise (3E) 2:00 Nickel Bingo \$(2A) 3:00 Gift Wrapping Club (P) 6:15 Card Club: Rummy (2A)
		4 9:00 Light & Lively Exercise (3E) 9:30 Trivia Handouts (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Musical Entertainment featuring Pianist Brian Herber (2A) 6:30 Not Forgotten Ministries (2A)	5 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 GriefShare with Chaplain Rick (C) 3:00 iN2L Documentary: <i>Pearl Harbor When Japan Woke the Sleeping Giant</i> (2A) 6:15 Blitz with Ruth (2A)	6 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Walmart **\$(OOB) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Prize Bingo (2A) 3:00 Gifts for Giving: Mini Jeweled Christmas Trees (P) 6:15 Card Club: Pinochle (2A)	7 9:00 Balloon Ball Exercise (3E) 10:00 Ed-U Presentation <i>Christmas Bird Count</i> with Terry Neumyer (2A) 1:30 Workout with Vickie From Genesis Rehabilitation (3E) 2:00 Blood Pressure Clinic (2A) 3:00 Jeopardy! (2A) 6:15 Fireplace Chats (BL) Pearl Harbor Remembrance Day	8 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (2A) 10:00 Brunch Club (C) 10:00 Chair Yoga with Beth (3E) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Game Club: Sequence (2A)	9 9:00 Light & Lively Exercise 3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Ed-Wellness Presentation <i>10 Tips to Boost Your Energy</i> by Theresa Waltersdorff, Humana (2A) 2:30 Musical Entertainment Featuring Jay Smar (2A) 3:00 Social Hour: Cinnamon & Spice (P) 6:30 Movie Night: <i>Christmas with the Kranks</i> (3A)
11 9:00 Light & Lively Exercise (3E) 9:30 Magazine Kiosk (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Mexican Train Dominoes (C) 6:30 Song and Scripture (Ch.809)	12 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 2:00 iN2L Documentary: <i>Origins of Hanukkah</i> (2A) 3:00 Ed-U Musical Entertainment Featuring Lester Hirsh's Christmas Program (2A) 6:30 Musical Sing Along with Freedom Valley Chorus (2A)	13 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Hagerstown Valley Mall **\$(OOB) 10:00 Ladder Ball (3E) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Musical Entertainment featuring Tom Shultz (2A) 3:00 Chocolate Covered Social (P) 6:15 Card Club: Dealer's Choice (2A)	14 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Dining Committee Meeting (2A) 1:30 Balance & Action (3E) 1:30 Musical Entertainment Featuring Jessica Snyder (2A) 2:00 Horseshoes (3E) 3:00 Nickel Bingo \$(2A) 6:15 Blitz with Ruth (2A)	15 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (2A) 10:00 Dance Class with Jess (FL) 1:30 Art Exploration: Mixed Media (P) 1:30 New Resident Social: Hot Cocoa Bombs with Amber & Alyssa (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Fireplace Chats (BL)	16 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PDR) 10:00 Prize Bingo with Jamie from Bayada Home Healthcare (2A) 2:00 Ed-U Presentation <i>The History of Christmas Carols</i> , Joe & Dolores (2A) 3:00 Social Hour: Gingerbread (P) 6:30 Movie Night: <i>A Christmas Story</i> (3A)	17 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Local Fares: Windy Knoll **\$(OOB) 1:30 Jingle Down the Stairs Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Gift Wrapping Club (P) 6:15 Card Club: Pinochle (2A)	
18 9:00 Light & Lively Exercise (3E) 9:30 Wacky Wordies Handouts (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Game Club: Scrabble (C) 6:30 Song and Scripture (Ch.809)	19 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 GriefShare with Chaplain Rick (C) 3:00 Holiday Happy Hour Special (P) 6:15 Card Club: Pinochle (2A) 7:00 Chambersburg Area Senior High Glee Club Holiday Concert **\$(OOB)	20 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Kohls **\$(OOB) 10:00 Cornhole (3E) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:00 Nickel Bingo (2A) 3:00 White Christmas Martini Social (P) 6:15 Game Club: Sequence (2A)	21 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Jewelry Box Prize Bingo (2A) 2:00 Special Edition Fireside Chat (2A) 3:00 Family Festivities with Santa Around the Fireplace (FL) 6:00 Country Ride: Christmas Lights **\$(OOB)	22 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (2A) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Blitz with Ruth (2A)	23 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Bible Study with Sharon (PDR) 10:00 Christmas Cookie Craft (C) 1:30 Wii Bowling League (3E) 2:00 Total Blackout Prize Bingo (2A) 3:00 Social Hour: Peppermint (P) 6:30 Movie Night: <i>It's a Wonderful Life</i> (3A)	24 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Prize Bingo (2A) 1:30 Jingle Down the Stairs Exercise (3E) 2:00 Christmas Eve Worship Service (2A) 3:00 O' Christmas Tree Social (P) 6:15 Card Club: Dealer's Choice (2A) Christmas Eve	
25 9:00 Light & Lively Exercise (3E) 9:30 Puzzling Puzzles Handout (L) 10:00 Polish and Paint Nail Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 White Elephant Gift Bingo (2A) 3:00 Caroling Karaoke & Hot Cocoa (P) 6:30 Song and Scripture (Ch.809) Christmas Day	26 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Circle of Friends with Chaplain Rick (PDR) 1:30 iN2L Seated Chair Exercise (2A) 2:00 GriefShare with Chaplain Rick (C) 3:00 iN2L Documentary: <i>Holiday Celebrations From Around the World w/ Intercultural Families</i> (2A) 6:15 Blitz with Ruth (2A)	27 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree **\$(OOB) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings (C) 2:30 Friends Hosting Friends Reminiscing Holiday Favorites (CN) 6:15 Fireplace Chats (BL)	28 9:00 Balloon Ball Exercise (3E) 9:30 Forever Fit: YMCA **\$(OOB) 10:00 Goal Setting 101 (P) 11:00 Local Fares: Olive Garden **\$(OOB) 2:00 Nickel Bingo \$(2A) 3:00 Irish Cream Coffee Social 6:15 Game Club: Mexican Train Dominoes (C)	29 9:00 Sit & Be Fit Exercise (3E) 9:30 Guided Tour to Heaven with Chaplain Rick (2A) 10:00 Brunch Club (C) 1:30 Balance & Action (3E) 1:30 Art Exploration: Mixed Media (C) 2:00 Mid Week Worship Service (2A) 3:00 Bible Study (PDR) 6:15 Card Club: Dealer's Choice (2A)	30 9:00 Light & Lively Exercise (3E) 9:30 Recycling Collection (LR's, C, P) 10:00 Appreciate & Thank Club (C) 1:30 Wii Bowling League (3E) 2:00 Men's Club: Snowball Fight (2A) 2:00 Social Prep: No Bake Champagne Cheesecake Cups (C) 3:00 Social Hour: Eggnog (P) 6:30 Movie Night: <i>Paris Holiday</i> (3A)	31 9:00 Light & Lively Exercise (3E) 9:30 House of Café & Current Events (P) 10:00 Goal Writing 2023 (P) 1:30 Stair Stepper Exercise (3E) 2:00 Horseshoes (3E) 3:00 New Year Super Social Dress to Impress (P) 6:15 Card Club: Pinochle (2A) New Year's Eve	