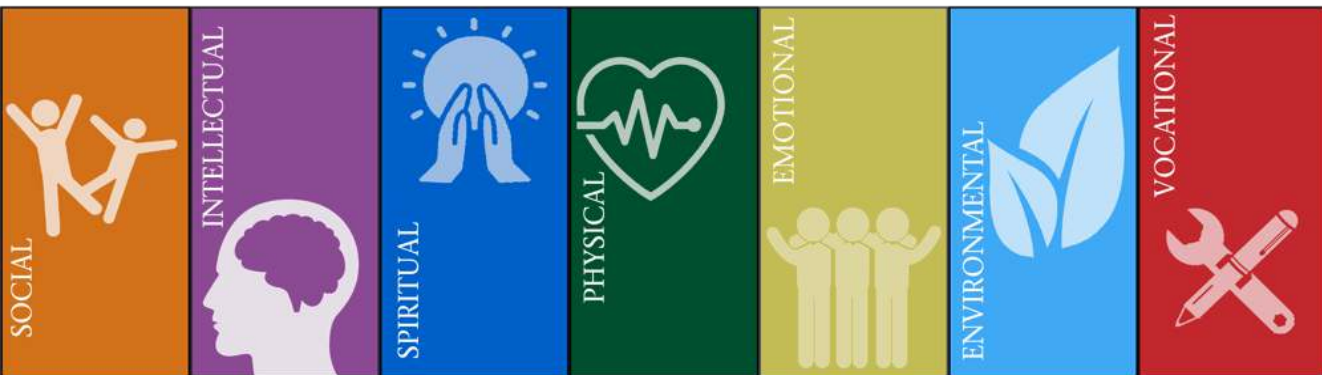


Focus on Wellness

As we step into Fall & Winter, 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 – Pasquale F.
- 1 – Joan S.
- 16 – Richard W.
- 18 – Victor M.
- 19 – Gerald M.
- 19 – Dorothy W.
- 28 – Kathleen B.
- 30 – Robert H.



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

The Holiday season has arrived! We invite all of you to our Holiday Brunch on December 11th. In addition to brunch, we will also have a fantastic entertainer and many activities. Please feel free to stop by throughout the day from 10a-4p for our first annual *Festival of Wreaths*. All donated wreaths hanging and numbered throughout the first floor of the community will be up for auction & proceeds will benefit the Alzheimer's Association. There will be a hot chocolate bar, entertainment, and lots of goodies. If you would like to make and/or donate a wreath please contact me.

As a reminder, we are now in flu season. If you should have any symptoms, even as simple as a runny nose, I respectfully request that you wait a few days prior to visiting. If you feel you have been exposed to COVID or the flu, please wear a mask while in the community or wait a few days before you visit. Our vaccine clinic at the beginning of November was a huge success and almost all residents have chosen to help keep everyone safe and healthy this season. If you missed the clinic, we would be happy to take you to coordinate a flu or COVID booster, please see the front desk.

Over Thanksgiving, I was thinking of all the blessings in my life and I realized I am so incredibly grateful for the team we have built. I could not ask for a more caring, dedicated team in all departments. I am also very grateful for the warm residents and their families who have been so supportive. Thank you all!

We have many fun filled days planned for December. On behalf of the entire Collegeville team, we wish you a wonderful, healthy holiday season!

Happy Holidays,

Terri Sanelli

Executive Director

Highlighted Events

- 1 – **Diner's Caravan:** Collegeville Diner @ 10am
- 11 – **Brunch & Festival of Wreaths** @ 10am-4pm
- 15 – **Bach's Lunch at Community Music School** @ 11am
- 20 – **Blue Christmas** @ 3:30pm
- 22 – **Entertainment & Troop 230 caroling** @ 2pm
- 31 – **New Year's Happy Hour** @ 3:30pm

Welcome New Residents

- Joan S.
- Marilyn A.
- Virginia W.
- Betty S.
- Robert H.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">THE <i>Club</i></p>		<p>Calendar Key: ** Registration Required \$\$ Cost Involved (CR) Community Room, (AR) Activity Room (P) Pub, (C) Connections Neighborhood (DR) Dining Room, (OL) Old Lobby, (LIB) Library, (ML) Main Lobby, (OS) Outside</p>		<p>December 2022</p>		
<p>10:30 Catholic Mass (T) 11:00 Chair Exercises (P) 1:00 Dominoes (AR) 2:00 Games in the Pub: Racko/Checkers/Scrabble (P) 3:00 Worship Service (T) 4:00 Knitting & Crochet Club (P) 6:00 Movie: <i>It's A Wonderful Life</i> (T)</p>	<p>9:15 Morning Meeting (AR) 9:30 Junk Drawer Detective (AR) 10:00 Weekly Weather & News (AR) 10:30 Baking It Easy: Charming Chocolate Party Mix (AR) 11:00 Sit & Be Fit (P) 1:00 Nickle Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Exploring Science: Snow (CN) 5:30 Outing: Light Show Tour **(OOB)</p>	<p>9:15 Morning Meeting (AR) 9:30 Chair Exercise (P) 10:00 Shuffle Board (AR) 11:00 Crafty Arts: Holiday Cards (AR) 1:00 Book Club (L) 2:15 Book Mobile (OS) 3:00 Aerobic Drumming (P) 3:30 Tree Decoration (CN) 6:00 Community Board Games (P)</p>	<p>Pearl Harbor Remembrance Day 9:15 Morning Meeting (AR) 9:30 Sit & Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Ed-U Presentation <i>Remembering Pearl Harbor</i> by CBS Sunday Morning (T) 1:00 <i>Look Who's Dancing</i> Dancercise (P) 2:30 Tree Lighting Gathering with Melanie Low (CN) 6:00 Matinee: <i>It's A Wonder Life</i> (CN)</p>	<p>9:15 Morning Meeting (AR) 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Chair Exercises (P) 10:30 Matinee: <i>Home Alone</i> (CR) 1:00 Baking Club: Gingerbread Houses (CN) 2:00 Entertainer: Caroling & Pianist (CN) 3:30 Karaoke Happy Hour (P) 6:00 Nighttime Nickel Bingo (AR)</p>	<p>9:15 Morning Meeting (AR) 9:45 Word Find (P) 10:30 Sit & Be Fit (P) 11:00 Gin Rummy/ Racko (P) 1:00 Outing: Pinball Gallery **\$\$ (OOB) 2:30 Memory Magic (CR) 3:00 Balloon Volleyball (P) 4:00 Music & Meditation (T)</p>	<p>10:00 Sit and Be Fit (P) 11:00 Bake Holiday Cookies (AR) 1:00 Bingo in Beads (AR) 2:00 Aerobic Drumming (P) 3:00 Aromatherapy & Hand Massage (AR) 3:30 Black Jack Happy Hour (P)</p>
<p>10:30 Catholic Mass (T) 10:30 & 11:30 Brunch Social (P) 11:00 -1:00 Festival of Wreaths Holiday Bazaar & Musical Entertainer Calvin Pressley (P) 3:00 Worship Service (T) 3:30 Movie: <i>White Christmas</i> (T)</p>	<p>9:15 Morning Meeting (AR) 9:30 Chair Exercise (P) 10:00 Weekly Weather & News (AR) 10:30 Woofs of Wisdom with Ellie Mae (P) 1:00 Nickle Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Exploring Science: Candy Cane Magic (CN) 6:00 Happy Hour (P)</p>	<p>9:15 Morning Meeting (AR) 9:30 Chair Exercise (P) 10:00 Corn Hole (CR) 11:00 Visit with Jill & Her Pup (CN) 1:00 iN2L Trivia and Games (P) 2:00 Circle of Friends with Chaplain Joan (T) 2:30 Crafty Arts & Cocoa Social: Stockings (AR) 3:30 Entertainer: Calvin Pressley (P) 6:15 Community Board Games (P)</p>	<p>9:15 Morning Meeting (AR) 9:30 Sit & Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Memory Magic (AR) 1:00 Outing: Crumbl Cookies** (OOB) 4:00 Musical Performance by Gus Spector playing Carols on Violin (P) 6:00 Res. Run Card Games (P)</p>	<p>9:15 Morning Meeting (AR) 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Sit & Be Fit (P) 10:30 Matinee: <i>A Christmas Carol</i> (CR) 1:00 Baking Club: Chocolate Chip Cookies (CN) 2:30 Wii Games (CR) 3:00 St. Eleanor Catholic Mass (T) 4:00 Entertainer: Tony Lombardi (P) 6:00 Nighttime Nickel Bingo (AR)</p>	<p>9:15 Morning Meeting (AR) 9:30 Chair Exercise (P) 10:00 Name That Tune (AR) 11:30 Outing: Collegeville Italian Bakery Pizzeria Napoletana **\$(OOB) 1:30 Music & Meditation (T) 2:30 Snow Ball Toss (CN) 3:30 Finish The Line (AR) 6:00 Res. Run: Billiards (OL)</p>	<p>10:00 Sit & Be Fit (P) 11:00 Bake Holiday Cookies (AR) 1:00 Bingo in Hats (AR) 2:00 Book Club (T) 3:00 Shakespeare in the Pub (P) 4:00 Roulette Happy Hour (P)</p>
<p>10:30 Catholic Mass (T) 11:00 Sit & Be Fit (P) 1:00 Gin Rummy (P) 2:00 Racko (P) 3:00 Worship Service (T) 4:00 Knitting & Crochet Club (P) 6:00 Movie: <i>Miracle On 34th Street</i> (T)</p>	<p>9:15 Morning Meeting (AR) 9:30 Chair Exercise (P) 10:00 Weekly Weather & News (AR) 10:30 Cooking Club: Latke (CN) 1:00 Nickle Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:00 Coffee & Conversation (OL) 3:30 Light The Menorah (P) 4:00 TED Talk: <i>Laughter & Praise</i> with Dr. Mark Lowry (T)</p>	<p>9:15 Morning Meeting (AR) 9:30 Chair Exercise (P) 10:00 Crafty Arts: Snowman (AR) 11:00 Visit with Jill & Her Pup (CN) 1:00 Matinee: <i>Christmas Vacation</i> (CR) 3:00 Spin the Dreidel (CN) 3:30 Light the Menorah (P) 4:00 Blue Christmas Social with Chaplain Joan (T) 6:15 Community Board Games (P)</p>	<p>9:15 Morning Meeting (AR) 9:30 Chair Exercise (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Penny Ante (CR) 1:00 Look Who's Dancing Dancercise (CN) 2:30 Outing: Winter Scenery Drive ** (OOB) 3:30 Light the Menorah (P) 6:00 Res. Run Card Games (P)</p>	<p>9:15 Morning Meeting (AR) 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Sit & Be Fit (P) 11:30 High Tea Social (CN) 1:00 Fireside Chat with Terri, E.D. (AR) 2:00 Entertainer: Massimo Brutto (P) 3:00 Resident Holiday Party (P) 4:15 Light the Menorah (P) 6:00 Nighttime Nickel Bingo (AR)</p>	<p>9:15 Morning Meeting (AR) 9:30 Chair Exercise (P) 10:00 Holiday Word Find (P) 1:00 The Night Before Christmas Book Present Toss (CN) 2:30 Pin the Carrot on the Snowman (CN) 3:30 Cooking Club: Egg Nogg (CN) 4:15 Light the Menorah (P) 6:00 Matinee: <i>A Christmas Story</i> (T)</p>	<p>10:00 Sit & Be Fit (P) 11:00 Bake Holiday Cookies (AR) 1:00 Bingo in Hats (AR) 2:00 Matinee: <i>A Christmas Carol</i> (T) 4:00 Christmas Eve Happy Hour (P)</p> <p style="text-align: center;">Christmas Eve</p>
<p>10:30 Catholic Mass (T) 11:00 Sit & Be Fit (P) 1:00 Holiday Stocking Gathering (P) 2:00 Holiday Cookies and Dog Biscuits (AR) 3:00 Worship Service (T) 4:00 Movie: <i>Miracle On 34th Street</i> (T)</p> <p style="text-align: center;">Christmas Day</p>	<p>9:15 Morning Meeting (AR) 9:30 Chair Exercise (P) 10:00 Weekly Weather & News (AR) 10:30 History: All About Kwanza (AR) 1:00 Nickle Bingo (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Price Is Right (CN) 6:00 Happy Hour (P)</p>	<p>9:15 Morning Meeting (AR) 9:30 Chair Exercise (P) 10:00 Matinee: <i>Polar Express</i> (CR) 1:00 Balance in Action by Powerback Rehab (P) 1:30 Midweek Worship Service (P) 2:00 Circle of Friends with Chaplain Joan (T) 3:30 Crafting Arts: Everything Evergreen (AR) 6:15 Community Board Games (P)</p>	<p>9:15 Morning Meeting (AR) 9:30 Chair Exercise (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Hot Chocolate & Conversation (OL) 1:00 KPETS Fury Visits (CN) 2:00 Ladder Ball (CR) 3:00 Holiday Recap (AR) 4:00 Birthday Happy Hour (P) 6:00 Res. Run Card Games (P)</p>	<p>9:15 Morning Meeting (AR) 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Chair Exercises (P) 10:30 Service in Action: Montgomery County SPCA** (OOB) 1:00 Baking Club: Sugar Cookies (CN) 3:00 St. Eleanor Catholic Mass (T) 4:00 Resident Presentation (T) 6:00 Nighttime Nickel Bingo (AR)</p>	<p>9:15 Morning Meeting (AR) 9:30 Chair Exercise (P) 10:00 New Years Word Finds (P) 11:00 Color Me Calm (CR) 1:00 Bingo Bucks Bingo (AR) 2:30 New Years Resolutions (CR) 3:00 Balloon Volleyball (P) 6:00 Res. Run: Billiards (OL)</p>	<p>10:00 Chair Exercises (P) 11:00 Bake Holiday Cookies (AR) 1:00 Bingo in Hats (AR) 2:00 Memories Throughout The Year (T) 3:00 Aromatherapy & Hand Massage (AR) 3:30 Happy New Year Happy Hour (P)</p> <p style="text-align: center;">New Year's Eve</p>