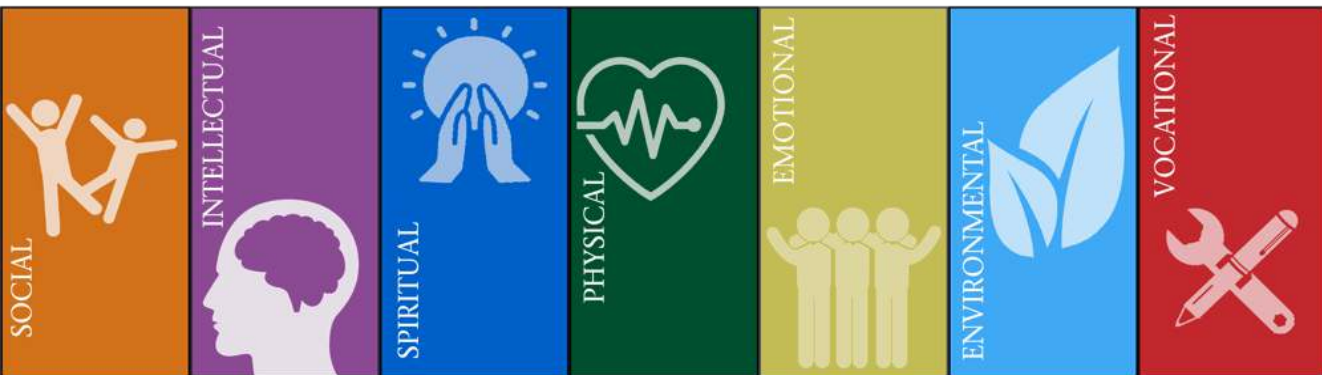


Focus on Wellness

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		
		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	<h1>December 2022</h1>		1 9:45 Catholic Communion St. Eleanor (T) 10:00 Diners Caravan Lunch Out: Collegeville Diner*** (OOB) 1:00 Activities Committee Meeting (AR) (Make a Wish & Destination Discoveries Themes) 2:00 Midweek Worship & Hymn Sing (T) 3:30 Karaoke Christmas Carols Happy Hour (P) 6:00 Nighttime Nickel BINGO (AR)	2 10:30 Sit and Be Fit (P) 11:00 Gin Rummy / Racko (P) 11:30 Knitting & Crocheting Club (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Pollyanna Picks for Residents (AR) 3:00 Balloon Volleyball (P) 4:00 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)	3 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 Make Box Clocks for Alzheimer's Charity (AR) 3:30 Black Jack Happy Hour (P) 6:15 Res. Run Dominoes (AR)	
		4 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Dominoes (AR) 2:00 Games in the Pub: Racko/Checkers/Scrabble (P) 3:00 Worship Service (T) 4:00 Manicures (AR) 6:00 Movie: <i>Christmas Story</i> (T)	5 10:30 Woofs of Wisdom with Ellie Mae (P) 11:00 Sit and Be Fit (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Creative Crafting: Pine Cone Christmas Tree Ornaments (AR) 4:00 Wii Bowling (CR) 6:00 50's Trivia Happy Hour (P)	6 9:30 Sit and Be Fit (P) 10:00 Shopping Trip: Boscov's*** (OOB) 11:00 Games at the Pub (P) 1:00 iN2L Trivia and Games (P) 2:00 Circle of Friends (T) 2:15 Book Mobile (OS) 3:00 Aerobic Drumming (P) 6:00 Community Board Games (P)	7 9:30 Sit and Be Fit (P) 10:00 Rosary with St. Eleanor Catholic Church (T) 11:00 Ed U CBS Sunday Morning: Remembering Pearl Harbor (T) 1:00 <i>Look Who's Dancing</i> Dancercise (P) 2:00 Place orders for Lunch In (AR) 3:00 Balloon Volleyball (P) 6:00 Movie: <i>Pearl Harbor</i> (T) Pearl Harbor Remembrance Day	8 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 11:00 Community Crossword (P) 12:00 Lunch In: Pizza*** (P) 1:00 Balance In Action Class by Genesis Health & Rehab (P) 2:00 Midweek Worship & Hymn Sing (T) 3:30 Karaoke Christmas Carols Happy Hour (P) 6:00 Nighttime Nickel BINGO (AR)	9 10:30 Sit and Be Fit (P) 11:00 Community Crossword (P) 11:30 Knitting & Crocheting Club (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Dinning Room Committee Meeting (AR) 3:00 Balloon Volleyball (P) 4:00 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)	10 10:00 Sit and Be Fit (P) 11:00 Bake Holiday Cookies with Youth Group from St. Eleanor's (AR) 1:00 Bingo in Hats (AR) 2:00 Book Club (T) 3:00 Aromatherapy & Hand Massage (AR) 3:30 Finish That Lyric Happy Hour (P) 6:15 Res. Run Dominoes (AR)
		11 10:30 Catholic Mass on Screen (T) 10:30 & 11:30 BRUNCH 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)	12 11:00 Sit and Be Fit (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Creative Crafting: Gingerbread Houses (AR) 4:00 Wii Bowling & Games (CR) 5:30 Christmas Lights Bus Ride (OOB)	13 9:30 Sit and Be Fit (P) 10:00 Shopping Trip: Target*** (OOB) 11:00 Thankful To You Committee: Holiday Cards (P) 1:00 iN2L Trivia and Games (P) 1:30 Mid week Worship Service (T) 2:00 Circle of Friends (T) 3:00 Aerobic Drumming (P) 6:15 Community Board Games (P)	14 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Crossword Puzzle (P) 1:00 Balloon Volleyball (P) 2:00 Peppermint Sugar Cookies (AR) 3:00 Thankful To You Committee (P) 4:00 Ed-U TED Talk: Laughter & Praise with Dr. Mark Lowry (T) 6:00 Res. Run Card Games (P)	15 10:00 Sit and Be Fit (P) 11-1pm Outing Bach's Lunch: Alan Dynin Piano (OOB) 2:00 Midweek Worship & Hymn Sing (T) 3:00 Catholic Mass St. Eleanor (T) 4:00 Entertainer: Tony Lombardi (P) 6:00 Nighttime Nickel BINGO (AR)	16 10:30 Sit and Be Fit (P) 11:00 Community Crossword (P) 11:30 Knitting & Crocheting Club (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Ed-U Wellness: <i>Diabetes</i> by Beth Pope, PT from Genesis (T) 2:30 Balloon Volleyball (P) 3:30 Shakespeare in the Pub (P) 6:00 Res. Run: Billiards (OL)	17 10:00 Sit and 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) 6:15 Res. Run Dominoes (AR)
		18 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Gin Rummy (P) 2:00 Racko (P) 3:00 Worship Service (T) 4:00 1st Day of Chanukah: Light Candles, Prayer & Latkes (T) 6:00 Movie: <i>Miracle On 34th Street</i> (T)	19 10:30 Woofs of Wisdom with Ellie Mae (P) 11:00 Chair Exercises (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Creative Crafting: Snowflakes (AR) 4:00 Gus Spector Plays Violin Carols (P) 5:45 2nd Night of Chanukah: Light Candles & Prayer (T) 6:00 60's Trivia Happy Hour (P)	20 9:30 Sit and Be Fit (P) 10:00 Shopping Trip: Redners*** (OOB) 11:00 Games at the Pub (P) 1:00 Midweek Worship Service (P) 2:00 Circle of Friends (T) 2:30 Aerobic Drumming (P) 3:30 Blue Christmas: Hope and Healing with Chaplain Joan (T) 6:00 3rd Night of Chanukah (T)	21 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Crossword Puzzle (P) 1:00 <i>Look Who's Dancing</i> Dancercise (C) 2:00 Artful Coloring to Music (P) 3:00 Balloon Volleyball (CR) 6:00 4th Night of Chanukah (T)	22 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Sit and Be Fit (P) 10:30 Wii Bowling (CR) 1:00 Fireside Chat with Terri, E.D. (AR) 2:00 Entertainer: Massimo Brutto (P) 3:00 Resident Holiday Party (P) 6:00 Performance: Cub Scouts Carolers (P) 7:00 5th Night of Chanukah (T)	23 10:30 Sit and Be Fit (P) 11:00 Community Crossword (P) 11:30 Knitting & Crocheting Club (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Helping Hands Decoration Committee (P) 2:30 Balloon Volleyball (P) 3:30 Rehearsal for Henry II (T) 5:45 6th Night of Chanukah (T) 6:00 Movie: <i>A Christmas Story</i> (T)	24 10:00 Sit and Be Fit (P) 11:00 Bake Holiday Cookies (AR) 1:00 Bingo in Hats (AR) 2:00 Movie Matinee: <i>A Christmas Carol</i> (T) 2:30 Rehearsal for Henry II (T) 3:30 Christmas Eve Happy Hour (P) 4:30 7th Night of Chanukah (T) Christmas Eve
		25 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 White Elephant Gift Bingo (AR) 2:00 Making Holiday Cookies and Dog Biscuits (AR) 3:00 Worship Service (T) 3:30 8th Day of Chanukah (T) 4:00 Movie: <i>It's A Wonderful Life</i> (T) Christmas Day	26 11:00 Sit and Be Fit (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Creative Crafting: New Year's Hats (AR) 4:00 Making Dog Biscuits (AR) 6:00 Holiday Trivia Happy Hour (P)	27 9:30 Sit and Be Fit (P) 10:00 Shopping: Dollar Store*** (OOB) 11:00 Games at the Pub (P) 1:00 Midweek Worship Service (P) 2:00 Circle of Friends (T) 3:00 Aerobic Drumming (P) 4:00 iN2L Trivia and Games (P) 6:15 Community Board Games (P)	28 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Artful Coloring to Music (P) 1:00 Bible Study and Hymn Sing (T) 2:00 Scavenger Hunt (P) 3:00 Balloon Volleyball (P) 4:00 Happy Birthdays Happy Hour (P) 6:00 Res. Run Card Games (P)	29 9:30 Sit and Be Fit (P) 10:30 Service in Action Trip: Montgomery County SPCA** (OOB) 1:00 Community Life Meeting (AR) 2:00 Midweek Worship & Hymn Sing (T) 3:00 Mass with St. Eleanor Catholic Church (T) 4:00 Resident Presentation (T) 6:00 Nighttime Nickel Bingo (AR)	30 10:30 Sit and Be Fit (P) 11:00 Community Crossword (P) 11:30 Knitting & Crocheting Club (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (P) 3:30 Performance: Shakespeare's HENRY II Providence Place Players (T) 6:00 Res. Run: Billiards (OL)	31 10:00 Sit and Be Fit (P) 11:00 Bake Holiday Cookies (AR) 1:00 Bingo in Hats (AR) 2:00 Presentation: Awesome Activity Photos from Throughout the Year (T) 3:00 Aromatherapy & Hand Massage (AR) 3:30 Happy New Year Happy Hour (P) 6:15 Res. Run Dominoes (AR) New Year's Eve