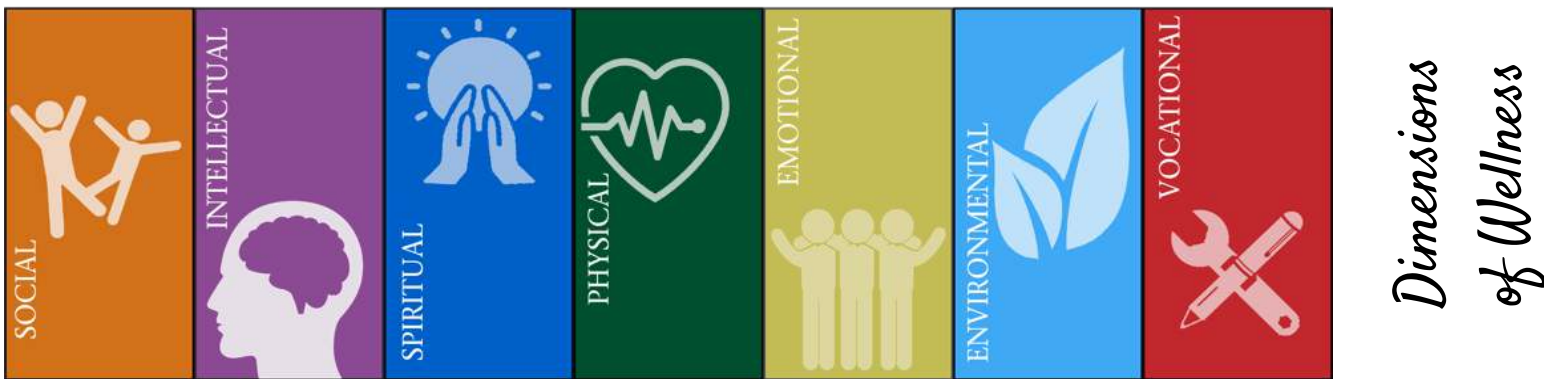


# Focus on Wellness

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!



## Resident Birthdays

### December

- |                 |                |
|-----------------|----------------|
| 2 – Eleanor B.  | 9 – Janet B.   |
| 3 – Grayson S.  | 13 – Peggy G.  |
| 3 – Virginia M. | 14 – Vera O.   |
| 3 – Marjorie Z. | 14 – Sharon W. |
| 7 – Betty G.    | 26 – Lois S.   |
| 8 – Dorothy H.  |                |



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)



# Providence Place SENIOR LIVING News

Q4: December 2022

## A Note from the Executive Director

As we continue to face COVID, we are all working together to keep our community a safe environment while maintaining active programming. We thank you for playing your part by continuing to cooperate with our masking requirements, sign-in process, and social distancing during visits.

With Thanksgiving in the rear mirror, we are moving forward with our holiday decorating! Please check your activity calendar for upcoming tree decorating and holiday events. We encourage you to enjoy time out with your families during the holiday season at our Resident Holiday Party as well as holiday meals.

Merry Christmas and Happy New Year. Here's to a bright & fun 2023,


Best,  
*Howard Holben*  
Executive Director

## Highlighted Events

- 7 – **Christmas Caroling** with The Dover Assembly of God @ 6:45pm
- 13 & 14 – **Grinchmas Social** @ 2pm
- 15 – **Connections & Club Holiday Open House** @ 4-6pm  
*Connections & Club*
- 17 – **EdU Presentation:** Ol' Tyme Christmas with Jay Smar @ 2pm
- 21 – **Holiday Celebration Lunch**
- 22 – **Blue Christmas Support Social** @ 2pm
- 29 – **Celebration of Life** @ 2pm

## Welcome New Residents

Douglas F.  
Marilyn F.  
Peggy G.  
Russell G.  
Linda A.  
Sandra W.  
Sam C.  
Beverly N.  
Kenneth B.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>THE</b> 		<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (AR) Activity Room (CR) Community Room (CN) Connections Neighborhood (FL) Front Lobby (OOB) Out of Building (P) Pub (100 HPT) 100 Hall Patio Room	<b>December</b> <b>2022</b>	<b>1</b> 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 Holiday Crafting: Mistletoe Jingle Ornament (AR) 2:15 Arm Chair Travels to North Pole (CR) 3:00 Bingo (AR) 4:00 Menu Review (CR) 6:00 Pool Game (100 HPT)	<b>2</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations: Silver Dollar Cheese Biscuits (AR) 11:00 Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Community Support Holiday Treats for Local Hero's (AR) 3:00 Afternoon Fitness with Friends (CN) 6:00 Resident Run Bingo (AR)	<b>3</b> 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 11:00 Menu Review (AR) 1:15 Daily Reading (CR) 2:00 Music with Tom & Randi (P) 3:00 Who was Andy Williams (CR) 4:00 Menu Review (CR) 6:00 Card Club (AR)
<b>4</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Hot Drinks (CR) 10:15 iN2L: Brain Boosters (CR) 10:45 iN2L: Game Time (CR) 11:00 Menu Review (CR) 1:15 Chicken Soup Reading (P) 3:00 Worship Service (CR) 4:00 Menu Review (AR) 6:30 Fire Place Fellowship (FL)	<b>5</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Card Creations (CR) 10:45 Themed Trivia (CR) 11:00 Menu Review (CR) 1:15 Melodies with Katie (AR) 2:30 Afternoon Fitness: Club Choice (CR) 3:00 Hydration & Humor (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	<b>6</b> 9:30 Morning Fitness (AR) 10:00 Name the Tune (AR) 11:00 Menu Review (CR) 1:15 Create with Friends: Vintage Style Glittered Ornaments (CN) 1:30 Daily Reading (P) 2:00 Happy Hour with Small Starter (P) 3:00 Prize Bingo (AR) 4:00 Menu Review (P) 6:00 Fireside Fellowship (FL)	<b>7</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 1st state history (CR) 11:00 Menu Review (CR) 1:15 Memory Magic with Friends (CN) 1:30 Mid-Week Worship (CR) 2:00 Afternoon Hydration & Humor (CR) 2:45 Western Film Stars (CR) 4:00 Menu Review (CR) 6:15 Christmas Caroling by Dover Assembly  Pearl Harbor Remembrance Day	<b>8</b> 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 iN2L: How it's made (CR) 2:00 Drumming with Joe (CR) 3:00 Bingo (AR) 4:00 Menu Review (CR) 6:00 Pool Game (100 HPT)	<b>9</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations: Coconut Macaroons (AR) 11:00 Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Community Support Holiday Treats For Local Hero's (AR) 3:00 Afternoon Fitness with Friends (CN) 4:00 Menu Review (AR) 6:00 Resident Run Bingo (AR)	<b>10</b> 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 11:00 Menu Review (AR) 1:15 Daily Reading & Drinks (CR) 1:45 Creative Writing Poetry (CR) 2:15 Who was Emily Dickinson (CR) 3:00 Crafter Corner: Melted Peppermint Ornament (AR) 4:00 Menu Review (CR) 6:00 Musical Entertainment Featuring Joe Crisple (P)
<b>11</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Hot Drinks (CR) 10:15 iN2L: How to make Ambrosia (CR) 10:45 iN2L: Game Time (CR) 11:00 Menu Review (CR) 1:15 Jingo (P) 2:15 Taste of Ambrosia (P) 3:00 Worship Service (CR) 4:00 Menu Review (AR) 6:30 Fire Place Fellowship (FL)	<b>12</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Create & Design: Poinsettia (CR) 10:45 Blue Eyes Music and More (CR) 11:00 Menu Review (CR) 1:15 Melodies with Katie (AR) 2:30 Hot Cocoa Bar Social (AR) 3:30 Half Hour of Humor (CR) 4:00 Menu Review (CR) 6:00 Rummikub (FL)	<b>13</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Memories in the Making (CR) 10:30 Ed-U Wellness Presentation (AR) 10:45 Culinary Creation: Hot Cocoa to Go (CR) 11:00 Menu Review (CR) 1:15 Create with Friends: Jenga Box Ornament (CN) 2:00 Happy Hour with Music (AR) 3:00 Bingo (AR)	<b>14</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Create & Design: Sock Monkey (CR) 11:00 Menu Review (CR) 1:15 Memory Magic with Friends (CN) 1:30 Mid-Week Worship (CR) 2:15 Very Grinchmas Social (AR) 2:45 Monkey Trivia (CR) 4:00 Menu Review (CR) 6:15 Movie Night: Miracle on 34th St. (AR)	<b>15</b> 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 iN2L: Trivial Pursuit (AR) 2:15 Ed-U Presentation: Joseph and Delores McDevitt (CR) 3:00 Bingo (AR) 4:00-6:00 Christmas Open House In Connections (CN) 6:00 Pool Game (100 HPT)	<b>16</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations: Cinnamon Sugar Pecans (AR) 10:30 Horticultural Club (AR) 11:00 Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Ugly Sweater Social & Music (AR) 3:00 Cookies, Cocoa and Stories (CR) 4:00 Menu Review (AR) 6:00 Resident Run Bingo (AR)	<b>17</b> 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 11:00 Menu Review (AR) 1:15 Daily Reading (CR) 2:00 Ed-U Presentation: Jay Smar "A County Coal Christmas (AR) 3:15 Cookie Swap Scramble (CR) 4:00 Menu Review (CR) 6:00 Fireside Fellowship (FL)
<b>18</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Hot Drinks (CR) 10:15 iN2L: History of Hanukkah (CR) 10:45 iN2L: Game Time (CR) 11:00 Menu Review (CR) 1:15 Christmas Song Mashup (P) 3:00 Worship Service (CR) 4:00 Menu Review (AR) 6:30 Fire Place Fellowship (FL)	<b>19</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Create & Design: Evergreen Trees (CR) 10:45 Christmas Card Signing (CR) 11:00 Menu Review (CR) 1:15 Melodies with Katie (AR) 2:30 Culinary Creation: Wassail (CR) 3:00 Hydration & Humor (CR) 6:00 Rummikub (AR)	<b>20</b> 9:30 Morning Fitness (AR) 10:00 Name that Holiday Tune (AR) 11:00 Menu Review (CR) 1:15 Christmas Bag Bingo (CN) 1:30 Daily Reading (P) 2:00 Happy Hour with Small Starter (P) 3:00 Christmas Sing Along (P) 4:00 Menu Review (P) 6:00 Christmas Light Ride (**OOB)	<b>21</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Culinary Creations: Scrooge Snack (CR) 11:00 Menu Review (CR) 1:15 Memory Magic with Friends (CN) 1:30 Mid-Week Worship (CR) 2:00 Ed- U Presentation: York Factory Whistle (AR) 4:00 Menu Review (CR)	<b>22</b> 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain (CR) 10:45 Daily Reading & Menu Review (CR) 1:15 iN2L: Elvis Christmas Special (P) 2:00 Blue Christmas Support Social (AR) 3:00 Bingo (AR) 4:00 Menu Review (CR) 6:00 Pool Game (100 HPT)	<b>23</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations: Chocolate Chip Cookies (AR) 11:00 Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 A Merry Elves Karaoke Christmas Party (AR) 3:00 Taste of the Season: Candy Canes (CR)	<b>24</b> 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 11:00 Menu Review (AR) 1:15 Daily Reading (CR) 2:00 Christmas Eve Traditions (CR) 3:00 Sounds of the Season: Remember the Oldies (CR) 4:00 Menu Review (CR) 6:00 Fireside Fellowship (FL)  Christmas Eve
<b>25</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Hot Drinks (CR) 10:15 iN2L: Christmas Sing Along (CR) 10:30 iN2L: Christmas Short Film (CR) 11:00 Menu Review (CR) 1:15 Christmas Memories (P) 3:00 Worship Service (CR) 4:00 Menu Review (AR) 6:30 Fire Place Fellowship (FL)	<b>26</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Candy Cane Hot Cocoa (CR) 10:15 Holiday Punch Prep (CR) 10:45 December Trivia (CR) 11:00 Menu Review (CR) 1:30 Monday at the Movies: Holiday Inn- Starring Bing Crosby (CR) 3:00 Hydration & Humor (CR)	<b>27</b> 9:30 Morning Fitness (AR) 10:00 Name that Tune (AR) 11:00 Menu Review (CR) 1:15 Create with Friends (CN) 1:30 Daily Reading (P) 2:00 Happy Hour with Small Starter (P) 3:00 A taste of Fruit Cake (CR) 6:00 Prize Bingo (AR)	<b>28</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (CR) 10:15 Card Club: I GOT IT (CR) 11:00 Menu Review (CR) 1:15 Memory Magic with Friends (CN) 1:30 Mid-Week Worship (CR) 2:00 Afternoon Hydration & Humor (CR) 2:45 Culinary Creation: 6:15 Movie Night:	<b>29</b> 9:30 Morning Fitness (AR) 10:00 Hymn Sing with Chaplain (CR) 10:45 Daily Reading & Menu Review (CR) 2:00 Celebration Of Life (CR) 3:00 Bingo (AR) 4:00 Menu Review (CR) 6:00 Pool Game (100 HPT)	<b>30</b> 9:30 Morning Fitness (AR) 10:00 Daily Reading & Drinks (AR) 10:15 Culinary Creations: 11:00 Menu Review (AR) 1:15 Employee Appreciation Table (FL) 2:00 Taste of the Season: Coffee with Flavored Creamers (CR) 3:00 December Trivia (CR) 4:00 Menu Review (AR)	<b>31</b> 9:30 Morning Fitness (AR) 10:00 Donuts & Discussion (AR) 11:00 Menu Review (AR) 1:15 Daily Reading (CR) 2:00 New Years Eve Celebration Countdown (AR) 3:00 How Different Countries Celebrate New Years (CR) 4:00 Menu Review (CR) New Years Eve