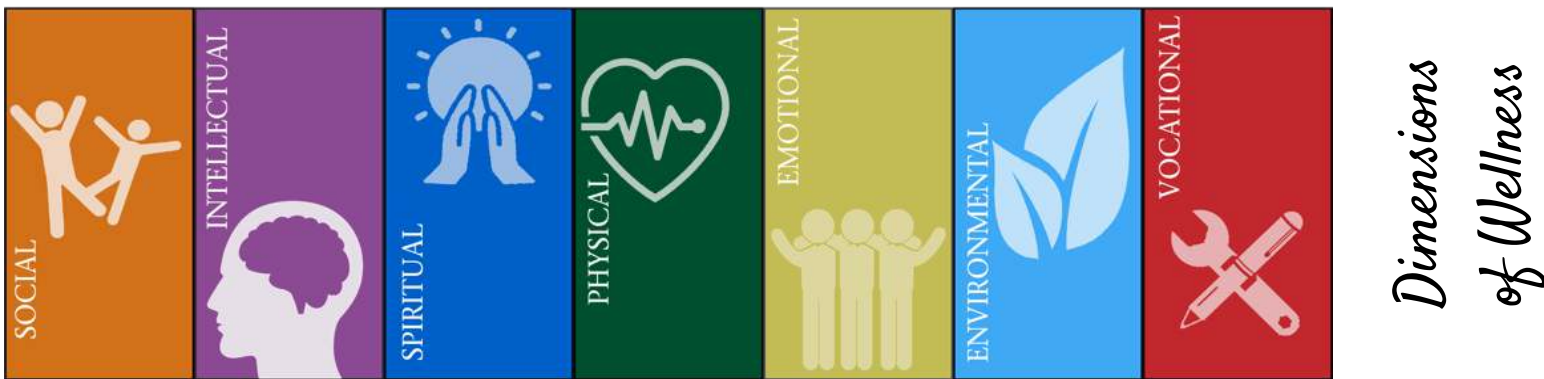


# Focus on Wellness

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	
		Calendar Key: (AR) Activities Room, (DR) Dining Room (FR) Fitness Room, (P) PUB (CR) Community Room (CDR) Create & Design Room (CY) 100 Hall Court Yard (PT) Pool Table Room (L) Lobby (FP) Front Patio (FL) Front Lobby (CN) Connections Neighborhood	<h1>December 2022</h1>		1 9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:15 Holiday Crafting Mistletoe Jingle Ornament 2:00 Armchair Travels The North Pole (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Pool Game (PT)	2 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Sunshine Committee (CR) 1:15 Christmas Card Club (AR) 2:00 Community Support Holiday Treats for Local Hero's (AR) 3:00 Time Life Presents Ed Sullivans Rock n Roll Classics Rock Legends (AR) 6:00 Resident Ran Bingo (AR)	3 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 TED Talk <i>How to Speak so People Want to Listen</i> By International Speaker Julian Treasure (AR) 2:00 Musical Entertainment Featuring Tom and Randy (P) 3:00 Crafters Corner (AR) 6:00 Card Club (AR)
		4 9:30 Morning Exercise (AR) 10:00 Making it Easy Cooking Club Peppermint Bark (AR) 1:15 Taste What We Created (AR) 2:00 Pokeno (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fire Place Fellowship (FL)	5 9:30 Morning Exercise (AR) 10:00 Card Club Kings in the Corner (AR) 10:15 Dining Committee Meeting (P) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie, York Musical Therapy (AR) 2:00 Crisp Air Country Side Ride **(OOB) 6:00 Rummikub (FL)	6 9:30 Morning Exercise (AR) 10:00 Name that Tune With Sue and Bev (AR) 1:30 Circle of Friends with Chaplain Shawn (CR) 2:00 Happy Hour & Hot Hors d'oeuvres (P) 3:00 Prize Bingo (AR) 6:00 Card Club (AR)	7 9:30 Morning Exercise (AR) 10:15 Life Chats with Chaplain Shawn (P) 10:30 Shopping Trip: Boscov's **\$(OOB) 1:30 Mid-Week Worship Service (CR) 2:00 The History of the Attack on Pearl Harbor (AR) 3:00 Bible Study (CR) 6:45 Christmas Caroling By Dover Assembly of God (CW)  Pearl Harbor Remembrance Day	8 9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:15 Dover Spelling Bee (AR) 2:00 Grateful Drumming with Joe Ciavella (CR) 3:00 Bingo (AR) 6:00 Pool Game (PT)	9 9:30 Morning Exercise (AR) 10:00 Shopping Trip: Dollar Tree **\$(OOB) 1:15 Christmas Card Club (AR) 2:00 Community Support Holiday Treats for Local Hero's (AR) 3:00 Time Life Presents Ed Sullivans Rock n' Roll Classics First Women of Rock (AR) 6:00 Resident Ran Bingo (AR)
11 9:30 Morning Exercise (AR) 10:00 Making it Easy Cooking Club Chocolate Covered Sweets (AR) 1:15 Taste What We Created (AR) 2:00 Jingo (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fire Place Fellowship (FL)	12 9:30 Morning Exercise (AR) 10:00 Discuss and Recall (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie, York Musical Therapy (AR) 2:30 Create and Design Crafting Holiday Sweaters (AR) 6:00 Rummikub (FL)	13 9:30 Morning Exercise (AR) 10:00 Ed-U Wellness Presentation Nutrition & Hydration Health By Laura Lambert Program Manger for Bayada Home Health Care (AR) 1:00 Christmas Door Décor Competition (CW) 1:30 Circle of Friends with Chaplain Shawn (CR) 2:00 Very Grinchmas Social (AR) 3:00 Bingo (AR) 6:00 Lights of Dover	14 9:30 Morning Exercise (AR) 10:00 Balance in Action with Lora Powerback Rehab (AR) 10:15 Life Chats with Chaplain Shawn (P) 1:00 Providence Place of Lancaster Merry and Bright Choir Concert **(OOB) 1:30 Mid-Week Worship Service (CR) 3:00 Bible Study (CR) 4:00 Dinner Out Olive Garden **\$(OOB) 6:15 Holiday Movie Night:	15 9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:15 Fireside Chat with ED Howard (AR) 2:00 Ed-Presentation History of Christmas Carols By Joseph & Delores McDevitt (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Pool Game (PT)	16 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Sing A Long with Local Home Schoolers (AR) 1:15 Community Life Planning Committee (AR) 2:00 Ugly Sweater Social with Musical Entertainment Featuring Tomas Shultz (AR) 3:00 Time Life Presents Groovy Sounds (AR)	17 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 Christmas Door Décor Competition (CW) 2:00 Ed-U Musical Presentation O' Tyme Christmas By Jay Smar (AR) 3:00 Crafters Corner Peppermint Candy Dish (AR) 6:00 Card Club (AR)	
18 9:30 Morning Exercise (AR) 10:00 Making it Easy Cooking Club Gingerbread (AR) 1:15 Christmas Family Traditions (AR) 2:00 Pokeno (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fire Place Fellowship (FL)	19 9:30 Morning Exercise (AR) 10:00 Brain Games with Bethany Powerback Rehab (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Melodies with Katie, York Musical Therapy (AR) 2:30 Art Exploration Pottery Painting with Alana, The Glazing Sun **(AR) 3:30 Traditions Lighting of Candle (AR) 6:00 Rummikub (FL)	20 9:30 Morning Exercise (AR) 10:00 Holiday Name that Tune with Sue and Bev (AR) 1:30 Circle of Friends with Chaplain Shawn (CR) 2:00 Happy Hour & Hot Hors d'oeuvres with Musical Entertainment Featuring Pat Kocen (P) 3:00 Bingo (AR) 6:00 Lights of Dover Christmas Lights Drive **(OOB)	21 9:30 Morning Exercise (AR) 10:00 Coffee and Discussions 10:15 Life Chats with Chaplain Shawn (P) 11:30/12:30 Holiday Celebrations Residents Christmas Luncheon (DR) 1:30 Mid-Week Worship Service (CR) 2:00 Ed-U Presentation York Factory Whistle by Donald E Ryan, Whistle Master (AR) 3:00 Bible Study (CR) 6:15 Game Night with Dover Women of Today (AR)	22 9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:00 Create and Design Decorative Santa Hats (AR) 2:00 Blue Christmas Support Social (AR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Christmas Lights Drive **(OOB)	23 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 10:30 Door Decoration Winner AR) 1:15 Community Support Holiday Treats for Local Hero's (AR) 2:00 A Merry Elves Karaoke Christmas Party (AR) 3:00 Trans Siberian Orchestra Virtual Presents Ghost of Christmas Eve (AR) 6:00 Resident Ran Bingo (AR)	24 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 Christmas Wall Jeopardy (AR) 2:15 Virtual Presentation Featuring The Nutcracker (AR) 6:00 Card Club (AR)  Christmas Eve	
25 9:30 Morning Exercise (AR) 10:00 Making it Easy Cooking Club Chocolate Chip Cookies (AR) 1:15 Taste What We Created (AR) 2:00 Christmas Jingo (AR) 3:00 Sunday Worship Service (CR) 6:00 Poker Club (AR) 6:30 Fire Place Fellowship (FL)  Christmas Day	26 9:30 Morning Exercise (AR) 10:00 Discuss and Recall (AR) 10:30 Grief Share and Support Group (CR) 1:00 Catholic Communion (CR) 1:30 Monday at the Movies with Jenny Holiday Inn (CR) 3:00 Crisp Air Country Ride **(OOB) 6:00 Rummikub (FL)	27 9:30 Morning Exercise (AR) 10:00 Name that Tune with Sue and Bev (AR) 1:30 Circle of Friends with Chaplain Shawn (CR) 2:00 Happy Hour & Hot Hors d'oeuvres (P) 3:00 Card Club: Dealers Choice (AR) 6:00 Prize Bingo (AR)	28 9:30 Morning Exercise (AR) 10:00 Coffee and Discussions 10:00 Shopping Trip Target **\$(OOB) 10:15 Life Chats with Chaplain Shawn (P) 1:30 Mid-Week Worship Service (CR) 2:00 Flight Club with Chef Joe (AR) 3:00 Bible Study (CR) 6:15 Movie Night: (AR)	29 9:30 Morning Exercise (AR) 10:00 Hymn Sing with Chaplin Shawn (CR) 10:30 Praying the Rosary (P) 1:15 Welcome Ambassador Meeting (AR) 2:00 Celebration of Life (CR) 3:00 Bingo (AR) 4:30/5:00 Wine and Dine (DR) 6:00 Pool Game (PT)	30 9:30 Morning Exercise (AR) 10:00 Manicures and Music (CR) 1:15 Cooking Creations with Connections Neighborhood (CR) 2:00 New Years Eve Time Capsules (AR) 3:00 Time Life Presents Ed Sullivans Rock n Roll Classics Johnny Rivers (AR) 6:00 Resident Ran Bingo (AR)	31 9:30 Morning Exercise (AR) 10:00 Doughnut Mind If I Do (AR) 10:30 Moral Dilemma & Discussions (AR) 1:15 TED Talk <i>Kiss Your Brain- The Science of Gratitude</i> By Physician Christina Costa (AR) 2:00 New Years Eve Celebration (AR) 3:00 Crafters Corner Painted Plates (AR) 6:00 Card Club (AR)  New Year's Eve	