

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

- 6 – David A.
- 12 – Eugene R.
- 13 – Lawrence B.
- 14 – Jacquelyn L.
- 21 – Mary G.
- 21 – Mary R.
- 22 – Cora H.
- 25 – Barbara B.
- 26 – Russell K.
- 31 – Carolyn F.

 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

As many of our residents, families, and coworkers have heard, I've been recently promoted to VP of Operations for Providence Place. In my new role, I will be leading all seven of our communities.

I have held numerous positions here at Drums, such as LPN, Connections Director, Business Office Manager, Director of Wellness, and Executive Director. I'm grateful Providence Place has given me these opportunities to advance throughout my career.

Before setting off on the next chapter of my career, I wanted to let everyone know what a pleasure it has been to work here in Drums. I have met so many amazing people. While I'm excited, stepping into this new role is definitely bittersweet. It has been a pleasure leading this community for 13 years and I look forward to doing so in a different capacity. I couldn't have asked for a better team, and I know Drums will continue to be a great place to live and work.

Thank you again for your continued support and I wish everyone a very happy holiday season and we hope you come to celebrate with our entire community.




Kim Perchak, Executive Director

Highlighted Events

- 3 – **Live Nativity Outing:** Christ Evangelical Lutheran Church @ 4:30pm
- 9 – **Outdoor Children's Visits with Santa** @ 6pm – 7:30pm
- 14 – **Men's Club:** Breakfast at Perkins @ 9:30am
- 15 – **Christmas Super Social** @ 2pm
- 18 – **Kirby Center Outing:** The Nutcracker @ 1pm
- 25 – **Christmas Festivities:** Service, Celebration & Entertainment
- 31 – **New Year's Eve Festivities:** Helping Hands, Ball Drop & Entertainment

Welcome New Residents

Dorothy K.
Marcella S.
Joan L.
Edythe W.

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
THE 		Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (FP) Front Porch (SR) Sun Room, (1ST) First Floor, (2ND) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, (C) Café (T) Terrace	December 2022	¹ 9:00 Daily Chronicle/Inspiration (2ND) 9:30 Sit & Be Fit (2ND) 10:30 Finish The Lyrics (2ND) 1:45 Dancing with Tracey (2ND) 2:30 Cooking Club: Christmas Pizzelles (T) 6:30 Pinochle Players Club (3RD)	² 9:00 Daily Chronicle/Inspiration (2ND) 9:30 Sit & Be Fit (2ND) 10:00 Bible Study with Chaplin Bev (CH) 1:30 Dealing with Loss Support Group (SR) 2:30 ED-U Presentation: Classic Holiday Traditions By Lester Hirsh (DR) 6:30 Scrabble (2ND)	³ 9:00 Daily Chronicle Inspiration (2ND) 9:30 Pedal Exercise (2ND) 10:00 Rosary (CH) 1:30 Matinee: Elf (2ND) 4:30 Holiday Trip: Christ Evangelical Lutheran Church Living Nativity ***(OOB) 6:30 Uno Card Game (2ND)
⁴ 9:00 Daily Chronicle / Inspiration (2ND) 9:30 Companion K-9 Visit With Harvey (1ST) 10:30 Sit & Be Fit (2ND) 1:30 Worship Service With Chaplain Bev (CH) 2:30 Decorating Cookies For National Cookie Day (T) 2:45 Bingo (3RD) 6:30 Boggle (2ND)	⁵ 9:00 Daily Chronicle/ Inspiration (2ND) 9:30 Rosary (CH) 10:00 Yoga Fitness by Bill Krings (CH) 1:30 International Volunteer Day: No-Sew Blanket Donations For St. Ann's Women Shelter (3RD) 2:30 Arts & Craft : Christmas Ornament Keep Sakes (T) 6:30 Pinochle Players Club (3RD)	⁶ 9:00 Daily Chronicle / Inspiration (2ND) 10:00 Daily Prayer & Meditation (CH) 10:30 Stretch Exercise (2ND) 1:00 Prayer Service & Communion (CH) 1:30 Craft Club: Xmas Photo Card (2ND) 2:30 Musical Entertainment By Windfall (DR) 6:30 Dominos (2ND)	⁷ 9:00 Daily Chronicle / Inspiration (2ND) 9:30 Balance in Action Exercise (2ND) 10:30 iN2L Travel: (2ND) Pearl Harbor Memorial Museum (2ND) 12:30 Sing along with Kathy (T) 2:00 Chief Parings with Chef Ashley (DR) 6:30 Word Search (2nd) Pearl Harbor Remembrance Day	⁸ 9:00 Daily Chronicle/Inspiration (2ND) 9:30 Sit & Be Fit (2ND) 10:30 Jeopardy (2ND) 1:45 Dancing with Tracey (2ND) 2:45 Bingo (3RD) 6:30 Pinochle Players Club (3RD)	⁹ 9:00 Daily Chronicle/Inspiration (2ND) 9:30 Hand Weights Strength Exercise (2ND) 10:00 Bible Study with Chaplin Bev (CH) 1:30 Cooking Club: Making Ginger Bread Houses (C) 2:00 Drum To Your Own Beat Drum Class with Joe Ciarvella (2ND) 6:30 Scrabble (2ND)	¹⁰ 9:00 Daily Chronicle/Inspiration (2ND) 9:30 Pedal Exercise (2ND) 10:00 Rosary (CH) 1:30 Winter Dance Recital By Tip Tap Toe Dance Company (T) 2:30 Matinee: It's A Wonderful Life (2nd) 6:30 Uno Card Game (2ND)
¹¹ 9:00 TV Catholic Mass (3RD) 9:30 Daily Chronicle / Inspiration (2ND) 10:30 Chair Zumba with Alyson Cara (2nd) 1:30 Worship Service With Chaplain Bev (CH) 2:30 Christmas Movie Special With Pop Corn Bar & Hot Cocoa (T) 2:45 Bingo (3RD) 6:30 Boggle (2ND)	¹² 9:00 Daily Chronicle / Inspiration (2ND) 9:30 Sit & Be Fit (2ND) 10:30 Craft: Christmas Stocking Decorating (2ND) 1:30 Bible Study with Deacon Bob (DR) 2:30 Ed-U Presentation: Holiday Scams By Michelle of PA Office of AG (3RD) 6:30 Pinochle Players Club (3RD)	¹³ 9:00 Daily Chronicle / Inspiration (2ND) 9:30 Sit & Be Fit (2ND) 10:30 Craft Corner: Making Christmas Cards (2ND) 1:00 Prayer Service & Communion (CH) 2:30 Interactive Music Class With Cynthia (T) 6:30 Dominos (2ND)	¹⁴ 9:00 Daily Chronicle / Inspiration (2ND) 10:00 Prayer Service With Chaplain Bev (CH) 10:30 Cooking Club: Prep for Christmas Dinner (C) 1:45 Dancing with Tracey (2ND) 2:30 Cooking Club: Italian Ricotta Cookies (T) 5:00 Christmas Lights Site Seeing (OOB) 6:30 Word Search (2ND)	¹⁵ 9:00 Daily Chronicle/Inspiration (2ND) 9:30 Sit & Be Fit (2ND) 10:30 Cooking Club: Christmas Dinner (C) 1:30 Memory Magic (2ND) 2:00 Christmas Celebration Super Social: Musial Entertainment By Joe & Dot Sweet (T) 6:30 Pinochle Players Club (3RD)	¹⁶ 9:00 Daily Chronicle/Inspiration (2ND) 9:30 Hand Weights Strength Exercise (2ND) 10:00 Bible Study with Chaplin Bev (CH) 1:30 Singing Christmas Carol's (2ND) 2:45 Bingo (3RD) 6:30 Scrabble (2ND)	¹⁷ 9:00 Daily Chronicle/Inspiration (2ND) 9:30 Pedal Exercise (2ND) 10:00 Rosary with Chapel Beverly (CH) 1:30 Hymn Sing (CH) 2:30 National Ugly Sweater Day Competition & Awards (3RD) 6:30 Uno Card Game (2ND)
¹⁸ 9:00 Daily Chronicle / Inspiration (2ND) 10:00 Companion K-9 Visit With Harvey (1ST) 10:30 Chair Zumba with Alyson Cara (2ND) 1:30 Worship Service With Chaplain Bev (CH) 6:30 Boggle (2ND)	¹⁹ 9:00 Daily Chronicle / Inspiration (2ND) 9:30 Rosary (CH) 10:00 Yoga Fitness by Bill Krings (CH) 1:30 Finish the Lyrics (2ND) 2:00 Arts and Crafts: Pine Cone Holiday Bouquet (T) 3:30 Gift Wrapping Station (2nd) 6:30 Pinochle Players Club (3RD)	²⁰ 9:00 Daily Chronicle / Inspiration (2ND) 10:00 Daily Prayer & Meditation (CH) 10:30 Stretch Exercise (2ND) 1:00 Prayer Service & Communion (CH) 2:30 Cooking Club: Christmas Desserts (T) 6:30 Dominos (2ND)	²¹ 9:00 Daily Chronicle / Inspiration (2ND) 9:30 All About December Trivia (2ND) 10:00 Prayer Service With Chaplain Bev (CH) 10:30 Balance in Action Exercise By Carrie of Power back Rehab (2ND) 1:30 Arts and Crafts: Holiday Wooden Spoons (T) 2:45 Bingo (3RD) 6:30 Word Search (2ND)	²² 9:00 Daily Chronicle Inspiration (2ND) 9:30 Sit & Be Fit (2ND) 10:00 Music Therapy with Cynthia (T) 1:45 Dancing with Tracey (2ND) 2:30 Christmas Trivia (2ND) 6:30 Pinochle Players Club (3RD)	²³ 9:00 Daily Chronicle/Inspiration (2ND) 9:30 Sit & Be Fit (2ND) 10:00 Bible Study with Chaplain Bev (CH) 10:30 Cooking Club: Pumkin Roll (C) 1:30 Manicures and Cocktails (T) 2:30 Blue Christmas Super Social (3RD) 6:30 Scrabble (2ND)	²⁴ 9:00 Daily Chronicle/Inspiration (2ND) 9:30 Pedal Exercise (2ND) 10:00 Rosary (CH) 1:00 Matinee: White Christmas (2ND) 2:45 Poinsettia Bingo (3rd) 6:30 Uno Card Game (2ND) Christmas Eve
²⁵ 9:00 TV Catholic Mass (3rd) 9:30 Daily Chronicle / Inspiration (2ND) 10:30 Sit & Be Fit (2ND) 1:30 Holiday Service with Chaplin Bev (CH) 2:30 Sounds Of Christmas Musical Entertainment by Bryan Herber (DR) 3:30 Holiday Finish the Lyrics With Refreshments (1ST) 6:30 Boggle (2ND) Christmas Day	²⁶ 9:00 Daily Chronicle / Inspiration (2ND) 9:30 Rosary (CH) 10:00 Yoga Fitness by Bill Krings (CH) 1:30 Bible Study with Deacon Bob (DR) 2:30 Cooking Club: Holiday Yogurt Parfaits (T) 6:30 Pinochle Players Club (3RD)	²⁷ 9:00 Daily Chronicle / Inspiration (2ND) 10:00 Daily Prayer & Mediation (CH) 10:30 Stretch Exercise (2ND) 1:00 Prayer Service & Communion (CH) 2:30 Music Therapy with Cynthia (T) 3:00 Fireside Chat (1ST) 6:30 Dominos (2ND)	²⁸ 9:00 Daily Chronicle / Inspiration (2ND) 9:30 Balance in Action Exercise (2ND) 10:00 Prayer Service With Chaplain Bev (CH) 1:30 Memory Magic (2ND) 2:30 Color Me Calm With Hot Coco Bombs (T) 6:30 Word Search (2nd)	²⁹ 9:00 Daily Chronicle/Inspiration (2ND) 9:30 Daily Prayer & Meditation (2ND) 1:45 Dancing with Tracey (2ND) 2:30 iN2L: Traveling to Radio City Christmas Spectacular with Holiday Spritzers (T) 6:30 Pinochle Players Club (3RD)	³⁰ 9:00 Daily Chronicle/Inspiration (2ND) 9:30 Sit & Be Fit (2ND) 10:00 Bible Study with Chaplin Bev (CH) 1:30 Holiday Traditions Around the World (T) 2:30 Dinning Demo with Chef Ashley (DR) 6:30 Scrabble (2ND)	³¹ 9:00 Daily Chronicle/Inspiration (2ND) 9:30 Pedal Exercise (2ND) 10:00 Rosary (T) 1:30 Helping Hands Club: Decorate for New Year's Eve Celebration (DR) 2:30 New Year's Eve Ball Drop Celebration: With Entertainment By Glenn Faul (DR) 6:30 Uno Card Game (2ND) New Year's Eve