

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C)	<h1 style="text-align: center;">December 2022</h1>		¹ 9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 TED Talk & Discussion: <i>How Body Language Shapes Who You Are</i> (2nd) 1:45 Dancing with Tracey (2nd) 2:30 Dessert & Discussion With Chef Ashley (DR) 3:30 Holistic Wellness Aromatherapy (2nd) 6:30 Pinochle Players Club (3rd)	² 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Beverly (Ch) 10:30 Art Exploration: Ice Art: Ice Suncatchers (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Ed-U Presentation: <i>Classic Holiday Traditions</i> By Lester Hirsh (DR) 3:30 Holiday Celebration Planning Cmte. (3rd) 6:30 Boggle (1st)	³ 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 <i>Front Porch Traveler:</i> Winter in New England (2nd) 1:30 Matinee: <i>Elf</i> (2nd) 3:00 Community Life Planning Meeting (3rd) 4:30 Holiday Trip: Christ Evangelical Lutheran Church Living Nativity** (OOB) 6:30 Rummikub (1st)
		⁴ 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit with "Harvey" (1st) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Christmas Traditions: Hanging the Mistletoe (3rd) 6:30 Jenga (1st)			⁵ 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 International Volunteer Day: No-Sew Blanket Donations For St. Ann's Women's Shelter (3rd) 2:30 New Resident Hot Chocolate Bar Mixer (1st) 3:30 TED Talk & Discussion: <i>5 Ways To Listen Better</i> (2nd) 6:30 Pinochle Players Club (3rd)	⁶ 9:30 Shopping Trip: Walmart*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Craft Club: Family Photo Ornaments (3rd) 2:30 Musical Entertainment by <i>Windfall</i> (DR) 3:30 Movie Matinee Committee Meeting (3rd) 6:30 Scrabble (1st)	⁷ 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 iN2L Travel: Pearl Harbor Memorial Museum (2nd) 1:30 Circle of Friends (SR) 2:00 Chef's Pairings with Chef Ashley (DR) 3:00 Veteran's "Thank You" Social (3rd) 6:30 Dominoes (1st) Pearl Harbor Remembrance Day
¹¹ 9:00 TV Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chaplain Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Christmas Traditions: Gingerbread Houses (3rd) 6:30 Jenga (1st)	¹² 9:30 Rosary (Ch) 10:00 Christmas Carols With McAdoo-Kelayres Elementary School Choir (1st) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob Roman (DR) 2:30 Ed-U Presentation: <i>Holiday Scams</i> By Michelle Nutter of PA Office of AG (3rd) 3:30 Community Outreach: <i>Troopons:</i> Coupons for Troops (3rd) 6:30 Pinochle Players Club (3rd)	¹³ 9:30 Shopping Trip: Dollar Tree/Aldi's*** (OOB) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:30 Prayer Service & Communion (Ch) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Dining Service Committee Meeting (3rd) 3:30 Red or Black Card Game (2nd) 6:30 Scrabble (1st)	¹⁴ 9:30 Men's Club Breakfast Caravan: Perkins Restaurant & Bakery*** (OOB) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:00 Dancing with Tracey (2nd) 2:30 Musical Entertainment By John Stevens Polka Band (DR) 4:00 December Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)	¹⁵ 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Technology Committee: Basic Online Tips (2nd) 1:30 Helping Hands Club: Decorate for Super Social (2nd) 2:00 Christmas Celebration Super Social: Great Food, Gifts, Musical Entertainment By Pianist, Paul Oschal (2nd) 3:30 Cranium Crunches (3rd) 6:30 Pinochle Players Club (3rd)	¹⁶ 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Beverly (Ch) 10:30 Cooking Club: Donut Snowmen On A Stick (C) 1:30 Dealing with Loss Support Group (SR) 2:45 Bingo (3rd) 3:30 Sunshine Committee (3rd) 6:30 Boggle (1st)	¹⁷ 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 TED Talk & Discussion: <i>Remember To Say Thank You</i> (2nd) 1:30 Hymn Sing (Ch) 2:30 National Ugly Sweater Day Competition & Awards (3rd) 3:30 iN2L: Famous Birthday Spotlight: Pope Francis (3rd) 6:30 Matinee: <i>Miracle on 34th Street</i> (2nd)	
¹⁸ 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit with "Harvey" (1st) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:00 Trip Out: FM Kirby Center: The Conservatory of Dance Presents <i>The Nutcracker</i> *** (OOB) 1:30 Worship Service with Chaplain Bev (Ch) 3:00 Holiday Crossword Challenge (1st) 6:30 Jenga (1st)	¹⁹ 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Holiday "Campus Store" Cart (2nd) 2:30 Cooking Club: Christmas Cookie Decorating (C) 3:30 Gift Wrapping Station (2nd) 6:30 Pinochle Players Club (3rd)	²⁰ 9:30 Retail Shopping: Boscov's*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Craft Club: Necktie Angels (2nd) 2:30 Ed-U Presentation: <i>Gettysburg:</i> <i>My Unsung Hero—General Gregg</i> By PP Resident, Roger Cotterill (3rd) 3:30 Red or Black Card Game (2nd) 6:30 Scrabble (1st)	²¹ 9:30 <i>All About December</i> Trivia (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Balance in Action Exercise By Carrie of Powerback Rehab (2nd) 1:30 Circle of Friends (SR) 2:45 Bingo (3rd) 5:00 Holiday Trip: <i>Christmas Boulevard</i> Christmas Lights Display: Berwick, PA** (OOB) 6:30 Dominoes (1st)	²² 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 Art Exploration: Ice Art: Ice Chalk (3rd) 1:45 Dancing with Tracey (2nd) 2:30 Manicures & Mocktails (3rd) 3:30 Hymn Sing (Ch) 6:30 Pinochle Players Club (3rd)	²³ 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Beverly (Ch) 10:30 Art Exploration: Ice Art: Ice Gardens (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Blue Christmas Super Social (3rd) 3:30 Men's Club: Billiards Tournament (2nd) 6:30 Boggle (1st)	²⁴ 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 TED Talk & Discussion: <i>You're Lovely, You're Loveable</i> <i>And You're Loved</i> (2nd) 1:00 Matinee: <i>White Christmas</i> (2nd) 2:45 Poinsettia Bingo (3rd) 4:00 "Here We Come a-Wassailing" Super Happy Hour (1st) 6:30 Rummikub (1st) Christmas Eve	
²⁵ 9:00 TV Catholic Mass (3rd) 9:30 Holiday Iced Coffee Bar (1st) 10:30 Sit & Be Fit Exercise (2nd) 11:00-1:00 Christmas Celebration (DR) 1:30 Christmas Service with Chaplain Bev (Ch) 2:30 "Sounds of Christmas" Musical Entertainment by Bryan Herber (DR) 3:30 Holiday <i>Finish the Lyrics</i> & Egg Nog (1st) 6:30 Jenga (1st) Christmas Day	²⁶ 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob Roman (DR) 2:30 Ed-U Health Presentation: <i>Nutrition & Hydration Health Awareness</i> By DOW, Melissa (3rd) 3:30 Blast from the Past: <i>Bonanza</i> Marathon (2nd) 6:30 Pinochle Players Club (3rd)	²⁷ 9:30 Shopping Trip: Target*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Food for Thought & Tasting: Chestnuts (C) 3:00 Fireside Chat (1st) 3:30 Thankful to You Committee (3rd) 6:30 Scrabble (1st)	²⁸ 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chaplain Bev (Ch) 10:30 Diner's Lunch Caravan: Sally Pursell's Country Inn*** (OOB) 1:30 Circle of Friends (SR) 2:30 Craft with ED, Kim (2nd) 3:30 Resident Birthday Committee (3rd) 6:30 Dominoes (1st)	²⁹ 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 New Year's Crossword Challenge (3rd) 1:45 Dancing with Tracey (2nd) 2:45 Bingo (3rd) 3:30 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)	³⁰ 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Beverly (Ch) 10:30 Art Exploration: Ice Art: Ice Votives (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Dining Demo with Chef Ashley (DR) 3:30 Hymn Sing (Ch) 6:30 Boggle (1st)	³¹ 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 TED Talk & Discussion: <i>Every Conversation Can Change A Life</i> (2nd) 1:30 Helping Hands Club: Decorate for New Year's Celebration (DR) 2:30 New Year's Eve Ball Drop Celebration With Entertainment by Glenn Faul (DR) 3:30 2023 Resolutions & Reflections (1st) 6:30 Matinee: <i>An American in Paris</i> (2nd) New Year's Eve	