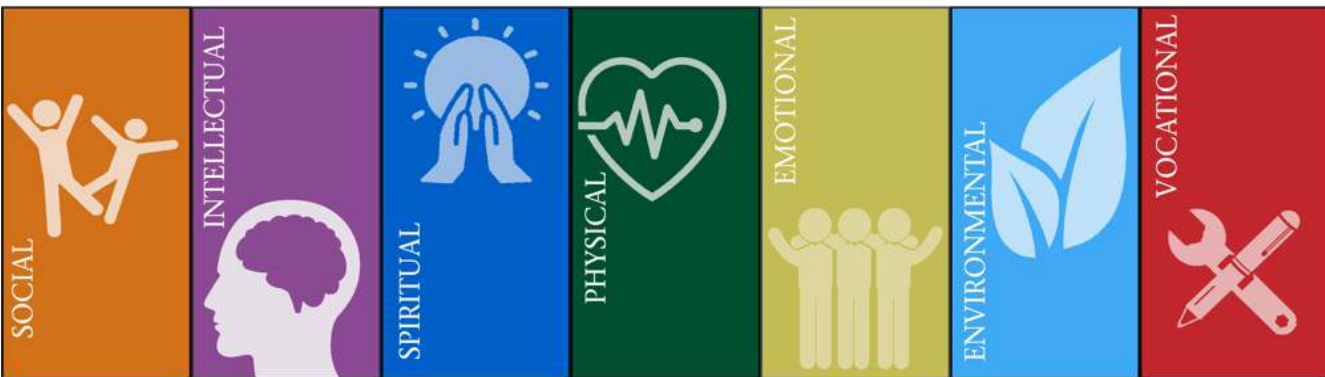


Focus on Wellness

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

- 3 – Opal M.
- 3 – Sheldon H.
- 5 – Barbara G.
- 7 – Charles B.
- 20 – Dorothy G.
- 27 – Richard B.



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 we approach the Holiday's, our wish for you and your family is peace and joy. As you visit your loved ones in our community, please glance at our calendars and join us for our activities and programs.

We have some opportunities we invite families in to celebrate the season -- Cookies with the Claus' on December 19th and our Holiday Celebration on December 23rd. For more details, please see the Community Life calendar or reach out to reception!

Stay safe and healthy this season and have a Merry Christmas and a very Happy New Year.

Cheers to 2023,

Donna O'Leary


Executive Director

Highlighted Events

- 1 – Men's Group Holiday Social @ 2pm
- 5 – Pottery Works @ 2pm
- 9 – EdU Presentation: Winter Wildlife with Lancaster Parks & Rec @ 2pm
- 10 – Holiday Craft Fair to benefit Alzheimers Association @ 1:30pm
- 14 – Merry & Bright Holiday Special Featuring PP Chrous & PP Pantomime Players @ 3:15pm
- 17 – Girl Scouts Caroling & Cookies and Cocoa @ 1:30pm
- 19 – Cookies with the Clauses @ 5:30pm
- 27 – Holiday Music with the Baird Family @ 2pm

Welcome New Residents

Emily M.
Bertha M.
Linda D.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Calendar Key: (BR) Billiards Room (CH) Chapel (AR) Activity Room (S) Salon (GL) Governor's Lounge (LB) Library (DR) Dining Room (FL) Lobby (FP) Front Porch ** Registration Required	<h1>December 2022</h1>		1 10:00 Balance in Action (CH) 10:30 Greif Support Group (CH) 10:30 Grocery Run: Aldi **\$\$ (OOB) 1:30 Nail Painting (S) 2:00 Men's Group: Holiday Party (AR) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Rummikub Runs : Game Club (AR)	2 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 2:00 Special Music Featuring: Nick V. on the Keyboard (AR) 3:15 Word in Word with Floats (AR) 6:00 Front Porch Sitters: Too Chilly out? Join Friends In the Front Lobby (L)	3 10:00 What's the Word (AR) 10:30 Saturday Morning Bingo (CH) 2:00 Food Craft:: Cookies in a Jar (AR) 3:00 Happy Hour :Drinks, Apps & Fun <i>Jingle All the Way</i> (GL) 4:30 Dinner Music: Michael Mc Grath on the Classical Guitar 6:00 Domino Dominators Meet (AR)
		4 10:00 Coffee Social & Games (FL) 10:30 Team Cuisine Cooking Group: <i>Baking Holiday Cookies</i> (AR) 2:00 Sunday Afternoon Social: <i>National Cookie Day</i> (GL) 3:00 Sunday Worship Service 6:00 Hallmark Christmas Movie Night (CH)	5 10:00 Stretch & Flex (CH) 10:30 Exploring with IN2L (CH) 1:30 Never Ending Community Story (AR) 2:00 Artist in Us All: Pottery Works (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (CH)	6 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shop & Dine: Olive Garden/ Boscov's **\$\$OOB 1:30 Community Life Planning Mtg. (AR) 2:15 Creative Cooking w/ Chef Dennis (AR) 3:15 Spelling Bee (AR) 6:00 Word Wars– Scrabble Night (AR)	7 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service Special Music by Tanya & Marge (CH) 2:00 Bingo Fun (CH) 3:15 Last Choir Practice (CH) 6:00 Movie Night: <i>Pearl Harbor</i> (CH) Pearl Harbor Remembrance Day	8 10:00 Balance in Action (CH) 10:30 Greif Support Group (CH) 11:30 New Resident Luncheon (GL) 1:30 Getting to Know You Social (GL) 2:30 Spiritual Community—Sunshine Club 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Rummikub Runs : Game Club (AR)	9 10:00 Bus Trip: The Christmas Carol Servant Stage **(OOB) 10:30 Journey Through the Bible (CH) 2:00 Ed-U Presents: <i>Winter Wild Life</i> by Lisa Sanchez from LCP&R (CH) 3:15 Word in Word with Floats (AR) 6:00 Front Porch Sitters (L)
11 10:00 Coffee Social & Games (FL) 10:30 Team Cuisine Cooking Group: <i>Birthday Cupcakes</i> (AR) 2:00 Sunday Afternoon Social: <i>Happy Birthday Pennsylvania</i> (GL) 3:00 Sunday Worship Service 6:00 Hallmark Christmas Movie Night (CH)	12 10:00 Stretch & Flex (CH) 10:30 Ed-U Wellness: Brain Changes (CH) 2:00 Artist in Us All: <i>Crafts w/ Lauri</i> Adorable Snowman (AR) 3:15 Balloon Volley Ball Game (CH) 6:30 Trail Life Troop to Carol through out Community.	13 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 11:00 Lunch Trip Soul Sensation **\$\$OOB 1:30 Welcome Ambassador Meeting (AR) 2:15 Thankful to You Committee: Assemble Holiday Gift for Team (AR) 3:15 Jeopardy Challenge (AR) 6:00 Bingo Night (CH)	14 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Who—What am I? Hope Visits (CH) 2:00 Bingo Fun (CH) 3:15 Merry & Bright Holiday Special <i>Providence Place Choir Performs</i> 6:00 Movie Night: <i>Rescued by Ruby</i> (CH)	15 10:00 Balance in Action (CH) 10:30 Greif Support Group (CH) 1:30 Country Ride (OOB) ** 2:30 Drama Club: Discuss New Club "Who Stole the Peppermints" (AR) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Rummikub Runs : Game Club (AR)	16 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 2:00 Holiday Music: Guitar & Vocals by Pat Kocen (CH) 3:15 Word in Word with Floats (AR) 6:00 Front Porch Sitters (L)	17 10:00 What's the Word (AR) 10:30 Saturday Morning Bingo (CH) 1:00 Girl Scouts Carol: (DR) 2:00 Cookies & Cocoa w/ Girl Scouts (DR) 3:00 Fun with Food Craft; Peppermint Ornaments (GL) 6:00 Domino Dominators Meet (AR)	
18 10:00 Coffee Social & Games (FL) 10:30 Team Cuisine Cooking Group: <i>Apple Latke Cups</i> (AR) 2:00 1st Day of Hanukkah Social: <i>Hanukkah Discussion, Food and Fun</i> (GL) 3:00 Sunday Worship Service 6:00 Hallmark Christmas Movie Night (CH)	19 10:00 Stretch & Flex (CH) 10:30 Exploring with IN2L (CH) 2:00 <i>Elf Yourself Art Fun!</i> (AR) 3:15 Balloon Volley Ball Game (CH) 4:00 Light the Menorah (FL) 5:30 Holiday Event: <i>Cookies w/ the Claus'</i> <i>Crafts & Photos w/ Santa</i> **	20 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 10:30 Shopping: Community Aide **\$\$OOB 1:30 Dining Committee Meeting (CH) 2:00 Drum Circle: Grateful Drumming (CH) 3:15 Spelling Bee (CH) 4:30 Light the Menorah (FL) 6:00 Word Wars– Scrabble Night (AR)	21 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 2:00 Entertainment by Jay Smar (CH) 3:15 Bingo Fun (CH) 4:30 Light the Menorah (FL) 6:00 Movie Night: <i>The Knight Before Christmas</i> (CH)	22 10:00 Balance in Action (CH) 10:30 Circle of Friends (CH) 2:00 Blue Christmas Grief Social (DR) 3:15 LCR w/ Chaplain Jeff (AR) 4:30 Light the Menorah (FL) 6:00 Rummikub Runs : Game Club (AR)	23 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 2:00 Holiday Celebration: Featuring Music by Keil Holland (CH) 3:15 Word in Word with Floats (AR) 4:30 Light the Menorah (FL) 6:00 Front Porch Sitters (L)	24 10:00 What's the Word (AR) 10:30 Christmas Song Bingo (CH) 2:00 Holiday Celebration: Drinks, Apps & Holiday Hilarity, Charades & White Elephant Polly Anna (GL) 3:15 Christmas SingAlong (CH) 4:30 Light the Menorah (FL) Christmas Eve	
Day 1 of the 12 Days of Christmas 25 10:00 Cocoa & Cookies & Games (FL) 10:30 Team Cuisine Cooking Group: Bake Holiday Treats (AR) 2:00 Holiday Music & Memories Social(GL) 3:00 Sunday Worship Service Light the Menorah—End of Hanukkah 6:00 Holiday Movie Night (CH) Christmas Day	26 10:00 Stretch & Flex (CH) 10:30 Exploring with IN2L (CH) 2:00 Ed-u Presents: Trivia Talk With Bob Reigh (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 The 12 days of Christmas Bingo with Homeschoolers (CH)	27 10:00 Weights & Bands Fitness (CH) 10:30 Devotions & Hymn Sing (CH) 1:30 Chef's Pairing w/ Chef Dennis (AR) 2:00 Holiday Music Program Featuring The Baird Family (DR) 3:15 Jeopardy Challenge (AR) 6:00 Word Wars– Scrabble Night (AR)	28 10:00 Movement & Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Who—What am I? Hope Visits (CH) 2:00 Ed-U Presents: <i>Birds of Florida</i> by Retired Educator Terry Neumeier (CH) 3:15 Bingo Fun (CH) 6:00 Movie Night: <i>A Knight's Tale</i> (CH)	29 10:00 Balance in Action (CH) 10:30 Circle of Friends (CH) 10:30 Grocery Run: Giant **\$\$ (OOB) 1:30 Living & Giving Service Group (AR) 2:00 In the Garden <i>Horticulture Club</i> (AR) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Rummikub Runs : Game Club (AR)	30 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 2:00 Book Club: What are you Reading? (AR) 2:30 Ed-U Presents: Ted Talk— <i>How</i> <i>Robots will Invade Our Lives</i> 3:15 Word in Word with Floats (AR) 6:00 Front Porch Sitters (L)	31 10:00 What's the Word (AR) 10:30 Saturday Morning Bingo (CH) 2:00 New Year Trivia and Games (GL) 4:00 Celebrate the New Year: Drinks, Music & Dinner Featuring Pianist, Bryan Herber (DR) New Year's Eve	