

# 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

- 1 – Frances H.
- 7 – Regina R.
- 10 – Joanne M.
- 20 – Joan H.
- 23 – Gerald L.
- 24 – Arlene K.
- 27 – Eileen P.
- 28 – Robert W.



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

The Grove celebrated Thanksgiving in style. We were excited to welcome in families for the holiday in our community spaces and it was a delight seeing everyone. Families were cooking on the stove upstairs, and it brought back memories of Thanksgiving Day at home. We will do the same for our families for Christmas!

We currently have one case of COVID and have gone back to masks for all visitors, residents, and staff. Please continue to be vigilant in washing your hands, using the hand sanitizer stations on the wall throughout the building and refraining from visiting if you have symptoms.

Santa and Mrs. Clause will be in the Grove December 16<sup>th</sup> at 2pm. I wonder if your loved one will make the naughty or nice list ☺?

Have a happy and safe holiday!


Sincerely,  
*Julie Wallace*  
Executive Director

## Highlighted Events

- 7 – **Wine Tasting** @ 6pm
- 8 – **Kitchen Krew:** Cut-out Cookies @ 2pm
- 14 – **EdU Presentation:** Artist of The Dutch Golden Age @ 6pm
- 16 – **Holiday Party with the Clauses** @ 2pm

## Welcome New Residents

Norma F.  
Regina R.  
Mary B.  
Joseph C.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out Of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (FP) Front Patio (RP) Rear Patio (L) Lobby (HW) Hallway	<h1>December 2022</h1>		1	2	3	
		4	5	6	7	8	9	10
		9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 1:00 Scenic Country Ride (OOB) 2:30 iN2L: Catholic Service (2F) 3:30 iN2L: Methodist Service (2F) 6:00 Music And Mindful Colors (1F)	9:30 Target Legs Exercise (2F) 10:00 iN2L: Train Your Brain (2F) 11:00 American History Trivia (2F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Holiday Classic : <i>Home Alone</i> (2F) 8:15 Saints vs Buccaneers ESPN	9:30 Balance In Action By Kari, Genesis Health & Rehab (2F) 10:00 Community Life Meeting (1F) 11:00 Giant Crossword Puzzle (1F) 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 TLC Time With Bella Our Comfort Dog (2F) 6:00 Game Of Clue (2F)	9:30 Move2Music (2F) 10:30 Fireside Chat With Julie, ED, And Management Team (2F) 11:00 Resident Planning Committee (2F) 2:00 Film Fest: <i>USS Indianapolis Men Of Courage</i> (2F) 4:00 Confident Cruisers (HW) 6:00 Wine Tasting Social (1F) Pearl Harbor Remembrance Day	9:30 Core Strength Exercise (2F) 10:00 World News And Discuss (2F) 10:30 Dinning Committee Meeting (2F) 11:00 Giant Crossword Puzzle (2F) 1:00 Children Christmas Carolers (DR) 2:00 Kitchen Krew: Cut Out Cookies (2F) 3:30 Caring Is Sharing Club: Handing Out Cookies To Residents (R) 6:00 Card Club: Phase 10 (2F)	9:30 Light Hand Weights Exercise (2F) 10:00 Never Alone Support Group (2F) 11:00 Jingle Through The Halls Walking Team (HW) 2:00 Welcome Ambassador Social (2F) 3:30 Ice Breaker Games (2F) 4:00 Gingerbread Jumble Puzzle (1F) 6:00 Christmas - Opoly (2F)	9:30 Gentle Moves (2F) 10:00 <i>Mornings With Jesus</i> Program (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)
		11	12	13	14	15	16	17
		9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 2:00 Church Of God Memorial Service (DR) 3:00 Fellowship Hour (DR) 6:00 Music And Mindful Colors (1F)	9:30 Target Legs Exercise (2F) 10:00 iN2L: Train Your Brain (2F) 11:00 American History Trivia (2F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Holiday Classic: <i>A Christmas Story</i> (2F) 8:15 Patriots vs Cardinals ESPN	9:30 Target Balance Exercise (2F) 10:00 Christmas Carole Bloopers (2F) 11:00 Giant Crossword Puzzle (1F) 2:00 Ed-U Presentation: <i>Holiday Songs With The Reasons Behind Them</i> By Lester Hirsh, Songwriter & Poet (DR) 3:00 Holiday Cookie Social (DR) 6:00 Game Of Clue (2F)	9:30 Move2Music (2F) 10:00 Holiday Cultural Diversity Program: Traditions Of Ramadan (2F) 11:00 Shopping Excursion: Walmart **\$\$ (OOB) 2:30 Jigsaw Puzzle Team (2F) 6:00 Ed-U Presentation: <i>Artist Of The Dutch Golden Age</i> By Alyssa Paylin, St. Clair Art Educator (2F)	9:30 Core Strength Exercise (2F) 10:00 World News And Discuss (2F) 10:30 Ted Talk: <i>Transform Your Climate Control</i> By Jane Fonda, Actress And Activist (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Christmas Party: Music By Elvis (DR) 6:00 Card Club: Phase 10 (2F)	9:30 Light Hand Weights Exercise (2F) 10:00 Never Alone Support Group (2F) 11:00 Jingle Through The Halls Walking Team (HW) 2:00 Resident And Co- Workers Holiday Party (2F) 3:30 Christmas Carole Karaoke (2F) 4:00 Santa's Many Names Puzzle (1F) 6:00 Christmas - Opoly (2F)	9:30 Gentle Moves (2F) 10:00 Market Run: Boyers **\$\$ (OOB) 10:30 Coffee Cache And Daily Chronicles (2F) 11:00 Holy Rosary EWTN 49 2:00 Prize Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)
18	19	20	21	22	23	24		
9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 1:00 Scenic Country Ride (OOB) 2:30 iN2L: Catholic Service (2F) 3:30 iN2L: Methodist Service (2F) 6:00 Music And Mindful Colors (1F)	9:30 Target Legs Exercise (2F) 10:00 iN2L: Train Your Brain (2F) 11:00 Giant Crossword Puzzle (2F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Holiday Classic: <i>Polar Express</i> (2F) 8:15 Rams vs Packers ESPN	9:30 Target Balance Exercise (2F) 10:00 iN2L: On This Day (2F) 11:00 Giant Crossword Puzzle (1F) 2:00 Yoga With Leah (2F) 3:00 Cool Down With Cool Drinks (2F) 4:00 TLC Time With Bella Our Comfort Dog (2F) 6:00 Game Of Clue (2F)	9:30 Move2Music (2F) 10:00 Holiday Cultural Diversity Program: Traditions Of Hanukkah (2F) 11:00 Helping Hands: Set Up Crew (2F) 2:00 Holiday Tea Party (2F) 3:00 Reminisce: Christmas Eve (2F) 4:00 Jingle Through The Halls Walking Team (2F) 6:00 Wine Tasting Social (2F)	9:30 Core Strength Exercise (2F) 10:00 World News And Discuss (2F) 10:30 Ted Talk: <i>My Stroke Of Insight</i> By Jill Bolte Taylor, NY Times Best Selling Author (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Blue Christmas Social: Hope And Healing (2F) 6:00 Card Club: Phase 10 (2F)	9:30 Light Hand Weights Exercise (2F) 10:00 Never Alone Support Group (2F) 11:00 Jingle Through The Halls Walking Team (HW) 2:00 Ed-U Presentation: <i>Joyful Motions</i> By Fitness Educator Celeste Bailey (2F) 3:30 Meaningful Meditation & Music (2F) 4:00 Christmas Song Picture Puzzle (1F) 6:00 Christmas - Opoly (2F)	9:30 Gentle Moves (2F) 10:00 Holiday Foods Trivia (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 2:00 Christmas Present Bingo (2F) 3:30 Sweet Treat Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F) Christmas Eve		
25	26	27	28	29	30	31		
9:30 Whole Body Stretch (2F) 10:00 Amen Corner (2F) 10:30 Moments From The Bible (2F) 12:00 Wine & Dine (DR) 1:00 Scenic Country Ride (OOB) 2:30 iN2L: Holiday Traditions (2F) 3:30 iN2L: Christmas Worship Service (2F) 6:00 Music And Mindful Colors (1F) Christmas Day	9:30 Target Legs Exercise (2F) 10:00 History: 1914 Christmas Truce Football Match (2F) 11:00 Mother Teresa Program EWNT 49 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:30 Manicures (2F) 6:00 Holiday Classic: <i>Elf</i> (2F) 8:15 Chargers vs Colts ESPN	9:30 Target Balance Exercise (2F) 10:00 iN2L: On This Day (2F) 11:00 Giant Crossword Puzzle (1F) 2:00 Ed-U Presentation: <i>Ancient Practice Of Group Drumming</i> By Joe Ciarvella, Certified Drum Circle Facilitator (2F) 3:30 Cool Down With Cool Drinks (2F) 4:00 Holy Rosary EWNT 49 6:00 Game Of Clue (2F)	9:30 Move2Music (2F) 10:00 Holiday Cultural Diversity Program: Traditions Of Advent (2F) 11:00 Mother Teresa Program EWNT 49 2:00 Crochet Corner (2F) 4:00 Jingle Through The Halls Walking Team (2F) 6:00 Wine Tasting Social (2F)	9:30 Core Strength Exercise (2F) 10:00 World News And Discuss (2F) 10:30 New Year Eve Traditions (2F) 11:00 Diner's Caravan And Shopping: Hosses And Ollies **\$\$ (OOB) 2:00 Puzzle Packs Party (2F) 3:30 Pumpkin Spice Coffee Cart (2F) 6:00 Card Club: Phase 10 (2F)	9:30 Light Hand Weights Exercise (2F) 10:00 Never Alone Support Group (2F) 11:00 Jingle Through The Halls Walking Team (HW) 2:00 Film Fest: <i>White Christmas</i> (2F) 3:30 Popcorn & Candy Cart (2F) 4:00 Mother Teresa Service EWTN 49 6:00 Christmas - Opoly (2F)	9:30 Gentle Moves (2F) 10:00 Ringing In The NY Trivia (2F) 10:30 Coffee Cache And Daily Chronicles (2F) 2:00 Dress Your Best New Year Social (2F) 4:00 Strawberry And Champagne Cocktails (2F) 8:00 Pennsylvania Polka (1F) New Year's Eve		