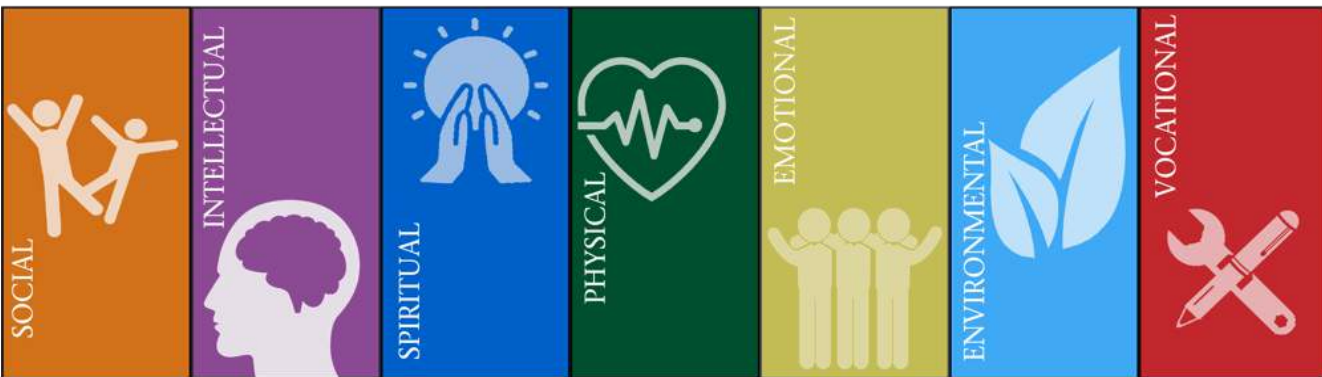


# Focus on Wellness

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

- 4 – Gwendolyn R.
- 5 – Ann M.
- 7 – Robert L.
- 23 – Carol S.
- 24 – Howard S.
- 29 – Anna Mae C.
- 29 – Marion B.
- 31 – Nancy K.



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

This is by far my favorite time of the year. I'm very grateful to be back at the Pottsville community and I have enjoyed getting to meet many of you over the past couple weeks. Please know my door is always open and I welcome you to stop by and introduce yourself. My hope is that we can continue to work together to make Providence Place the best experience possible for residents, families and team members.

We continue to focus on hiring and I'm proud to report we continue with weekly onboarding for new staff members. Our Connections South Memory Care wing is now open, where we will allow residents to age-in-place with us by providing person-centered care and personalized activities tailored to individuals living with dementia.

We had such an enjoyable Thanksgiving holiday with everyone and look forward to our festive December events. Please join us for "Meet the Team" holiday party on 12/1, Brunch with Santa on 12/11 and our Holiday parties... there is so much celebrating to join in!

As always, my team is here for any of your concerns or needs. Please feel free to reach out anytime. Stay safe, take care and be happy.

All the best,

*Melissa Melnick*

*Executive Director*

## Highlighted Events

- 1 – **Meet the Team** @ 6:30pm
- 8 – **Hershey Sweet Lights** @ 5pm
- 11 – **Brunch with Santa** @ 10:30am  
*Connections Club*
- 17 – **Holiday Open House** @ 1pm  
*Connections & Connections Club*
- 21 – **Resident Christmas Party**  
Entertainment by John Bauer @ 2pm
- 31 – **New Year's Eve Party** @ 2pm

## Welcome New Residents

- Joan H.
- Jane F.
- Shawn T.
- Judith T.
- Betty F.
- Dorothy Z.
- Nancy R.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>THE</p> <h1>Club</h1>		<p><b>Calendar Key:</b>  (L) Lobby  (PUB) Pub, 1st Floor, (PUBR) Pub, Rear  (A) Activity Room, 2nd Floor  (CN) Connections, Terrace  (CH) Chapel, 3rd Floor, (LIB) Library-3rd  (DR) Dining Rooms  (OOB) Out of Building  (BP) Back Patio, (FP) Front Patio—1st  (TB) Throughout Building  (PL) Parking Lot, Front</p>	<h1>December</h1> <h1>2022</h1>		1	2	3
		<p>9:00 Morning Meeting (A)  9:30 Drum Fit Exercise (A)  10:00 Christmas Cards for Family &amp; Friends (A)  11:00 Walk to Dine (TB)  1:00 History of Hanukkah (A)  2:00 Making Paper Ornaments (A)  3:00 Refreshment &amp; Snack (A)  6:00 Bingo (PUB)  7:00 Gospel Singers (CH)</p>			<p>9:00 Morning Meeting (A)  9:30 Craft: Christmas Ornaments (A)  10:00 Refreshments (A)  11:00 Walk to Dine (TB)  1:30 Zumba with Michele (PUB)  2:00 Blue Christmas Social (PUB)  3:00 Communion Service (CH)  3:00 It's 50'clock Somewhere Social Hour (PUB)  6:00 Color Me Calm (PUB)</p>	<p>9:00 Morning Meeting (A)  9:15 Polka Exercise (A)  10:00 Baking Club: Christmas Brownies (A)  11:00 Walk to Dine (TB)  1:00 Bingo (CN)  2:00 Cookies &amp; Milk Social (CN)  3:00 Creative Expressions (CN)  6:00 Reminisce Magazine (A)</p>	
4	5	6	7	8	9	10	
<p>9:00 Morning Meeting (PUB)  9:30 Live Stream Worship:  Trinity Lutheran Church (PUB)  10:00 Hymn Sing (PUB)  11:00 Walk to Dine (TB)  1:00 Crafting Corner: Snowy Pinecones (CN)  2:30 Snacks &amp; Social (CN)  3:00 IN2L: Bubble Pop (CN)  6:00 Kings in the Corner (PUBR)</p>	<p>9:00 Morning Meeting (PUB)  9:30 Time Slips Story Telling (PUB)  10:30 Yoga with Michele (PUB)  11:00 Walk to Dine (TB)  1:15 Junk Drawer Detective (A)  2:00 Manicures (A)  2:30 Refreshment &amp; Snacks (A)  3:00 Communion Service (CH)  6:00 Puzzles with Friends (PUB)</p>	<p>9:00 Morning Meeting (A)  9:30 Chair Exercises (A)  10:00 EZ Does It (A)  11:00 Walk to Dine (TB)  1:00 Cookie Decorating (CN)  2:00 Dining Committee Meeting (DR)  2:00 Musical Entertainment by Brian Heiber (PUB)  3:00 IN2L—Wheel of Fortune (CN)  6:00 Bingo (PUB)</p>	<p>9:00 Morning Meeting (PUB)  9:30 Donut Mind if I Do! (PUB)  10:00 Random Trivia (PUB)  11:00 Walk to Dine (TB)  12:30 Wrap it up Party (CN)  1:30 Yoga with Michele (CN)  2:30 Art Expressions with Kim (CN)  5:30 Household Chores: Sorting (PUB)</p> <p>Pearl Harbor Remembrance Day</p>	<p>9:00 Morning Meeting (A)  9:30 Drum Fit Exercise (A)  10:30 Ed-U: History of Boilo (PUB)  11:00 Walk to Dine (TB)  1:00 Christmas Around the World (A)  2:00 Random Trivia (A)  3:00 Color Me Calm (A)  5:00 Evening Excursion:  Hershey Sweet Lights (OOB)  7:00 Gospel Singers (CH)</p>	<p>9:00 Morning Meeting (A)  9:30 Craft: Holiday Door Hangers (A)  10:00 Hydration Station (A)  1:30 Zumba with Michele (PUB)  2:15 Color Me Calm (PUB)  3:00 Communion Service (CH)  3:00 It's 50'clock Somewhere Social Hour (PUB)  6:00 Puzzles with Friends (PUB)</p>	<p>9:00 Morning Meeting (A)  9:15 Polka Exercise (A)  10:00 Baking Club: Christmas Bark (A)  11:00 Walk to Dine (TB)  1:00 Making Turkey Cranberry Sliders (CN)  2:30 Games Galore (CN)  3:30 Trivia Time (CN)  6:00 Reminisce Magazine (A)</p>	
11	12	13	14	15	16	17	
<p>9:00 Morning Meeting (PUB)  9:30 Live Stream Worship:  Trinity Lutheran Church (PUB)  10:30—12:00 Brunch with Santa (DR)  1:00 Bingo (CN)  2:00 Snack &amp; Social (CN)  2:30 Puzzles and Pondering (CN)  3:00 Sensory Video "Winterscapes" (CN)  6:00 Kings in the Corner (PUBR)</p>	<p>9:00 Morning Meeting (PUB)  9:30 What Doesn't Belong (PUB)  10:30 Yoga with Michele (PUB)  11:00 Walk to Dine (TB)  1:15 Christmas Sing a Long (A)  2:00 Manicures (A)  2:30 Refreshment &amp; Snacks (A)  3:00 Communion Service (CH)  6:00 Card Games (PUB)</p>	<p>9:00 Morning Meeting (A)  9:30 Chair Exercises (A)  10:00 EZ Does It (A)  11:00 Making Dog Treats (A)  12:00 Soup Luncheon (A)  12:30 Making Oatmeal Cookies (CN)  1:30 Crafting Corner: It's Tree Time (CN)  3:00 Snack &amp; Social (CN)  6:00 Bingo (PUB)</p>	<p>9:00 Morning Meeting (A)  9:30 Finish the Phrase (A)  10:00 Worship Service (CH)  11:00 Walk to Dine (TB)  1:00 IN2L: Name That Tune (CN)  1:30 Yoga with Michele (CN)  2:30 Hydration Station (CN)  3:00 Christmas Carols &amp; Trivia (CN)  6:00 Household Chores: Folding (PUB)</p>	<p>9:00 Morning Meeting (A)  9:30 Drum Fit Exercise (A)  10:00 Christmas Cards for Family &amp; Friends (A)  11:00 Walk to Dine (TB)  1:00 History of St. Nicholas Day (PUB)  2:00 Drumming with Joe (PUB)  3:00 Refreshment &amp; Snack (PUB)  6:00 Bingo (PUB)  7:00 Gospel Singers (CH)</p>	<p>9:00 Morning Meeting (A)  9:30 Craft: Reindeer Ornaments (A)  10:00 Refreshments (A)  11:00 Walk to Dine (TB)  1:30 Zumba with Michele (PUB)  2:15 Color Me Calm (PUB)  3:00 Communion Service (CH)  3:00 It's 50'clock Somewhere Social Hour (PUB)  6:00 Card Games (PUB)</p>	<p>9:00 Morning Meeting (A)  9:15 Polka Exercise (A)  10:00 Baking Club: Decorating Sugar Cookie. (A)  11:00 Walk to Dine (TB)  1:00—3:30 Holiday Open House (CN)  2:00 Bingo (PUB)  3:30 Vagabond Travelers: Holiday Celebrations Around the Globe (PUB)  6:00 Reminisce Magazine (A)</p>	
18	19	20	21	22	23	24	
<p>9:00 Morning Meeting (PUB)  9:30 Live Stream Worship:  Trinity Lutheran Church (PUB)  10:00 Hymn Sing (PUB)  11:00 Walk to Dine (TB)  12:30 Chocolate Chip Cookies (CN)  1:30 Trivia Time (CN)  2:00 Cocoa &amp; Cookies Social (CN)  3:00 Communion Service (CH)  6:00 Kings in the Corner (PUBR)</p>	<p>9:00 Morning Meeting (PUB)  9:30 Time Slips Story Telling (PUB)  10:30 Yoga with Michele (PUB)  11:00 Walk to Dine (TB)  1:00 Junk Drawer Detective (A)  2:00 Manicures (A)  2:30 Hydration Station (A)  3:00 Communion Service (CH)  6:00 Color Me Calm (PUB)</p>	<p>9:00 Morning Meeting (A)  9:30 Chair Exercises (A)  10:00 EZ Does It (A)  11:00 Walk to Dine (TB)  12:30 IN2L—Travel to Germany (CN)  1:00 Poetry Corner (CN)  2:00 Jingle all the Way Party (CN)  6:00 Bingo (PUB)</p>	<p>9:00 Morning Meeting (PUB)  9:30 Donut Mind if I Do! (PUB)  10:00 Random Trivia (PUB)  11:00 Walk to Dine (TB)  1:30 Yoga with Michele (CN)  2:00 Christmas Party: Entertainment by John Bauer (PUB)  3:30 Christmas Carol Sing A Long (PUB)  5:30 Household Chores: Folding (PUB)</p>	<p>9:00 Morning Meeting (A)  9:30 Drum Fit Exercise (A)  10:00 Christmas Trivia (A)  11:00 Walk to Dine (TB)  1:00 Time Slips Story Telling (A)  1:30 Making Christmas Cards for Staff (A)  2:00 Music &amp; Refreshments (A)  6:00 Bingo (PUB)  7:00 Gospel Singers (CH)</p>	<p>9:00 Morning Meeting (A)  9:30 Craft: Christmas Ornaments (A)  10:00 Hydration Station (A)  11:00 Walk to Dine (TB)  1:30 Zumba with Michele (PUB)  2:15 Color Me Calm (PUB)  3:00 Communion Service (CH)  3:00 It's 50'clock Somewhere Social Hour (PUB)  6:00 Color Me Calm (PUB)</p>	<p>9:00 Morning Meeting (A)  9:15 Polka Exercise (A)  10:00 Baking Club: Peanut Butter Cookies (A)  11:00 Walk to Dine (TB)  1:00 The Night Before Christmas (CN)  2:00 Creative Expressions (CN)  3:00 IN2L: Christkindl Market (CN)  6:00 Christmas Carols (PUB)  Christmas Eve</p>	
25	26	27	28	29	30	31	
<p>9:00 Morning Meeting (PUB)  9:30 Live Stream Worship:  Trinity Lutheran Church (PUB)  10:00 Bible Study (PUB)  1:00 Christmas Around the World (CN)  2:00 Balloon Volleyball (CN)  3:00 Puzzles &amp; Pondering (CN)  6:00 Kings in the Corner (PUBR)</p> <p>Christmas Day</p>	<p>9:00 Morning Meeting (PUB)  9:30 What Doesn't Belong (PUB)  10:30 Yoga with Michele (PUB)  11:00 Walk to Dine (TB)  1:15 Word Pairing (A)  2:00 Manicures (A)  2:30 Refreshment &amp; Snacks (A)  3:00 Communion Service (CH)  6:00 Color Me Calm (PUB)</p>	<p>9:00 Morning Meeting (A)  9:30 Chair Exercises (A)  10:00 EZ Does It (A)  11:00 Walk to Dine (TB)  1:00 Cornhole Tournament (CN)  2:00 Coffee Bar (CN)  3:00 IN2L: Bubble Pop (CN)  6:00 Bingo (PUB)</p>	<p>9:00 Morning Meeting (A)  9:30 Finish the Phrase (A)  10:00 Worship Service (CH)  11:00 Walk to Dine (TB)  1:30 Yoga with Michele (CN)  2:00 Fireside Chats (PUB)  2:30 Color Me Calm (PUB)  3:00 Welcome Social Hour (PUB)  5:30 Household Chores: Sorting (PUB)</p>	<p>9:00 Morning Meeting (A)  9:30 Drum Fit Exercise (A)  10:00 Name Five Game (A)  11:00 Walk to Dine (TB)  1:00 History of New Year's Resolution (A)  2:00 Hot Cocoa Bar (A)  3:00 Color Me Calm (A)  6:00 Bingo (PUB)  7:00 Gospel Singers (CH)</p>	<p>9:00 Morning Meeting (A)  9:30 Craft: Snowman Coasters (A)  10:00 Refreshments (A)  11:00 Walk to Dine (TB)  1:30 Zumba with Michele (PUB)  2:15 Color Me Calm (PUB)  3:00 Communion Service (CH)  3:00 It's 50'clock Somewhere Social Hour (PUB)  6:00 Puzzles with Friends (PUB)</p>	<p>9:00 Morning Meeting (A)  9:15 Polka Exercise (A)  10:00 Baking Club: Fudge (A)  11:00 Walk to Dine (TB)  1:00 Memory Magic (CN)  2:00—3:00 New Year's Eve Party (PUB)  3:00 New Year's Resolutions (PUB)  6:00 Reminisce Magazine (PUB)</p> <p>New Year's Eve</p>	