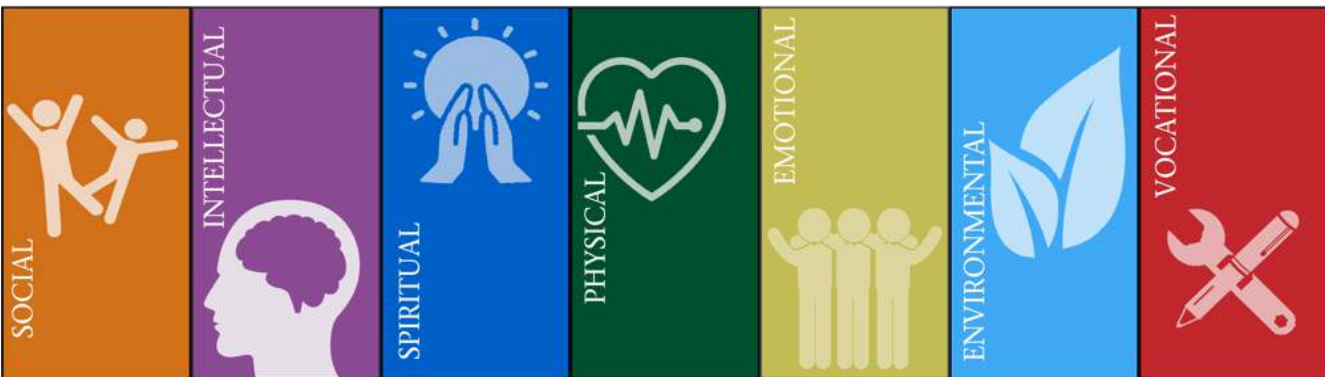


Focus on Wellness

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.



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

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	
		Calendar Key: ** Registration Required \$\$ Cost Involved PUB Pub A Activity Room CH Chapel 3FSL 3rd Floor South Lounge ML Main Lobby OOB Out of Building TB Throughout Building	<h1>December 2022</h1>		1 9:00 Brain Games: Name 5 Holiday Edition (ML) 10:00 Community Life Planning Meeting (PUB) 1:00 Errand Day: Banks & Post Office **\$(OOB) 2:00 Craft Corner: Making Paper Ornaments (A) 6:00 Providence Place Resident & Families Holiday Social Hour (PUB)	2 9:00 Green Thumbs: Tending to Plants (TB) 10:30 TED Talk: <i>Coping with Holiday Blues</i> by Dr. Michael Krepstien (PUB) 1:30 Zumba with Michele (PUB) 2:00 Blue Christmas Social (A) 3:00 Communion Service (CH) 3:30 It's 5 O'Clock Somewhere Social Hour (PUB)	3 9:00 Santa's Elves: Gift Wrapping & Cards (PUB) 10:00 Penny Pitching (PUB) 1:00 Helping Hands: Setting up Bingo (PUB) 2:00 Christmas Door Décor Bingo (PUB) 3:30 Vagabond Traveler's: European Christmas (PUB)
		4 9:00 Hymn Sing-A-Long (PUB) 9:30 Live Stream Worship: Trinity Lutheran (PUB) 10:30 Balance in Action (CH) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>White Christmas</i> (PUB) 3:00 Communion Service (CH) 3:30 Bible Study (A)	5 9:00 Brain Games: Holiday Word Within a Word (ML) 10:30 Yoga with Michele (PUB) 2:00 Sunshine Committee Meeting (PUB) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 3:30 XBOX Bowling (A)	6 9:00 Walking Warriors (ML) 10:30 Balloon Volleyball (PUB) 12:00 Souper Tuesday Luncheon **(A) 2:00 Dining Committee Meeting (DR3) 2:00 Musical Entertainment by Bryan Herber (PUB) 3:00 Manicures & Mistletoe Mimosas **(CH) 6:00 Nickel Bingo \$(PUB)	7 9:00 Coffee, Donuts, & Conversation (PUB) 10:30 Lite & Lively (PUB) 1:00 Birthday Club (A) 2:00 Acrylic Painting Class with Shannon Haley (A) 2:30 iN2L: Touring the Pearl Harbor Memorial (PUB) 3:00 Santa's List Day Social Hour (PUB) Pearl Harbor Remembrance Day	8 10:30 Ed-U: <i>The History of Boilo, A Coal Country Family Tradition</i> by Melissa Amburn (PUB) 1:00 Craft Corner: Making Bead Ornaments (A) 2:00 Holiday Jeopardy: Resident vs. Staff (PUB) 3:00 Hot Cocoa Bar (PUB) 5:00 Evening Excursion: Hershey Sweet Lights **\$(OOB)	9 9:00 Green Thumbs: Tending to Plants (TB) 10:30 Curls for Girls **(3FSL) 1:30 Zumba with Michele (PUB) 2:30 P ² Foodies: No Bake Christmas Cookies (A) 3:00 Mass & Confession with Father (CH) 3:30 It's 5 O'Clock Somewhere Social Hour (PUB)
11 9:00 Helping Hands: Setting Up Brunch (DR) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:00-1:00 Sunday Brunch with Santa (DR) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 3:30 Hymn Sing (PUB)	12 9:00 Walking Warriors (TB) 10:30 Yoga with Michele (PUB) 2:00 Gratitude Club Meeting (PUB) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 3:30 TED Talk: <i>Want to be Happy? Be Grateful</i> , Br.David Steindl-Rast (PUB)	13 9:00 Brain Games: Holiday Scramble (ML) 10:30 Keep Kicking Kickball (PUB) 11:00 P ² Foodies: Making Dog Treats (A) 12:00 Souper Tuesday Luncheon **(A) 2:00 Ed-U Presentation: Hand Made Soap & Body Lotion by Ashley of Loki Layla in Downtown Pottsville (PUB) 3:00 Holiday Spa Hand Treatment **(CH) 6:00 Nickel Bingo \$(PUB)	14 9:00 Coffee, Donuts, & Conversation (PUB) 10:00 Protestant Worship Service (CH) 10:30 Strength Training (PUB) 1:00 Craft Corner: Christmas Card Ornaments (A) 2:00 Holiday Wheel of Fortune: Resident vs. Staff (PUB) 3:00 Old Fashion Christmas Social Hour (PUB)	15 9:00 Walking Warriors (ML) 10:30 Balance In Action with Powerback Rehab (PUB) 11:00 Diners Caravan: Palermo's **\$(OOB) 1:00 Card Games with Community Life: War (PUB) 2:00 Drumming with Joe (PUB) 3:00 Wall Scrabble (PUB)	16 9:00 Green Thumbs: Tending to Plants (TB) 10:30 TED Talk & Discussion: Hope & Faith in the Creator Brings Good Positive Gifts (PUB) 1:30 Zumba with Michele (PUB) 3:00 Communion Service (PUB) 3:30 It's 5 O'Clock Somewhere Social Hour (PUB)	17 9:00 Santa's Elves: Gift Wrapping & Cards (PUB) 10:00 Board Games with Community Life: Connect 4 (PUB) 1:00 Helping Hands: Setting up Bingo (PUB) 2:00 Secret Santa Bingo (PUB) 3:30 Vagabond Travelers: Holiday Celebrations Around the Globe (PUB)	
18 9:00 Hymn Sing-A-Long (PUB) 9:30 Live Stream Worship: Trinity Lutheran (PUB) 10:30 Balance in Action (CH) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>Holiday in the Wild</i> (PUB) 3:00 Communion Service (CH) 3:30 Bible Study (A)	19 9:00 Brain Games: Holiday Word Play (ML) 10:00 Welcoming Committee Meeting (PUB) 10:30 Yoga with Michele (PUB) 2:00 Men's Club Meeting (PUB) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 3:30 XBOX Bowling (A)	20 9:00 Walking Warriors (ML) 10:00 Ed-U Presentation: <i>Pottsville Maroons</i> by the Sch. County Historical Society (PUB) 12:00 Souper Tuesday Luncheon **(A) 1:00 Christmas Joy Ride: Dropping off Pet Treats to SPCA **(OOB) 2:00-4:00 Manicures & Mistletoe Mimosas **(CH) 6:00 Nickel Bingo \$(PUB)	21 9:00 Coffee, Donuts, & Conversation (PUB) 10:30 Gentle Stretching (PUB) 1:00 Helping Hands: Setting Up for Party (PUB) 2:00 Resident Christmas Party with John Bauer (PUB) 3:00 Christmas Carol Sing-a-Long (PUB)	22 9:00 Brain Games: Christmas Name That Tune (ML) 10:30 Balloon Volleyball (PUB) 1:00 Shopping Trip: Walmart **\$(OOB) 2:00 Reindeer Games: Horse Race (PUB) 3:00 Board Games with Community Life: Clue (PUB)	23 9:00 Green Thumbs: Tending to Plants (TB) 10:30 Curls for Girls **(3FSL) 1:30 Zumba with Michele (PUB) 3:00 Communion Service (CH) 3:30 It's 5 O'Clock Somewhere Social Hour (PUB)	24 Christmas Eve 9:00 Walking Warriors (PUB) 10:00 Holiday Reminiscing with Coffee & Christmas Cookies (PUB) 1:00 Helping Hands: Setting up Bingo (PUB) 2:00 Nickel Bingo (PUB) 3:30 Vagabond Travelers: Old Quebec (PUB)	
Christmas Day 25 9:00 Hymn Sing-A-Long (PUB) 9:30 Live Stream Worship: Trinity Lutheran (PUB) 10:30 Balance in Action (CH) 12:00 Wine & Dine (DR) 1:00 Popcorn & a Movie: <i>It's a Wonderful Life</i> (PUB) 3:00 Communion Service (CH) 3:30 Bible Study (A)	26 9:00 Walking Warriors (ML) 10:30 Yoga with Michele (PUB) 2:00 Penny Pitching (PUB) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 3:30 TED Talk: <i>How Gratitude Rewires the Brain</i> , Christina Costa, Psychologist (PUB)	27 9:00 Brain Games: Holiday Word Associations (ML) 10:30 Seated Tia Chi (PUB) 12:00 Souper Tuesday Luncheon **(A) 1:00 Card Games with Community Life: UNO (PUB) 3:00-4:00 Manicures & Mistletoe Mimosas **(CH) 6:00 Nickel Bingo \$(PUB)	28 9:00 Coffee, Donuts, & Conversation (PUB) 10:00 Protestant Worship Service (CH) 10:30 Drum Stick Exercise (PUB) 1:00 Craft Corner: Making New Year's Eve Party Favors (A) 2:00 Fireside Chats (PUB) 3:00 Welcome Social Hour (PUB)	29 10:30 Keep Kicking Kickball (PUB) 1:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 2:00 Auto Racing (PUB) 3:00 New Year's Resolution Scramble (PUB) 5:00 Resident Birthday Dinner (PUB)	30 9:00 Green Thumbs: Tending to Plants (TB) 10:30 TED Talk & Discussion: <i>How to Keep Your Resolutions</i> by Adithy Chakravarthy (PUB) 1:30 Zumba with Michele (PUB) 3:00 Communion Service (CH) 3:30 It's 5 O'Clock Somewhere Social Hour (PUB)	31 9:00 Walking Warriors (ML) 10:00 Brain Games: Wall Scrabble (PUB) 1:00 Helping Hands: Set Up New Year's Party (PUB) 2:00 New Year's Eve Party with John Cosentini (PUB) 3:00 Create a New Year's Resolution Goal Book (A) New Year's Eve	