

*"Tomorrow is the first blank page of a 365-page book.  
Write a good one."*



### *A Note from the Executive Director*

Happy New Year! 2023 is going to be a new year with a fresh new start. I hope everyone had a wonderful holiday season. We had such a great time here at our community for the holidays: we had our first ever Santa Brunch with over 230 residents, families and staff that came and participated in eating a delicious meal, getting pictures with Santa and making gingerbread houses; our Connections Neighborhood had a delightful Christmas party; Community Life took residents to see Christmas lights and we had 20 days of Christmas here with a lot of activities for staff and residents to participate in. Pottsville looked like Santa's workshop many days, but it was such a joy to watch our residents and coworkers gather together with happiness.

As I reflect back on the last three months here, I can't help but appreciate how much progress we have made. I want to thank our coworkers and all of the residents and families who worked with us during some difficult times. We will be continuing our quarterly Department Manager Meetings with family members in the evenings so we can share the latest happenings in the community but also receive feedback to continue to grow our Pottsville community.

We all look forward to 2023 to be exciting and fulfilling for all. As always, the team remains available for any questions or needs you may have. Continue to stay safe, happy and healthy.

All the best,  
*Melissa Melnick*

*Executive Director*

### *Highlighted Events*

- 4 – **Acrylic Paint Class with Shannon** @ 2pm
- 9 – **Afternoon at the Ballet** @ 1pm  
Kirov Ballet Company
- 11 – **EdU Excursion** @ 2pm  
PA Farm Show
- 18 – **Fireside Chat** @ 2pm
- 26 – **Day Excursion** @ 11am  
Hollywood Casino
- 31 – **Providence Place Pet Visit**  
@ 10am

### *Welcome New Residents*

- Francis Q.
- Patricia G.
- Helen B.
- Earl M.
- Lawrence H.



*Dimensions  
of Wellness*

### *Resident Birthdays*

#### *January*

- 1 – Theresa Louise H.
- 1 – Gretchen U.
- 5 – Lois M.
- 14 – Ann S.
- 18 – Dean B.
- 23 – Florentina S.
- 28 – Lawrence H.
- 30 – Nancy C.
- 30 – Catherine J.
- 30 – Margaret A.

#### *February*

- 11 – Eileen D.
- 13 – Catherine B.
- 14 – Helen K.
- 14 – Janet M.
- 28 – Shirley B.
- 28 – Marcella R.

#### *March*

- 1 – Joan K.
- 2 – Sue W.
- 3 – Barbara A.
- 5 – Raymond L.
- 8 – Kathleen S.
- 8 – Joan S.
- 12 – Yvonne W.
- 12 – Ethel L.
- 13 – Richard H.
- 16 – Patricia G.
- 20 – Helen R.
- 22 – Ruth B.
- 24 – Helen B.
- 28 – Alberta S.




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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>New Year's Day 1</p> <p>9:00 Hymn Sing-a-Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (CH) 12:00 Wine &amp; Dine (DR) 1:00 Popcorn &amp; a Movie: <i>Sliver Skates</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (A)</p>	<p>2</p> <p>9:00 Brain Games: Russian 101 (ML) 10:30 Yoga with Michele (P) 1:00 Sunshine Committee Meeting (P) 2:00 Card Games with Community Life: Durak (P) 3:00 Communion Service (CH) 3:30 XBOX Bowling (A)</p>	<p>3</p> <p>9:00 Walking Warriors (ML) 10:00 Community Life Planning Meeting (P) 11:00 P<sup>2</sup> Foodies: Prepping Luncheon (A) 12:00 Souper Tuesday Luncheon *(A) 2:00 Dining Committee Meeting (DR) 3:00 Manicures &amp; Mimosas *(A) 6:00 Nickel Bingo \$\$ (P)</p>	<p>4</p> <p>9:00 Coffee, Donuts, &amp; Discussion (A) 10:30 Lite &amp; Lively (CH) 1:00 P<sup>2</sup> Foodies: Pryaniki (A) 2:00 Acrylic Paint Class by Shannon (A) 3:00 Jeopardy Social Hour (A)</p>	<p>5</p> <p>9:00 Brain Games: Word Association (ML) 10:00 Errand Runs: Banks &amp; Post Office **\$\$ (OOB) 1:00 Shopping Trip: Walmart **\$\$ (OOB) 2:00 Auto Racing Game (P) 3:00 Craft Corner: Russian Nesting Dolls (A) 7:00 Musical Entertainment Gospel Singers (CH)</p>	<p>6</p> <p>9:00 Green Thumbs: Tending to Plants (TB) 10:30 Curls for Girls (3FSL) 1:30 Zumba with Michele (P) 3:00 Communion Service (CH) 3:00 <i>It's 5 o'clock Somewhere</i> Social Hour (P)</p>	<p>7</p> <p>9:00 Brain Games: Word Within a Word (P) 10:00 Balloon Volleyball (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Touring the Kremlin &amp; Red Square (P)</p>
<p>8</p> <p>9:00 Hymn Sing-a-Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (CH) 12:00 Wine &amp; Dine (DR) 1:00 Popcorn &amp; a Movie: <i>Siberia</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (A)</p>	<p>9</p> <p>9:00 Walking Warriors (ML) 10:30 Yoga with Michele (P) 1:00 Afternoon at the ProvPlace Ballet: <i>Swan Lake</i> by Kirov Ballet Company (P) 2:00 Gratitude Committee (A) 3:00 Communion Service (CH) 3:30 Corn Hole Tournament (A)</p>	<p>10</p> <p>9:00 Brain Games: Word Association (ML) 10:00 Ed-U Presentation: <i>Ethnic Influence On Music</i> by Lester Hirsh (P) 1:00 P<sup>2</sup> Foodies: Pierogie (A) 2:00 Artist In Depth: Leon Bakst (A) 3:00 Winter Hands Moisturizing Spa Treatment *(A) 6:00 Nickel Bingo \$\$ (P)</p>	<p>11</p> <p>9:00 Coffee, Donuts, &amp; Discussion (P) 10:30 Strength Training (P) 1:00 P<sup>2</sup> Foodies: Pierogies (A) 2:00 Ed-U Day Excursion: <i>Rooted in Progress</i> 2023 PA Farm Show **\$\$ (OOB) 3:00 Winter Tea Social (P)</p>	<p>12</p> <p>9:00 Walking Warriors (ML) 10:30 Providence Place Pet Visit (P) 1:00 Shopping Trip: Fairlane Village Mall **\$\$ (OOB) 2:00 Drum Sticks Exercise (P) 3:00 Craft Corner: Khokhoma (A) 6:00 Prize Bingo (P)</p>	<p>13</p> <p>9:00 Green Thumbs: Tending to Plants (TB) 10:30 TED Talk: <i>Choices That Can Change Your Life</i> by Caroline Myss, Best Selling Author on Humanism (P) 1:30 Zumba with Michele (P) 3:00 Mass &amp; Confession (CH) 3:00 <i>It's 5 o'clock Somewhere</i> Social Hour (P)</p>	<p>14</p> <p>9:00 Creative Corner with Community Life (P) 10:00 Gentle Stretching (P) 1:00 Helping Hands: Setting up Bingo (P) 2:00 Cozy Bingo with The Frontier Girls (P) 3:00 Vagabond Travelers: Visiting St. Peter's Cathedral, Moscow (P)</p>
<p>15</p> <p>9:00 Hymn Sing-a-Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (CH) 12:00 Wine &amp; Dine (DR) 1:00 Popcorn &amp; a Movie: <i>All Quiet on the Western Front</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (A)</p>	<p>Martin Luther King, Jr Day 16</p> <p>9:00 Brain Games: Civil Rights Trivia (ML) 10:30 Yoga with Michele (P) 1:00 Welcome Committee Meeting (P) 2:00 iN2L Documentary: Martin Luther King, Jr. (P) 3:00 Communion Service (CH) 3:30 Board Games: With Community Life: Scrabble with a Russian Twist (P)</p>	<p>17</p> <p>9:00 Walking Warriors (ML) 10:00 Balloon Volleyball (P) 12:00 Pierogie Luncheon *(A) 2:00-4:00 Manicures &amp; Mimosas *(A) 3:00 Easy Listening (A) 6:00 Nickel Bingo \$\$ (P)</p>	<p>18</p> <p>9:00 Coffee, Donuts, &amp; Discussion (P) 10:30 Total Body Seated Workout 1:00 Horse Racing (P) 2:00 Fireside Chats (P) 3:00 Cheese Charcuterie Social Hour (P)</p>	<p>19</p> <p>9:00 Brain Games: Name the Alphabet (ML) 10:30 Balance in Action by Powerback Rehab (P) 11:00 Diners Caravan: Ruby Tuesday **\$\$ (OOB) 2:00 Drum Circle with Joe (P) 3:15 Penny Pitching Game (P) 6:00 Prize Bingo (P)</p>	<p>20</p> <p>9:00 Green Thumbs: Tending to Plants (TB) 10:30 Curls for Girls (3FSL) 1:30 Zumba with Michele (P) 3:00 Communion Service (CH) 3:00 <i>It's 5 o'clock Somewhere</i> Social Hour (P)</p>	<p>21</p> <p>9:00 Walking Warriors (ML) 10:00 Horse Racing (P) 1:00 Setting up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Journey Through Chernobyl Exclusion Zone (P)</p>
<p>22</p> <p>9:00 Hymn Sing-a-Long (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (CH) 12:00 Wine &amp; Dine (DR) 1:00 Popcorn &amp; a Movie: <i>Red Joan</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (A)</p>	<p>23</p> <p>9:00 Walking Warriors (ML) 10:30 Yoga with Michele (P) 1:00 Men's Club Meeting (A) 2:00 A Day at the Theater: Russian Folk Floating Dancers (P) 3:00 Communion Service (CH) 3:30 Creative Corner with Community Life (A)</p>	<p>24</p> <p>9:00 Brain Games: Russian 101 (ML) 10:00 Ed-U Presentation: <i>Coal Miner's Life</i> by Jay Smar (P) 1:00 P<sup>2</sup> Foodies: Russian Tea Cakes (A) 2:00-4:00 Manicures &amp; Mimosas *(A) 3:00 Easy Listening (A) 6:00 Nickel Bingo \$\$ (P)</p>	<p>25</p> <p>9:00 Coffee, Donuts, &amp; Discussion (P) 10:30 Seated Tai Chi (P) 1:00 P<sup>2</sup> Foodies: Making Russian Caramels (A) 2:00 Board Games with Community Life: Scattergories (P) 3:00 Welcome Social (P)</p>	<p>26</p> <p>9:00 Walking Warriors (ML) 10:30 Snowball Toss (P) 11:00 Day Excursion: Hollywood Casino **\$\$ (OOB) 2:00 Fashion Forward: Russian Style (P) 5:00 Resident Birthday Dinner (P)</p>	<p>27</p> <p>9:00 Green Thumbs: Tending to Plants (TB) 10:30 TED Talk: <i>Getting Stuck in the Negatives &amp; How to Get Unstuck</i> by Alison Ledgerwood, PhD. Social Psychology, UC Davis (P) 1:30 Zumba with Michele (P) 3:00 Communion Service (CH) 3:00 <i>It's 5 o'clock Somewhere</i> Social Hour (P)</p>	<p>28</p> <p>9:00 Card Games with Community Life: Durak (P) 10:00 Balloon Volleyball (P) 1:00 Helping Hands: Setting Up Bingo (P) 2:00 Cocoa Bomb Bingo (P) 3:00 Vagabond Travelers: 10 Best Places to Visit in Russia (P)</p>
<p>29</p> <p>9:00 Hymn Sing-a-Long (PUB) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine &amp; Dine (DR) 1:00 Popcorn &amp; a Movie: <i>The Hunt for Red October</i> (PUB) 3:00 Communion Service (CH) 3:30 Bible Study (A)</p>	<p>30</p> <p>9:00 Brain Games: Name 5 (ML) 10:30 Yoga with Michele (P) 1:00 Men's Club Outing *(OOB) 2:00 XBOX Bowling (A) 3:00 Communion Service (CH) 3:30 Card Games with Community Life: UNO (P)</p>	<p>31</p> <p>9:00 Walking Warriors (ML) 10:00 Providence Place Pet Visit (P) 12:00 Souper Tuesday Luncheon *(A) 2:00-4:00 Manicures &amp; Mimosas *(A) 3:00 Easy Listening 6:00 Nickel Bingo \$\$ (P)</p>			<p>Calendar Key: ** Registration Required \$\$ Cost Involved (A) Activity Room (P) Pub (CH) Chapel (3FSL) 3rd Floor South Lounge (ML) Main Lobby (OOB) Out of Building</p> <p style="font-size: 2em; text-align: center;">January 2023</p>	