

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
- 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!



Providence Place SENIOR LIVING News

Q4: October 2023

A Note from the Executive Director

"I can smell Autumn dancing in the breeze, the sweet chill of pumpkin, and crisp sunburnt leaves"

Sweater weather is upon us. Our residents are taking every opportunity to sit outside and enjoy our porch and walking path before it gets too cold. Our third-floor balcony is the perfect place to sit and get fresh air while watching the leaves change colors.

Our annual flu clinic will be held on October 27th. All staff and residents are welcome to receive the vaccine. If you haven't signed up yet, please contact the nursing staff.

We are hosting our Trunk-or-Treat at the community on October 28th from 2p-4pm. Be sure to bring the kids dressed up in their costumes! There will be plenty of candy handed out from staff and residents. Everyone is excited to show off their themed trunks.

We here at Providence Place are excited for all of our fall festivities so please make sure to check the Community Life calendar.

As always, thank you to all our staff, residents and families.

Sincerely,
Melissa Jacoby
Executive Director

Highlighted Events

- 4 - **Outing to Hellers Apple Orchards & Cider Mill** @ 9:30am
- 7 - **Craft Club:** Fall Leaves Wine Glass Painting @ 2:30pm
- 11 - **Faberge Follies Dancers:** Make Someone Happy Tour @ 7pm
- 17 - **Prize Bingo Trip:** Providence Place of Pottsville campus @ 12:15pm
- 20 - **Piano Recital by Young Artists Music Academy** @ 6:30pm
- 28 - **Community Trunk-or-Treat** @ 2-4pm
- 31 - **Halloween Costume Super Social** with musical entertainment @ 2:30pm

Welcome New Residents

Barbara B.
Joseph B.
Mary Jane N.
Mary Lou N.
Adeline O.
Barbara S.
Anneliese M.
Edward A.



Dimensions
of Wellness

Resident Birthdays

October

John Moscon
Ronald Katzor
Frank Konschnik
John Isganitis
Joyce Boyle
Dolores Guis
Shirley Brenner
Nancy Davis
Eugene Contrady
Joseph Sacco

November

Caroline Drozda
John Kmetz
Rosemary Solt
Rachel Taylor
Anneliese Moghul
Rosemary McCann
Anna Mae Koons
Eleanor Slebodnick
Rosemary Rocco
RoseMary Darcangelo
Roger Cotterill

December

David Adams
Jane Brown
Eugene Reinard
Lawrence Belusko
Mary Guerrieri
Cora Hummel
Barbara Barnhart
Russell Koons



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 Info@Prov-Place.com.



www.Providence-Place.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 TV Catholic Mass (3rd) 10:00 Strength Exercise (2nd) 1:15 Worship Service with Chap. Bev (Ch) 2:00 iN2L: Ballons Around The World (CN) 2:30 Bingo (DR) 6:30 Yahtzee (1st)	2 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 1:30 iN2L Destination Discovery: England Stonehenge, Wiltshire (2nd) 2:30 Brain Games (2nd) 3:30 Blast from the Past: Victor Borge (C) 6:30 Pinochle Players Club (3rd)	3 9:30 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:30 Manicures & Hand Massages (2nd) 3:00 Music and Relaxation (CN) 6:30 Scrabble (1st)	4 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 12:30 Sing-a-Long with Kathy (CN) 1:30 iN2L: Bowling Trivia (CN) 2:30 Musical Entertainment By John Stevens Polka Band (DR) 3:30 Mischief, Magic & Mayhem Trivia (1st) 6:30 Dominoes (1st)	5 9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Food For Thought & Tasting: Brussel Sprouts (C) 1:30 Bingo (DR) 3:00 Hallway Bowling: "Split Happens" vs "Alley Cats" (3rd) 3:30 Dot Doodles (1st) 6:30 Pinochle Players Club (3rd)	6 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 1:00 Afternoon Stretch (CN) 2:00 Book Club: Alice in Wonderland (CN) 3:30 TED Talk & Discussion: <i>The Psychology of Color</i> (2nd) 6:30 Boggle (1st)	7 9:30 Rosary (Ch) 10:00 Stretch Exercise (2nd) 10:30 Today in History (2nd) 1:30 iN2L: Animal World: Barn Owl (3rd) 2:30 Craft Club: Fall Leaves Wine Glass Painting (3rd) 3:30 Caramel Apple Martini Super Happy Hour (1st)
8 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Zumba with Alyson Cara (2nd) 1:15 Worship Service with Chap. Bev (Ch) 2:15 Bingo (DR) 6:30 Yahtzee (1st)	9 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:30 Finish the Phrase (2nd) 3:30 Walking With Friends (ML) 6:30 Pinochle Players Club (3rd)	10 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:00 Baking Club: Pumpkin Donuts (CN) 3:30 iN2L Destination Discovery: England Tower of London (3rd) 6:30 Scrabble (1st)	11 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Cooking Club: Pumpkin Truffles (C) 1:30 iN2L: Ludacris Laws Trivia (CN) 2:00 Balloon Tennis (CN) 7:00 Community Outreach: <i>Make Someone Happy Tour</i> With Faberge Follies Dancers (DR)	12 9:30 Community Outreach: Jazz Chorale Tamaqua High School Students (DR) 10:00 Daily Prayer & Meditation (Ch) 10:30 Sit & Be Fit Exercise (2nd) 1:30 Bingo (DR) 3:00 Hallway Bowling: "Golden Rollers" vs "Silver Strikers" (3rd) 6:30 Pinochle Players Club (3rd)	13 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 2:00 Drum To Your Own Beat Drumming Class with Joe Ciarvella (2nd) 3:30 Cranium Crunches (2nd) 6:30 Boggle (1st)	14 9:30 Rosary (Ch) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy: Cinnamon Bark (2nd) 2:00 Matinee & Munchies: <i>Good Will Hunting</i> (2nd) 3:30 Pumpkin Spice Rum Chata Super Happy Hour (1st)
15 9:00 TV Catholic Mass (3rd) 10:00 Finishing Lines (2nd) 10:30 Strength Exercise (2nd) 1:15 Worship Service with Chap. Bev (Ch) 2:15 Bingo (DR) 6:30 Yahtzee (1st)	16 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob (DR) 2:30 Finish the Lyrics (2nd) 3:30 Billiards Tournament (2nd) 6:30 Pinochle Players Club (3rd)	17 9:30 Daily Prayer & Meditation (Ch) 10:00 <i>All About October</i> Trivia (2nd) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:30 Cooking with Missie, Exec. Dir. Pumpkin Roll (C) 6:30 Scrabble (1st)	18 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise By Carrie, Powerback Rehab (2nd) 1:30 Memory Magic (2nd) 2:30 Manicures & Mocktails (3rd) 3:30 Guess the Cartoon Captions (2nd) 6:30 Dominoes (1st)	19 9:30 Daily Prayer & Meditation (Ch) 10:30 Sit & Be Fit Exercise (2nd) 1:00 Finish The Saying (CN) 2:00 Brain Games (2nd) 3:00 Hallway Bowling: "Split Happens" vs "Golden Rollers" (3rd) 6:30 Pinochle Players Club (3rd)	20 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 1:00 Afternoon Stretch (CN) 2:00 Aqua Painting (CN) 6:30 Piano Recital: Young Artists Music Academy (3rd)	21 9:30 Stretch Exercise (2nd) 10:00 Community Outreach: Prayer & Song With Faith Church of Hazleton (Ch) 10:30 Giant Jenga (2nd) 1:30 Craft Club: Pumpkin Decorating (3rd) 2:00 Halloween Treats (CN) 3:30 Star Gazers Club: Orionids Meteor Shower (3rd) 6:30 Rummikub (1st)
22 9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Zumba with Alyson Cara (2nd) 1:15 Worship Service with Chap. Bev (Ch) 2:15 Bingo (DR) 6:30 Yahtzee (1st)	23 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:30 Ed-U Presentation: <i>Great Events of the American Revolution</i> By Joe & Dolores McDevitt (3rd) 6:30 Pinochle Players Club (3rd)	24 9:30 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:30 Musical Entertainment By Glenn Faul (DR) 3:30 Cranium Crunches (2nd) 6:30 Scrabble (1st)	25 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Hymn Sing (Ch) 1:30 Let's Cook: Spooky Baked Chips (CN) 2:30 Helping Hands Club: Treat Bags For Children's Trunk-or-Treat (3rd) 3:30 Walking With Friends (ML) 6:30 Dominoes (1st)	26 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 iN2L Destination Discovery: England, Buckingham Palace (2nd) 1:30 Bingo (DR) 3:00 Hallway Bowling "Alley Cats" vs "Silver Strikers" (3rd) 6:00 Dementia Support Group (3rd) 6:30 Pinochle Players Club (3rd)	27 9:30 Hand Weights Strength Exercise (2nd) 10:00 Flu Vaccination Clinic (1st Floor) 10:30 Bible Study with Chaplain Bev (Ch) 1:00 iN2L: Finish The Title Trivia (CN) 2:30 Brain Games (2nd) 6:30 Boggle (1st)	28 9:30 Rosary (Ch) 10:00 Stretch Exercise (2nd) 1:30 "Yellow & Orange" Crossword Challenge (1st) 2:00-4:00 Community Event: Children's Halloween Trunk or Treat (OOB) 3:30 Junk Drawer Detective (1st) 6:30 Rummikub (1st)
29 9:00 TV Catholic Mass (3rd) 10:00 Finishing Lines (2nd) 10:30 Strength Exercise (2nd) 1:15 Worship Service with Chap. Bev (Ch) 2:15 Bingo (DR) 6:30 Yahtzee (1st)	30 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Kringe (Ch) 1:30 Bible Study with Deacon Bob (DR) 2:30 Finish the Lyrics (2nd) 3:30 iN2L Destination Discovery: England Edinburgh Castle (2nd) 6:30 Pinochle Players Club (3rd)	31 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:30 Halloween Costume Super Social Musical Entertainment by "Windfall" (DR) 6:30 Scrabble (1st) Halloween	<h1>October 2023</h1>		<p>Calendar Key ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C)</p>	

THE
Club