

# 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 27<sup>th</sup>. 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 28<sup>th</sup> 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](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 [Info@Prov-Place.com](mailto:Info@Prov-Place.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 TV Catholic Mass (3rd) 10:00 Strength Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 12:45 Hazleton Garden Club Trip: <i>Mad Hatter Afternoon Tea</i> Sand Springs Country Club*** (OOB) 1:15 Worship Service with Chap. Bev (Ch) 2:30 Bingo (DR)	2 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 iN2L Destination Discovery to England Stonehenge, Wiltshire (2nd) 2:30 Dessert & Discussion With Chef Ashley (DR) 3:30 Blast from the Past: Victor Borge (C)	3 9:30 Daily Prayer & Meditation (Ch) 10:00 Sunshine Committee (2nd) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:30 Ed-U Presentation: Art History of <i>Rembrandt's Influence on England</i> By Martin Bradfield (3rd) 3:30 Providence Place Walking Club (ML)	4 9:30 Trip Out: Heller's Apple Orchards & Cider Mill*** (OOB) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise (2nd) 1:30 Circle of Friends (SR) 2:30 Musical Entertainment By John Stevens Polka Band (DR) 3:30 Mischief, Magic & Mayhem Trivia (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 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chaplain Bev (Ch) 10:30 Hymn Sing (Ch) 1:30 Dealing with Loss Support Group (SR) 2:30 Community Life Planning Mtg. (2nd) 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) 11:00-1:00 Wine & Dine (DR) 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 Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:30 Chef's Pairings with Chef Ashley (DR) 3:30 Providence Place Walking Club (ML) 6:30 Pinochle Players Club (3rd)	10 9:30 Shopping Trip: Walmart*** (OOB) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 2:30 Clubs & Committees Fair (3rd) 3:30 iN2L Destination Discovery to 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 Circle of Friends (SR) 2:30 Fall Foliage Country Ride** (OOB) 4:00 Oct. Birthday Celebration Dinner (DR) 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) 10:15 Men's Club Trip: "Clips & Pitz": Full Klips Barber/Fratelli's*** (OOB) 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) 1:30 Dealing with Loss Support Group (SR) 2:00 Drum To Your Own Beat Drumming Class with Joe Ciarvella (2nd) 3:30 Focus on Health: Blood Pressure Checks (3rd) 6:30 Boggle (1st)	14 9:30 Rosary (Ch) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy: Cinnamon Bark (2nd) 1:30 Garden Club: Gourds 101 (2nd) 2:00 Matinee & Munchies: <i>Good Will Hunting</i> (2nd) 3:30 Pumpkin Spice Rum Chata Super Happy Hour (1st) 6:30 Rummikub (1st)
15 9:00 TV Catholic Mass (3rd) 10:00 Finishing Lines (2nd) 10:30 Strength Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 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 Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob (DR) 2:30 New Resident Apple Dumpling Mixer (1st) 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) 12:15 Prize Bingo Trip: PP Pottsville Campus** (OOB) 1:00 Prayer Service & Communion (Ch) 2:30 Cooking with Missie, Exec. Dir. Pumpkin Roll (C) 6:30 Scrabble (1st)	18 9:30 Shopping Trip: Dollar Tree/Aldi's*** (OOB) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise By Carrie of Powerback Rehab (2nd) 1:30 Circle of Friends (SR) 2:30 Manicures & Mocktails (3rd) 4:00 Destination Discovery Dinner: Tastes of England (DR) 6:30 Dominoes (1st)	19 9:30 Daily Prayer & Meditation (Ch) 10:00 Trip Out: Burger's Farm Market & Pumpkin Patch*** (OOB) 10:30 Sit & Be Fit Exercise (2nd) 1:30 iN2L Destination Discovery England: Westminster Abbey (3rd) 2:00 Dining Service Committee Mtg. (3rd) 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) 1:30 Dealing with Loss Support Group (SR) 2:30 Ed-U Presentation: <i>History of the Concertina</i> By "The Cracked Walnuts" (DR) 3:30 Red or Black Card Game (2nd) 6:30 Piano Recital: Young Artists Music Academy (3rd)	21 9:30 Stretch Exercise (2nd) 10:00 Community Outreach: <i>Prayer &amp; Song</i> With Faith Church of Hazleton (Ch) 10:30 Giant Jenga (2nd) 1:30 Craft Club: Pumpkin Decorating (3rd) 2:00 Men's Club Matinee & Munchies: <i>The Bridge on the River Kwai</i> (2nd) 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) 11:00-1:00 Wine & Dine (DR) 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 Krings (Ch) 10:00 Bridge Club (3rd) 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) 3:30 "Campus Store" Cart (2nd) 6:30 Pinochle Players Club (3rd)	24 9:30 Daily Prayer & Meditation (Ch) 10:00 Welcome Ambassador Committee Meeting (2nd) 10:30 Stretch Exercise (2nd) 11:00 Diner's Lunch Caravan: Applebee's*** (OOB) 1:00 Prayer Service & Communion (Ch) 2:30 Musical Entertainment By Glenn Faul (DR) 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 Circle of Friends (SR) 2:30 Helping Hands Club: Treat Bags For Children's Trunk or Treat (3rd) 3:30 Providence Place Walking Club (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) 1:30 Dealing with Loss Support Group (SR) 2:00 Dining Demo with Chef Ashley (DR) 3:00 Book Club (3rd) 6:30 Boggle (1st)	28 9:30 Rosary (Ch) 10:00 Stretch Exercise (2nd) 10:30 Famous Birthday Spotlight: Julia Roberts (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) 11:00-1:00 Wine & Dine (DR) 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 Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Bible Study with Deacon Bob (DR) 3:00 Ed-U Health Presentation: <i>Emotional Health Awareness</i> By DOW, Danielle (2nd) 3:30 iN2L Destination Discovery to England Edinburgh Castle (2nd) 6:30 Pinochle Players Club (3rd)	31 9:30 Retail Shopping: Boscov's*** (OOB) 10:00 Daily Prayer & Meditation 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Fireside Chat (1st) 2:30 Halloween Costume Super Social: Musical Entertainment by "Windfall" (DR) 6:30 Scrabble (1st)  Halloween	<h1>October</h1> <h1>2023</h1>		<b>Calendar Key:</b> ** 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)	

