

# 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!



Dimensions  
of Wellness

## Resident Birthdays

### October

Norma Fetterolf  
Joan Shade  
Franklin Bretz  
Dorothy Singley  
Olena Boyer  
Ray Moyer

### November

Bernice Wetzel  
Bruce Boyer  
Shirley Swope

### December

Frances Heinbach  
Regina Raudenbush  
Donald Martin  
Arlene Knoll  
Irvin Miller  
Eileen Petko  
Robert Wagner

Q4: October 2023

## A Note from the Executive Director

Welcome to fall in the Grove! As always, we have some great things lined up as we head into this new season.

Our annual flu clinic will be held on October 25<sup>th</sup> - if you have not yet completed your consent, please see Samantha in the Wellness Office.

Our Halloween Sunday Brunch will be a blast - reservations are open for the October 29<sup>th</sup> event. Please call reception to reserve a table with family -- Chef Sean will surely have an amazing menu to enjoy.

We are excited to announce our new Business Office Manager, Kelsey Gustager, who will be joining the community on 10/9. Our vibrant Machael will be shifting to our Pottsville community to join the sales team - she will still be around to keep in touch with everyone!

The construction we have scheduled at the community has been postponed until November, so there should not be any disruptions for the time being. We will keep you posted on plans as we approach them.

Thanks all and happy Fall!

*Julie Wallace*  
Executive Director

## Highlighted Events

- 4 - **Fireside Chat with Julie** @ 10:30am
- 10 - **Grands Matter with Open Door Project** @ 6pm
- 23 - **Community Trunk-or-Treat** @ 6pm
- 25 - **Vaccine Clinic**
- 29 - **Halloween Sunday Brunch**  
*Please call reception for reservations*
- 31 - **Jack-o-Lantern Jubilee** @ 1:30pm

## Welcome New Residents

Irvin M.  
Ray M.



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 9:30 Whole Body Stretch (2F) 10:00 Simple Grace: <i>The Power Of A Pure Heart</i> (2F) 11:00 Bible Brain Game (2F) 12:00 Wine And Dine (DR) 2:00 Church Of God Service (2F) 3:00 Fellowship Hour (2F) 4:00 Confident Cruisers (HW) 6:00 Music And Mindful Colors (1F)	2 9:30 Target Legs Exercise (2F) 10:00 Daily Briefs and Discuss (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Coupons For The Troops (2F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 6:30 Pinochle Club (2F)	3 9:30 Balance In Action By Kari Powerback Rehab (2F) 10:00 Community Life Meeting (1F) 10:30 Adventure Club: Romania (2F) 11:00 St. Peters Lutheran Communion (1F) 1:30 Foodie Adventure Club: Romanian Polenta (2F) 4:00 Front Porch Chit Chat (2F) 6:00 Music And Mixed Cocktails (2F)	4 9:30 Move2Music (2F) 10:30 Fireside Chat With Julie, Exec. Dir. and Management Team (2F) 11:00 Resident Planning Committee (2F) 1:30 Birthday Planning Committee (2F) 2:00 Kitchen Krew: "Black Magic Cake" (2F) 4:00 October Dot-Dot Puzzle (2F) 6:00 Music And Mixed Cocktails (2F)	5 9:30 Target Core Exercises (2F) 10:30 Dining Committee Meeting (2F) 11:00 Word Teasers: Faith Edition (2F) 1:30 Smoothie Station With Josh (2F) 2:00 October Birthday Celebration (2F) 4:00 Confident Cruisers (WP) 6:00 Rummy Team (2F)	6 9:30 Target Arms Exercises (2F) 10:00 Coal Country Ghost & Legends: <i>Angel In The Mines</i> (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Film Fest: <i>Practical Magic</i> (2F) 3:00 Popcorn And Soda Cart (2F) 4:00 BONES Category Puzzle (2F) 6:00 Phase 10 Tournament (2F)	7 9:30 Gentle Moves (2F) 10:00 World Briefs And Discuss (2F) 10:30 October Fact or Fiction (2F) 11:00 Coffee Cache And Daily Chronicle (2F) 2:00 Prize Bingo (2F) 3:30 Ice Cream Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)	
8 9:30 Whole Body Stretch (2F) 10:00 Simple Grace: <i>Keys To The Kingdom</i> (2F) 11:00 Bible Brain Game (2F) 12:00 Wine And Dine (DR) 2:00 Ed-U Presentation: <i>Scriptures, Songs And Wisdom</i> By The Providence Place Players (DR) 4:00 Confident Cruisers (HW) 6:00 Music And Mindful Colors (1F)	9 9:30 Target Legs Exercise (2F) 10:00 Daily Briefs and Discuss (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Coupons For The Troops (2F) 1:30 Smoothie Station With Josh (2F) 2:00 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 6:30 Pinochle Club (2F)	10 9:30 Target Balance Exercise (2F) 10:00 News Of The Day (2F) 10:30 October IQ (2F) 11:00 Mother Teresa Program EWTN 49 2:00 Resident And Co-worker Pumpkin Painting (2F) 4:00 Ice Tea Cart (2F) 6:00 'Grands Matter' Program With The Open Door Project (2F)	11 9:30 Move2Music (2F) 10:00 News Of The Day (2F) 10:30 Reminisce: Hallowed Halloween (2F) 11:00 Opinion And Discuss (2F) 2:00 Fall Bingo With Christy (2F) 3:00 Trick Or Treat Social (2F) 6:00 Music And Mixed Cocktails (2F)	12 9:30 Target Core Exercises (2F) 10:00 Ted Talk: <i>How To Speak So That People Listen</i> By Julian Treasure, Communication Expert (2F) 11:00 Market Run: Boyer's **\$\$ (OOB) 2:00 Film Fest: Hocus Pocus (2F) 4:00 Hydration Station (2F) 6:00 Rummy Team (2F)	13 9:30 Target Arms Exercises (2F) 10:00 Coal Country Ghost & Legends: <i>Broad Mountain Ghost</i> (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Memory Magic (2F) 3:00 Hot Chocolate Cart (2F) 4:00 All Hallows' Eve Word Search (2F) 6:00 Phase 10 Tournament (2F)	14 9:30 Gentle Moves (2F) 10:00 World Briefs And Discuss (2F) 10:30 October Fact or Fiction (2F) 11:00 Coffee Cache And Daily Chronicle (2F) 2:00 Prize Bingo (2F) 3:30 Ice Cream Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)	
15 9:30 Whole Body Stretch (2F) 10:00 Simple Grace: <i>Leaving Worry Behind</i> (2F) 11:00 Bible Brain Game (2F) 12:00 Wine And Dine (DR) 2:00 Church Of God Service (2F) 3:00 Fellowship Hour (2F) 4:00 Confident Cruisers (HW) 6:00 Music And Mindful Colors (1F)	16 9:30 Target Legs Exercise (2F) 10:00 Daily Briefs and Discuss (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Coupons For The Troops (2F) 2:30 Ed-U Presentation: <i>Modern Crafting Technologies</i> By Bev Spittler (2F) 3:30 Shirley's Aromatherapy Hand Massages (2F) 6:00 Card Club: Phase 10 (2F)	17 9:30 Target Balance Exercise (2F) 10:00 News Of The Day (2F) 10:30 October IQ (2F) 11:00 Mother Teresa Program EWTN 49 1:30 Smoothie Station With Josh (2F) 2:00 Helping Hands: Prepare Treat Bags (2F) 4:00 iN2L: Comic Relief: <i>I Love Lucy</i> (2F) 6:00 Game Night: Monopoly (1F)	18 9:30 Move2Music (2F) 10:00: Adventure Club: Transylvania (2F) 11:00 Diner's Caravan: Palermos Restaurant **\$\$ (OOB) 2:00 Jigsaw Puzzle Team (2F) 4:00 Halloween Party Crossword Puzzle (2F) 6:00 Music And Mixed Cocktails (2F)	19 9:30 Target Core Exercises (2F) 10:30 Dining Committee Meeting (2F) 11:00 Word Teasers: Faith Edition (2F) 2:00 Craft N' Creations: Tissue Paper Pumpkins (2F) 3:30 Hot Chocolate Cart (2F) 4:00 Confident Cruisers (WP)	20 9:30 Target Arms Exercises (2F) 10:00 Coal Country Ghost & Legends: <i>Madeline The Spirit Of Jim Thorpe</i> (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Film Fest: <i>The Burbs</i> (2F) 3:00 Popcorn And Soda Cart (2F) 4:00 Confident Cruisers (HW) 6:00 Phase 10 Tournament (2F)	21 9:30 Gentle Moves (2F) 10:00 World Briefs And Discuss (2F) 10:30 October Fact or Fiction (2F) 11:00 Coffee Cache And Daily Chronicle (2F) 2:00 Prize Bingo (2F) 3:30 Ice Cream Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)	
22 9:30 Whole Body Stretch (2F) 10:00 Simple Grace: <i>Behind The Curtain</i> (2F) 11:00 Bible Brain Game (2F) 12:00 Wine And Dine (DR) 2:00 iN2L: Catholic Service (2F) 3:00 iN2L: Methodist Service (2F) 4:00 Confident Cruisers (HW) 6:00 Music And Mindful Colors (1F)	23 9:30 Target Legs Exercise (2F) 10:00 Daily Briefs and Discuss (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Scripture Of The Day (2F) 2:00 Helping Hands: Decorate Patio (FP) 4:00 Drinks By The Fireplace (2F) 6:00 Serving Our Community: Safe Trunk Or Treat Night (FP)	24 9:30 Target Balance Exercise (2F) 10:00 News Of The Day (2F) 10:30 October IQ (2F) 11:00 Mother Teresa Program EWTN 49 2:00 Grateful Drumming With Joe (2F) 3:30 Cool Down With Cool Drinks (2F) 6:00 Game Night: Monopoly (1F)	25 9:30 Move2Music (2F) 10:00: Adventure Club: Bran Castle (2F) 2:00 Ed-U Presentation: <i>Authentic Battlefield Reports</i> By Tom Lehman Civil War Historian (2F) 4:00 Secret Halloween Quote (2F) 6:00 Music And Mixed Cocktails (2F)	26 9:30 Target Core Exercises (2F) 10:30 News Of The Day (2F) 11:00 Word Teasers: Faith Edition (2F) 1:30 Smoothie Station With Josh (2F) 2:00 Brain Teasers Packs (2F) 4:00 Confident Cruisers (HW) 6:00 Rummy Team (2F)	27 9:30 Target Arms Exercises (2F) 10:00 Coal Country Ghost & Legends: <i>Whimsical Wrath At Pottsville</i> (2F) 11:00 Giant Crossword Puzzle (2F) 2:00 Ed-U Presentation: <i>Joyful Moments</i> By Celest Bailey, Fitness Educator (2F) 3:00 Hydration Station (2F) 4:00 Halloween Detective Puzzle (2F) 6:00 Phase 10 Tournament (2F)	28 9:30 Gentle Moves (2F) 10:00 World Briefs And Discuss (2F) 10:30 October Fact or Fiction (2F) 11:00 Coffee Cache And Daily Chronicle (2F) 2:00 Prize Bingo (2F) 3:30 Ice Cream Social (2F) 4:00 Prize Puzzle Of The Week (2F) 8:00 Pennsylvania Polka (1F)	
29 9:30 Whole Body Stretch (2F) 10:00 Simple Grace: <i>Reach Out For Me</i> (2F) 11:00 Bible Brain Game (2F) 12:00 Wine And Dine (DR) 2:00 Church Of God Service (2F) 3:00 Fellowship Hour (2F) 4:00 Confident Cruisers (HW) 6:00 Music And Mindful Colors (1F)	30 9:30 Target Legs Exercise (2F) 10:00 Daily Briefs and Discuss (2F) 10:30 Mass With Chaplain Henninger (1F) 11:00 Coupons For The Troops (2F) 1:30 Shirley's Aromatherapy Hand Massages (2F) 3:00 Manicures (2F) 6:30 Pinochle Club (2F)	31 9:30 Bone Popping Exercises (2F) 10:00 Spooky Superstitions (2F) 10:30 Helping Hands: Set Up Crew For Party (2F) 1:30 Jack O' Lantern Jubilee Entertainment By Bill Minnich (DR) 3:30 Finger Food And Witches Brew (DR) 6:00 Game Night: Monopoly (1F)  Halloween	<h1>October</h1> <h1>2023</h1>			<p><b>Calendar Key:</b>  ** Registration Required  \$\$ Cost Involved  (OOB) Out Of Building  (1F) First Floor Community Room  (2F) Second Floor Community Room  (DR) Dining Room  (FP) Front Patio  (RP) Rear Patio  (WP) Walking Path  (L) Lobby</p> 	