

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

We are excited to share that Melissa Melnick welcomed her daughter, Isabelle Whitney, on September 20th. Both are doing well and settling in at home. We have some great helping hands at the community for the next few weeks - so feel free to reach out to reception with any questions or concerns.

Over the next couple months, Connections Neighborhood Terrace will be getting painted and we will be getting a new floor in the dining room. Please pardon our mess while we keep our campus fresh for everyone.

Stay tuned for some fantastic fall festivities in Pottsville as we head into the holiday season - including our Community Trick-or-Treat event on 10/14 and our Family Movie Night on 10/25.

Enjoy the foliage and our walking path while the weather is still mild - Happy Fall!

Highlighted Events

11 - **Outing to Hunsinger Farm** @ 10am

14 - **Community Trick-or-Treat**

@ 2-4pm

17 - **Prize Bingo with Providence**

Place of Drums @ 1:30pm

18 - **St. Clair Halloween Parade**

@ 5:30pm

22 - **Men's Group:** Monster Mini Golf

@ 1:30pm

25 - **Family Movie Night:** It's the Great

Pumpkin, Charlie Brown @ 6pm

31 - **Halloween Celebration** starting @ 2pm

Welcome New Residents

Francis B.

William M.

Alice M.

Edward S.

Margaret B.

Douglas C.



Dimensions
of Wellness

Resident Birthdays

October

Theresa Zegarski
Dorothy Goetz
Richard Lewis
Betty Grickis
Anna Neumeister
Barbara Porter
Lois Fehr
Maryann Lazarski
Geraldine Masser

Marion Hughes
Paul Hutira
Lorraine Campion
Nancy Palamar
John Reiley
Ray Wildermuth
Shawn Thomas
Junita Radziewicz

November

Joyce Torpey
Betty Falkensten
Elene Weglinski
Emil Kostura
Beverly Zimmerman
Clair Scheib
Joanna Schuster
Dolores Mckenna
Carole Pittman

December

Dorothy Balthaser
Robert Long
Elwood Mantz
Ida Wildermuth
Elias Beretsky
Gloria Stein
Catherine Jenkins
Shirley Morgan
Howard Speck
Ellen Benfer



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 Morning Meeting & Daily Chronicle (P) 9:30 Trinity Lutheran Church: Live Stream (P) 10:30 Morning Fitness (P) 11:00 Reading Republican & Menu (P) 1:00 Movie: Hatfield & McCoy's (P) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 3:30 Bible Study (P) 4:00 Walk for Heart Health (TB)	2 9:00 Brain Games (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:00 Card Games (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Prayer & Reflect (CH) 2:00 Church Service (CH) 3:00 Circle of Friends (CH) 3:30 Making of German Rum Balls (P) 4:00 Walk for Heart Health (TB)	3 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 iN2L Exploration (A) 11:00 Reading Republican & Menu (L) 12:00 Souper Tuesday Luncheon **(P) 1:00 Afternoon Excursion w/ CN/T Friends (OOB) 2:00 Dining Committee Meeting (DR) 3:00 Manicures & Mimosas ** (P) 6:00 Nickel Bingo \$\$ (P)	4 9:00 Good Morning Café (P) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Lite & Lively (P) 11:00 Reading Republican & Menu (L) 1:30 Helping Hands: Set Up (P) 2:00 Acrylic Paint Class w/ Shannon **(P) 3:00 Frappe Social Hour (P) 4:00 Walk for Heart Health (TB) 6:00 Birthday Club (P)	5 9:00 Morning Fitness (P) 9:30 Morning Meeting & Daily Chronicle (P) 10:00 Banks & Post Office Run ** \$\$ (OOB) 11:00 Reading Republican & Menu (L) 1:00 Shopping Trip: Walmart **\$\$ (OOB) 2:00 20 Questions Game (P) 3:30 Community Life Planning Meeting (P) 4:00 Walk for Heart Health (TB) 7:00 Gospels Singers (CH)	6 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Memory Magic (A) 11:00 Reading Republican & Menu (L) 1:30 Zumba with Michele (P) 3:00 Communion Service (CH) 3:30 Walk for Heart Health (PL) 4:00 Review Menu (ML) 6:00 Fireside Chat (ML)	7 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Morning Fitness (A) 10:00 Horse Racing (P) 11:00 Reading Republican & Menu (L) 1:30 Puzzles & Ponderings (P) 2:00 Musical Entertainment w/ Bill Minnich (P) 3:30 Vagabond Travelers: Touring Berlin w/ German Rum Balls (P) 4:00 Walk for Heart Health (TB)		
8 9:00 Morning Meeting & Daily Chronicle (P) 9:30 Trinity Lutheran Church: Live Stream (P) 10:30 Balance in Action (P) 11:00 Reading Republican & Menu (ML) 1:00 Movie: My Best Friend Anne Frank (P) 3:00 Communion Service (CH) 3:30 Bible Study (P) 4:00 Walk for Heart Health (TB) 6:00 Fireside Chat (ML)	9 9:00 Morning Fitness (P) 9:30 Morning Meeting & Daily Chronicle (P) 10:00 Word Search (P) 10:30 Yoga w/ Michelle (P) 1:30 Prayer & Reflect (CH) 2:00 Church Service (CH) 3:00 Circle of Friends (CH) 3:30 Corn Hole (P) 4:00 Walk for Heart Health (TB)	10 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 iN2L Exploration (A) 11:00 Reading Republican & Menu (L) 1:30 Word in Word (A) 2:00 Junk Drawer Detective (A) 2:30 Hydration Station (A) 3:00 Decoupage Wood Art (A) 4:00 Walk for Heart Health (PL) 6:00 Nickel Bingo \$\$ (P)	11 9:00 Good Morning Café (P) 9:30 Morning Meeting & Daily Chronicle (P) 10:00 Ed- U Excursion: Huntsinger Farm & Potato Packing Facility **(OOB) 11:00 Reading Republican & Menu (L) 2:00 Church Service (CH) 3:00 Life Happens Support Group (CH) 3:00 Octoberfest Social Hour (P) 4:00 Walk for Heart Health (TB) 6:00 Axe Throwing (P)	12 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Manicures and Warm Towel Massages (A) 11:00 Reading Republican & Menu (L) 1:30 Music Engagement w/ Cynthia (CN) 2:30 Coffee & Conversation (CN) 3:00 Games Galore (CN) 4:00 Walk for Heart Health (TB) 6:00 Halloween Pet Parade (P)	13 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Bingo (A) 11:00 Reading Republican & Menu (L) 1:30 Zumba with Michele (P) 2:30 Prayer & Reflect (CH) 3:00 Confessions & Mass w/ Father (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Chat (ML)	14 9:00 Morning Meeting & Daily Chronicle (P) 9:30 Morning Fitness (P) 10:00 Auto Racing (P) 11:00 Reading Republican & Menu (L) 1:00 Helping Hands: Setting Up Trick or Treat (ML) 2:00-4:00 Providence Place Trick or Treat for Staff & Resident Families (1F) 6:00 Fireside Chat (ML)		
15 9:00 Morning Meeting & Daily Chronicle (P) 9:30 Trinity Lutheran Church: Live Stream (P) 10:30 Morning Fitness (P) 11:00 Reading Republican & Menu (ML) 1:00 Movie: Funny Girl (P) 3:00 Communion Service (CH) 3:30 Bible Study (P) 4:00 Walk for Heart Health (TB) 6:00 Fireside Chat (ML)	16 9:00 Brain Games (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Prayer & Reflect (CH) 2:00 Church Service (CH) 3:00 Circle of Friends (CH) 3:30 Making of Linzer Cookies (P) 4:00 Walk for Heart Health (TB)	17 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Keep Kicking Kickball (P) 11:00 Reading Republican & Menu (L) 1:00 Afternoon Excursion w/ CN/S Friends (OOB) 1:30 Prize Bingo w/ Residents from Drums (P) 2:00 Bible Study (CH) 4:00 Walk for Heart Health (PL)	18 9:00 Good Morning Café (P) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Drum Stick Exercise (P) 11:00 Reading Republican & Menu (L) 1:30 Creative Minds: Sticker by Number (P) 2:00 Hospitality Event: Resident & Staff Hitchcock Scavenger Hunt (P) 3:00 Old Fashion Social Hour (P) 5:30 Leave for St. Clair Halloween Parade ** (OOB)	19 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Sock Pumpkins (A) 11:00 Reading Republican & Menu (L) 1:30 Word Find (P) 2:00 Drumming w/ Joe (P) 3:00 Craft Corner: Making of Halloween Costumes (P) 4:00 Walk for Heart Health (TB) 6:00 Who, What, Where Game	20 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Manicures and Warm Towel Massages (P) 11:00 Reading Republican & Menu (L) 1:30 Zumba with Michele (P) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Chat (ML)	21 9:00 Morning Meeting & Daily Chronicle (P) 9:30 Morning Fitness (P) 10:00 Punch Your Luck (P) 11:00 Reading Republican & Menu (L) 1:30 Puzzles & Ponderings (CN) 2:00 Short Stories: Legend of Sleepy Hollow (CN) 2:30 Mocktails & Munchies (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Chat (ML)		
22 9:00 Morning Meeting & Daily Chronicle (P) 9:30 Trinity Lutheran Church: Live Stream (P) 10:30 Balance in Action (P) 11:00 Reading Republican & Menu (ML) 1:00 Movie: You Cast a Spell on Me (P) 3:00 Communion Service (CH) 3:30 Bible Study (P) 4:00 Walk for Heart Health (TB) 6:00 Fireside Chat (ML)	23 9:00 Brain Games (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Prayer & Reflect (CH) 2:00 Church Service (CH) 3:00 Circle of Friends (CH) 3:30 Bean Bag Toss (P) 4:00 Walk for Heart Health (TB)	24 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Appreciation Club: Making Chocolate Covered Halloween Pretzels for Staff (A) 2:00 Bible Study (CH) 2:00 Ed-U Presentation: Local Ghost Stories & Legends by the Sch. County Historical Society (P) 4:00 Walk for Heart Health (PL) 6:00 Nickel Bingo \$\$ (P)	25 9:00 Good Morning Café (P) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Seated Motown Total Body Workout (P) 11:00 Reading Republican & Menu (L) 1:00 Afternoon Excursion w/ CN/ T& S Men's Group: Dunkin Donuts (OOB) 2:00 Church Service (CH) 3:00 Circle of Friends (P) 4:00 Walk for Heart Health (TB)	26 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:00 Manicures (A) 1:30 Helping Hands: Set Up 2:00 Paul's 101st Birthday Celebration Entertainment by: John Bauer (P) 3:00 Ed-U Wellness: Breast Health w/ Brittanny Gaffney, LPN, DOW (CH) 4:00 Walk for Heart Health (TB) 6:00 Resident Birthday Dinner (P)	27 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Memory Magic (A) 11:00 Reading Republican & Menu (L) 1:30 Zumba with Michele (P) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Chat (ML)	28 9:00 Morning Meeting & Daily Chronicle (P) 9:30 Morning Fitness (P) 10:00 Penny Pitching (P) 11:00 Reading Republican & Menu (L) 1:30 Art: Halloween (CN) 2:00 Ice Cream Cone Social (CN) 3:00 Puzzles & Ponderings (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Chat (ML)		
29 9:00 Morning Meeting & Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican & Menu (A) 1:00 Movie: Hocus Pocus (P) 2:30 Prayer & Reflect (CH) 3:00 Communion Service (CH) 3:30 Bible Study 9P) 4:00 Walk for Heart Health (TB)	30 9:00 Brain Games (ML) 9:30 Morning Meeting & Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican & Menu (L) 1:30 Prayer & Reflect (CH) 2:00 Church Service (CH) 3:00 Circle of Friends (CH) 3:30 Prepping Treats for the Halloween Party (P) 4:00 Walk for Heart Health (TB)	31 Halloween 9:00 Morning Fitness (A) 9:30 Morning Meeting & Daily Chronicle (A) 10:30 Balloon Volley (P) 11:00 Reading Republican & Menu (L) 1:30 Helping Hands: Set Up 2:00 -4:00 Halloween Celebration for Residents & Staff 2:00 Entertainment: Magic by Michael 3:00 Halloween Costume Contest 4:00 Walk for Heart Health (TB) 6:00 Nickel Bingo \$\$ (P)	<h1>October</h1> <h1>2023</h1>			Calendar Key: ** Registration Required \$\$ Cost Involved First Floor Patio (1FP) Front Porch (FP) Chapel (CH) Parking Lot (PL) Activity Room (A) Pub (P) Connections South & Terrace (CN/T & CN/S) Throughout Building (TB) Lobby (L) Out of Building (OOB) Third Floor South Lounge (3FSL)		<h1>THE</h1> <h1>Club</h1>