

# 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!



## A Note from the Executive Director

We are excited to share that Melissa Melnick welcomed her daughter, Isabelle Whitney, on September 20<sup>th</sup>. 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](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 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 11 & 12 Wine & Dine (DR) 1:00 Sunday Matinee: <i>Hatfield &amp; McCoys</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	2 9:00 Brain Games: Pictionary (ML) 10:30 Seated Yoga with Michele (P) 1:30 Sunshine Committee (P) 2:00 Church Service (CH) 3:00 Circle of Friends (CH) 3:30 Cuisine Club: German Rum Balls (P)	3 9:00 Brain Games: October Trivia (ML) 10:30 Balloon Volleyball (P) 11:00 Helping Hands: Setting Up Luncheon (P) 12:00 Souper Tuesday Luncheon: German Potato Soup with Sausage **(P) 2:00 Dining Committee Meeting (DR) 3:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$\$ (P)	4 9:00 Good Morning Café (P) 10:30 Lite & Lively Exercise (P) 1:30 Book Club (L) 2:00 Acrylic Paint Class with Shannon ** (P) 3:00 Frappe Social Hour (P) 6:00 Birthday Club (P)	5 9:00 Morning Steppers (ML) 10:00 Errand Run: Banks & Post Office Run **\$\$ (OOB) 1:00 Shopping Trip: Walmart **\$\$ (OOB) 2:00 Game: 20 Questions (P) 3:30 Community Life Planning Meeting (P) 6:00 Parachute Popping (P)	6 9:00 Green Thumbs: Tending to the Plants (P) 10:30 Golden Voices Choir Practice (P) 1:30 Seated Zumba Fitness with Michele (P) 3:00 Communion Service (P) 3:30 Silver Bell Ringers Practice (P)	7 9:00 Morning Steppers (ML) 10:00 Horse Racing (P) 1:00 Helping Hands: Setting Up (P) 2:00 Musical Entertainment with Bill Minnich (P) 3:30 Vagabond Travelers: Touring Berlin with German Rum Balls (P)	
8 9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 11 & 12 Wine & Dine (DR) 1:00 Sunday Matinee: <i>My Best Friend Anne Frank</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	9 9:00 Brain Games: German 101 (ML) 10:30 Seated Yoga with Michele (P) 1:30 Gratitude Committee: Gifts for Our Spiritual Leaders (P) 2:00 Church Service (CH) 3:00 Circle of Friends (CH) 3:30 Cornhole (P)	10 9:00 Morning Steppers (ML) 10:30 Pictionary (3FL) 2:00 Bible Study (CH) 3:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$\$ (P)	11 9:00 Good Morning Café (P) 10:00 Ed-U Excursion: Hunsinger Farm & Potato Packing Facility ** (OOB) 2:00 Church Service (CH) 3:00 Life Happens Support Group (CH) 3:00 Oktoberfest Social Hour (P) 6:00 Axe Throwing (P)	12 9:00 Brain Games: Word Hive (ML) 10:30 Safety Club Meeting (P) 1:00 Shopping Trip: Fairlane Village Mall **\$\$ (OOB) 2:00 Craft Corner: Halloween Wreath (P) 3:00 Doc-U Series: <i>History of Halloween</i> (P) 6:00 Community Event: Halloween Pet Parade (P)	13 9:00 Doc-U Series: 7 Ways to Reduce Your Chances of Breast Cancer (P) 10:30 Silver Bell Ringers Practice (P) 1:30 Seated Zumba Fitness with Michele (P) 3:00 Confession & Mass with Father (CH) 3:30 Golden Voices Choir Practice (P)	14 9:00 Color Me Creative (P) 10:00 Auto Racing (P) 1:00 Helping Hands: Setting Up Trick or Treat (ML) 2:00-4:00 Providence Place Trick or Treat (1F)	
15 9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 11 & 12 Wine & Dine (DR) 1:00 Sunday Matinee: <i>Funny Girl</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	16 9:00 Brain Games: Word Association (ML) 10:30 Seated Yoga with Michele (P) 1:30 Doc-U Series: <i>Foods that Cause &amp; Fight Breast Cancer</i> , by Dr. Krisit Funk (P) 2:00 Church Service (CH) 3:00 Circle of Friends (CH) 3:30 Cuisine Club: Linzer Cookies (P)	17 9:00 Morning Steppers (ML) 10:30 Keep Kicking Kickball (P) 1:30 Prize Bingo with Residents from Providence Place Drums (P) 2:00 Bible Study (CH) 3:00 Manicures & Mimosas **(P) 6:00 Green Thumbs: Exploring the Cinderella Pumpkin (P)	18 9:00 Good Morning Café (P) 10:30 Drum Stick Exercise (P) 2:00 Hospitality Event Residents & Staff: Hitchcock Scavenger Hunt (ML) 3:00 Old Fashion Horror Social Hour (P) 5:30 Leave for St. Clair Halloween Parade **(OOB)	19 9:00 Brain Games: Cookie Trivia (ML) 10:30 Balance in Action with Powerback Rehab (P) 11:00 P <sup>2</sup> Foodies Dining Out: The Manheim Diner **\$\$ (OOB) 2:00 Drum Circle with Joe (P) 3:00 Craft Corner: Halloween Costumes (P) 6:00 Who, What, Where Game (P)	20 9:00 Green Thumbs: Tending to the Plants (TB) 10:30 Golden Voices Choir Practice (P) 1:30 Seated Zumba Fitness with Michele (P) 3:00 Communion Service (CH) 3:30 Silver Bell Ringers Practice (P)	21 9:00 Book Club (P) 10:00 Punch Your Luck (P) 1:30 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:30 Vagabond Travelers: Touring the Rhine & Rothenberg with Linzer Cookies (P)	
22 9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 11 & 12 Wine & Dine (DR) 1:00 Sunday Matinee: <i>You Cast a Spell on Me</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	23 9:00 Brain Games: Unscramble the Letters (ML) 10:30 Seated Yoga with Michele (P) 1:30 Silver Foxes Men's Club: Monster Mini Golf (P) 2:00 Church Service (CH) 3:00 Circle of Friends (CH) 3:30 Bean Bag Toss (P)	24 9:00 Morning Steppers (ML) 10:30 Ed-U Presentation: Origins of Dia de los Muertos by Historian Dr. Aurand (P) 2:00 Bible Study (CH) 2:00 Ed-U Presentation: Local Ghost Stories & Legends by the Schuylkill County Historical Society (P) 3:00 Manicures & Mimosas **(P) 6:00 Nickel Bingo \$\$ (P)	25 9:00 Good Morning Café (P) 10:30 Silver Sneakers @ Seated Motown Total Body Workout (P) 2:00 Church Service (CH) 3:00 Circle of Friends (CH) 3:00 Helping Hands: Prepping for the Movie Night (P) 6:00 Movie Buffs present: <i>It's the Great Pumpkin Charlie Brown</i> (P)	26 9:00 Morning Steppers (ML) 10:30 Pet Visit (P) 12:00 P <sup>2</sup> Foodies Dine In: Pottsville Pizzeria (P) 2:00 Centenarian Celebration for Paul Hutira (P) 3:00 Ed-U Wellness: <i>Breast Health</i> by Brittany Gaffney, LPN, DOW (CH) 5:00 Resident Birthday Dinner (P)	27 9:00 Doc-U Series: <i>Early Detection Self Exam</i> with Dr. Rohan (P) 10:30 Silver Bell Ringers Practice (P) 1:30 Seated Zumba Fitness with Michele (P) 3:00 Communion Service (CH) 3:30 Golden Voices Choir Practice (P)	28 9:00 Morning Steppers (ML) 10:00 Penny Pitching (P) 1:30 Helping Hands: Setting Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Munich & The Foothills of the Alps with Halve Hahn (P)	
29 9:00 Hymn Sing (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 11 & 12 Wine & Dine (DR) 1:00 Sunday Matinee: <i>Hocus Pocus</i> (P) 3:00 Communion Service (CH) 3:30 Bible Study (P)	30 9:00 Brain Games: Word Within a Word (ML) 10:30 Seated Yoga with Michele (P) 1:30 Silver Fox: Trip to Cabela's **\$\$ (OOB) 2:00 Church Service (CH) 3:00 Circle of Friends (CH) 3:30 Cuisine Club: Preparing Treats for the Halloween Party (P)	31 9:00 Brain Games: Halloween Trivia (P) 10:30 Balloon Volleyball (P) 1:30 Helping Hands: Help Setting Up for Halloween Party (P) 2 - 4 Community Halloween Celebration for Residents & Team Members (P) 2:00 Magician Entertainment by Maji Michael (P) 3:00 Costume Contest & Party (P) 6:00 Nickel Bingo \$\$ (P)  Halloween	<h1>October</h1> <h1>2023</h1>			<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (TB) Throughout Building (CH) Chapel (P) Pub (1FP) 1st Floor Patio (3L) 3rd Floor Lounge by BOM Office (ML) Main Lobby (OOB) Out of Building	

