

# 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!



## Resident Birthdays

### October

5 - Dorothy Goetz  
6 - Richard Lewis  
8 - Paul Walters  
9 - Marian Frank  
12 - Betty Grickis  
14 - Robert Allen  
20 - Karen Alban  
21 - Barbara Porter  
23 - Lois Fehr  
23 - Geraldine Masser

### November

23 - Maryann Lazarski  
24 - Joan Wagner  
26 - Paul Hutira  
27 - Nancy Palamar  
27 - Lorraine Campion  
29 - John Reiley  
30 - Ray Wildermuth  
31 - Junaita Radziewicz

### December

1 - Miriam Tirjan  
1 - Joseph Rilo  
2 - Joyce Torpey  
6 - Margaret Allen  
11 - Vera Kleman  
14 - Judith Moyer  
15 - Emil Kostura  
16 - Nita Rhoades  
20 - Joanna Schuster  
27 - Barbara Moyer  
28 - Donald Kessler

2 - Anna Francavage  
4 - Joseph Weschules  
4 - Dorothy Balthaser  
6 - Arlene Felty  
7 - Robert Long  
9 - Ida Wildermuth  
9 - Joseph Burns  
12 - Suzanne O'Neill  
12 - Dorothy Pomian  
12 - Gloria Stein



# Providence Place SENIOR LIVING News

Q4: October 2024

## A Note from the Executive Director

I wanted to update everyone we have a new Business Office Manager, Kelsey Gustager. Kelsey has been assisting us and has decided to join our team. She will be in the office three days a week as she will also be managing our Pine Grove community Business Office.

As Providence Place celebrates its 25<sup>th</sup> anniversary enriching the lives of our seniors, we will be hosting two events to recognize this momentous accomplishment.

On 9/27, we invited the business community whom we partner with to share in this great achievement. We had visits from dignitaries and Senator Argall presented Providence Place with a citation.

On Saturday, October 5<sup>th</sup> (11a-4p), we will be having an Oktoberfest for resident's, staff, and families to share in the excitement of 25 years of living and working together. David Leader will also be here on Wednesday 10/9 at 7pm to have his fall family meeting with residents and families. Key members of the management team will be there to join him in the pub with refreshments served.

Please do not forget the Flu/Covid clinic will be held on 10/8. There is still time to get your form in to nursing if you want to take advantage of this opportunity.

Blessings,

*Julie Wallace*  
Executive Director

## Highlighted Events

- 5 - **25<sup>th</sup> Anniversary Oktoberfest**  
@ 11am-4pm - *Families Welcome!*
- 19 - **Trick-or-Treat** @ 2-4pm
- 31 - **Halloween Party & Costume Contest** @ 2-4pm

## Welcome New Residents

Joseph Biltheiser  
Anna Biltheiser  
John Casperovich  
Dawn Watkins  
Carl Hahner  
Nita Rhoades  
Margaret Stednitz  
Donald Hoffman  
Beatrice Hoffman  
Marion Frank



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		
<p style="text-align: center;"><b>THE</b> <i>Club</i></p>		1	2	3	4	5		
			9:30 Morning Trailblazers (TB) 10:00 Daily Meeting & Chronicles (3FL/CR) 10:30 Brain Games: Naming Letters Starting With The Letter "A" (3FL/CR) 11:00 Arm & Leg Strengthening Exercise (3FL/CR) 1:30 Golden Voices Choir (P) 2:00 Craft Corner: Autumn Trees (CNS) 3:00 Relax & Refresh Social (CNS) 3:30 October EZ Random Trivia (CNS) 6:00 Nickel Bingo \$\$ (P)	9:30 Morning Trailblazers (TB) 10:00 Good Morning Café (P) 10:30 Light in Lively Exercise (P) 1:30 Spa Day: Polish Perfect Manicures (3FL/CR) 2:30 Brain Games: Can You Picture This? (3FL/CR) 3:30 Art of Conversation Stones ( 3FL/CR) 6:00 Evening Movie: <i>October Kiss</i> (P)	9:30 Daily Meeting & Chronicles (3FL/CR) 10:30 Crafty Crafters Club: Halloween Door Wreaths (3FL/CR) 11:00 Brain Games: Word Teasers (3FL/CR) 1:30 Afternoon Fitness Walkers (TB) 2:00 Awesome Apple Facts & Apple Butter Social (CNS) 3:30 Giant Balloon Toss (CNS) 4:00 iN2L: <i>Interesting Facts About Halloween</i> (CNS) 7:00 Gospel Singers (CH)	9:30 Daily Meeting & Chronicles (3FL/CR) 10:00 Scarf Exercise (3FL/CR) 10:30 Tic Tac Toe Competition (3FL/CR) 11:00 Helping Hands: Folding Dinner Napkins (DR) 1:30 Inside Golfing (3FL/CR) 3:00 Communion Service With Chaplain Henninger (Chapel) 4:00 Test your Senses (3FL/CR) 6:00 Social Mixer (P) 6:00 Relaxing to Music with Friends (ML)	9:30 Daily Meeting & Chronicles (3FL/CN) 10:00 Helping Hands: Setting Up Octoberfest (PL) 11:00-4:00 25th Anniversary Octoberfest Celebration (P) 6:00 Checkers Game (P)	
	6	7	8	9	10	11	12	
	9:00 Daily Meeting & Chronicles (P) 9:30 Live Stream Worship: St. John's UCC (P) 10:30 Balance in Action (P) 11:00 Junk Drawer Detective: Untidy Crafter (P) 1:00 Sunday Matinee: <i>Hocus Pocus</i> (P) 3:00 Communion Service with Chaplain Henninger (CH) 4:00 Afternoon Fitness Walkers (TB) 6:00 Fireside Chat with Friends (ML)	9:30 Daily Meeting & Chronicles (3FL/CR) 10:00 Morning Trailblazers (TB) 10:30 Seated Yoga with Michele (P) 11:30 The Art of Conversation (P) 1:30 Corn Hole Toss (3FL/CR) 2:00 Worship Service with Chaplain Brittany (CH) 2:30 Pondering Prompts (CNS) 3:00 Minute to Win It Games (CNS) 3:00 Circle of Friends (CH) 6:00 Connect 4 Game (P)	9:30 Daily Meeting & Gazette (3FL/CR) 10:00 Jeopardy: Harvest Season (3FL/CR) 11:00 Pumpkin Sand Bag Toss (3FL/CR) 1:00 Golden Voices Choir Practice (P) 1:00 Pancake Game (P) 2:00 Ed-U Presentation: <i>Danger of Scams</i> With PA State Police (P) 3:00 Sweet Tooth Club: Making Imitation Kolachi Cookies (P) 4:00 Helping Hands: Folding Dinner Napkins (P) 6:00 Nickel Bingo \$\$ (P)	9:30 Daily Meeting & Chronicles (P) 10:30 Drumstick Exercise (P) 11:00 Sweet Tooth Club: Making Peanut Butter Rice Krispie Treats (P) 1:00 Kitchen Corner: Puppy Chow (CNS) 2:30 Juke Drawer Detective (CNS) 3:30 iN2L: Bubble Pop (CNS) 4:00 Breathing & Relaxing Exercises (3FL/CR) 6:00 Evening Movie: <i>An Autumn Romance</i> (P)	9:00 Morning Trailblazers (TB) 9:30 Daily Meeting & Chronicles (3FL/CR) 10:00 Green Gardeners: Taking Care of Club Room Mums (3FL/CR) 1:30 Manicures & Music (CNS) 2:30 Music Engagement with Cynthia (CNS) 3:30 How Many Can You Name? (CNS) 4:00 iN2L: Facts About Fall Foliage (CNS) 6:00 Nickel Bingo \$\$ (P)	Yom Kippur	9:30 Daily Meeting & Chronicles (3FL/CR) 10:30 Balloon Badminton (P) 11:30 Memory Magic (P) 1:30 Perfect Painters Club: Painting our Real Pumpkins (3FL/CR) 2:30 Share & Reminisce: Your Past Jack-O-Lanterns (3FL/CR) 3:00 Mass & Confession with Father Karpyn (CH) 6:00 Social Mixer (P)	9:30 Morning Trailblazers (TB) 10:00 Daily Meeting & Chronicles (3FL/CR) 10:30 Crafty Crafters Club: Painting Halloween Refrigerator Magnets (3FL/CN) 11:00 Haunted Halloween Detective (3FL/CR) 11:30 Helping Hands: Cleaning Up (3FL/CR) 1:30 Balloon Tennis (3FL/CR) 2:00 Nickel Bingo \$\$ (P) 3:30 Let's Reminisce: Halloween Costumes (3FL/CR) 6:00 Color Me Beautiful (P)
	13	14	15	16	17	18	19	
9:00 Daily Meeting & Gazette (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 11:00 Helping Hands: Folding Dinner Napkins (P) 1:00 Sunday Matinee: <i>Death Becomes Her</i> (P) 1:00 Country Ride (OOB) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Fireside Chats with Friends (ML)	9:30 Daily Meeting & Chronicles (3FL/CR) 10:30 Seated Yoga with Michele (P) 11:30 Brain Games: Memory Magic (P) 1:00 Kitchen Corner: Pumpkin Pie Dip (CNS) 2:00 Worship Service with Chaplain Brittany (CH) 2:30 Short Stories & Discussion: <i>Trudy &amp; The Bat House</i> (CNS) 3:00 Circle of Friends (CH) 4:00 iN2L: Past Oktoberfest for Club (CNS) 6:00 Connect 4 Game (P)	9:30 Daily Meeting & Current Events (P) 10:30 Chef's Table with Chef Jake (DR) 1:30 Golden Voices Choir Practice (P) 2:00 Ed-U Presentation: Schuylkill County <i>Ghost Stories</i> by Historical Society (P) 2:00 Worship Service with Chaplain Britany (CH) 2:30 Crafty Crafters Club: Making Yam Pumpkins (3FL/CR) 4:00 Pancake Race (3FL/CR) 6:00 Nickel Bingo \$\$ (P)	9:30 Daily Meeting & Chronicles (3FL/CR) 10:30 Balance in Action with Powerback (P) 1:30 Spa Day: Moisturizing & Softening Paraffin Hand Dips (3FL/CR) 2:00 Worship Service with Chaplain Brittany (CH) 2:30 Spa Day Social with Tea & Cookies (3FL/CR) 4:00 Helping Hands: Folding Dinner Napkins (P) 6:00 St. Clair Halloween Parade (OOB)	9:30 Morning Trailblazers (TB) 10:00 Daily Meeting & Chronicles (3FL/CR) 10:30 Cheerful Club: Signing Halloween Cards for Connections (3FL/CR) 1:00 Cheerful Club: Giving our Cards (CNS) 1:30 Zumba with Michele (CNS) 2:30 Relax & Refresh Social (CNS) 3:30 Juke Drawer Detective (CNS) 4:00 iN2L Ed-U Health: <i>Fall Healthy Essentials</i> By Dr. Laura Varden, PHD for Club (CNS) 6:00 Prize Bingo (P)	9:30 Daily Meeting & Chronicle (3FL/CR) 10:30 Balloon Badminton (P) 11:30 Helping Hands: Folding Dinner Napkins (DR) 1:30 Inside Horseshoes Match (3FL/CR) 2:30 Finish My Line (3FL/CR) 3:00 Communion Service With Chaplain Henninger (CH) 6:00 Social Mixer (P)	9:30 Daily Meeting & Chronicles (3FL/CR) 10:00 Crafty Crafters Club: Window Scarecrows (3FL/CR) 11:00 Helping Hands: Trick or Treat Preparations (1FL) 2:00-4:00 Trick or Treat (1FL) 3:30 Puzzles & Ponderings (3FL/CR) 6:00 Connect 4 Game (P)		
20	21	22	23	24	25	26		
9:00 Daily Meeting & Chronicles (P) 9:30 Live Stream Worship: St. John's UCC (P) 10:30 Balance in Action (P) 11:00 Brain Games: Dot to Dot (P) 1:00 Sunday Matinee: <i>The Canterville Ghost</i> (P) 3:00 Communion Service with Chaplain Henninger (CH) 4:00 Afternoon Fitness Walkers (TB) 6:00 Fireside Chat with Friends (ML)	9:30 Daily Meeting & Chronicles (3FL/CR) 10:30 Yoga with Michele (P) 11:30 Test Your Imagination: Can You Picture This? (P) 2:00 Craft Corner: Coffee Filter Bats (CNS) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Circle of Friends (CH) 3:30 iN2L: Bubble Pop (CNS) 4:00 Helping Hands: Folding Dinner Napkins (P) 6:00 Gin Rummy Card Games (P)	9:30 Daily Prayer & Reflections (P) 10:00 Daily Meeting & Chronicles (P) 10:30 Balloon Volleyball (P) 11:00 Afternoon Fitness Walkers (OOB) 1:30 Finish The Line (3FL/CR) 2:30 Corn Hole Toss (3FL/CR) 3:00 Bible Study (CH) 3:30 Helping Hands: Folding Dinner Napkins (3FL/CR) 6:00 Nickel Bingo \$\$ (P)	9:00 Daily Meeting & Chronicles (P) 9:00 Shopping Trip: Walmart **\$\$ (OOB) 9:30 Morning Café (P) 10:30 Light in Lively Exercise(P) 1:30 Spa Day: Manicures & Polish (3FL/CR) 2:30 Brain Enhancing Game: Brain Boosters (3FL/CR) 3:30 Snacks-R-Us Club: Honey Coco Snack Mix (3FL/CR) 6:00 Evening Movie: <i>A League of Their Own</i> (P)	9:30 Daily Meeting & Newspaper (3FL/CR) 10:00 Thankful Club: Gift Bags for our Transportation Drivers (3FL/CR) 11:00 Thankful Club: Giving our Gift Bags To Transportation Drivers (ML) 11:30 Helping Hands: Folding Dinner Napkins (DR) 1:30 Zumba with Michele (CNS) 2:30 Going Batty For Baseball Social (CNS) 3:30 iN2L: National Geographic-Octopus (CNS) 6:00 Nickel Bingo \$\$ (P)	9:30 Daily Meeting & Newspaper (3FL/CR) 10:00 Brain Games: 10 Clue What Is It? (3FL/CR) 11:00 It's a Surprise (3FL/CR) 1:30 Balloon Tennis (3FL/CR) 3:00 Communion Service With Chaplain Henninger (Chapel) 4:00 Helping Hands: Folding Dinner Napkins (DR) 6:00 Social Mixer (P)	9:30 Daily Meeting & Chronicles (3FL/CR) 10:00 Brain Gym: Hand Exercises (3FL/CR) 11:00 -1:00 October Brunch ** (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: <i>Salem's Secrets</i> (P) 4:00 Helping Hands: Folding Dinner Napkins (DR) 6:00 Puzzles (P)		
27	28	29	30	31	<p><b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved 1FL 1st Floor Patio 3FL/CR 3rd Floor Club Room CH Chapel CNS Connections South DR Dining Room FP Front Pavilion ML Main Lobby OOB Out of Building P Pub PL Parking Lot TB Throughout Building</p> <p style="font-size: 2em; text-align: center;"><b>October</b>  <b>2024</b></p>			
9:00 Daily Meeting & Chronicles (P) 9:30 Live Stream Worship: Trinity Lutheran Church (P) 10:30 Balance in Action (P) 11:00 Inside Horseshoes Match (P) 1:00 Sunday Matinee: <i>Autumn Lights</i> (P) 1:30 Country Ride (OOB) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Fireside Chat with Friends (ML)	10:00 Daily Meeting & Chronicles (P)10:30 Seated Yoga with Michele (P) 11:30 Helping Hands: Folding Dinner Napkins (P) 1:30 Puzzles & Ponderings (3FL/CR) 2:00 Worship Service with Chaplain Brittany (CH) 2:30 Perfect Painters Club: Painting Witch Hat Magnets (3FL/CR) 3:00 Circle of Friends (CH) 6:00 Color Me Beautiful (P)	9:30 Morning Trailblazers (TB) 10:00 Daily Meeting & Chronicles (3FL/CR) 10:30 Horse Racing (3FL/CR) 11:30 Helping Hands: Folding Dinner Napkins (3FL/CR) 1:30 Golden Voices Choir Practice (P) 2:00 Perfect Painters Club: Creating Beautiful Paintings with Sharpies & Alcohol (3FL/CR) 3:00 Bible Study (CH) 6:00 Nickel Bingo \$\$ (P)	9:30 Daily Meeting & Chronicles (3FL/CR) 10:00 Spa Day: Time for a Facial (3FL/CR) 11:30 Afternoon Fitness Walkers (TB) 1:00 Plan Ahead Club: Planning the Activities For the December Calendar (3FL/CR) 2:00 Ed-U Excursion: Courthouse Tour (OOB) 3:30 Helping Hands: Folding Dinner Napkins (DR) 6:00 Evening Movie: <i>A Night in Casablanca</i> (P)	Halloween				