

# 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	
		1	2	3	4	5	
			9:00 Daily Chronicle with Friends (ML) 9:30 Morning Steppers (ML) 10:00 Dining Committee Meeting with Executive Chef, Jake Sedorchuk (DR) 10:30 Balloon Volleyball (P) 1:30 Golden Voices Choir Practice (P) 2:00 Exploring Nature: <i>A World Without Bats</i> (P) 3:00 Dominos: Mexican Train (P) 6:00 Nickel Bingo \$\$ (P)	9:00 Shopping Trip: Walmart **\$(OOB) 9:30 Good Morning Café (P) 10:30 Light & Lively Exercise (P) 1:30 Operation Boots on the Ground: Signing Cards (P) 1:30 Banks & Post Office Trip **\$(OOB) 2:00 Acrylic Paint Class with Shannon ** (P) 2:00 Worship Service with Chaplain Brittany (CH) 3:00 Our Journey Together (CH) 6:00 Evening Movie: <i>October Kiss</i> (P)	9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games: October Trivia (P) 10:30 Keep Kicking Kickball (P) 1:30 Birthday Club Meeting (P) 2:00 Manicures & Mimosas (P) 2:30 Movie Buffs Club Meeting (P) 3:00 Community Life Planning Meeting (P) 7:00 Gospel Singers (CH)	9:00 Daily Chronicles with Friends (P) 9:30 Green Thumbs: Tending our Plants (TB) 10:30 Balloon Badminton (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service with Chaplain Henninger (CH) 3:30 Football Friday Social Hour (P) 6:00 Social Mixer (P)	9:00 Daily Chronicle with Friends (ML) 9:30 Helping Hands: Setting Up Oktoberfest (PL) 11:00-4:00 25th Anniversary Oktoberfest Celebration (P) 6:00 Color Me Creative (P)
	6	7	8	9	10	11	12
	9:00 Hymn Sing (P) 9:30 Live Stream Worship: St. John's UCC (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 with Chaplain Henninger (CH) 6:00 Resident Led Board Games: Connect 4 (P)	9:00 Daily Chronicles with Friends (ML) 9:30 Brain Games: Bats & Baseball Trivia (ML) 10:30 Seated Yoga with Michele (P) 1:30 Sunshine Committee Meeting (P) 2:00 Worship Service with Chaplain Brittany (CH) 2:30 Card Games: UNO (P) 3:00 Circle of Friends (CH) 6:00 Puzzles (3F)	9:00 Daily Chronicles with Friends (ML) 9:30 Morning Steppers (ML) 10:30 Balloon Volleyball (P) 11:00 Cuisine Club: Making Food for Luncheon (P) 12:00 Souper Tuesday Luncheon ** (P) 1:30 Golden Voices Choir Practice (P) 2:00 Ed-U Presentation: <i>Danger of Scams</i> with PA State Police (P) 3:30 Wall Scrabble (P) 6:00 Nickel Bingo \$\$ (P)	9:00 Shopping Trip: Fairlane Village Mall **\$(OOB) 9:30 10 Clues...What is it? (P) 10:30 Drum Stick Exercise (P) 11:30 P2 Foodies Dine Out: Friendensburg Country Restaurant **\$(OOB) 1:30 Safety Club (P) 2:00 Craft Corner: Halloween Door Décor (P) 2:00 Worship Service with Chaplain Brittany (CH) 6:00 Evening Movie: <i>An Autumn Romance</i> (P)	9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games: Name 5 (ML) 10:30 Keep Kicking Kickball (P) 1:30 Gratitude Committee Meeting (P) 2:00 Manicures & Mimosas ** (P) 2:30 Operation Boots on the Ground: Signing Cards (P) 3:00 Penny Pitching (PP) 6:00 Nickel Bingo \$\$ (P)	Yom Kippur 9:00 Daily Chronicles with Friends (P) 9:30 Green Thumbs: Tending our Plants (TB) 10:30 Balloon Badminton (P) 1:30 Seated Zumba with Michele (P) 3:00 Mass & Confession with Father Karpyn (CH) 3:30 Football Friday Social Hour (P) 6:00 Social Mixer (P)	9:00 Daily Chronicles with Friends (P) 9:30 Morning Steppers (P) 10:30 Wall Memory (P) 1:30 Crossword Puzzles & Coffee (P) 2:00 Nickel Bingo \$\$ (P) 3:30 Vagabond Travelers: Haunted America (P) 6:00 Color Me Creative (P)
	13	14	15	16	17	18	19
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>Death Becomes Her</i> (P) 1:30 Country Ride ** (OOB) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Resident Led Board Games: Scrabble (P)	9:00 Daily Chronicles with Friends (ML) 9:30 Brain Games: Word Within a Word (ML) 10:30 Seated Yoga with Michele (P) 1:30 Gratitude Club: Assembling Clergy Appreciation Gifts (P) 2:00 Worship Service with Chaplain Brittany (CH) 2:30 Card Games: War (P) 3:00 Circle of Friends (CH) 6:00 Puzzles (3F)	9:00 Daily Chronicle with Friends (ML) 9:30 Morning Steppers (ML) 10:30 Chef's Table with Chef Jake ** (DR) 1:30 Golden Voices Choir Practice (P) 2:00 Ed-U Presentation: <i>Schuylkill County Ghost Stories</i> by Historical Society (P) 3:30 Balloon Volleyball (P) 6:00 Nickel Bingo \$\$ (P)	9:00 Daily Chronicles with Friends (ML) 9:30 Color Me Creative (P) 10:30 Balance in Action with Powerback Rehabilitation (P) 12:00 P2 Foodies Dine In: Wendy's (P) 1:30 Craft Corner: Halloween Door Décor (P) 2:00 Worship Service with Chaplain Brittany (CH) 2:30 Helping Hands: Decorating the Bus (PL) 6:00 Leave for the St. Clair Halloween Parade (OOB)	9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games: Pasta Trivia (ML) 10:30 Keep Kicking Kickball (P) 1:30 Silver Bell Handbell Choir Practice (P) 2:00 Manicures & Mimosas ** (P) 2:30 Operation Boots on the Ground: Signing Cards (P) 3:00 Game Time: Kerplunk (P) 6:00 Prize Bingo (P)	9:00 Daily Chronicles with Friends (P) 9:30 Green Thumbs: Tending our Plants (TB) 10:30 Balloon Badminton (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service with Chaplain Henninger (CH) 3:30 Football Friday Social Hour (P) 6:00 Resident Led Pinochle Game (P)	9:00 Daily Chronicle with Friends (ML) 9:30 Morning Steppers (P) 10:30 Helping Hands: Trick or Treat Preparations (1FL) 2:00-4:00 Providence Place Trick or Treat (1FL) 3:30 Crosswords & Cookies (P) 6:00 Color Me Creative (P)	
20	21	22	23	24	25	26	
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>The Canterville Ghost</i> (P) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Resident Led Board Games: Yahtzee (P)	9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games: Baseball Trivia (ML) 10:30 Seated Yoga with Michele (P) 1:30 Silver Bell Handbell Choir Practice (P) 2:00 Worship Service with Chaplain Brittany (CH) 2:30 Game Time: Believable or Batty (P) 3:00 Circle of Friends (CH) 6:00 Puzzles (3F)	9:00 Daily Chronicle with Friends (ML) 9:30 Morning Steppers (ML) 10:30 Balloon Volleyball (P) 1:30 Golden Voices Choir Practice (P) 2:30 P2 Foodies Meeting (P) 3:00 Bible Study (CH) 6:00 Nickel Bingo \$\$ (P)	9:00 Daily Chronicles with Friends (ML) 9:00 Shopping Trip: Walmart **\$(OOB) 9:30 Good Morning Café (P) 10:30 Silver Sneakers® Total Body Motown Exercise (P) 1:30 Helping Hands: Setting Up Social (P) 2:00 World Series Soirée (P) 3:30 Brain Games: Matching Teams (P) 6:00 Evening Movie: <i>A League of Their Own</i> (P)	9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games: Bologna Trivia (ML) 10:30 Keep Kicking Kickball (P) 1:30 Card Games: Pinochle (P) 2:00 Community Meeting (P) 2:30 Pet Visit (P) 3:00 Game Time: Scattergories (P) 6:00 Nickel Bingo (P)	9:00 Daily Chronicles with Friends (P) 9:30 Green Thumbs: Tending our Plants (TB) 10:30 Balloon Badminton (P) 1:30 Seated Zumba with Michele (P) 3:00 Communion Service with Chaplain Henninger (CH) 3:30 Football Friday Social Hour (P) 6:00 Social Mixer (P)	9:00 Daily Chronicles with Friends (ML) 9:30 Morning Steppers (ML) 10:30 Punch for a Prize (2FL) 11:00-1:00 October Brunch ** (P) 2:00 Nickel Bingo \$\$ (P) 3:00 Vagabond Travelers: Salem's Secrets (P) 6:00 Color Me Creative (P)	
27	28	29	30	31	<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved ML Main Lobby PL Parking Lot P Pub CH Chapel DR Dining Room OOB Out of Building TB Throughout Building		
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>Autumn Lights</i> (P) 1:30 Country Ride ** (OOB) 3:00 Communion Service with Chaplain Henninger (CH) 6:00 Resident Led Board Games: Bunco (P)	9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games Pumpkin Trivia (ML) 10:30 Seated Yoga with Michele (P) 1:30 Silver Bell Handbell Choir Practice (P) 2:00 Worship Service & Communion with Chaplain Brittany (CH) 2:30 Welcome Committee Meeting (P) 3:00 Circle of Friends (CH) 6:00 Puzzles (3F)	9:00 Daily Chronicles with Friends (ML) 9:30 Morning Steppers (ML) 10:30 Balloon Volleyball (P) 1:30 Golden Voices Choir Practice (P) 2:00 Scavenger Hunt (P) 3:00 Welcome Social (P) 6:00 Nickel Bingo \$\$ (P)	9:00 Daily Chronicle with Friends (ML) 9:30 Cuisine Club: Making Treats for Halloween Party (P) 1:30 A Star is Born: Groucho Marx (P) 2:00 Ed-U Excursion: Courthouse Tour ** (OOB) 2:00 Worship Service with Chaplain Brittany (P) 3:00 Dominos: Mexican Train (P) 6:00 Evening Movie: <i>A Night in Casablanca</i> (P)	Halloween 9:00 Daily Chronicle with Friends (ML) 9:30 Brain Games: Halloween Trivia (ML) 10:30 Keep Kicking Kickball (P) 1:00 Helping Hands: Setting up Party (P) 2:00- 4:00 Halloween Party (P) 6:00 Trick or Treat Bingo (P)			

# October

## 2024