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

23 - Lois Fehr

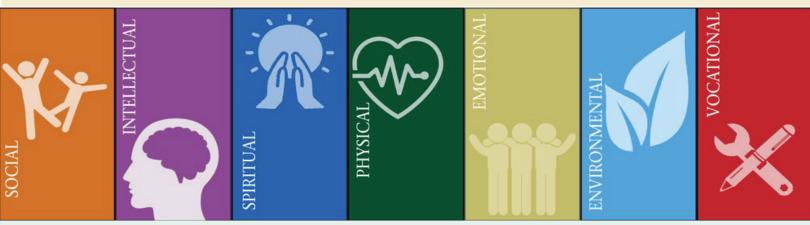
26 - Paul Hutira

23 - Maryann Lazarski

27 - Lorraine Campion

30 - Ray Wildermuth

Check your activities calendar and highlight items of interest to you - and feel free to invite your friends & family to join!



Resident Birthdays

October 1

- 5 Dorothy Goetz
- 6 Richard Lewis
- 8 Paul Walters
- 9 Marian Frank
- 9 Jerald Heffleger
- 14 Robert Allen
- 15 Shirley Emerich
- 20 Karen Alban
- 20 Joan Kaczmarcyzk
- 20 Gail Hatter
- 21 Barbara Porter

November

- 6 Margaret Allen
- 14 Judith Moyer
- 15 Emil Kostura
- 20 Joanna Schuster
- 23 Charlotte Smigo

- 1 Miriam Tirjan
- 1 Joseph Rilo
- 11 Vera Kleman

- 16 Nita Rhoades
- 21 Robert Kelly
- 28 Donald Kessler

To sign up to receive this quarterly newsletter and monthly events calendar via email,

For Community Life activities, campus events and Providence Place happenings, please follow

- 2 Anna Francavage

- 4 Dorothy Balthaser
- 8 Catherine Halpin
- 9 Joseph Burns
- 12 Dorothy Pomian
- 12 Gloria Stein

- 4 Joseph Weschules
- 7 Kathleen Berkenstock 27 Jo Ann Moyer

- 19 Ruth Smigo

December

- 20 Joan Urenko
- 26 Robert Gadinski
- 27 Eileen Petko

- 28 Ellen Benfer



Q4: October 2025

A Note from the Executive Director

Welcome Fall!

As the leaves are changing all around our community, we are excited to usher in our seasonal activities. Be sure to come join us for our Community Trick-or-Treat on the 26th starting at 2:30pm.

Our annual Resident/Family Surveys are out and open from 9/29-10/13. Please be sure to complete via the link provided in your email or see Kimberly, the Community Life Director, to provide your feedback on improving our community.

We will also be hosting our annual vaccine clinic on 10/9. If you would like to participate with a flu or covid booster, please make sure your consent forms have been provided to nursing.

Blessings,

Julie (Nallace Executive Director

Highlighted Events

- 2 Veteran's Soup Social @ 2pm
- 5 Musical Entertainment @ 1:30pm Dave Derbes
- 8 **Magic Show** @ 2:30pm The Amazing Magi
- 9 Vaccine Clinic
- 26 **Trick-or-Treat** @ 2:30pm Family + Friends Welcome!
- 29 **Dinner Theater** @ 4pm Little Shop of Horrors

Welcome New Residents

Jerald Heffleger

Dorothy Kessler

MaryAnn Heenan Patricia Czarnecki

Gail Hatter

Edward Bamford

Jo Ann Moyer



www.Providence-Place.com

our Facebook page at www.Facebook.com/ProvPlace.

please contact us to subscribe at Info@Prov-Place.com.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Commun	ity ife	DR Dining Room	Yom Kippur 1 9:00 Morning News, Crosswords and Chronicles (P) 9:00 Walmart **\$\$(OOB) 10:00 Morning Café: Dunkin Donuts (P) 10:30 Exercise Video (P) 1:30 Mod Podge Pumpkin Craft (P) 2:00 Worship with Chaplain Brittany (CM) 2:30 Word in a Word Wednesday (P) 3:00 UNO with Friends (P) 6:00 Adult Coloring and Games (P)	9:00 Morning News, Crosswords and Chronicles (P) 10:00 Healthy Snacks (P) 10:30 Ball Toss Exercise (P) 1:00 Helping Hands: Set up for Social (P) 2:00 Veterans Soup Social: Beef Barley (P) 3:00 Veterans Meeting (P) 3:30 Fall Leaves Craft Project (P) 6:00 Nickel Bingo \$\$ (P) 7:00 Gospel Singers (CM)	9:00 Morning News, Crosswords and Chronicles (P) 9:30 Tending to our Plants (TB) 10:00 Word Find Puzzles (P) 10:30 Balloon Badminton (P) 1:30 Seated Zumba with Michele (P) 2:30 Varity Board Games (P) 3:00 Communion and Rosary with Chaplain Henninger (CM) 6:00 Movie: Fantastic Mr. Fox (P)	9:00 Morning News, Crosswords and Chronicles (P) 10:00 National Geographic: Hurricane Katrina Race Against Time (P) 10:30 Parachute Exercise (P) 1:30 Helping Hands: Set Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:30 Puzzles and Refreshments (P) 6:00 Catholic Mass Televised: St. Ambrose (P)
9:30 Live Stream Worship: Trinity Lutheran (P) 10:30 Balance In Action (P) 11-12 Wine and Dine (ALL DR) 1:30 Live Music with Dave Derbes (P) 3:00 Communion with Chaplain Henninger (CM) 3:30 Relaxing Outside with Friends (P) Chronicl 9:30 Gathe 10:30 Brain 10:30 Seat 2:00 Worsl Follower 2:30 Penny 3:30 Relaxing Outside with Friends (P)	les (P) ering our Friends (TB) n Games (P) ted Yoga with Michele (P) hip with Chaplain Brittany d by Circle of Friends (CM) y Pitching (P) 1 1 2 3	Chronicles (P) 10:00 Dining Committee Meeting (DR) 10:00 Communion with Sr. Mary Jane (CM) 10:30 Balloon Volleyball (P) 1:30 Fruit and Yogurt Parfait Social (P) 2:30 Paper Pumpkin Craft (P) 3:00 Trivia Tuesday (P) 5:00 Nickel Bingo \$\$ (P)	9:00 Morning News, Crosswords and Chronicles (P) 10:00 Word in a Word Wednesday (P) 10:30 Exercise Video (P) 1:30 Helping Hands: Setting Up For The Magic Show (P) 2:00 Worship with Chaplain Brittany (CM) 2:30 Magic Show: Michael Reist is the The Amazing Magi (P) 6:00 Adult Coloring and Games (P)	9:00 Morning News, Crosswords and Chronicles (P) 10:00 Healthy Snacks (P) 10:30 Kickball (P) 1:00 Making Coffee Filter Fall Flowers (P) 2:00 Warm up with Hot Cocoa (P) 2:30 Orientation/Tour for New Residents: Meet in Main Lobby 3;00 Brain Games and Trivia (P) 6:00 Nickel Bingo \$\$ (P)	9:00 Morning News, Crosswords and Chronicles (P) 9:30 Tending to Our Plants (TB) 10:00 Word Find Puzzles (P) 10:30 Balloon Badminton (P) 1:30 Seated Zumba with Michele (P) 2:30 Variety Board Games (P) 3:00 Mass and Communion with Father Karpyn (CM) 6:00 Movie: Practical Magic (P)	9:00 Morning News, Crosswords and Chronicles (P) 10:00 National Geographic: Ocean (P) 10:30 Parachute Exercise (P) 1:30 Helping Hands: Set Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:30 Puzzles and Refreshments (P) 6:00 Catholic Mass Televised: St. Ambrose (P)
9:30 Live Stream Worship: St. John's UCC (P) 10:30 Balance In Action (P) 11-12 Wine and Dine (ALL DR) 1:30 Live Music with Dale and Justin (P) 3;00 Communion with Chaplain Henninger (CM) 3:30 Fall Themed Short Story (P) Chronicl 9:30 Gathe 10:30 Gathe 10:30 Seat 2:00 Worsl 2:30 Horse 3:30 Carm	les (P) ering our Friends (TB) n Games (P) ted Yoga with Michele (P) hip with Chaplain Brittany d by Circle of Friends (CM) e Racing (P) el Apple Social (P)	Chronicles (P) 10:00 Communion with Sr. Mary Jane (CM) 10:00 Making Clay Jewelry Dish (P) 10:30 Balloon Volleyball (P) 1:00 Methodist Women: Christ Fellowship Church Schuylkill Haven Hymn Sing (P) 2:30 Apple Pie and Coffee Social (P) 3:00 Trivia Tuesday (P)	9:00 Morning News, Crosswords and Chronicles (P) 9:00 Shopping Trip: Kohl's**\$\$(OOB) 10:00 Word in a Word Wednesday (P) 10:30 Balance In Action with Melissa (P) 1:30 Pumpkin Mousse Desert Social (P) 2:00 Worship with Chaplain Brittany (CM) 3:00 UNO (P) 4:00-5:00 Ordering In: Chinese (P) 6:00 Adult Coloring and Games (P)	9:00 Morning News, Crosswords and Chronicles (P) 10:00 Healthy Snacks (P) 10:30 Ball Toss Exercise (P) 1:00 Welcome to Our Community: Social for New Residents (P) 2:00 Pumpkins and Dried Flowers (P) 2:30 Amanda from Residential Hospice: Health Talk (P) 6:00 Nickel Bingo \$\$ (P)	9:00 Morning News, Crosswords and Chronicles (P) 9:30 Tending to our Plants (TB) 10:00 Word Find Puzzles (P) 10:30 Balloon Badminton (P) 1:30 Seated Zumba with Michele (P) 2:30 Variety Board Games (P) 3:00 Communion and Rosary with Chaplain Henninger (CM) 6:00 Movie: The Adams Family (P)	9:00 Morning News, Crosswords and Chronicles (P) 10:00 National Geographic: Sally (P) 10:30 Parachute Exercise (P) 1:30 Helping Hands: Set Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:30 Puzzles and Refreshments (P) 6:00 Catholic Mass Televised: St. Ambrose (P)
9:30 Live Stream Worship: Trinity Lutheran (P) 10:30 Balance In Action (P) 11-12 Wine and Dine (ALL DR) 1:00 Family Movie: The Great Pumpkin (P) 1:30 Pumpkin Pie Social (P) 3:00 Communion w/Chap. Henninger (CM) 3:30 Storytelling: Halloween (P) Chronicl 9:30 Gathe 10:30 Gathe 10:30 Seat 2:00 Worsl Follower 2:30 Foodi 3:30 Pump	les (P) ering our Friends (TB) n Games (P) ted Yoga with Michele (P) hip with Chaplain Brittney d by Circle of Friends (CM)	Chronicles (P) 10:00 Communion with Sr. Mary Jane (CM) 10:00 Chef's Table with Jake (DR) 10:30 Balloon Volleyball (P) 2:00 Carving Pumpkins (P) 3:00 Trivia Tuesday (P) 5:00 Nickel Bingo \$\$ (P)	9:00 Morning News, Crosswords and Chronicles (P) 10:00 Word in a Word Wednesday (P) 10:30 Light Exercise Video (P) 11:00 Manheim Diner **\$\$ (OOB) 1:30 Decorative Lantern Craft (P) 2:00 Worship with Chaplain Brittany (CM) 2:30 Funniest Pet Videos (P) 3:00 UNO (P) 6:00 Adult Coloring and Games (P)	9:00 Morning News, Crosswords and Chronicles (P) 10:00 Healthy Snacks (P) 10:30 Kickball (P) 1:00 Making Treat Bags for Trick-or-Treat (P) 2:30 Warm Up with Hot Cocoa (P) 3:00 Fall Flower Arrangements (P) 6:00 Nickel Bingo \$\$ (P)	9:00 Morning News, Crosswords and Chronicles (P) 9:30 Tending to our Plants (TB) 10:00 Word Find Puzzles (P) 10:30 Balloon Badminton (P) 1:30 Seated Zumba with Michele (P) 2:30 Variety Board Games (P) 3:00 Communion and Rosary with Chaplain Henninger (CM) 6:00 Movie: Hocus Pocus (P)	9:00 Morning News, Crosswords and Chronicles (P) 10:00 National Geographic: Jane Goodall's <i>The Hope (P)</i> 10:30 Parachute Exercise (P) 1:30 Helping Hands: Set Up Bingo (P) 2:00 Nickel Bingo \$\$ (P) 3:30 Puzzles and Refreshments (P) 6:00 Catholic Mass Televised: St. Ambrose (P)
9:30 Live Stream Worship: St. John's UCC (P) 10:30 Balance In Action (P) 11-12 Wine and Dine (ALL DR) 1:00 Halloween Crafts (P) 2:30 Trick-or-Treat (FP) 3:00 Communion w/Chap. Henninger (CM) 6:00 Puzzles and Games with Friends (P) Chronicl 9:30 Gathe 10:30 Seat 2:00 Worsl Follower 2:30 Book 3:00 Surpr	les (P) ering our Friends (TB) n Games (P) ted Yoga with Michele (P) hip with Chaplain Brittany d by Circle of Friends (CM) Club Meeting (P) 1 1 3	Chronicles (P) 10:00 Communion with Sr. Mary Jane (CM) 10:00 Pumpkin Roll and Coffee Social (P) 10:30 Balloon Volleyball (P) 1:30 Musical Entertainment with Bryan Herber (P) 3:00 Trivia Tuesday (P)	9:00 Morning News, Crosswords and Chronicles (P) 10:00 Word in a Word Wednesday (P) 10:30 Light Exercise Video (P) 1:30 Making Essential Oil Sugar Scrub (P) 2:00 Celebration of Life (CM) 3:00 Helping Hands: Setting up for Dinner Theater (P) 4:00 Dinner Theater: Little Shop of Horrors Dinner and Halloween Activities (P)	9:00 Morning News, Crosswords and Chronicles (P) 10:00 Healthy Snacks (P) 10:30 Ball Toss Exercise (P) 1:30 Soft Pretzels and Dip Social (P) 2:00 Halloween Brain Games (P) 2:30 Community Life Planning (P) 3:00 Scrabble (P) 5:00 Resident Birthday Dinner (P) 6:00 Story Telling with Friends (P)	Halloween 9:00 Morning News, Crosswords and Chronicles (P) 9:30 Tending to our Plants (TB) 10:30 Balloon Badminton (P) 1:30 Seated Zumba with Michele (P) 2:30 Haunted Halloween Trivia (P) 3:00 Communion and Rosary with Chaplain Henninger (CM) 6:00 Movie: Hocus Pocus 2 (P)	October 2025