

Focus on Wellness

Preventing Influenza

As winter rolls around and the weather changes we all need to ensure we take precautions to prevent the flu so we can enjoy our time with family and friends. Symptoms of the flu consist of muscle aches, dry cough, sore throat and a runny or stuffy nose. More serious symptoms like chills, pain in the chest or abdomen, shortness of breath, confusion and abrupt dizziness, diarrhea and coughing up phlegm may require hospitalization.

Here's some easy steps to staying healthy during the winter season. Using these small tips will help you and your love ones have a wonderful winter season.

- **Get your flu shot.** Annual immunizations help as a first line of defense in preventing the flu.
- **Wash your hands.** One of the easiest ways to prevent germs and infections is frequently washing your hands. For instances where there is not soap and water, use an alcohol-based sanitizer.
- **Drink plenty of water.** Staying hydrated helps keep your body strong and ready to fight off infections.
- **Get plenty of rest.** Getting adequate sleep (7-9 hours) keeps your immune system strong to fight off germs.
- **Cover your mouth and nose when sneezing or coughing.** This prevents droplets from reaching others, which helps prevent the spread of germs. Best practice is to cough into your elbow and not your hands where you are more likely to spread germs from touching.



Providence Place SENIOR LIVING News

Q1: February 2020



Dimensions of Wellness

Welcome New Residents

John Lambert
Reuben "Lee" Wadel
Kay Stake
Domingo Garcia

Resident Birthdays

February

Lewis Hughes
Wilbur Barnhart
Dick Ludwick
Barbara Britt
John Lambert
Betty Witkosky
Patricia Piper

March

Almeta McClain
Edward Zarger
Jay Lightfoot
Charlotte Lowman
June Doolittle
Esther Wagner
Vivian Reilly
Glenn Schultz
Sis Fox
Dean Thomas

A Note from the Executive Director

It is hard to believe that another year has passed and we are beginning a new decade. When I was a small child, I recall my grandmother (who I affectionately called MawMaw) telling me "wait until you get older and you will see how quickly time flies!"

My grandmother was right about this and so many other things. And so, as the business of the holidays are behind us and we are beginning to set goals or resolutions for a new year, I challenge each of you to reflect on your individual time and how it is spent. Are you doing things that you enjoy? Are you willing to try something new? Is there something on your "bucket list" that you have always wanted to do?

There are many opportunities available during the upcoming weeks and months provided by Providence Place and our Community Life programs. Try something new – you might like it! You never know until you try...

Blessings,

Holly Townsend
Executive Director

Upcoming Events

February

- 6 – Bookmobile at the Loading Dock
11:30 am
- 11 – Sweetheart's Social (*outside event*)
5:00 pm
- 14 – Valentine's Day Super Social Hour
3:00 pm
- 29 – Willy Wonka @ Wilson College
1:00 pm

March

- 9 – Preventing a Terrorist Attack
Seminar @ 10:00 am
- 17 – Lucky St. Patty's Day Bingo &
Social Extravaganza
2:00 pm
- 22 – Chambersburg Capital Theatre Visit
Nana's Naughty Knickers @ 1:15 pm




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 ProvidenceRetirement@gmail.com.



www.Providence-Place.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		CALENDAR KEY: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Connections Neighborhood (CN), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of the Building Trip (OOB) **Registration Required, \$\$ Cost Involved			<h1>February</h1> <h2>2020</h2>		1
		9:00 Lite & Lively (3E) 9:30 Walk & Roll Walking Group (FL) 10:00 Sequence (2A) 1:00 Stair Climbers (3E) 2:00 Nickel BINGO (2A) 3:15 Mexican Train Dominoes (C) 4:00 Coupon Clipping: Veterans (C) 6:00 Blitz with Ruth (2A)					
2	3	4	5	6	7	8	
9:00 Light & Lively Exercise (3E) 10:00 Polish Nail Station (2A) 2:00 Musical Entertainment by Bryan Herber (3A) 3:15 Scrabble (C) 4:00 Coupon Clipping: Veterans (C) 6:30 Evening Worship (2A) 6:30 Superbowl Viewing (P) Ground Hog Day	9:00 Light & Lively Exercise (3E) 10:00 <i>National Security</i> Educational Presentation Series by John Ricca (2A) 1:00 Balance & Action (3E) 2:00 Nickel BINGO (2A) 3:00 Social Hour (P) 3:30 Follow-up Seminar Group Discussion (P) 6:00 Blitz with Ruth(2A)	9:00 Chair Stretches (3E) 9:30 Walk & Roll Walking Group (FL) 9:45 Shopping Run: Walmart** (OOB) 10:45 Worship Service (2A) 1:00 Bible Study (2A) 1:00 Balance & Action (3E) 1:30 Art Class with Doretta (C) 3:00 Card Club (2A) 6:00 Sequence (2A)	9:00 Drum Roll Exercise (3E) 9:30 Walk & Roll Walking Group (FL) 10:00 Nickel BINGO (2A) 11:30 Lunch In with Lorelei (C) 1:00 Balance & Action (3E) 1:30 Pottery Class (3A) 2:00 Valentine's Day Craft (C) 3:00 Featured Wine 101 (P) 6:00 Card Club (2A)	9:00 Chair Stretches (3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2A) 11:30 Bookmobile (LD) 1:00 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Prize BINGO (2A) 3:00 Friends Helping Friends on iN2L (CN) 6:00 Ladder Ball (3E)	9:00 Light & Lively Exercise (3E) 9:45 Shopping Run: Dollar Tree** (OOB) 10:00 Will Bowling (3E) 1:00 Balance & Action (3E) 2:00 Card Club (2A) 3:00 Social Hour (P) 3:30 Table Topics and Discussion (P) 6:00 Horseshoes (3E)	9:00 Light & Lively (3E) 9:30 Walk & Roll Walking Group (FL) 10:00 Wii Bowling (3E) 1:00 Stair Climbers (3E) 1:30 Musical Entertainment: Jessica Snyder (2A) 3:15 Scrabble (C) 4:00 Coupon Clipping: Veterans (C) 6:00 Blitz with Ruth (2A)	
9	10	11	12	13	14	15	
9:00 Light & Lively Exercise (3E) 10:00 Polish Nail Station (2A) 2:00 Sequence (2A) 3:00 Mexican Train Dominoes (C) 4:00 Coupon Clipping: Veterans (C) 6:30 Evening Worship (2A)	9:00 Light & Lively Exercise (3E) 10:00 Kitchen Creation: Cheesecakes (C) 10:00 Ladder Ball (3E) 1:00 Balance & Action (3E) 1:30 Movie: <i>The Longest Yard</i> (2A) 3:00 Social Hour (P) 3:30 Movie Discussion: <i>The Longest Yard</i> (P) 6:00 Blitz with Ruth (2A)	9:00 Chair Stretches (3E) 9:30 Walk & Roll Walking Group (FL) 9:45 Shopping Run: Walmart** (OOB) 10:45 Worship Service (2A) 1:00 Bible Study (2A) 1:00 Balance & Action (3E) 1:30 Art Class with Doretta (C) 2:00 Prize BINGO (2A) 3:00 Alzheimer's Support Groups (PD) 6:00 Horseshoes (3E)	9:00 Drum Roll Exercise (3E) 9:30 Walk & Roll Walking Group (FL) 10:00 Dining Committee (DR) 11:00 Billiards (3E) 1:00 Balance & Action (3E) 2:00 Nickel BINGO (2A) 3:00 Tea Talk (P) 3:30 Book Club (P) 6:00 Blitz with Ruth (2A)	9:00 Chair Stretches (3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2A) 1:00 Balance & Action (3E) 1:00 Catholic Mass (2A) 1:30 Art Exploration (C) 2:00 Musical Performance by Tom Shultz (2A) 3:00 Friends Helping Friends on iN2L(CN) 6:00 Horseshoes (3E)	9:00 Light & Lively Exercise (3E) 10:00 Bayada BINGO (2A) 1:00 Balance & Action (3E) 2:00 Musical Entertainment by Rick Olsen (2A) 3:00 Valentine's Day Super Social Hour (P) 4:00 Billiards (3E) 6:00 Blitz with Ruth (2A) Valentines Day	9:00 Light & Lively (3E) 9:30 Walk & Roll Walking Group (FL) 10:00 Sequence (2A) 1:00 Stair Climbers (3E) 1:30 Musical Entertainment by Gospel Strings (2A) 3:15 Mexican Train Dominoes (C) 4:00 Coupon Clipping: Veterans (C) 6:00 Blitz with Ruth (2A)	
16	17	18	19	20	21	22	
9:00 Light & Lively Exercise (3E) 10:00 Polish Nail Station (2A) 2:00 Musical Entertainment by Greencastle Presbyterian Church (2A) 3:00 Scrabble (C) 4:00 Coupon Clipping: Veterans (C) 6:30 Evening Worship (2A)	9:00 Light & Lively Exercise (3E) 10:00 Horseshoes (3E) 1:00 Balance & Action (3E) 2:00 Nickle BINGO (2A) 3:00 Social Hour (P) 3:30 President Day Q&A (P) 5:00 Musical Entertainment by Nick Disanto (DR) 6:00 Blitz with Ruth (2A) Presidents Day	9:00 Chair Stretches (3E) 9:30 Walk & Roll Walking Group (FL) 9:45 Shopping Run: Walmart** (OOB) 10:45 Worship Service (2A) 1:00 Bible Study (2A) 1:00 Balance & Action (3E) 1:30 Art Class with Doretta (C) 2:00 Prize BINGO (2A) 6:00 Sequence (3E)	9:00 Drum Roll Exercise (3E) 9:30 Walk & Roll Walking Group (FL) 10:00 Rosary (3A) 11:30 Chef's Table with Preston (PD) 1:00 Balance & Action (3E) 2:00 Fireside Chat (2A) 3:00 Social Hour (P) 3:30 Chef Pairing (P) 6:30 Golden Doodle Drop In (FL)	9:00 Chair Stretches (3E) 9:45 Dance with Jess (FL) 10:45 Worship Service(2A) 11:30 Art: Color Me Calm (L) 1:00 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Nickel BINGO (2A) 3:00 Friends Helping Friends iN2L (CN) 6:00 Sequence (2A)	9:00 Light & Lively Exercise (3E) 9:45 Shopping Run: Kohl's** (OOB) 1:00 Balance & Action (3E) 2:00 Mardi Gras Craft (P) 3:00 Social Hour (P) 3:30 Mardi Gras 101 (P) 6:00 Sequence (3E)	9:00 Light & Lively (3E) 9:30 Walk & Roll Walking Group (FL) 10:00 Stitch 2gether Club (L) 1:00 Stair Climbers (3E) 2:00 Nickel BINGO (2A) 3:15 Scrabble (C) 4:00 Coupon Clipping: Veterans (C) 6:00 Blitz with Ruth (2A)	
23	24	25	26	27	28	29	
9:00 Light & Lively Exercise (3E) 10:00 Polish Nail Station (2A) 2:00 Sequence (2A) 3:00 Mexican Train Dominoes (C) 4:00 Coupon Clipping: Veterans (C) 6:30 Evening Worship (2A)	9:00 Light & Lively Exercise (3E) 10:00 Kitchen Creation: King Cake (C) 10:30 Dessert 101: King Cake (C) 1:00 Balance & Action (3E) 2:00 Ladder Ball (3E) 3:00 Nickel BINGO (2A) 6:00 Blitz with Ruth (2A)	9:00 Chair Stretches (3E) 9:30 Walk & Roll Walking Group (FL) 9:45 Shopping Run: Walmart** (OOB) 10:45 Worship Service (2A) 1:00 Bible Study (2A) 1:00 Balance & Action (3E) 1:30 Art Class with Doretta (C) 3:00 Social Hour: Mardi Gras w/ featured Wine & King Cake (P) 6:30 Musical Performance by Roy Justice (2A) Mardi Gras	9:00 Drum Roll Exercise (3E) 9:30 Walk & Roll Walking Group (FL) 10:00 Prize Bingo (2A) 1:00 Balance & Action (3E) 2:00 Memorial Service (2A) 3:00 Coffee Talk (P) 3:30 Table Topics and Discussion (P) 6:00 Wii Bowling (3E)	9:00 Chair Stretches (3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2A) 1:00 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Educational Presentation on <i>Teachings of The Education System</i> by Jim Taylor (2A) 2:00 Chili Cook Off Judging (CN) 6:00 Horseshoes (3E)	9:00 Light & Lively Exercise (3E) 10:00 Wii Bowling (3E) 1:00 Balance & Action (3E) 2:00 Nickel BINGO (2A) 3:00 Social Hour (P) 3:30 Community Life Meeting (P) 6:00 Horseshoes (2A)	9:00 Stair Climbers (3E) 9:30 Walk & Roll Walking Group (FL) 10:00 Chocolate Bar BINGO (2A) 1:00 Musical Performance by Cumberland Valley School of Music featuring <i>Willy Wonka</i> located at Wilson College**\$\$ (OOB) 1:30 Movie with Wanda: <i>Footprints</i> (3A) 4:00 Coupon Clipping: Veterans (C) 6:00 Blitz with Ruth (2A)	