

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: January 2020



Dimensions of Wellness

Community * Spirit * Mind * Physical * Social

Welcome New Residents

Anna Revel
 Shirley Eberly
 Robert Hoover
 Fred Sprankle
 Marge Bowen
 Robert Beecher
 Kay Stake
 Janet Ervin
 Joyce Bright
 Barbara Danner

Resident Birthdays

January

Mary Mackey
 Beulah Cisney
 Paul Carlin
 Don Funk
 Mary Jane Kauffman
 Fred Sprankle
 Joel Fridgen
 Sylvia Moran
 Robert Beecher
 Sandy Reed
 Emma Green
 Bill Shank
 Lucille Barkdoll

February

Lewis Hughes
 Wilbur Barnhart
 Dick Ludwick
 Barbara Britt
 Marcia Wilkins
 Betty Witkosky
 Patricia Piper

March

Almeta McClain
 Edward Zarger
 Jay Lightfoot
 Charlotte Lowman
 June Doolittle
 Esther Wagner
 Vivian Reilly
 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

January

- 14 – Capitol Theatre Visit
“Double Indemnity” @ 1:30 pm
- 22 – Chef Table with Chef Preston
11:30 am
- 30 – Lunch & Learn
Doug Harmon (Franklin County Visitors Center)
11:30 am – 1:00 pm

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





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
  <p>JANUARY 2020</p>			1 New Years Day 9:00 Walk & Roll Walking Group(3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 New Year's Day Trivia (P) 1:00 Helping Hands (3A) 1:30 New Year's Day Craft (3A) 3:00 Super Happy Hour: Featured Wine & Movie Discussion (P)	2 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 9:45 Dance Class With Jess (FL) 10:00 Morning Meeting (P) 10:45 Worship Service (2A) 1:00 Helping Hands (3A) 1:30 BINGO! (3A) 3:00 Words within a Word (3A)	3 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 January Monthly Gazette (P) 1:00 Helping Hands (3A) 1:30 Bowling (CN) 3:00 Social Hour (P) 3:30 Sample Haitian Pumpkin Soup (P)	4 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 National Trivia Day (P) 1:00 Helping Hands (3A) 1:30 Giant UNO (3A) 2:15 Puzzle Club (3A) 3:00 Coupon Clipping: Veterans (3A)
5 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Table Topics (P) 1:00 Helping Hands (3A) 2:00 Bryan Herber Piano Music (3A) 3:00 Polish & Shine Nail Care (3A) 6:30 Evening Worship (2A)	6 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Wheel Of Fortune (P) 1:00 Let's Make A Deal (CN) 1:30 Word Games (3A) 3:00 Social Hour (P)	7 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:00 Brain Wellness Talk (2A) 10:45 Worship Service (2A) 1:00 Helping Hands (3A) 1:00 Bible Study (2A) 2:30 Literacy for All Ages with Olivia (CN) 3:30 iN2L: Brain Games (CN)	8 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Club Committee Meeting (P) 1:00 Helping Hands (3A) 1:30 Art Class: Pottery (3A) 2:45 BINGO! (3A) 6:30 Musical Entertainment by Robert Twine (2A)	9 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 9:45 Dance Class With Jess (FL) 10:00 Morning Meeting (P) 10:45 Worship Service (2A) 1:00 Helping Hands (3A) 2:00 Musical Entertainment by Tom Shultz Performance (2A) 3:00 Polish & Shine Nail Care (3A)	10 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Finish The Lines (P) 1:00 Helping Hands(3A) 1:30 Memory Magic (3A) 3:00 Social Hour (P)	11 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Can You Picture This (P) 1:00 Helping Hands (3A) 1:30 Musical Entertainment by Jessica Snyder (2A) 3:00 Coupon Clipping: Veterans (3A)
12 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Brain Games (P) 1:00 Helping Hands (3A) 1:30 Puzzle Club (3A) 3:00 Polish & Shine Nail Care (3A) 6:30 Evening Worship (2A)	13 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Finish The Lyrics (P) 1:00 Helping Hands (3A) 1:30 Faces & Places (3A) 3:00 Social Hour (P) 6:30 Musical Entertainment by Tresa Day (2A)	14 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:45 Worship Service (2A) 1:00 Helping Hands (3A) 1:00 Bible Study (2A) 2:30 Literacy for All Ages with Olivia (CN) 3:30 iN2L: Commercials (CN)	15 9:00 Walk & Roll Walking Group (3A) 9:30 Morning Meeting (3A) 10:00 Yoga With Lara (CN) 10:30 Kitchen Creation: Sweet Desserts (C) 1:00 Helping Hands (3A) 2:00 Fireside Chat Meeting (2A) 3:00 Food Talk 101 (P) 6:30 Visit from a Golden-Doodle (FL)	16 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 9:45 Dance Class With Jess (FL) 10:00 Morning Meeting (P) 10:45 Worship Service (2A) 1:00 Helping Hands (3A) 1:30 BINGO! (3A) 3:00 Polish & Shine Nail Care (3A)	17 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 9:45 Morning Meeting (P) 10:00 Living Unlimited Music with Kelsey (CN) 1:00 Helping Hands (3A) 1:30 Memory Magic (3A) 3:00 Social Hour (P)	18 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Brain Quizzing Trivia (P) 1:00 Helping Hands (3A) 1:30 Musical Entertainment by Gospel Strings (2A) 3:00 Coupon Clipping: Veterans (3A)
19 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Dolly Parton Trivia (P) 1:00 Helping Hands (3A) 2:00 Musical Entertainment by Home Comfort Band (2A) 3:00 Polish & Shine Nail Care (3A) 6:30 Evening Worship (2A)	20 Martin Luther King Jr Day 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 MLK Jr. Facts (P) 1:00 Bowling (CN) 2:00 Memorial Service (2A) 3:00 Social Hour (P) 3:30 MLK Day (P)	21 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:45 Worship Service (2A) 1:00 Helping Hands (3A) 1:00 Bible Study (2A) 2:30 Literacy for All Ages with Olivia (CN) 3:30 iN2L: Creative Arts (CN)	22 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Finish The Word (P) 1:00 Helping Hands (3A) 1:30 Community Scenic Drive** (OOB) 3:00 Wine Pairing with Preston (P)	23 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 9:45 Dance Class With Jess (FL) 10:00 Morning Meeting (P) 10:45 Worship Service (2A) 1:00 Helping Hands (3A) 1:30 BINGO (3A) 3:00 Polish & Shine Nail Care (3A)	24 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Finish The Lines (P) 1:00 Helping Hands (3A) 1:30 Memory Magic (3A) 3:00 Social Hour (P)	25 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Travelogue Reminiscing (P) 1:00 Helping Hands (3A) 1:30 Words within a Word (3A) 3:00 Coupon Clipping: Veterans (3A)
26 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Would You Rather (P) 1:00 Helping Hands(3A) 1:30 Puzzle Club (3A) 2:30 Barb & Friends Puppet Show (CN) 3:30 Polish & Shine Nail Care (3A) 6:30 Evening Worship (2A)	27 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Finish The Lines (P) 1:00 Helping Hands(3A) 1:30 Winter Time Crossword Puzzles (3A) 3:00 Social Hour (P)	28 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:45 Worship Service (2A) 1:00 Helping Hands (3A) 1:00 Bible Study (2A) 2:30 Literacy for All Ages with Olivia (3A) 6:30 Musical Entertainment by Roy Justice (2A)	29 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Chicken Soup For The Soul Reading (P) 1:00 Helping Hands(3A) 1:30 Community Scenic Drive** (OOB) 3:00 Social Hour (P) 3:30 Table Topics & Discussion (P)	30 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 9:45 Dance Class With Jess (FL) 10:00 Morning Meeting (P) 10:45 Worship Service (2A) 1:00 Helping Hands (3A) 1:30 BINGO! (3A) 3:00 Polish & Shine Nail Care (3A)	31 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Armchair Detective (P) 1:00 Helping Hands(3A) 1:30 Memory Magic (CN) 2:30 iN2L: Google Travel (CN) 3:00 Social Hour (P)	CALENDAR KEY: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Rm (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Connections Neighborhood (CN), Library (L), Private Dining Room (PDR) Out of the Building (OOB) ** Registration Required \$\$ Cost Involved