

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
			1 New Years Day 9:00 Light & Lively Exercise (3E) 9:30 Walk & Roll Walking Group (FL) 10:00 Prize BINGO (2A) 1:00 Balance & Action (3E) 1:30 Movie: <i>It's a Wonderful Life</i> (2A) 2:00 Horseshoes (3E) 3:00 Super Happy Hour Featured Wine & Movie Discussion (P) 6:00 Blitz with Ruth (2A)	2 9:00 Light & Lively Exercise (3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2E) 11:30 Bookmobile (LD) 1:00 Balance & Action (3E) 1:30 Art Exploration: Pencil (C) 2:00 Prize BINGO (2A) 3:00 Friends Helping Friends iN2L (CN) 6:00 Sequence (2A)	3 9:00 Light & Lively Exercise (3E) 10:00 Kitchen Creation: Haitian Pumpkin Soup (C) 1:00 Balance & Action (3E) 2:00 Sequence (2A) 3:00 Social Hour (P) 3:30 Taste Test Kitchen Creation: Haitian Pumpkin Soup (P) 6:00 Horseshoes (2A)	4 9:00 Light & Lively Exercise (3E) 9:30 Walk & Roll Walking Group (FL) 10:00 Nickel BINGO (2A) 1:00 Stair Climbers (3E) 2:00 Sequence (2A) 3:00 Mexican Train Dominoes (C) 4:00 Art: Color Me Calm (L) 4:00 Coupon Clipping: Veterans (C) 6:00 Blitz with Ruth (2A)
			5 9:00 Light & Lively Exercise (3E) 10:00 Polish Nail Station (2A) 2:00 Musical Entertainment: Bryan Herber (2A) 3:00 Scrabble (C) 4:00 Coupon Clipping: Veterans (C) 6:30 Evening Worship (2A)	6 9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Horseshoes (3E) 1:00 Balance & Action (3E) 2:00 Nickel BINGO (2A) 3:00 Social Hour (P) 4:15 Puzzles Club (L) 6:00 UNO with Marion (2A)	7 9:00 Light & Lively Exercise (3E) 9:45 Shopping Run: Walmart** (OOB) 10:00 edU-Wellness: Brain Health (3E) 10:45 Worship Service (2A) 1:00 Bible Study (2A) 1:00 Balance & Action (3E) 1:30 Art Class with Doretta (C) 3:00 Sequence (2A) 6:00 Blitz with Ruth (2A)	8 9:00 Light & Lively Exercise (3E) 9:30 Walk & Roll Walking Group (FL) 10:00 Dining Services Committee (DR) 11:00 Ladder Ball (3E) 1:00 Balance & Action (3E) 1:30 Catholic Mass (2A) 1:30 Art: Pottery (3A) 3:00 Prize Bingo (2A) 6:30 Musical Entertainment: Robert
12 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)	13 9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Kitchen Creation: Candy (C) 1:00 Balance & Action (3E) 2:00 Sequence (2A) 3:00 Social Hour (P) 6:00 UNO with Marion (2A)	14 9:00 Light & Lively Exercise (3E) 9:45 Shopping Run: Walmart** (OOB) 10:45 Worship Service (2A) 1:00 Bible Study (2A) 1:00 Balance & Action (3E) 1:30 Capitol Theatre presents <i>Double Indemnity**\$\$</i> (OOB) 1:30 Art Class with Doretta (C) 2:00 Nickel BINGO (2A) 3:30 Book Club (L) 6:00 Horseshoes (3E)	15 9:00 Light & Lively Exercise (3E) 9:30 Walk & Roll Walking Group (FL) 10:00 Rosary (3A) 10:00 Kitchen Creation: Sweet Desserts (C) 1:00 Balance & Action (3E) 2:00 Fireside Chat Meeting (2A) 3:00 Food Talk 101 (P) 6:30 Goldendoodle Drop In (FL)	16 9:00 Light & Lively Exercise (3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2E) 1:00 Balance & Action (3E) 1:30 Art Exploration: Pencil (C) 2:00 Prize BINGO (2A) 3:00 Friends Helping Friends iN2L (CN) 6:00 Blitz with Ruth (2A)	17 9:00 Light & Lively Exercise (3E) 10:00 Card Club (2A) 1:00 Balance & Action (3E) 2:00 Nickel BINGO (2A) 3:00 Social Hour (P) 4:15 Billiards (3E) 6:00 Sequence (2A)	18 9:00 Light & Lively Exercise (3E) 9:30 Walk & Roll Walking Group (FL) 10:00 Nickle BINGO (2A) 1:00 Stair Climbers(3E) 1:30 Musical Entertainment: Gospel Strings (2A) 3:15 Sequence (2A) 4:00 Coupon Clipping: Veterans (C) 6:00 Blitz with Ruth (2A)
19 9:00 Light & Lively Exercise (3E) 10:00 Polish Nail Station(2A) 2:00 Home Comfort (2A) 3:15 Scrabble (C) 4:00 Coupon Clipping: Veterans (C) 6:30 Evening Worship (2A)	20 Martin Luther King Jr Day 9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Nickel BINGO (2A) 1:00 Balance & Action (3E) 2:00 Memorial Service (2A) 3:00 Social Hour (P) 4:00 MLK Day Video (P) 6:00 UNO with Marion (2A)	21 9:00 Light & Lively Exercise (3E) 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 Hanger Snowflake Craft **(2A) 3:15 Card Club (2A) 6:00 Blitz with Ruth (2A)	22 9:00 Light & Lively Exercise (3E) 9:30 Walk & Roll Walking Group (FL) 11:30 Chef's Table with Preston (PDR) 1:00 Balance & Action (3E) 3:00 Wine Pairing (P) 4:00 Art: Color Me Calm (L) 6:00 Sequence (2A)	23 9:00 Light & Lively Exercise (3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2E) 1:00 Balance & Action (3E) 1:30 Art Exploration: Pencil (C) 2:00 Card Club (2A) 3:00 Friends Helping Friends iN2L (CN) 6:00 Horseshoes (3E)	24 9:00 Light & Lively Exercise (3E) 10:00 Shopping Run: Target** (OOB) 1:00 Balance & Action (3E) 2:00 Prize BINGO (2A) 3:00 Social Hour (P) 4:15 Ladder Ball (3E) 6:00 Scrabble (2A)	25 9:00 Light & Lively Exercise (3E) 9:30 Walk & Roll Walking Group (FL) 10:00 Sequence (2A) 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)
26 9:00 Light & Lively Exercise (3E) 10:00 Polish Nail Station (2A) 2:00 Sequence (2A) 3:15 Mexican Train Dominoes (C) 4:00 Coupon Clipping: Veterans (C) 6:30 Evening Worship (2A)	27 9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Kitchen Creation: Crescent Roll Creation (C) 1:00 Balance & Action (3E) 2:00 Prize BINGO (2A) 3:00 Social Hour (P) 6:00 UNO with Marion (2A)	28 9:00 Light & Lively Exercise (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 Nickel BINGO (2A) 3:15 Card Club (2A) 6:30 Musical Performance: Roy Justice	29 9:00 Light & Lively Exercise (3E) 9:30 Walk & Roll Walking Group (FL) 11:15 Diners Caravan: Chinese Food Buffet**\$\$ (OOB) 1:15 Balance & Action (3E) 2:00 Blood Pressure Clinic (2A) 3:00 Social Hour (P) 3:30 Table Topics & Discussion (P) 6:00 Horseshoes (3E)	30 9:00 Light & Lively Exercise (3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2E) 1:00 Balance & Action (3E) 1:30 Art Exploration: Pencil (C) 2:00 Book Club (L) 3:00 Friends Helping Friends iN2L (CN) 6:00 Sequence (2A)	31 9:00 Light & Lively Exercise (3E) 10:00 Stitched 2gether Club (L) 1:00 Balance & Action (3E) 2:00 Craft Corner: Mini Snowmen Globes (C) 3:00 Social Hour (P) 3:30 Community Life Committee (P) 4:15 Cornhole (3E) 6:00 Horseshoes (3E)	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), Library (L), Private Dining Room (PDR) Out of the Building (OOB) ** Registration Required \$\$ Cost Involved