

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

Mary Balestra
Luigi Balestra
Sandella Lapps
Joan Brinton
Lois Parry

Resident Birthdays

February

Anna Walchonski
DeMares Pleat
Robert Brewer
Amedeo Barbine
Luigi Balestra
Barbara Wilson
Mary Balestra

March

Alice Orlan

A Note from the Executive Director

Often a new year inspires resolutions. For many of us, those resolutions are centered on some sort of wellness...healthier eating habits, increased exercise, or stress reduction. Thankfully, living at Providence Place at the Collegeville Inn makes achieving those goals so much easier!

And as many of you already know, wellness isn't just about exercise and diet. Wellness also incorporates social, intellectual, emotional and spiritual aspects. What we love about Providence Place is seeing our residents out and about socializing with each other – whether it be in classes, meeting in the pub or in the dining room at lunch or dinner. Our residents alone, with their vast and varied life experiences, provide enrichment for one another. In addition, our informational seminars, musical performances, religious services, and other programs, offer opportunities to improve overall wellness.

Providence Place at the Collegeville Inn will be featuring a quarterly newsletter with a wellness theme to benefit both residents and staff. We will feature updates from Community Life, Wellness and our Business Office. So please peruse through this newsletter to learn about the great things happening at Providence Place at the Collegeville Inn – we hope that you join us in 2020 with a heart fulfilled with joy.

Upcoming Events

February

- 2 – Superbowl Tailgate Party
5:00 pm in the Pub
- 13 – Sweetheart Dance:
A Celebration of Love @ 6:00 pm
- 14 – The Newlywed Game @ 2:00 pm
- 19 – Phoenixville Senior Center
Birthday Celebrations
- 28 – Fry-Day Night Lenten Fish Fry
Open House from 5:00 – 7:00 pm

March

- 3 – Miller-Keystone Blood Drive
9:00 am - 12:00 pm
- 13 – Fry-Day Night Lenten Fish Fry
Open House from 5:00 – 7:00 pm
- 18 – St. Patty's Day Luncheon
12:00 pm
- 26 – Lower Providence Senior Center
Luncheon & Tour
- 13 – Fry-Day Night Lenten Fish Fry
Open House from 5:00 – 7:00 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	
		Calendar Key: **Registration Required \$\$Cost Involved (AR) Activity Room, (CR) Community Room, (P) Pub, (OL) Old Lobby, (DR) Dining Room, (T) Theater, (WO) Wellness Office, (C) Connections Neighborhood, (OOB) Out of Building			<h1>February 2020</h1>		1 9:00 Walk & Roll Walking Club (OL) 9:30 Exercise & Stretch (CR) 10:00 Cornhole (CR) 11:00 Bingo (CR) 1:00 Wii Bowling Club (CR) 2:00 Card Club (AR) 3:00 Have You Ever (CR) 6:00 Puzzle Club (CR)
		2 9:30 Stretch it Out (CR) 10:00 Current Events & Discussion (CR) 10:30 Bible Reading & Discussion (CR) 11:30 St. Eleanor's Mass (OOB) 1:30 21st Century Art: Humor (CR) 2:30 Superbowl Party Prep: Pigs in a Blanket & Peanut Butter Touchdown Dip (AR) 5:00 Superbowl Tailgate Party (P) Ground Hog Day	3 9:30 Strength & Balance Fitness (CR) 10:30 Manicures, Massages, & Music (CR) 11:30 Black History Month: Inventors and Innovators (CR) 1:00 Baker's Corner: Valentine's Day Cookies (AR) 2:00 Community Life Meeting (AR) 3:00 Comedy: Jim Gaffigan (T) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (CR)	4 9:30 Resistance Class (CR) 10:30 Shopping Run: Target*** (OOB) 11:00 Daily Chronicle & Words of Wisdom (CR) 1:00 Chronology (CR) 2:00 Locomotion Aerobics w/ Nadine (AR) 3:00 Health & Wellness Clinic (WO) 4:00 iN2L: National Parks (C) 6:00 Card Club (CR)			5 9:00 Gliding Discs (CR) 9:45 Communion & Rosary by St. Eleanor's (T) 10:00 Wii Bowling Club (CR) 11:00 Educational Presentation: <i>China's Rise, America's Balance, & Latin America's Struggle</i> by Garrett Bullock (CR) 1:00 Yoga with Heather (CR) 3:30 Chef's Pairing (P) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bridge with Richard (P)
9 9:30 Stretch it Out (CR) 10:00 Current Events & Discussion (CR) 10:30 Bible Reading & Discussion (CR) 11:30 St. Eleanor's Mass (OOB) 1:30 21st Century Art: Time (CR) 2:30 Team Trivia (CR) 3:30 Celebrate the Oscars (CR) 6:00 Resident Led Rosary (CR)	10 9:30 Strength & Balance Fitness (CR) 10:30 Manicures, Massages, & Music (CR) 11:30 Black History Month: Trivia (CR) 1:00 Craft Corner: Heart Shaped Bird Feeders (AR) 2:00 Welcome Ambassadors Committee (CR) 3:00 Dominoes (AR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (CR)	11 9:30 Resistance Class (CR) 10:30 Shopping Run: Wegman's*** (OOB) 11:00 Daily Chronicle & Words of Wisdom (CR) 1:00 I Should Have Known That! (CR) 2:00 Locomotion Aerobics w/ Nadine (AR) 4:00 iN2L: Bob Ross (C) 5:00 Diner's Caravan: Olive Garden*** (OOB) 6:00 Card Club (AR)	12 9:00 Gliding Discs (CR) 9:45 Communion & Rosary by St. Eleanor's (T) 10:00 Wii Bowling Club (CR) 12:00 Birthday Celebration Lunch (DR) 2:00 Wheel of Fortune (CR) 3:00 Music Trivia: Name that Love Song (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bible Study by Pastor Ken (CR)	13 9:00 Walk & Roll Walking Club (OL) 9:30 BODYpump Class (CR) 10:00 Shopping & Lunch Out: Shady Maple*** (OOB) 1:00 Jumbo Crossword Puzzle (CR) 2:00 Fireside Chat (OL) 3:00 Bingo (CR) 4:00 Rosary (CR) 6:00 Sweetheart Dance: A Celebration of Love with Michael Kropp (OL)	14 9:30 Balance Fitness by Nadine (AR) 10:30 Cooking Club: Sweet Hawaiian Honey Ham & Swiss Biscuit Bites (AR) 11:30 Uno (AR) 1:00 Food for Thought: Chocolate (CR) 2:00 The Newlywed Game (OL) 3:00 Friends Helping Friend (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie: <i>Julie & Julia</i> (T) Valentines Day	15 9:00 Walk & Roll Walking Club (OL) 9:30 Exercise & Stretch (CR) 10:00 Ladder Ball (CR) 11:00 Bingo (CR) 1:00 Wii Bowling Club (CR) 2:00 Card Club (AR) 3:30 Coffee & Tea 101 (CR) 6:00 Puzzle Club (CR)	
16 9:30 Stretch it Out (CR) 10:00 Current Events & Discussion (CR) 10:30 Bible Reading & Discussion (CR) 11:30 St. Eleanor's Mass (OOB) 1:30 21st Century Art: Memory (CR) 2:30 Team Trivia (CR) 3:30 Scrabble (CR) 6:00 Resident Led Rosary (CR)	17 9:30 Strength & Balance Fitness (CR) 10:30 Manicures, Massages, & Music (CR) 11:30 Black History Month: Word Search (CR) 1:00 Baker's Corner: Cherry Cheesecake Swirl Brownies (AR) 2:00 Volunteer Committee (AR) 3:00 Comedy: Jerry Seinfeld (T) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (CR) Presidents Day	18 9:30 Resistance Class (CR) 10:30 Shopping Run: Walmart*** (OOB) 11:00 Daily Chronicle & Words of Wisdom (CR) 1:30 Dining Services Committee (CR) 2:00 Locomotion Aerobics w/ Nadine (AR) 3:00 Technology & You: Laptops & iPads (CR) 4:00 iN2L: Destination Education (C) 6:00 Card Club (AR)	19 9:00 Gliding Discs (CR) 9:45 Communion & Rosary by St. Eleanor's (T) 10:00 Wii Bowling Club (CR) 11:00 Spot the Difference (CR) 1:00 Yoga with Heather (CR) 2:00 Jeopardy (CR) 3:00 Music Trivia: Songs from Movies (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bridge with Richard (P)	20 9:00 Walk & Roll Walking Club (OL) 9:30 BODYpump Class (CR) 10:00 Paint Class by Shayna Parker (AR) 11:30 Bach's [Boxed] Lunch Concert Musical Performance by Jeff Ormsby at Community Music School** (OOB) 2:00 Card Sharks: Pinochle (AR) 3:00 Bingo (CR) 4:00 Rosary (CR) 6:00 Uncorked (CR)	21 9:30 Balance Fitness by Nadine (CR) 10:30 Cooking Club: Mini French Onion Monkey Breads (AR) 11:30 Scattergories (AR) 1:00 Fresh Flower Arranging (AR) 2:00 Circle of Friends (CR) 3:00 Friends Helping Friends (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie: <i>Hairspray</i> (T)	22 9:00 Walk & Roll Walking Club (OL) 9:30 Exercise & Stretch (CR) 10:00 Ten Cups (CR) 11:00 Bingo (CR) 1:00 Wii Bowling Club (CR) 2:00 Card Club (AR) 3:00 Make & Taste: Homemade Ice Cream (AR) 6:00 Puzzle Club (CR)	
23 9:30 Stretch it Out (CR) 10:00 Current Events & Discussion (CR) 10:30 Bible Reading & Discussion (CR) 11:30 St. Eleanor's Mass (OOB) 1:30 21st Century Art: Transformations (CR) 2:30 Team Trivia (CR) 3:30 Scrabble (CR) 6:00 Resident Led Rosary (CR)	24 9:30 Strength & Balance Fitness (CR) 10:30 Manicures, Massages, & Music (CR) 11:30 Black History Month: Entertainers (CR) 1:00 Craft Corner: Book Marks (CR) 2:00 Rummikub (AR) 3:30 Musical Entertainment by Lorri & James (OL) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (CR)	25 9:30 Resistance Class (CR) 10:00 Coffee & Conversation with the Lower Providence Police Dept (AR) 11:00 Shopping Run: CVS, Post Office, & Bank*** (OOB) 11:00 Daily Chronicle (CR) 2:00 Locomotion Aerobics w/ Nadine (AR) 3:00 Soda Floats Social (AR) 4:00 iN2L: Bob Ross (C) 6:00 Card Club (AR) Mardi Gras	26 9:00 Gliding Discs (CR) 9:45 Communion & Rosary by St. Eleanor's (T) 10:00 Wii Bowling Club (CR) 1:00 Learn About Lent (CR) 2:00 Chef's Table by Chef Chad (AR) 3:00 Music Trivia: Broadway Tunes (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bible Study by Pastor Ken (CR)	27 9:00 Walk & Roll Walking Club (OL) 9:30 BODYpump Class (CR) 11:30 Diner's Caravan: Trappe Tavern*** (OOB) 1:00 Jumbo Crossword Puzzle (CR) 2:00 Card Sharks: Texas Hold 'Em (CR) 3:00 Bingo (CR) 4:00 Rosary (CR) 7:00 Theatrical Performance: 9-5: <i>The Musical</i> at Ursinus College** (OOB)	28 9:30 Balance Fitness by Nadine (CR) 10:30 Cooking Club: Cheese Ball (AR) 11:30 Yahtzee (AR) 1:00 Who Am I? Famous February Birthdays (CR) 2:00 "A" My Name is... (CR) 3:00 Friends Helping Friends (C) 4:00 Leaping Happy Hour (P) 6:00 Movie: <i>Something's Gotta Give</i> (T)	29 9:00 Walk & Roll Walking Club (OL) 9:30 Exercise & Stretch (CR) 10:00 Connect Four Tournament (CR) 11:00 Bingo (CR) 1:00 Wii Bowling Club (CR) 2:00 Card Club (AR) 3:30 Leap Year Trivia (CR) 6:00 Puzzle Club (CR)	