

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

Dolores & William Heck
Nancy Price
Amedeo Barbine
Geri Serianni
Emily Strinkoski
Judy Adler
Diana Hennessy
Shirley Blomstrom
Barbara Wilson
Josephine DeRose

Resident Birthdays

January

Carol Hensel
Marianne McAnena
Richard Schneible
Diana Hennessy

February

Anna Walchonski
DeMares Pleat
Amedeo Barbine
Barbara Wilson

March

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. If you are like me, this is an ongoing process! 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 I 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. I am honored to add a message as well. So please peruse through this newsletter to learn about the great things happening at Providence Place at the Collegeville Inn – I hope that you join me in 2020 with a heart fulfilled with joy.

Of course, no promises that you won't still find me passed out on the sofa with chocolate smudges and bits of potato chips all over my face...

Andrea DiOttavio
Executive Director

Upcoming Events

January

22 – Souper Supper @ 5 pm
24 – Chinese New Year Luncheon
12:00 pm

February

2 – Superbowl Party in the Pub
6:00 pm
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
17 – 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



January 2020

			<p>1 New Year's Day 10:00 Gliding Discs (CR) 10:30 New Year's Games & Trivia (CR) 11:00 Giant Stackers Game (CR) 1:00 Yoga by Heather (CR) 2:00 Learn to Play: Pinochle (CR) 3:00 iN2L: Google Earth (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bridge with Richard (P)</p>	<p>2 9:00 Walk & Roll Walking Club (OL) 9:30 BODYpump Class (CR) 10:30 Aromatic Soap Making (CR) 2:00 Carmel Apple Bar & Social (AR) 3:00 Bingo (CR) 4:00 Rosary (CR) 6:00 Games Night (CR)</p>	<p>3 9:30 Balance Fitness by Nadine (CR) 10:15 edU-Wellness: The Science of Staying Hydrated (CR) 10:45 Cooking Club: Parmesan Spinach Rolls (AR) 1:00 Mahjong (AR) 2:00 Picture Trivia (CR) 3:00 Friends Helping Friends (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie: <i>Murder Mystery</i> (T)</p>	<p>4 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) 3:00 Afternoon Tea Social (AR) 3:30 Rummikub (AR) 6:00 Puzzle Club (CR)</p>
<p>5 9:30 Stretch It Out (CR) 10:00 Current Events Discussion & Coffee (CR) 10:30 Bible Reading & Discussion (CR) 11:00 Rummy (AR) 11:30 St. Eleanor's Mass** (OOB) 1:30 21st Century Art: Spiritual (T) 2:30 Team Trivia (CR) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)</p>	<p>6 9:30 Strength & Balance Fitness (CR) 10:30 Manicures, Massages, & Music (CR) 11:30 Word Search Race (CR) 1:00 Baker's Corner: Salted Peanut Cookies (AR) 2:30 Community Life Committee (CR) 3:00 Comedy: Ellen DeGeneres (T) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (CR)</p>	<p>7 9:30 Resistance Class (CR) 10:00 Matinee: <i>World Trade Center</i> (T) 10:30 Shopping Run: Kimberton Whole Foods**\$\$ (OOB) 1:00 Happy Birthday, Elvis! (CR) 2:00 Locomotion Aerobics (CR) 3:00 Health & Wellness Clinic (WO) 4:00 Wheel of Fortune (CR) 6:00 Card Club (CR)</p>	<p>8 9:00 Gliding Discs (CR) 9:45 Communion & Rosary by St. Eleanor's (T) 10:30 Crafty Crew: Winter Wreaths (CR) 12:00 Birthday Celebration Lunch (DR) 2:00 Learn to Play: Tx Hold 'Em (CR) 3:00 iN2L: Game Show (C) 4:00 Happy Hour & Dipped in Chocolate Hors d'oeuvres (P) 6:00 Bible Study by Pastor Ken (CR) 6:00 Bridge with Richard (P)</p>	<p>9 9:00 Walk & Roll Walking Club (OL) 9:30 BODYpump Class (CR) 10:30 Retail Shopping & Lunch Out: Coventry Mall**\$\$ (OOB) 1:00 Jumbo Crossword Game (CR) 2:00 Fireside Chat Community Meeting (OL) 3:00 Bingo (CR) 4:00 Rosary (CR) 6:00 Game Night (CR)</p>	<p>10 9:30 Balance Fitness by Nadine (CR) 10:30 Cooking Club: 7-Layer Dip (AR) 1:00 Fresh Flower Arranging (AR) 11:30 UNO (AR) 2:00 Picture Trivia (CR) 3:00 Friends Helping Friends (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie: <i>Mary Poppins Returns</i> (T)</p>	<p>11 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 Hot Chocolate Social (AR) 3:30 Trivial Pursuit (CR) 6:00 Puzzle Club (CR)</p>
<p>12 9:30 Stretch It Out (CR) 10:00 Current Events Discussion & Coffee (CR) 10:30 Bible Reading & Discussion (CR) 11:00 Rummy (CR) 11:30 St. Eleanor's Mass** (OOB) 1:30 21st Century Art: Consumption (T) 2:30 Team Trivia (CR) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)</p>	<p>13 9:30 Stretch & Balance Fitness (CR) 10:30 Manicures, Massages, & Music (CR) 11:30 Word Search Race (CR) 1:00 Baker's Corner: Tandy Cake (AR) 2:00 Welcoming Committee (CR) 3:00 Musical Entertainment by Patrice Hawthorne (OL) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (CR)</p>	<p>14 9:30 Resistance Class (CR) 10:00 Matinee: <i>My Week with Marilyn</i> (T) 10:30 Retail Shopping: Providence Town Center**\$\$ (OOB) 2:00 Locomotion Aerobics (CR) 4:00 Jeopardy (CR) 5:00 Diners Caravan: DaVinci's Pub**\$\$ (OOB) 6:00 Card Club (CR)</p>	<p>15 9:00 Gliding Discs (CR) 9:45 Communion & Rosary by St. Eleanor's (T) 10:30 Crafty Crew: Mason Jar Snow Globes (CR) 11:30 Scattergories Game (CR) 1:00 Yoga with Heather (CR) 2:00 Learn to Play: Black Jack (CR) 3:00 iN2L: What Did It Cost (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bridge with Richard (P)</p>	<p>16 9:00 Walk & Roll Walking Club (OL) 9:30 BODYpump Class (CR) 10:00 Paint Class by local artist Shayna Parker (AR) 11:30 Musical Entertainment & Boxed Lunch at Community Music School** (OOB) 1:30 Jumbo Crossword Game (CR) 3:00 Bingo (CR) 4:00 Rosary (CR) 6:00 Game Night (CR)</p>	<p>17 9:30 Balance Fitness by Nadine (CR) 10:30 Cooking Club: Stuffed Mushrooms (AR) 11:30 UNO (AR) 1:00 Mahjong (AR) 2:00 Picture Trivia (CR) 3:00 Friends Helping Friends (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie: <i>Lincoln</i> (T)</p>	<p>18 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) 3:00 Afternoon Tea Social (AR) 3:30 Cover the Number (CR) 6:00 Puzzle Club (CR)</p>
<p>19 9:30 Stretch It Out (CR) 10:00 Current Events Discussion & Coffee (CR) 10:30 Bible Reading & Discussion (CR) 11:30 St. Eleanor's Mass** (OOB) 1:30 21st Century Art: Structures (T) 2:30 Team Trivia (CR) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)</p>	<p>20 Martin Luther King Jr Day 9:30 Stretch & Balance Fitness (CR) 10:30 Manicures, Massages, & Music (CR) 11:30 Word Search Race (CR) 1:00 Baker's Corner: Oatmeal Peanut Butter Cookies (AR) 2:00 Volunteer Committee (CR) 3:00 Comedy: Seth Meyers (T) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (CR)</p>	<p>21 9:30 Resistance Class (CR) 10:00 Matinee: <i>Rebel Without a Cause</i> (T) 10:30 Retail Shopping: The Shoppes of Upper Providence**\$\$ (OOB) 1:30 Dining Services Committee (CR) 2:00 Locomotion Aerobics (CR) 3:00 Technology & You: Snapchat (CR) 4:00 Wheel of Fortune (CR) 6:00 Card Club (CR)</p>	<p>22 9:00 Gliding Discs (CR) 9:45 Communion & Rosary by St. Eleanor's (T) 10:30 Crafty Crew: Salt Shaker Snowman (CR) 1:00 Art: Chocolate Molds (AR) 2:00 Learn to Play: Rummy (CR) 3:00 iN2L: Norman Rockwell (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bible Study by Pastor Ken (CR) 6:00 Bridge with Richard (P)</p>	<p>23 9:00 Walk & Roll Walking Club (OL) 9:30 BODYpump Class (CR) 9:30 Day Excursion: Adventure Aquarium**\$\$ (OOB) 1:00 Chinese New Year's Celebration (CR) 2:00 Yogurt Bar & Social (CR) 3:00 Bingo (CR) 4:00 Rosary (CR) 6:00 Game Night (CR)</p>	<p>24 9:30 Balance Fitness by Nadine (CR) 10:30 Cooking Club: Asian Meatballs (AR) 12:00 Chinese New Year's Luncheon (DR) 1:00 Fresh Flower Arranging (AR) 2:00 Picture Trivia (CR) 3:00 Friends Helping Friends (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie: <i>The Lakehouse</i> (T)</p>	<p>25 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 Hot Chocolate Social (AR) 3:30 Poker (CR) 6:00 Puzzle Club (CR)</p>
<p>26 9:30 Stretch It Out (CR) 10:00 Current Events Discussion & Coffee (CR) 10:30 Bible Reading & Discussion (CR) 11:30 St. Eleanor's Mass** (OOB) 1:30 21st Century Art: Play (T) 2:30 Team Trivia (AR) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)</p>	<p>27 9:30 Stretch & Balance Fitness (CR) 10:30 Manicures & Massages (CR) 11:30 Word Search Race (CR) 1:00 Baker's Club: Peanut Butter Sheet Cake (AR) 2:00 Boggle (CR) 3:00 Musical Entertainment by Jimmy Edwards (OL) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (CR)</p>	<p>28 9:30 Resistance Class (CR) 10:00 Matinee: <i>The Time Travelers Wife</i> (T) 10:30 Retail Shopping: The Shops of Harleysville**\$\$ (OOB) 2:00 Locomotion Aerobics (CR) 3:00 Card Class: Pinochle (CR) 4:00 Jeopardy (CR) 6:00 Card Club (CR)</p>	<p>29 9:30 Gliding Discs (CR) 9:45 Communion & Rosary by St. Eleanor's (T) 10:30 Crafty Crew: Wooden Snowman (CR) 11:30 Scattergories (CR) 2:00 Men's Club: Boys' Toys (CR) 2:00 Chef's Table by Chef Chad (AR) 3:00 iN2L: Party Time Karaoke (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bridge with Richard (P)</p>	<p>30 9:00 Walk & Roll Walking Club (OL) 9:30 BODYpump Class (CR) 11:30 Diners Caravan: Eagleville Tavern** \$\$ (OOB) 1:00 Jumbo Crossword Game (CR) 2:00 Trail Mix Bar & Social (CR) 3:00 Bingo (CR) 4:00 Rosary (CR) 6:00 Uncorked (P)</p>	<p>31 9:30 Balance Fitness by Nadine (CR) 10:30 Cooking Club: Queso Dip (AR) 11:30 UNO (AR) 1:00 Mahjong (AR) 2:00 Picture Trivia (CR) 3:00 Friends Helping Friends (C) 4:00 Happy Hour: Winter Wonderland (P) 6:00 Movie: <i>The Two Popes</i> (T)</p>	<p>Key: (AR) Activity Room, (CR) Community Room (C) Pub, (OL) Old Lobby (DR) Dining Room (T) Theater, (WO) Wellness Office, (C) Connections Neighborhood (OOB) Out of Building ** Registration Required \$\$ Cost Involved</p>