

# 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



## Welcome New Residents

Warren Klein

## Resident Birthdays

### February

Yolanda Barley & Shirley Adams  
Junior Kehler  
Lewis Miller & Ray Beckey  
Hilda Herb  
Norman Chimokosky

### March

Doreen Hunsicker  
Ruth Harris  
Josephine Romanko  
Patricia Beenick  
Terry Noll  
Janice Frankhouser  
Dorothy Blazer  
Grace Thompson

## A Note from the Executive Director

Hello & Welcome to the first edition of our new quarterly newsletter for Providence Place of Pine Grove. We are also pleased to let you know the newsletter will be available for your family and friends online and via email. Our events calendar will be updated monthly as well for your convenience.

We would all like to start the year off by wishing everyone a happy and healthy New Year!

We are looking forward to a few fresh updates in our building in 2020 and expanded Community Life programming for current residents. If you have suggestions to help us improve your experience here, please come talk to us!

All the best in 2020,

*Anna Zuratt*  
Executive Director

## Upcoming Events

### February

- 11 – Cooking Demo  
2:00 pm with Chef Miguel
- 12 – Diner's Caravan  
Red Lion Cafe  
11:30am
- 13 – Cupid's Celebration  
Music by Dedre & Al at 2:00 pm
- 27 – CommUNITY Lunch  
12:00 pm Farm to Table

### March

- 12 – Spring Fling  
Piano Music by Brian at 2:00 pm
- 17 - Cooking Demo  
2:00 pm with Chef Miguel
- 18 – St. Patrick's Day Party  
2:00 pm with Music by The Happy Boombadears
- 27 – Drum Class  
2:00 pm




For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Calendar Key:</b> **Registration Required \$\$Cost Involved (DR) Dining Room (1F) 1st Floor Community Room (2F) 2nd Floor Community Room (L) Lobby on 1st Floor (LIB) Library on 2nd Floor (OOB) Out of Building		<h1>February 2020</h1>		1 9:30 Muscle & Mind Fitness (2F) 10:00 News of the Day (2F) 10:30 Clue Trivia (2F) 11:30 Kitchen Table Talk (2F) 1:30 Confident Cruisers (2F) 2:00 Bingo (2F) 3:30 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:00 Lawrence Welk Show (1F)
		2 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:15 Jacobs Lutheran Church** (OOB) 10:30 Joel Osteen Ministries (2F) 1:30 Bible Reading Club: <i>Devotions</i> (1F) 2:00 Scenic Countryside Ride** (OOB) 3:30 iPad Learning Center (2F) 6:00 Super Bowl LIV Party (1F)  Ground Hog Day	3 9:30 edU-Wellness: Genesis Rehab Fitness Demo (2F) 10:00 Moral Decisions (2F) 10:30 Crossword Puzzle (2F) 11:30 Kitchen Table Talk (2F) 2:00 Church of God Worship Service (1F) 3:30 Hymn Music by Rose Mary (1F) 4:00 Confident Cruisers (1F) 6:30 Board Game: Scrabble (2)			4 9:30 Move2Music: Folk (2F) 10:00 Dining Committee (2F) 10:30 Opinion Column & Discuss (2F) 11:30 Life Long Learning: Poets (2F) 1:30 iPad Learning Center (1F) 2:00 Yoga with Leah (2F) 3:30 Food4Thought: Power H2O (2F) 4:00 Confident Cruisers (1F) 6:30 Game of Trouble (1F)
9 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:15 Jacobs Lutheran Church** (OOB) 10:30 Joel Osteen Ministries (2F) 1:30 Bible Reading Club: <i>Devotions</i> (2F) 2:00 Church of God Worship (DR) 2:15 Catholic Mass (1F) 3:30 iPad Learning Center (2F) 6:30 Rummy (1F)	10 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Finish the Words (2F) 11:30 Prayer Group (2F) 1:30 Hand Massage (2F) 2:00 Manicures with Shirley (2F) 3:30 iPad Learning Center (2F) 6:30 Board Game: Scrabble (1F)	11 9:30 Move2Music: The 50's (2F) 10:00 Brain Busters with Gina (2F) 10:30 Opinion Column & Discuss (2F) 11:30 Kitchen Table Talk (2F) 2:00 Cooking Demo with Migual (2F) 4:00 Confident Cruisers (1F) 5:00 Special Birthday Meal (DR) 6:30 Game of Trouble (1F)	12 9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 Clue Trivia 11:30 Kitchen Table Talk (2F) 1:30 Art Exploration Session: St. Patty's Day Creation (2F) 4:00 Confident Cruisers (1F) 6:30 Zen Art (1F)	13 9:30 Guided Meditation (2F) 10:00 Stretch & Strength (2F) 10:30 Famous Pairs (2F) 11:30 Community Life Committee (2F) 2:00 Cupids Celebration ((DR) Music by Dedra & AL 3:30 Social Hour (1F) 4:00 Confident Cruisers (1F) 6:30 Dominoes (1F)	14 9:30 BODYpump (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Clue Trivia 11:30 Kitchen Table Talk (2F) 1:30 Technology & You (1F) 2:00 Armchair Travel: N. America (2F) 2:30 Making Coney Dogs (2F) 4:00 Confident Cruisers (1F) 6:30 Chinese Checkers (1F)  Valentines Day	15 9:30 Muscle & Mind Fitness (2F) 10:00 Today's Headlines (2F) 10:30 Famous People (2F) 11:30 Book Reading (LIB) 1:30 Confident Cruisers (1F) 2:00 Bingo (2F) 3:30 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:00 Lawrence Welk Show (1F)
16 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:15 Jacobs Church ** (OOB) 10:30 Joel Osteen Ministries (2F) 1:30 Bible Reading Club: <i>Devotions</i> (2F) 2:00 Scenic Countryside Ride** (OOB) 3:30 iPad Learning Center (2F) 6:30 Rummy (1F)	17 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 American Trivia (2F) 11:30 Rosary & Scripture Reading (LIB) 2:00 Church of God Worship Service (1F) 3:30 Hymn Music by Rose Mary (1F) 4:00 Confident Cruisers (1F) 6:30 Board Game: Scrabble (1F)  Presidents Day	18 9:30 Move2Music: Big Band (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Roaring 20s Literature (2F) 11:30 Kitchen Table Talk (2F) 2:00 Yoga Class with Leah (2F) 3:30 Uncorked Wine Tasting: Wine & Cheese (2F) 4:00 Confident Cruisers (2F) 6:30 Game of Trouble (2F)	19 9:30 Ball Fitness (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Places in History (2F) 11:00 Diner's Caravan: Friendly's & Shopping at Boscovs** (OOB) 3:30 Jigsaw Puzzles (2F) 4:00 Confident Cruisers (1F) 6:30 Zen Art (1F) 7:30 Movie: <i>Pillow Talk</i> (1F)	20 9:30 Guided Meditation (2F) 10:00 Stretch & Strength (2F) 10:30 Remember When...Old Barns (2F) 11:30 iPad Learning Center (2F) 2:00 Faith Studies by Church of God (1F) 3:00 Social Hour & Small Plates (1F) 4:00 Confident Cruisers (1F) 6:30 Dominoes (1F)	21 9:30 BODYpump (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Reminiscence Trivia: Movies & Television (2F) 11:30 Gratitude Journaling (2F) 2:00 Crochet Corner (2F) 3:30 iPad Learning Center (1F) 4:00 Confident Cruisers (2F) 6:30 Chinese Checkers (1F)	22 9:30 Muscle & Mind Fitness (2F) 10:00 World News (2F) 10:30 Fascinating Facts (2F) 11:30 Book Reading (LIB) 1:30 Confident Cruisers (1F) 2:00 Bingo (2F) 3:30 Ice Cream Social (2F) 6:30 Jeopardy (1F) 7:00 Lawrence Welk Show (1F)
23 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss 10:15 Jacobs Lutheran Church ** (OOB) 10:30 Joel Osteen Ministries (2F) 1:30 Bible Reading Club: <i>Devotions</i> (2F) 2:00 Church of God Worship (DR) 2:15 Catholic Mass (1F) 3:30 iPad Learning Center (2F) 6:30 Movie: <i>Uncle Buck</i> (1F)	24 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Fascinating Facts (2F) 11:30 Game of UNO (2F) 1:30 Confident Cruisers (2F) 2:00 Crochet Corner (2F) 3:20 P.G.A Achieve Club (2F) 6:30 Board Game: Scrabble (1F)	25 9:30 Move2Music: Polka (2F) 10:00 Opinion & Column Discuss (2F) 10:30 Proverbs & Sayings (2F) 11:30 Poetry Reading Club (2F) 1:30 Service in Action: Prepping Farm to Table (2F) 3:30 Henna Art Project (2F) 4:00 Confident Cruisers (2F) 6:30 Game of Trouble (1F)  Mardi Gras	26 9:30 Ball Fitness (2F) 10:00 Current Events (2F) 10:30 Birthdays in February (2F) 11:30 Game of Trouble (1F) 2:00 Drum Class (2F) 3:30 Food for Thought : Flavored H2O (2F) 4:00 Confident Cruisers (1F) 6:30 Zen Art (1F)	27 9:30 Guided Meditation (2F) 10:00 Current Events (2F) 10:30 Where in the World? (2F) 11:30 Game of UNO (1F) 12:00 CommUNITY Lunch: Farm to Table (DR) 2:00 Mardi Gras Party (DR) Performance by The Boombadears 6:30 Dominoes (1F)	28 9:00 BODYpump (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Who am I? (2F) 11:30 iPad Learning Center (1F) 1:30 America's Scenic Drives (2F) 3:30 Jigsaw Puzzles (2F) 4:00 Confident Cruisers (1F) 6:30 Chinese Checkers (1F)	29 9:30 Muscle & Mind Fitness (2F) 10:00 Today's Headlines (2F) 10:30 Spelling Bee (2F) 11:30 Book Reading (LIB) 2:00 Bingo (2F) 3:30 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:30 Lawrence Welk Show (1F)