

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

Resident Birthdays

January

Vera Darkes
Michael Dolinsky
Charles Smith

March

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

February

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

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

January

- 1 – New Year's Day Celebration
Music by Dedre & Al at 2:00 pm
- 15 – Diner's Caravan
Vito's Pizza & Walmart Trip
11:30am
- 27 – Drum Class
2:00 pm

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.



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 9:30 Ball Fitness (2F) 10:00 My Story (2F) 10:30 A New Year, A New You! (2F) 11:30 Game of Sorry (1F) 1:00 Computer Class (1F) 2:00 Performance by Dedra & AL (1F) 4:00 Confident Cruisers (1F) 6:30 Yahtzee (1F) New Years Day	2 9:30 Guided Meditation (2F) 10:00 Community Fireside Chat (2F) 10:45 Brain Games (2F) 11:30 Game of Sense Ability (1F) 11:30 Pine Grove Public Library** (OOB) 2:00 Memory Magic (2F) 3:30 Blood Pressure Clinic (1F) 4:00 Confident Cruisers (2F) 6:30 Dominoes (1F)	3 9:30 BODYpump (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Spelling Bee (2F) 11:30 Gratitude Journaling (1F) 2:00 Arm Chair Travels: Europe (2F) 3:00 Arm Chair Travels Cuisines (2F) 4:00 Confident Cruisers (1F) 6:30 Chinese Checkers (1F)	4 9:30 Muscle & Mind Fitness (2F) 10:00 World News (2 F) 10:30 Life on the Farm (2F) 11:30 Technology & You (1L) 1:30 Share a Memory (2F) 2:00 Bingo (2F) 3:30 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:00 Lawrence Welk Show (1F)
5 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 (2FL) 2:00 Country Ride** (OOB) 3:30 Dakim Learning Center (1F) 6:30 Rummy (1F)	6 9:30 edU-Wellness: Genesis Rehab Fitness Demo (2F) 10:00 Moral Decisions (2F) 10:15 Got a Match? (2F) 2:00 Church of God Worship (L) 3:30 Hymn Music by Rose Mary (1F) 4:00 Confident Cruisers (1F) 6:30 Rummy-RL (1F)	7 9:30 Move2Music: Polka (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Lifelong Learning: US History (2F) 11:00 Market Run: BG's Value Market** (OOB) 2:00 Yoga Class by Wanda (2F) 3:30 Food4Thought: Smoothies (2F) 6:30 Monopoly (1F)	8 9:30 Ball Fitness (2F) 10:00 Current Events (2F) 10:15 Places in Song (2F) 11:30 Community Life Committee (1F) 1:30 Tour & Tasting: Red Shale Ridge Vineyard**\$\$ (OOB) 2:30 Technology & YOU: Google (2F) 4:00 Confident Cruisers (1F) 6:30 Yahtzee (1F)	9 9:30 Guided Meditation (2F) 10:00 edU-Wellness: Hydration Importance (2F) 10:30 Boxing Fitness (2F) 11:30 Welcome Committee (1F) 2:00 Faith Studies by Church of God (2F) 3:00 Social Hour & Small Plates (1F) 4:00 Confident Cruisers (1F) 6:30 Dominoes (1F)	10 9:30 BODYpump (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Reminiscent Trivia: Magazines & Books (2F) 11:30 Book Club (2FL) 2:00 Kitcken Krew (2F) 3:30 Uncorked Wine Tasting: Red Shale Ridge Wine Tasting (2F) 4:00 Confident Cruisers (1F) 6:30 Checkers (1st F)	11 9:30 Muscle & Mind Fitness (2F) 10:00 Local Headlines (2F) 10:30 Match the Specialist (2F) 11:30 Connect 4 (1F) 1:30 Confident Cruisers (2F) 2:00 Bingo (2F) 3:30 Ice Cream Social (2F) 6:30 Board Games (1F) 7:00 Lawrence Welk Show (1F)
12 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 (2F) 2:00 Church of God Worship (DR) 2:15 Catholic Mass (1F) 3:30 Dakim Learning Center (1F) 6:30 Rummy (1st F)	13 9:30 Chair Aerobics (2 F) 10:00 Moral Decisions (2F) 10:30 Exotic Animals (2F) 11:00 Rosary & Scripture Reading (2F) 1:30 Hand Massage (2F) 2:30 Manicures (2F) 4:00 Confident Cruisers (1F) 6:30 Zen Art (1F)	14 9:30 Move2Music: Roaring 20's (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Homonyms (2F) 11:00 Poetry Club (1L) 2:00 Service in Action: Prepping Farm to Table (2F) 3:30 Friends Helping Friends (2F) 5:00 Special Birthday Dinner (DR) 6:30 Birthday Celebration & Games (1F)	15 9:30 Ball Fitness (2F) 10:00 My Story (2F) 10:45 Zen Art (1F) 11:30 Diner's Caravan: Vito's Coal Fired Pizza & Shopping at Walmart***\$\$ (OOB) 2:30 Jigsaw Puzzles (2F) 4:00 Confident Cruisers (1F) 6:30 Yahtzee (1F)	16 9:30 Guided Meditation (2F) 10:00 Boxing Fitness (2F) 10:30 Literature Studies (2 F) 11:30 Connect 4 (1F) 12:00 COMMUNITY Lunch: Farm to Table (DR) 2:00 Creative Writing Class (2F) 4:00 Confident Cruisers (1F) 6:30 Dominoes (1F)	17 9:30 BODYpump (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Sports in History: 1920's (2F) 11:30 Gratitude Journaling (1F) 1:30 Memories in the Making (1F) 2:00 Destination Unknown (2F) 4:00 Confident Cruisers (1F) 6:30 Chinese Checkers (1F)	18 9:30 Muscle & Mind Fitness (2F) 10:00 What's New (2F) 10:30 Fads, Fashion & Food (2F) 11:30 Card Games (1F) 1:30 Confident Cruisers (2F) 2:00 Bingo (2F) 3:30 Sweet Treat Social (2F) 6:30 Checkers (1F) 7:00 Lawrence Welk Show (1F)
19 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 (2F) 2:00 Scenic County Side Ride** (OOB) 3:00 TED Talk: World Religion Day (1F) 3:30 Dakim Learning Center (1F) 6:30 Netflix Movie (1F)	20 9:30 Chair Aerobics (2F) 10:00 Letter from Birmingham Jail (2F) 10:30 Scattered States (2F) 1:30 Helping Hands: Hymns (1F) 2:00 Church of God Worship (L) 3:30 Hymn Songs with Rose Mary (1F) 4:00 Confident Cruisers (1F) 6:30 Rummy (1F) Martin Luther King Jr Day	21 9:30 Move2Music: Folk (2F) 10:00 Opinion Column & Discuss 10:30 Joggin' Your Noggin' Trivia (2F) 11:00 Market Run: BG's Value Market** (OOB) 1:30 Kitchen Table Talk (2F) 2:00 Yoga Class by Wanda (2F) 3:30 Food4Thought: Flavored H2O (2F) 4:00 Crossword Puzzle (1F) 6:30 Board Games (1F)	22 9:30 Ball Fitness (2F) 10:00 Current Events (2F) 10:15 Who Am I? (2F) 1:30 Art Exploration Session: Valentine's Card Creations (2F) 1:30 Indoor Walk (2F) 2:30 Working on Jigsaw Puzzles(2F) 4:00 Confident Cruisers (1F) 6:30 Yahtzee (1F)	23 9:30 Guided Meditation (2F) 10:00 Boxing Fitness (2F) 10:30 Remember When...Radio (2F) 11:30 Words Within A Word (2F) 2:00 Faith Studies by Church of God (2F) 3:00 Social Hour & Small Plates (1F) 4:00 Confident Cruisers (2F) 6:30 Dominoes (1F)	24 9:30 BODYpump (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Trivia: Who Am I? (2F) 11:30 Lunch and Learn: Quilting Project (1F) 1:30 Memory Magic (2F) 2:30 Jigsaw Puzzles(2F) 4:00 Confident Cruisers (2F) 6:30 Checkers (1F)	25 9:30 Muscle & Mind Fitness (2F) 10:00 Today's Headlines (2F) 10:30 What Am I? (2F) 11:30 Book Reading in Library (2F) 1:30 Confident Cruisers (2F) 2:00 Bingo (2F) 3:30 Ice Cream Social (2F) 6:30 Monopoly (1F) 7:00 Lawrence Welk Show (1F)
26 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:15 Jacobs Lutheran Church** (OOB) 10:30 Joel Osteen Ministries (2F) 2:00 Church of God Worship (DR) 2:15 Catholic Mass (1F) 3:30 Dakim Learning Center (1F) 6:30 Rummy (1F)	27 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Decades Literature: 1920's (2F) 11:30 Poetry Reading (1L) 1:30 Helping Hands: Hymns (1F) 2:30 Drum Class by Joe (2F) 4:00 Confident Cruisers (1F) 6:30 Zen Art (1F)	28 9:30 Move2Music: Big Band (2F) 10:00 Opinion Column & Discuss (2F) 10:30 1920s Literature (LIB) 11:00 Poetry Club (1L) 1:30 Game of War (1F) 2:30 Crochet Corner (2F) 4:00 Dakim Learning Class (2F) 6:30 Zen Art (1F)	29 9:30 Ball Fitness (2F) 10:00 Local News (2F) 10:15 Fascinating Facts (2F) 11:30 Crossword & Jigsaw Puzzles (1F) 11:30 Diner's Caravan: Arby's & Shopping at Dollar Store***\$\$ (OOB) 1:30 What Comes First? (1F) 4:00 Confident Cruisers (1F) 6:30 Yahtzee (1F)	30 9:30 Guided Meditation (2F) 10:00 Boxing Fitness (2F) 10:30 Scattered States (2F) 11:30 Game of UNO (1F) 1:30 Hidden in Plain Sight (1F) 2:00 Faith Studies (2F) 2:30 Jigsaw Puzzles (1F) 4:00 Confident Cruisers (1F) 6:30 OI Time Mtg Folk n Coal Mine Music by Jay Smar (1F)	31 9:30 BODYpump (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Life on the Farm Trivia (2F) 11:30 Sports in History: 1950's (1L) 1:30 America's Scenic Drives (2F) 3:00 Junk Drawer Detectives (2F) 4:00 Confident Cruisers (2F) 6:30 Chinese Checkers (1F)	Key: ** - Registration Required \$\$ - Cost Involved (DR) Dining Room (1F) 1st Floor Activity Room (2F) 2nd Floor Activity Room (1L) Lobby (LIB) Library (OOB) Out of Building