

# 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: March 2020



## Dimensions of Wellness

## Welcome New Residents

Dr. Domingo Garcia  
 Donald Begalke  
 Ruth Sheruda  
 Joel Brown  
 Jane Hause

## Resident Birthdays

### March

Almeta McClain  
 Edward Zarger  
 Jay Lightfoot  
 Charlotte Lowman  
 June Doolittle  
 Esther Wagner  
 Vivian Reilly  
 Glenn Schultz  
 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

### March

- 9 – Preventing a Terrorist Attack Seminar @ 10:00 am
- 17 – Lucky St. Patty’s Day Bingo & Social Extravaganza 2:00 pm
- 22 – Chambersburg Capital Theatre Visit Nana’s Naughty Knickers @ 1:15 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	
1 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station (2A) 11:00 Puzzles Club (L) 2:00 Musical Entertainment by Bryan Herber (2A) 3:15 Scrabble (2A) 4:00 Coupon Clipping for Veterans (2A) 6:30 Evening Worship (2A)	2 9:00 Light and Lively Exercise (3E) 10:00 Tech World: Taking Photos on Smart Phones (2A) 1:00 Balance & Action (3E) 2:00 Nickel BINGO \$(2A) 3:00 Social Hour (P) 3:30 Table Topics and Discussion (P) 6:00 Blitz with Ruth (2A)	3 9:00 Chair Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 9:45 Shopping Run: Walmart** \$(OOB) 10:00 edU- Wellness: COPD (2A) 1:00 Bible Study (PDR) 1:00 Balance & Action (3E) 1:30 Art with Doretta ( C ) 2:00 Prize BINGO (2A) 6:00 Horseshoes (3E)	4 9:00 Drum Roll Exercise(3E) 9:30 Walk and Roll Walking Group (FL) 10:00 St. Patrick Day Craft (C) 11:30 Dining In with Lorelei** (C) 1:00 Balance & Action (3E) 1:30 Art: Pottery (3A) 1:30 Let's Get Healthy: Nutrition and Diabetes **(OOB) 3:00 Popcorn Station (FL) 6:00 Ladder Ball (3E)	5 9:00 Chair Exercise(3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2A) 11:30 Bookmobile (LD) 1:00 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Nickel BINGO \$ (2A) 3:00 Friends Helping Friends iN2L (CN) 6:00 Sequence (2A)	6 9:00 Light and Lively Exercise (3E) 9:45 Shopping Run: Dollar Tree**\$\$ (OOB) 10:00 Will Bowling (3E) 1:00 Balance & Action (3E) 2:00 Card Club (2A) 3:00 Social Hour (P) 3:30 Table Topics and Discussion (P) 6:00 Card Club (3E)	7 9:00 Light and Lively Exercise (3E) 9:30 Walk and Roll (FL) 10:00 Horseshoes (3E) 11:00 Tour and Tasting: Adams County Winery**\$\$ (OOB) 2:00 Card Club ( C ) 3:15 Scrabble ( C ) 4:00 Coupon Clipping for Veterans ( C ) 6:00 Blitz with Ruth (2A)	
8 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station (2A) 11:00 Art: Color Me Calm Coloring ( L ) 2:00 Horseshoes (3E) 3:15 International Woman Day Tea Talk ( C ) 4:00 Coupon Clipping for Veterans C ) 6:30 Evening Worship (2A)  Daylight Savings	9 9:00 Light and Lively Exercise (3E) 10:00 Educational Presentation on the National Security Series by John Ricca (2A) 1:00 Balance & Action (3E) 2:00 Nickel BINGO (2A) 3:00 Social Hour (P) 3:30 Seminar Follow up (P) 6:00 Blitz with Ruth (2A)	10 9:00 Chair Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 9:45 Shopping Run: Walmart**\$\$ (OOB) 1:00 Bible Study (PDR) 1:00 Balance & Action (3E) 1:30 Art with Doretta (C) 2:00 Prize BINGO\$\$ (2A) 3:00 Alzheimer's Support Group (PD) 6:00 Pathways Through Support Group (2A)	11 9:00 Drum Roll Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Dining Committee (DR) 11:00 Art: Color Me Calm 1:00 Balance & Action (3E) 2:00 Soft Pretzel Station (P) 3:00 Coffee Talk Social (P) 6:30 Musical Entertainment by Robert Twine (2A)	12 9:00 Chair Exercise(3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2A) 1:00 Balance & Action (3E) 1:00 Catholic Mass (2A) 1:30 Art Exploration (C) 2:00 Musical Entertainment by Tom Shultz (2A) 3:00 Friends Helping Friends iN2L (CN) 6:00 Horseshoes (3E)	13 9:00 Light and Lively Exercise (3E) 10:00 Nickel BINGO (2A) 11:00 Art: Color Me Calm (L) 1:00 Balance & Action (3E) 2:00 Card Club (2A) 3:00 Social Hour (P) 3:30 Table Topics and Discussion (P) 6:00 Sequence (3E)	14 9:00 Light and Lively Exercise (3E) 9:30 Walk and Roll (FL) 10:00 Scrabble (C) 1:00 Stair Climbers (3E) 1:30 Musical Entertainment by Jessica Snyder (2A) 3:15 Sequence (C) 4:00 Coupon Clipping for Veterans (C) 6:00 Blitz with Ruth (2A)	
15 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station (2A) 11:00 Ladder Ball (3E) 2:00 Musical Entertainment by Home Comfort Bluegrass Band (2A) 3:15 Scrabble ( C ) 4:00 Coupon Clipping for Veterans ( C ) 6:30 Evening Worship (2A)	16 9:00 Light and Lively Exercise (3E) 10:00 Kitchen Creation: Irish Stew ( C ) 11:00 Table Top Jenga ( C ) 1:00 Balance & Action (3E) 2:00 Card Club (2A) 3:00 Social Hour Serving: Irish Stew (P) 3:30 St. Patrick Day 101 (P) 6:00 Blitz with Ruth (2A)	17 9:00 Chair Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 9:45 Shopping Run: Walmart** \$(OOB) 1:00 Bible Study (PDR) 1:00 Balance & Action (3E) 1:00 Lucky St. Patty's Day BINGO & Social (P) 1:30 Art with Doretta (C) 6:00 Pathways Through Support Group (2A) 6:30 Golden Doodle Drop In (FL)  St. Patrick's Day	18 9:00 Drum Roll Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Scrabble (2A) 11:30 Chef's Table with Preston** (PDR) 1:00 Balance & Action (3E) 2:00 Fireside Chat (2A) 3:00 Chef Pairing (P) 6:30 Ladder Ball (3E)	19 9:00 Chair Exercise (3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2A) 1:00 Balance & Action (3E) 1:30 Art Exploration ( C ) 2:00 HIPAA Seminar with Executive Director Holly Townsend (2A) 3:00 Friends Helping Friends iN2L (CN) 6:00 Card Club (2A)  First Day of Spring	20 8:30 AARP Resident Tax Day (2A) 9:00 Light & Lively Exercise (3E) 9:45 Shopping Run: Jim's Farmers Market**\$\$ (OOB) 10:00 Uno (2A) 1:00 Balance & Action (3E) 2:00 Prize BINGO (2A) 3:00 Social Hour (P) 6:00 Horseshoes (3E)	21 9:00 Light and Lively Exercise (3E) 9:30 Walk and Roll (FL) 10:00 Nickel BINGO\$\$ (2A) 1:00 Stair Climbers (3E) 1:30 Musical Entertainment by Gospel Strings (2A) 3:15 Scrabble (C) 4:00 Coupon Clipping for Veterans (C) 6:00 Blitz with Ruth (2A)	
22 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station (2A) 1:15 Chambersburg Capitol Theatre presents Nana's Naughty Knickers**\$\$ (OOB) 2:00 Sequence (2A) 3:15 Mexican Train Dominoes ( C ) 4:00 Coupon Clipping for Veterans ( C ) 6:30 Evening Worship (2A)	23 9:00 Light and Lively Exercise (3E) 10:00 Nickel BINGO (2A) 11:00 Puzzle Club (L) 1:00 Balance & Action (3E) 2:00 Tech World: All About Texting (C) 3:00 Social Hour (P) 3:30 Discussion: March History 101 (P) 6:30 Musical Entertainment by Tresa Day (2A)	24 9:00 Chair Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 9:45 Shopping Run: Walmart**\$\$ (OOB) 1:00 Bible Study (PDR) 1:00 Balance & Action (3E) 1:30 Art with Doretta ( C ) 2:00 Prize BINGO (2A)\$ 6:00 Pathways Through Support Group (2A)	25 9:00 Drum Roll Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Sequence (2A) 11:15 Diners Caravan: Popeyes**\$\$ (OOB) 1:15 Balance & Action (3E) 2:00 Horseshoes (3A) 3:00 Tea Talk Social (P) 3:30 Table Topics and Discussion (P) 6:00 Wii Bowling (3E)	26 9:00 Chair Exercise (3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2A) 1:00 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Horseshoes (3E) 3:00 Friends Helping Friends iN2L (CN) 6:00 Ladder Ball (3E)	27 9:00 Light and Lively Exercise (3E) 10:00 Movie: <i>Going My Way</i> (2A) 1:00 Balance & Action (3E) 1:30 Movie Discussion (2A) 2:00 Nickel BINGO (2A) 3:00 Social Hour (P) 3:30 Community Life Committee Meeting (P) 6:00 Horseshoes (2A)	28 9:00 Light and Lively Exercise (3E) 9:30 Walk and Roll (FL) 10:00 Horseshoes (3E) 1:00 Stair Climbers (3E) 1:30 Mexican Train Dominoes (2A) 3:15 Scrabble ( C ) 4:00 Coupon Clipping for Veterans ( C ) 6:00 Blitz with Ruth (2A)	
29 9:00 Light and Lively (3E) 10:00 Polish Nail Station (2A) 11:00 Art: Color Me Calm Coloring (L) 2:00 Horseshoes (3E) 3:15 Mexican Train Dominoes (C) 4:00 Coupon Clipping: Veterans (C) 6:30 Evening Worship (2A)	30 9:00 Light and Lively Exercise (3E) 10:00 Kitchen Creation: No Bake Pies ( C ) 11:00 Table Top Jenga ( C ) 1:00 Balance & Action (3E) 2:00 Nickel BINGO (2A) 3:00 Social Hour (P) 3:30 Table Topics and Discussion (P) 6:00 Blitz with Ruth (2A)	31 9:00 Walk and Roll Walking Group: Distributing Monthly Calendars (L) 9:45 Shopping Run: Walmart** \$(OOB) 1:00 Bible Study (PDR) 1:00 Balance & Action (3E) 1:30 Art with Doretta (C) 2:00 Blood Pressure Clinic (2A) 6:30 Musical Entertainment by Roy Justice (2A)	<h1>March 2020</h1>			<b>Calendar Key:</b> 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), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of the Building Trip (OOB) **Registration Required, \$\$ Cost Involved	

