

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

John Pomarzynski
Richard Tashner
Dolores Wolf
Pat Peeples
Frances Kalbach

Resident Birthdays

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

March

- 3 – Miller-Keystone Blood Drive
12:00 – 6:00 pm
- 18 – St. Patty's Day Luncheon
12:00 pm
- 26 – Lower Providence Senior Center
Luncheon & Tour



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 Stretch it Out (CR) 10:00 Current Events & Discussion (OL) 10:30 Rummy (AR) 11:30 St. Eleanor's Mass (OOB) 1:30 Helping Hands: Dining Room (DR) 2:30 Team Trivia (OL) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)	2 9:30 Strength & Balance Fitness (CR) 10:30 Wii Bowling Club (CR) 11:30 Nutrition & You: Eat Right Bite by Bite (CR) 1:00 Baker's Corner: Oatmeal Raisin Cookies (AR) 2:00 Community Life Meeting (OL) 3:00 Guided Meditation (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (AR)	3 9:30 Resistance Class (CR) 10:30 Shopping Run: Lakeview Shopping Center of Royersford**\$\$ (OOB) 11:00 Daily Chronicle & Words of Wisdom (OL) 1:00 Wheel of Fortune (CR) 2:00 Locomotion Aerobics w/Nadine (AR) 3:00 Health & Wellness Clinic (WO) 4:00 iN2L: Trivia (C) 6:00 Card Club (AR)	4 9:00 Gliding Discs (CR) 9:45 Communion & Rosary by St. Eleanor's (T) 11:00 Educational Presentation: <i>The History of the Mill at Anselma</i> (CR) 1:00 Yoga with Heather (CR) 2:00 Bridge Club (AR) 3:30 Chef's Pairing (P) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie: <i>The Laundromat</i> (T)	5 9:00 Confident Cruisers (OL) 9:30 BODYpump Class (CR) 10:30 Jumbo Crossword Puzzle (OL) 1:00 Wii Have Fun: Tennis (CR) 2:00 Excursion to Boyd's Cardinal Hollow Winery**\$\$ (OOB) 3:00 Bingo (AR) 4:00 Rosary (CR) 6:00 Game Night (CR)	6 9:30 Intergenerational Activity: Trip to Chesterbrook Academy 11:00 Cooking Club: Loaded Potato Pinwheels (AR) 1:00 Fresh Flower Arranging (AR) 2:00 Widow to Widowers Club (CR) 3:00 Friends Helping Friends (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie: <i>The Last Laugh</i> (T)	7 9:00 Confident Cruisers (OL) 9:30 Exercise & Stretch (CR) 10:00 "Name that Name" Game (OL) 11:00 Bingo (AR) 1:00 Wii Bowling Club (CR) 2:00 Card Club (AR) 3:00 Make & Taste: Shaved Ice (AR) 6:00 Puzzle Club (CR)		
8 9:30 Stretch it Out (CR) 10:00 Current Events & Discussion (OL) 10:30 Rummy (AR) 11:30 St. Eleanor's Mass (OOB) 1:30 Helping Hands: Dining Room (DR) 2:30 Team Trivia (OL) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR) Daylight Savings	9 9:30 Strength & Balance Fitness (CR) 10:30 Wii Bowling Club (CR) 11:30 Nutrition & You: Fad Diets (CR) 1:00 Crafty Crew: St. Patty's Day Craft (AR) 2:00 Welcome Ambassadors Committee (OL) 3:00 Comedy Hour: Tom Popa (T) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (AR)	10 9:30 Resistance Class (CR) 10:30 Shopping Run: Walmart**\$\$ (OOB) 11:00 Daily Chronicle (OL) 1:00 Jeopardy (CR) 2:00 Locomotion Aerobics w/Nadine (AR) 3:00 Name that Tune: 60s & 70s Rock (CR) 4:00 iN2L: Google Earth (C) 5:00 Diner's Caravan: Outback Steakhouse**\$\$ (OOB) 6:00 Card Club (AR)	11 9:00 Gliding Discs (CR) 9:45 Communion & Rosary by St. Eleanor's (T) 11:00 Cover the Number (AR) 12:00 Birthday Celebration Lunch (DR) 1:00 Hangman (OL) 2:00 Bridge Club (AR) 3:00 Dominoes (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bible Study with Pastor Ken (CR)	12 9:00 Confident Cruisers (OL) 9:30 BODYpump Class (CR) 10:00 Excursion to Valley Forge Casino**\$\$ (OOB) 1:00 Wii Have Fun: Golf (CR) 2:00 Fireside Chat (OL) 3:00 Bingo (AR) 4:00 Rosary (CR) 6:00 Game Night (CR)	13 9:30 Balance Fitness with Nadine (AR) 10:30 Cooking Club: Fiesta Taco Dip (AR) 11:30 Scategories (AR) 1:00 Food For Thought: Peanuts (OL) 2:00 Book Club (CR) 3:00 Friends Helping Friends (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie: <i>The Ugly Truth</i> (T)	14 9:00 Confident Cruisers (OL) 9:30 Exercise & Stretch (CR) 10:00 Oversized Gaming (CR) 11:00 Bingo (AR) 1:00 Wii Bowling Club (CR) 2:00 Card Club (AR) 3:00 Coffee & Tea 101 (AR) 6:00 Puzzle Club (CR)		
15 9:30 Stretch it Out (CR) 10:00 Current Events & Discussion (OL) 10:30 Rummy (AR) 11:30 St. Eleanor's Mass (OOB) 1:30 Helping Hands: Dining Room (DR) 2:30 Team Trivia (OL) 3:30 Celebrate International Women's Day (CR) 6:00 Resident Led Rosary (CR)	16 9:30 Strength & Balance Fitness (CR) 10:30 Wii Bowling Club (CR) 11:30 Nutrition & You: Why Not Eat Insects? (CR) 1:00 Baker's Corner: Leprechaun Cookies (AR) 2:00 Guess the Flavor (AR) 3:00 Irish Potato Candy (AR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (AR)	17 9:30 Resistance Class (CR) 10:30 Shopping Run: BJ's Warehouse**\$\$ (OOB) 11:00 Daily Chronicle & Words of Wisdom (OL) 1:00 Wheel of Fortune (CR) 2:00 Locomotion Aerobics w/Nadine (AR) 3:00 St. Patty's Day Trivia & Games (AR) 4:00 iN2L: Family Feud (C) 6:00 Card Club (AR) St. Patrick's Day	18 9:00 Gliding Discs (CR) 9:45 Communion & Rosary by St. Eleanor's (T) 11:00 Destination Education: Ireland (T) 12:00 St. Patty's Day Luncheon (DR) 1:00 Yoga with Heather (CR) 2:00 Bridge Club (AR) 3:00 Apples to Apples (CR) 4:00 Leprechaun Super Happy Hour (P) 6:00 Movie: <i>Driving Miss Daisy</i> (T)	19 9:00 Confident Cruisers (OL) 9:30 BODYpump Class (CR) 10:00 Painting Class w/Shayna Parke (AR) 11:30 Bach's Lunch Concert (OOB) 1:00 Wii Have Fun: Baseball (CR) 2:00 Educational Presentation: <i>Surrealist Artists Claude Cahun and Marcel Moore</i> 3:00 Bingo (AR) 4:00 Rosary (CR) 6:00 Uncorked (P) First Day of Spring	20 9:30 Balance Fitness with Nadine (AR) 10:15 edU-Wellness: Nutrition (CR) 10:45 Cooking Club: Bacon Cheddar Pinwheels (AR) 1:00 Fresh Flower Arranging (AR) 2:00 Girl Scout Cookie Tasting (AR) 3:00 Friends Helping Friends (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie: <i>Betty White: First Lady of Television</i> (T)	21 9:00 Confident Cruisers (OL) 9:30 Exercise & Stretch (CR) 10:00 10 Cup (AR) 11:00 Bingo (AR) 1:00 Wii Bowling Club (CR) 2:00 Card Club (AR) 3:00 Spring Tea Social (AR) 6:00 Puzzle Club (CR)		
22 9:30 Stretch it Out (CR) 10:00 Current Events & Discussion (OL) 10:30 Rummy (AR) 11:30 St. Eleanor's Mass (OOB) 1:30 Helping Hands: Dining Room (DR) 2:30 Team Trivia (OL) 3:30 Rummikub (AR) 6:00 Resident Led Rosary (CR)	23 9:30 Strength & Balance Fitness (CR) 10:30 Wii Bowling Club (CR) 11:30 Nutrition & You: Fact or Fiction (CR) 1:00 Crafty Crew: Spring Wreaths (AR) 2:00 Volunteer Committee: Dog Biscuits for Local SPCA (AR) 3:00 Comedy Hour: Kevin James (T) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (AR)	24 9:30 Resistance Class (CR) 10:30 Shopping Run: Target**\$\$ (OOB) 11:00 Daily Chronicle & Words of Wisdom (OL) 1:00 Wheel of Fortune (CR) 2:00 Locomotion Aerobics w/Nadine (AR) 3:00 Name that Tune: 50s & 60s TV Show Theme Songs (CR) 4:00 iN2L: Memory Enhancers (C) 6:00 Card Club (AR)	25 9:00 Gliding Discs (CR) 9:45 Communion & Rosary by St. Eleanor's (T) 11:00 Sequence (CR) 1:00 Volunteer Committee: Biscuit Batch 2 (AR) 2:00 Bridge Club (AR) 3:00 Dominoes (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bible Study with Pastor Ken (CR)	26 9:00 Confident Cruisers (OL) 9:30 Volunteer Committee: Deliver Dog Biscuits to SPCA (OOB) 10:30 BODYpump (CR) 11:30 Diner's Caravan: Gino's**\$\$ (OOB) 2:00 Technology & Me (CR) 3:00 Bingo (AR) 4:00 Rosary (CR) 6:00 Game Night (CR)	27 9:30 Balance Fitness with Nadine (AR) 10:30 Cooking Club: Sweet Vidalia Onion Dip (AR) 11:30 Scategories (AR) 1:00 Who am I? Famous March Birthdays (OL) 2:00 Book Club (CR) 3:00 Friends Helping Friends (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie: <i>My Girl</i> (T)	28 9:00 Confident Cruisers (OL) 9:30 Exercise & Stretch (CR) 10:00 Cornhole Competition (OL) 11:00 Bingo (AR) 1:00 Wii Bowling Club (CR) 2:00 Card Club (AR) 3:00 Ice Cream Sundae Social (AR) 6:00 Puzzle Club (CR)		
29 9:30 Stretch it Out (CR) 10:00 Current Events & Discussion (OL) 10:30 Rummy (AR) 11:30 St. Eleanor's Mass (OOB) 1:30 Helping Hands: Dining Room (DR) 1:30 Methacton Theater Community Presents <i>Lend Me a Tenor**\$\$</i> (OOB) 2:30 Team Trivia (OL) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)	30 9:30 Strength & Balance Fitness (CR) 10:30 Wii Bowling Club (CR) 11:30 Nutrition & You: Crossword & Word Search (CR) 1:00 Baker's Corner: Raspberry Cookies (AR) 2:00 Chef's Table with Chef Chad (AR) 3:00 Musical Entertainment by Tom (OL) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (AR)	31 9:30 Resistance Class (CR) 10:30 Shopping Run: Boscov's**\$\$ (OOB) 11:00 Daily Chronicle & Words of Wisdom (OL) 1:00 Jeopardy (CR) 2:00 Locomotion Aerobics w/Nadine (AR) 3:00 Name that Tune: 70s & 80s TV Show Theme Songs (CR) 4:00 iN2L: Brain Teasers (C) 6:00 Card Club (AR)	<h1>March 2020</h1>		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			