

# 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

Warren Klein

### Resident Birthdays

#### 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 spring!

As previously, our events calendar will be updated monthly to include you in the latest events & happenings. Please stop by the office if you or a loved one would like us to include you in future updates and communications via email.

We are excited with the upcoming completion of our hallway and activity area. We also look forward to starting our outside events, as well as enjoying the spring weather including our Easter egg hunt.

If you ever have any suggestions for our community, please come talk with us! We appreciate your input in our Providence Place Family.

Kindest Regards,

*Anna Zuratt*  
Executive Director

## Upcoming Events

### March

- 12 – Spring Fling  
Piano Music by Brian at 2:00 pm
- 13 – Resident Meeting with Mr. Leader  
3:30 pm
- 13 – Family Meeting with Mr. Leader  
6:30 pm with Residents & Families
- 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		
1 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:15 Jacob's Lutheran Church** (OOB) 10:30 Joel Osteen Ministries (2F) 1:30 Bible Reading Club: <i>Upper Room</i> (2F) 2:00 Scenic Countryside Ride** (OOB) 3:30 Confident Cruisers (1F) 6:30 Checkers (1F)	2 9:30 edU-Wellness Genesis Rehab Fitness Demo (2F) 10:00 Moral Decisions (2F) 10:30 Fascinating Facts (2F) 1:30 Confident Cruisers (1F) 2:00 St. Paul's Worship (1F) 3:00 Hymn Songs with Rose Mary (1F) 6:30 Dominoes (1F) 6:30 Rummy (1F)	3 9:30 Move2Music: Folk (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Life Long Learning: Presidents (2F) 11:30 i-Pad Learning Session (2F) 2:00 Memory Magic (2F) 3:30 Hot Chocolate Bar (2F) 4:00 Confident Cruisers (1F) 6:30 Zen Art (1F)	4 9:30 Ball Fitness (2F) 10:00 Fireside Chat (2F) 10:30 <i>Ever Wonder Why</i> Trivia (2F) 12:00 Diner's Caravan: Cracker Barrel & Shopping at Big Lots*** (OOB) 2:30 Jigsaw Puzzles (2F) 3:30 i-Pad Learning Center (1F) 4:00 Confident Cruisers (1F) 6:30 Chinese Checkers (1F)	5 9:30 Guided Meditation (2F) 10:00 edU-Wellness: Dementia Awareness (2F) 10:30 Remember When: Burma Shave Signs (2F) 11:30 Word Search (1F) 2:00 Faith Studies by Church of God (1F) 3:00 Social Hour & Small Plates (1F) 4:00 Confident Cruisers (1F) 6:30 Card Game: Phase 10 (1F)	6 9:30 Bodypump (2F) 10:00 Moral Decisions (2F) 10:30 Where in the World? (2F) 11:30 Kitchen Table Talk (2F) 2:00 Kitchen Krew: Granola Bars (2F) 3:30 Tasting & Sharing (2F) 4:00 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)	7 9:30 Muscle & Mind Fitness (2F) 10:00 World News (2F) 10:30 Fascinating Facts (2F) 11:30 Book Club (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)		
8 9:30 Whole Body Stretches (2F) 10:00 Opinions Column & Discuss (2F) 10:15 Jacob's Lutheran Church** (OOB) 10:30 Joel Osteen Ministries (2F) 1:30 Bible Reading Club: <i>Upper Room</i> (2F) 2:00 Church of God Service (DR) 3:30 Confident Cruisers (2F) 6:30 Checkers (1F)  Daylight Savings	9 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Fascinating Facts (2F) 11:30 Kitchen Table Talk (2F) 1:30 Hand Massage with Shirley (2F) 2:00 Manicures (2F) 3:30 Confident Cruisers (1F) 6:30 Dominoes (1F)	10 9:30 Move2Music: The 50's (2F) 10:00 Dining Committee Meeting (2F) 10:30 Brain Games with Gina (2F) 11:30 i-Pad Learning Session (2F) 2:00 Yoga with Leah (2F) 3:00 Food4thought: Flavored H2O (2F) 4:00 Confident Cruisers (1F) 6:30 Zen Art (1F)	11 9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 Community Life Committee (2F) 11:30 Kitchen Table Talk (2F) 1:00 Shopping Run: Walmart Trip*** (OOB) 3:00 Poetry Club (2F) 4:00 Confident Cruisers (1F) 6:30 Chinese Checkers (1F)	12 9:30 Guided Meditation (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Remember When: Old Time Barber Shops (2F) 11:30 Crossword Puzzles (1F) 2:00 Spring Fling Celebration with Musical Entertainment by Brian (DR) 3:00 Social Hour & Small Plates (1F) 4:00 Confident Cruisers (1F) 6:30 Card Game: Phase 10 (1F)	13 9:30 Bodypump (2F) 10:00 Moral Decisions (2F) 10:30 Where in the World? (2F) 11:30 I-Pad Learning Center (2F) 2:00 Memory Magic (2F) 3:30 Food4Thought: Tea & Biscotti (2F) 4:00 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)	14 9:30 Muscle & Mind Fitness (2F) 10:00 World News (2F) 10:30 Fascinating Facts (2F) 11:30 Book Club (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 (2)		
15 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>Upper Room</i> (2F) 2:00 Scenic Countryside Ride** (OOB) 3:30 Confident Cruisers (1F) 6:30 Checkers (1F)	16 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Fascinating Facts (2F) 11:30 Kitchen Table Talk (2F) 2:00 St. Paul's Worship (1F) 3:00 Hymn Songs with Rose Mary (1F) 3:30 Confident Cruisers (1F) 6:30 Dominoes (1F)	17 9:30 Move2Music: Big Bands (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Life Long Learning: Great Lakes (2F) 11:30 i-Pad Learning Session (2F) 2:00 Cooking Demo by Chef Miguel (2F) 4:00 Confident Cruisers (1F) 5:00 March Birthday Celebration Dinner (1F) 6:30 Zen Art (1F)  St. Patrick's Day	18 9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 <i>Ever Wonder Why</i> Trivia (2F) 11:30 Kitchen Table Talk (2F) 1:30 Art Exploration Session: Spring Painting (2F) 4:00 Confident Cruisers (1F) 6:30 Chinese Checkers (1F)	19 8:00 Diners Caravan & Show featuring Pine Grove High School Theatre Showing <i>Grease</i> ** (OOB) 11:30 Word Search (1F) 2:00 Faith Studies by Church of God (1F) 3:00 Social Hour & Small Plates (1F) 4:00 Confident Cruisers (1F) 6:30 Card Game: Phase 10 (1F)  First Day of Spring	20 9:30 Bodypump (2F) 10:00 Moral Decisions (2F) 10:30 Where in the World? (2F) 11:30 Kitchen Table Talk (2F) 2:00 Kitchen Krew: Blueberry Squares (2F) 3:30 i-Pad Learning Center (2F) 4:00 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)	21 9:30 Muscle & Mind Fitness (2F) 10:00 World News (2F) 10:30 Fascinating Facts (2F) 11:30 Book Club (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)		
22 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>Upper Room</i> (2F) 2:00 Church of God Service (DR) 3:30 Confident Cruisers (1F) 6:30 Checkers (1F)	23 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Fascinating Facts (2F) 11:30 Kitchen Table Talk (2F) 2:00 Yoga with Leah (2F) 3:00 Food4Thought: Power H2O (2F) 3:30 Confident Cruisers (1F) 6:30 Dominoes (1F)	24 9:30 Move2Music: Polka (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Life Long Learning: Presidents (2F) 11:30 i-Pad Learning Session (2F) 2:00 Service in Action: Prepping Farm to Table (2F) 4:00 Confident Cruisers (1F) 6:00 Wine & Cheese Social (1F)	25 9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 <i>Ever Wonder Why</i> Trivia (2F) 11:30 Kitchen Table Talk (2F) 1:00 Diner's Caravan: Long John Silvers & Shopping at Boscov's*** (OOB) 4:00 Confident Cruisers (1F) 6:30 Chinese Checkers (1F)	26 9:30 Guided Meditation (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Remember When: Homestead (2F) 12:00 CommUNITY Lunch: Farm to Table (DR) 2:00 edU-Agricultural Seminar: Monarch Butterfly Garden Plants(2F) 4:00 Confident Cruisers (1F) 6:00 Craft & Sing-a-Long with Sally (2F)	27 9:30 Bodypump (2F) 10:00 Moral Decisions (2F) 10:30 Where in the World? (2F) 11:30 Kitchen Table Talk (2F) 1:30 ed-U Intergenerational: Pine Grove R.O.T.C. (2F) 4:00 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)	28 9:30 Muscle & Mind Fitness (2F) 10:00 World News (2F) 10:30 Fascinating Facts (2F) 11:30 Book Club (LIB) 2:00 Bingo (2F) 3:30 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:00 Lawrence Welk Show (1F)		
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