

# Focus on Wellness

In the midst of the country's current health crisis, there is no time like the present to prepare for the approaching flu season. It is important that we each continue to practice current measures in an effort to prevent the spread of all viruses, such as avoiding large crowds, maintaining social distance, wearing face coverings and staying home when sick. The single most important effort that we can all make is to properly and frequently wash our hands.

In addition to these measures, we can take steps to boost our own immune systems by practicing the healthy steps listed to the right.

Finally, we should each take the flu vaccine when it is available. Each of our campuses are setting up flu clinics for residents & co-workers. For more details, please talk to your Director of Wellness or Executive Director.

Have a safe & healthy season,

*Cynthia Avant, Director of Clinical Services*

- Eat Healthy Foods
- Get Plenty of Rest
- Exercise Regularly
- Avoid/Reduce Stress

## A Note from the Executive Director

October is a delightful month. The fall colors and scent of pumpkin starts to fill the air. This month, let's celebrate our health and wellness by getting outside to enjoy some fresh crisp air and observe the color changes of the leaves.

Many of you had expressed over the past few weeks how much you want the pandemic to be over. Unfortunately, COVID will still be here as we approach the flu season - so let's fight to keep it out of our home!

This month let's focus on enjoying our lovely Autumn season. Take a stroll along our outdoor walking path, carve a pumpkin, or bake some homemade pumpkin pies (using one of your homemade recipes of course).

As always, please let me know what we can do to make your home & fall enjoyable.

*Holly Townsend, Executive Director*

## Highlighted Events

- 1 – **Oktoberfest Party @ 3pm**
- 13 – **Fall Foliage Bus Ride @ 2pm**
- 16 – **Virtual Gretna Theatre Production @ 2:30pm**
- 21 – **Fireside Chat with Holly @ 2pm**
- 31 – **Halloween Super Social @ 3pm**



*Dimensions of Wellness*

### October

### Resident Birthdays

### December

- 4 – Kay Black
- 6 – Jim Nehf
- 8 – Margaret Bly
- 13 – Wayne Gunnelson
- 16 – Mary Phillips & Conway Lohman
- 20 – Mabel Kessinger & Loretta Cornelius & Mickey Vink
- 21 – Martha Barnhart
- 23 – Lois Powers & Shelly Mixell
- 25 – Felicia Stevens & John Kinney

- ### November
- 4 – Catherine Shields & Sally Povlich
  - 6 – Norma Jean Cook
  - 7 – Nancy Crowder
  - 9 – Doris Miller
  - 10 – Carole Leiboldt
  - 14 – Frances Wadel
  - 15 – Othelia Barnhart
  - 18 – Joan Deffenbaugh
  - 27 – Ray Maurello & Frank Newman
  - 30 – Lilian Ott-Foust

- 1 – Mossie Sites
- 7 – Lousie Rotz
- 10 – Genevieve Kiser
- 11 – Rhona Wolf
- 12 – Ray Kaufman
- 14 – Don Begalke
- 15 – Lee Wadel
- 16 – Dorothy Wallace & Sophia Norko
- 17 – Jane Zeiters
- 29 – Ruth Yocum & Betty Doyle
- 31 – Dolores Howard



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
<p>October 2020</p>	<p>Calendar Key: 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), Meditation Room (MR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Terrace Great Room (GR) **Registration Required, \$\$ Cost Involved</p>	<p>THE <i>Club</i></p>		<p>1</p> <p>9:30 Morning Meeting (P) 9:45 Oktoberfest Trivia &amp; History (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Friends Helping Friends: Oktoberfest Social (GR) 3:30 Polish &amp; Shine Nail Care (3A)</p>	<p>2</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 2:00 Memory Magic (3A) 3:30 Crosswords &amp; Word Finds (3A) 6:30 Worship Service: 2nd Floor Residents (2A)</p>	<p>3</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Sit &amp; Stretch (3A) 2:30 Friends Helping Friends: Social Hour (GR) 3:30 Puzzle Club (3A) 6:30 Worship Service: 3rd Floor Residents (2A)</p>
<p>4</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Sit &amp; Stretch (3A) 1:45 Sitcom Sunday (3A) 3:00 Polish &amp; Shine Nail Care (3A)</p>	<p>5</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Balloon Ball Exercise (3A) 2:30 Pottery Painting (3A) 3:30 Finish The Lines (3A) 6:30 Monday Movie Night: <i>The Addam's Family (3A)</i></p> <p style="text-align: center;">Active Aging Week</p>	<p>6</p> <p>9:30 Morning Meeting (P) 10:00 Aging and Dementia Wellness Talk with Tammy (2A) 10:00 Friends Helping Friends: Gaming Corner (GR) 1:30 Bible Study (PDR) 2:00 Fall Craft (3A) 3:30 Walk &amp; Roll Walking Group (FL)</p>	<p>7</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 2:00 Prize Bingo! (3A) 3:00 Refresh &amp; Relax: Pumpkin Cream Cheese Cupcakes (C) 6:30 Worship Service: 1st Floor Residents (2A)</p>	<p>8</p> <p>9:30 Morning Meeting (P) 10:00 Men's Club (2A) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Friends Helping Friends: Craft Corner (GR) 3:30 Polish &amp; Shine Nail Care (3A)</p>	<p>9</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Balance &amp; Action (3E) 2:30 Memory Magic (3A) 3:30 Crosswords &amp; Word Finds (3A) 6:30 Worship Service: 2nd Floor Residents (2A)</p>	<p>10</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Sit &amp; Stretch (3A) 2:30 Friends Helping Friends: Social Hour (GR) 3:30 Puzzle Club (3A) 6:30 Worship Service: 3rd Floor Residents (2A)</p>
<p>11</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Sit &amp; Stretch (3A) 1:45 Sitcom Sunday (3A) 3:00 Polish &amp; Shine Nail Care (3A) 6:30 Evening Worship Service (2A)</p>	<p>12</p> <p>9:30 Morning Meeting (P) 9:45 Columbus Day History &amp; Trivia (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Light &amp; Lively Exercise (3A) 2:00 Hymnal Fellowship (2A) 3:00 White Board Word Games (3A) 6:30 Monday Movie Night: <i>Casper The Friendly Ghost (3A)</i></p>	<p>13</p> <p>9:30 Morning Meeting (P) 10:00 Friends Helping Friends: Gaming Corner (GR) 1:30 Chair Stretches (3A) 1:30 Bible Study (PDR) 2:00 Facials By Amberlee (3A) 3:30 Walk &amp; Roll Walking Group (FL)</p>	<p>14</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Light &amp; Lively Exercise (3A) 2:00 Prize Bingo! (3A) 3:00 Refresh &amp; Relax: Crockpot Hot Apple Cider (P) 3:30 Craft Corner: Making Halloween Treat Bags (3A)</p>	<p>15</p> <p>9:30 Morning Meeting (P) 10:30 National Day: I Love Lucy Day! (3A) 1:30 Friends Helping Friends: Craft Corner (GR) 2:30 Walk &amp; Roll Walking Group (FL) 3:30 Polish &amp; Shine Nail Care (3A) 6:30 Evening Worship Service (2A)</p>	<p>16</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Balloon Ball Exercise (3A) 2:30 Gretna Theatre Virtual Show Broadway Star Rebecca Robins (2A) 3:30 Crosswords &amp; Word Finds (3A)</p>	<p>17</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Sit &amp; Stretch (3A) 2:30 Friends Helping Friends: Social Hour (GR) 3:30 Puzzle Club (3A)</p>
<p>18</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Sit &amp; Stretch (3A) 1:45 Sitcom Sunday (3A) 3:00 Polish &amp; Shine Nail Care (3A) 6:30 Evening Worship Service (2A)</p>	<p>19</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Balloon Ball Exercise (3A) 2:00 Prize Bingo! (3A) 3:00 Faces &amp; Places (3A) 6:30 Monday Movie Night: <i>Gremlins (3A)</i></p>	<p>20</p> <p>9:30 Morning Meeting (P) 10:00 Friends Helping Friends: Gaming Corner (GR) 1:30 Balance &amp; Action (3A) 1:30 Bible Study (PDR) 2:00 Scenic Bus Ride (FL) 3:30 Walk &amp; Roll Walking Group (FL)</p>	<p>21</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Sit &amp; Stretch (3A) 2:00 Fireside Chat (2A) 3:00 Refresh &amp; Relax: Oreo Mummies (P) 3:30 Memory Magic (3A)</p>	<p>22</p> <p>9:30 Morning Meeting (P) 10:00 Men's Club (FL) 10:30 Light &amp; Lively Exercise (3A) 1:30 Friends Helping Friends: Craft Corner (GR) 2:30 Chef's Table and Pairing **(PDR) 3:30 Walk &amp; Roll Walking Group (FL) 6:30 Evening Worship Service (2A)</p>	<p>23</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Balance &amp; Action (3A) 2:00 Memory Magic (3A) 3:00 Hymnal Fellowship (2A) 3:30 Crosswords &amp; Word Finds (3A)</p>	<p>24</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Sit &amp; Stretch (3A) 2:30 Friends Helping Friends: Social Hour (GR) 3:30 Puzzle Club (3A)</p>
<p>25</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Sit &amp; Stretch (3A) 1:45 Sitcom Sunday (3A) 2:00 Popcorn Station (FL) 3:00 Polish &amp; Shine Nail Care (3A) 6:30 Evening Worship Service (2A)</p>	<p>26</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Balance &amp; Action (3A) 2:00 Craft Corner: Making Halloween Treat Bags (3A) 3:00 Board Games With Friends (3A) 6:30 Monday Movie Night: <i>It's A Great Pumpkin Charlie Brown (3A)</i></p>	<p>27</p> <p>9:30 Morning Meeting (P) 10:00 Friends Helping Friends: Gaming Corner (GR) 1:30 Chair Stretches (3A) 1:30 Bible Study (PDR) 2:00 Scenic Bus Ride (FL) 3:30 Walk &amp; Roll Walking Group (FL)</p>	<p>28</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Light &amp; Lively Exercise (3A) 2:00 Prize Bingo! (3A) 3:00 Refresh &amp; Relax: Sherbet Potion Drink (P)</p>	<p>29</p> <p>9:30 Morning Meeting (P) 10:30 Balloon Ball Exercise (3A) 1:30 Friends Helping Friends: Craft Corner (GR) 2:30 Walk &amp; Roll Walking Group (FL) 3:30 Polish &amp; Shine Nail Care (3A) 6:30 Evening Worship Service (2A)</p>	<p>30</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Balance &amp; Action (3A) 2:00 Musical Entertainment: Tom Shultz (2A) 3:00 Memory Magic (3A) 3:30 Crosswords &amp; Word Finds (3A)</p>	<p>31</p> <p>9:30 Morning Meeting (P) 10:30 Walk &amp; Roll Walking Group (FL) 1:30 Sit &amp; Stretch (3A) 2:00 Finish The Phrase: Halloween Edition (3A) 3:00 Halloween Super Social (P) 3:30 Puzzle Club (3A)</p> <p style="text-align: center;">Halloween</p>