

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



Providence Place SENIOR LIVING News

Q4: October 2020

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

November

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

- 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.




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

Welcome New Residents

- Evelyn Gingrich
- Herbert Hess
- Earl Robinson
- Eunice Boden

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>October</h1> <h2>2020</h2>	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) Conference Room (CR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB) **Registration Required, \$\$ Cost Involved			1 9:00 Light & Lively Exercise (3E) 10:00 Activity Cart Station (2A) 2:00 Prize BINGO 2nd Floor (2A) 2:00 Garden Tear Down (FL) 3:00 Oktoberfest Party (P) 6:30 Horseshoes (3E)	2 9:00 Light & Lively Exercise (3E) 10:00 Craft Corner: Trick or Treat Bags (C) 2:00 Hymnal Fellowship (2A) 3:00 Horseshoes (3E) 6:30 Worship Service 2nd Floor Residents (2A)	3 9:00 Light & Lively Exercise (3E) 10:00 Prize BINGO 3rd Floor (2A) 1:30 Stair Stepper Exercise (3E) 2:00 Coupon Clipping for Veterans (C) 3:00 Mexican Train Dominos (2A) 6:30 Worship Service 3rd Floor Residents (2A)
4 9:00 Light & Lively Exercise (3E) 10:00 Nail Polish Station (2A) 11:00 Wine and Dine (DR) 2:00 Card Club (2A) 3:00 Scrabble (C) 6:30 Worship Service Channel 49	5 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 Horseshoes (3E) 3:00 Aging Gracefully Forum (P) 6:30 Card Club (2A) Active Aging Week	6 9:00 Light & Lively Exercise (3E) 10:00 Aging and Dementia Wellness Talk with Tammy (2A) 1:30 Balance & Action (3E) 1:30 Bible Study (PDR) 3:00 Prize BINGO 1st Floor (2A) 6:30 Dealing with Loss Support Group (CR)	7 9:00 Balloon Ball Exercise (3E) 10:00 Craft Corner: Trick or Treat Bags (C) 1:30 Balance & Action (3E) 2:00 Horseshoes (3E) 3:00 Circle of Friends (PDR) 3:00 Active Aging Fact VS Myth (2A) 6:30 Worship Service 1st Floor Residents	8 9:00 Stretch & Hold Exercise (3E) 10:00 Men's Club (2A) 1:30 Balance & Action (3E) 2:00 Prize BINGO 2nd Floor (2A) 3:00 Helping Hands: Online Computer Voting Help (L) 6:30 Horseshoes (3E)	9 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Balance and Action (3E) 2:00 Tech Support: Sending a Text Message (P) 3:00 Activity Cart Station (P) 6:30 Worship Service 2nd Floor Residents (2A)	10 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Stair Stepper Exercise (3E) 2:00 Prize BINGO 3rd Floor (2A) 3:00 Sequence (2A) 6:30 Cards with Ruth (2A)
11 9:00 Light & Lively Exercise (3E) 10:00 Nail Polish Station (2A) 11:00 Wine and Dine (DR) 2:00 Coupon Cutting for Veterans (C) 3:00 Uno (C) 6:30 Evening Worship Service (2A)	12 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 Prize BINGO 1st Floor (2A) 3:00 Columbus Day Around the World Social Conversation (P) 6:30 Horseshoes (3E)	13 9:00 Light & Lively Exercise (3E) 10:00 Shopping Run: Walmart **(OOB) 1:30 Balance & Action (3E) 1:30 Bible Study (PDR) 2:00 Fall Foliage Scenic Bus Ride ** (OOB) 3:00 Coffee Talk (P) 6:30 Dealing with Loss Support Group (CR)	14 9:00 Balloon Ball Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 10:00 Dining Committee (DR) 1:30 Balance & Action (3E) 2:00 Prize BINGO 2nd Floor (2A) 3:00 Circle of Friends (PDR) 6:30 Cards with Ruth (2A)	15 9:00 Stretch & Hold Exercise (3E) 10:00 Kitchen Creation: Crescent Roll Mummies (C) 1:30 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Prize BINGO 3rd Floor (2A) 3:00 National Day: I Love Lucy Day (3A) 6:30 Evening Worship Service (2A)	16 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Balance and Action (3E) 2:30 Greta Theatre Virtual Show Broadway Star Rebecca Robins (2A) 6:30 Movie Night: Beetlejuice (3A)	17 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Stair Stepper Exercise (3E) 2:00 Billiards (3E) 3:00 Mexican Train Dominoes (2A) 6:30 Cards with Ruth (2A)
18 9:00 Light & Lively Exercise (3E) 10:00 Nail Polish Station (2A) 11:00 Wine and Dine (DR) 2:00 Scrabble (C) 3:00 Card Club (2A) 6:30 Evening Worship Service (2A)	19 8:45 Bookmobile Exchange (LD) 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 Prize BINGO (2A) 3:00 Wii Bowling (3A) 6:30 Horseshoes (3E)	20 9:00 Light & Lively Exercise (3E) 10:00 Shopping Run: Walmart **(OOB) 1:30 Balance & Action (3E) 1:30 Art with Doretta (C) 1:30 Bible Study (PDR) 3:00 Tea Talk (P) 6:30 Dealing with Loss Support Group (CR)	21 9:00 Balloon Ball Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 10:00 National Day: Pumpkin Cheesecakes (C) 1:30 Balance & Action (3E) 2:00 Fireside Chat (2A) 3:00 Circle of Friends (PDR) 6:30 Sequence (2A)	22 9:00 Stretch & Hold Exercise (3E) 10:00 Men's Club (2A) 1:30 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Prize BINGO (2A) 2:30 Chef's Table and Dessert Pairing **(PDR) 6:30 Evening Worship Service (2A)	23 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Balance and Action (3E) 2:00 New Resident Welcome Committee (P) 3:00 Hymnal Fellowship (2A) 6:30 Movie Night: Ghostbusters (3A)	24 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Stair Stepper Exercise (3E) 2:00 Horseshoes (3E) 3:00 Sequence (2A) 6:30 Cards with Ruth (2A)
25 9:00 Light & Lively Exercise (3E) 10:00 Nail Polish Station (2A) 11:00 Wine and Dine (DR) 2:00 Popcorn Station (FL) 3:00 Scrabble (C) 6:30 Evening Worship Service (2A)	26 9:00 Light & Lively Exercise (3E) 9:00 Fall Foliage Scenic Adams Co. Bus Ride ** (OOB) 10:00 Walk and Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 Horseshoes (3E) 3:00 Halloween Trivia (P) 6:30 Sequence (2A)	27 9:00 Light & Lively Exercise (3E) 10:00 Shopping Run: Walmart **(OOB) 1:30 Balance & Action (3E) 1:30 Art with Doretta (C) 1:30 Bible Study (PDR) 3:00 Pumpkin Painting and Sipping (P) 6:30 Dealing with Loss Support Group (CR)	28 9:00 Balloon Ball Exercise (3E) 10:00 Musical Entertainment: Bryan Herber (2A) 10:00 Card Club (2A) 1:30 Balance & Action (3E) 2:00 Blood Pressure Clinic (2A) 3:00 Circle of Friends (PDR) 6:30 Horseshoes (3E)	29 9:00 Stretch & Hold Exercise (3E) 10:00 Kitchen Creation: Halloween Treats (C) 1:30 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Prize BINGO (2A) 3:00 Kitchen Creation: Halloween Treats (C) 6:30 Evening Worship Service (2A)	30 9:00 Light & Lively Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Wii Bowling (3A) 2:00 Musical Entertainment: Tom Shultz (2A) 3:00 Community Life Committee (3A) 6:30 Movie Night: Hocus Pocus (3A)	31 9:00 Light & Lively Exercise (3E) 10:00 Shopping Run: Dollar Tree **(OOB) 1:30 Stair Stepper Exercise (3E) 2:00 Coupon Clipping for Veterans (C) 3:00 Halloween Super Social (P) 6:30 Cards with Ruth (2A) Halloween