

# 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 along the creek.

We are fortunate to be moving through the reopening phases and are looking forward to welcoming in family visitors indoors as the weather cools. Please keep an eye out for procedures and policies in October.

This month, let's focus on enjoying our lovely Autumn season. We can't wait to take a stroll with you 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 us know what my coworkers and myself could do to make your home more comfortable.

*Francie Hoch, Executive Director*

## Highlighted Events

7 – Back Deck Social @ 4 pm

14 – Getting Your Affairs in Order  
@ 2-3 pm  
Robert Slutsky, Elder Law Expert  
*Virtual Presentation*

27 – Cooking Demo w/ Chef Chad  
@ 2:30 pm

31 – Halloween Activities @ 3pm



Dimensions  
of Wellness

## Resident Birthdays

### October

15 – Judith Adler

### November

14 – Willian Heck

16 – Carol Heggoy

19 – Frances Kalbach

25 – Dolores Heck

### December

7 – Elfriede Mueller

24 – Margaret Miller



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)

## Welcome New Residents

Jean Lacy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1>October</h1> <h2>2020</h2>	<b>Calendar Key:</b> (CR) Community Room, (AR) Activity Room, (D) Deck, (OL) Old Lobby, (P) Pub, (L) Lobby, (WO) Wellness Office, (T) Theater, (OOB) Out of Building, (GR) Game Room, (DR) Dining Room  <b>**Registration Required**</b> <b>\$\$Cost Involved</b>				1	2	3
4	5	6	7	8	9	10	
8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (OL) 11:00 Tai Chi (CR) 1:30 Team Trivia (OL) 2:30 National Golfer's Day- Wii Golf (CR) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)	9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 11:30 Celebrate Healthy Aging Week (CR) 1:00 Bingo Session One (AR) 2:30 Games and Trivia (CR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR) <b>Active Aging Week</b>	9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (OL) 1:00 Health & Wellness Clinic (WO) 2:00 Pinochle Club (AR) 3:00 All About October Social (OL) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	9:30 BODYpump (CR) 10:30 Baker's Corner: Pumpkin Oatmeal Cookies (AR) 1:00 Ladderball (CR) 2:00 Crafty Crew AR 3:00 Card Club: Rummy (AR) 4:00 Back Deck Social (D) 6:00 Resident Led Bingo (AR)	9:30 Confident Cruisers (L) 10:30 Country Ride Session One (L) 11:00 Virtual Bible Study (T) 1:00 Fireside Chat (OL) 1:30 Country Ride Session Two (L) 3:00 In-Room Visits 4:00 Rosary (CR) 6:00 Singing Sessions (CR)	9:30 Balance Fitness (AR) 10:30 Culinary Club: Bacon Cheddar Cream Cheese Dip (AR) 1:00 Mexica Train (CR) 2:00 Active Aging Walk (Outside Trail) 3:00 Finish Line Social (Outside Trail) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Night: Dear John (T)	9:30 Confident Cruisers (L) 10:30 Exercise and Stretch (CR) 11:00 Today in History (OL) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 Peanut Butter Chocolate Balls (AR) 4:00 Jumbo Crossword Puzzle (OL)	
11	12	13	14	15	16	17	
8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (OL) 11:00 Tai Chi (CR) 1:30 Team Trivia (OL) 2:30 Learn About General Pulaski (CR) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)	9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 11:30 This Day in History (CR) 1:00 Bingo Session One (AR) 2:00 All About Columbus Day (CR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (OL) 1:00 Pinochle Club (AR) 2:30 Rummikub (AR) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	9:30 BODYpump (CR) 10:30 Baker's Corner: Pumpkin Bread (AC) 1:00 Cornhole (CR) 2:00 Virtual Presentation: "Getting Your Affairs in Order" (CR) 3:00 Card Club: Poker (AR) 4:00 Back Deck Social (D) 6:00 Resident Led Bingo (AR)	9:30 Confident Cruisers (L) 10:30 Country Ride Session One (L) 11:00 Virtual Bible Study (T) 12:00 October Birthday Celebration (DR) 1:00 Country Ride Session Two (L) 2:00 Mexican Train (AR) 4:00 Rosary (CR) 6:00 Singing Sessions (CR)	9:30 Balance Fitness (AR) 10:30 Culinary Club: Homemade Nacho Cheese (AR) 1:00 Crafty Crew (CR) 2:00 Men's Club (CR) 3:00 Technology & You (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Night: Seabiscuit (T)	9:30 Confident Cruisers (L) 10:30 Exercise and Stretch (CR) 11:00 Today in History (OL) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 Card Club (AR) 4:00 Jumbo Crossword Puzzle (OL)	
18	19	20	21	22	23	24	
8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (OL) 11:00 Tai Chi (CR) 1:00 Cheer on the Eagle's (T) 2:30 Group Puzzle Making (CR) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)	9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 11:30 This Day in History 1:00 Bingo Session One (AR) 2:30 All About National Kentucky Day (CR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (OL) 1:00 Pinochle Club (AR) 2:30 Volunteer Committee (AR) 3:00 Crafty Crew (AR) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	9:30 BODYpump (CR) 10:30 Baker's Corner: Cinnamon Apple Muffins (AR) 1:00 Ring Toss (CR) 2:00 Cover the Number (AR) 3:00 Card Club: Five Crowns (AR) 4:00 Back Deck Social (D) 6:00 Resident Led Bingo (AR)	9:30 Confident Cruisers (L) 10:30 Country Ride Session One (L) 11:00 Virtual Bible Study (T) 1:00Country Ride Session Two (L) 2:00 Name That Tune (CR) 3:00 In-Room Visits 4:00 Rosary (CR) 6:00 Singing Sessions (CR)	9:30 Balance Fitness (AR) 10:30 Culinary Club: Mashed Sweet Potato Bacon Bites (AR) 1:00 Mexican Train (AR) 2:00 Flower Arranging (AR) 3:00 Famous October Birthdays (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Night: Fidler on the Roof (T)	9:30 Confident Cruisers (L) 10:30 Exercise and Stretch (CR) 11:00 Today in History (OL) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 Card Club (AR) 4:00 Jumbo Crossword Puzzle (OL)	
25	26	27	28	29	30	31	
8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (OL) 11:00 Tai Chi (CR) 1:30 Team Trivia (OL) 2:30 Group Puzzle Making (CR) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)	9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 11:30 This Day in History (CR) 1:00 Bingo Session One (AR) 2:30 Celebrate National Pumpkin Day (AR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (OL) 1:00 Pinochle Club (AR) 2:30 Chef's Demonstration with Chef Chad (AC) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	9:30 BODYpump (CR) 10:30 Baker's Corner: Candy Corn Sugar Cookies (AR) 1:00 Table Tennis (CR) 2:00 Crafty Crew 3:00 Card Club: Rummy (AR) 4:00 Back Deck Social (D) 6:00 Resident Led Bingo (AR)	9:30 Confident Cruisers (L) 10:30 Country Ride Session One (L) 11:00 Virtual Bible Study (T) 1:00 Country Ride Session Two (L) 2:00 TED Talk- "Everyday you live you impact the planet" (CR) 3:00 In-Room Visits 4:00 Rosary (CR) 6:00 Singing Sessions (CR)	9:30 Balance Fitness (AR) 10:30 Culinary Club: Fall Cream Cheese Dip (AR) 1:00 Mexican Train (CR) 2:00 Flower Arranging (AR) 3:00 Food for Thought (AR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Night: The Adams Family (T)	9:30 Confident Cruisers (L) 10:30 Exercise and Stretch (CR) 11:00 Today in History (OL) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 All About Halloween (AR) 4:00 Halloween Games & Puzzles(OL)  <div style="text-align: center;">Halloween</div>	