

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



*Dimensions
of Wellness*

Resident Birthdays

October

- 1 – JoRetha Scouten & Doris Bohler
- 7 – Raymond Knapp
- 12 – Ellen Clauser
- 14 – Anna Neumeister
- 18 – Betty Firestine

November

- 1 – Bernice Wetzel
- 6 – Charlie Hess
- 26 – Marian Snyder
- 29 – Shirley Swope
- 30 – Gene Haag

December

- 1 – Grace Wedde
- 9 – Eleanor Miller
- 12 – Warren Hassinger
- 15 – Vera Chisick
- 22 – Florence Basehore
- 26 – Shirley Fesig
- 27 – Eileen Petko & Marlin Hoff
- 28 – Robert Wagner



Providence Place SENIOR LIVING News

Q4: October 2020

A Note from the Executive Director

Hello,

I would like to start our quarterly newsletter thanking our residents, staff, and family for their continuous understanding of the precautions we have in place to keep everyone healthy. The diligence of our families and residents have allowed us to remain in the green phase!

We will soon be able to offer indoor visitation options this fall and details will be provided in early October.

We definitely look forward to the excitement for the upcoming holidays. Although it may look a little different, we will be making sure it is a cheerful time of year for all of our residents.

We have an Oktoberfest on the 16th with entertainment as well as a safe trick-or-treat to take place outdoors. Community Life will be sending out specifics regarding the Halloween events in October's calendar.

Kindest regards,

Anna Zuratt, Executive Director

Highlighted Events

- 6 – **Fireside Chat with Anna**
@ 10am
- 8 – **Gentlemen's Gathering**
@ 12pm
Classic car & Collectible Museum
- 14 – **Cooking Demo w/ Chef Ryan** @ 2pm – 2nd Floor
- 16 – **Oktoberfest Social**
@ 2pm
- 21 – **Tour of Stone Mountain Wine Cellars (Tasting & Lunch)** @ 11am
- 22 – **Drive-in Trick or Treat**
@ 6:30pm
- 23 – **Art Exploration @ 2pm**
Fall crafts with Shannon

Welcome New Residents

Katherine Chelak
Ellen Clauser




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	
<h1>October 2020</h1>	Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (LIB) Library (L) Lobby				1 9:30 Guided Meditation (2F) 10:00 Moral Decisions (2F) 10:30 Planning Committee (2F) 11:00 Confident Cruisers (1F) 2:00 Kitchen Krew: Pumpkin Cookies (2F) 3:30 Helping Hands: Sharing Cookies (2F) 4:00 Jigsaw Puzzles (2F) 6:30 Mindful Colors (2F)	2 9:30 Bodypump (2F) 10:00 Today's Headlines (2F) 10:30 The Amen Corner (2F) 2:00 Art Exploration: Fall Crafts (2F) 3:00 Helping Hands: Clean Up Crew (2F) 3:30 Confident Cruisers (1F) 6:30 Board Games: Scrabble (2F)	3 9:30 Muscle & Mind Fitness (2F) 10:00 World News (2F) 10:30 Name 10 - If You Can (2F) 11:00 iN2L Lifelong Learning: Travel (1F) 2:00 Bingo (2F) 3:00 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:00 The Lawrence Welk Show (1F)
4 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Joel Osteen Ministries (2F) 12:00 Wine & Dine (DR) 1:30 Bible Reading Club: <i>Psalms</i> 5 (2F) 2:00 Church of God Worship (DR) 3:00 Social Hour (DR) 3:30 Confident Cruisers (1F) 6:30 Card Club: Phase 10 (2F)	5 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Seminar: Nutrition & You (2F) 11:00 Giant Crossword Puzzle (2F) 1:30 Hand Massages by Shirley (2F) 2:00 Manicures (2F) 3:30 Confident Cruisers (1F) 6:30 Game Club: Scrabble (2F) Active Aging Week	6 9:30 Move2Music Fitness (2F) 10:00 Fireside Chat with Anna (2F) 10:30 EdU-Wellness: Health Changing Benefits of Hydrating the Body (2F) 11:00 Confident Cruisers (1F) 2:00 Welcome Ambassador Program (2F) 3:30 Food4Thought: Power H2O (2F) 6:30 Card Club: Game of War (2F)	7 9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 Dining Committee (2F) 11:00 Diners Caravan & Shopping: Buddies & Dollar Store**\$\$ (OOB) 2:00 Table Tennis (2F) 3:30 Confident Cruisers (1F) 6:30 Zen Art (2F)	8 9:30 Guided Meditation (2F) 10:00 Moral Decisions (2F) 10:30 Make Your Point: Homonyms (2F) 11:00 Confident Cruisers (1F) 12:00 Gentleman's Gathering: Classic Car And Collectible Museum (**SSOOB) 4:00 Jigsaw Puzzles (2F) 6:30 Mindful Colors (2F)	9 9:30 Bodypump (2F) 10:00 Today's Headlines (2F) 10:30 EdU-Wellness: Boosting Your Immunity (2F) 1:30 EdU: Planting for Fall Outdoor Program 3:00 Helping Hands: Clean Up Crew (2F) 3:30 Confident Cruisers (1F) 6:30 Board Games: Scrabble (2F)	10 9:30 Muscle & Mind Fitness (2F) 10:00 World News (2F) 10:30 Name 10 - If You Can (2F) 11:00 iN2L Learning: Travel (1F) 2:00 Musical Entertainment Featuring Amy Jo (DR) 3:00 Sweet Treat Social (1F) 6:30 Jeopardy (1F) 7:00 The Lawrence Welk Show (1F)	
11 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Joel Osteen Ministries (2F) 12:00 Wine & Dine (DR) 1:30 Bible Reading Club: <i>Psalms</i> 5 (2F) 2:00 iN2L: Catholic Mass (1F) 3:00 Social Hour (DR) 3:30 Confident Cruisers (1F) 6:30 Card Club: Phase 10 (2F)	12 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Joggin' Your Noggin' (2F) 11:00 Giant Crossword Puzzle (2F) 1:30 St. Paul's Worship Service (L) 2:00 Hymn Sing-a-long (L) 3:30 Confident Cruisers (1F) 6:30 Game Club: Scrabble (2F)	13 9:30 Move2Music Fitness (2F) 10:00 Headline News (2F) 10:30 Reminisce: First 500 Mile Race (2F) 11:00 Confident Cruisers (1F) 2:30 Gretna Theater Production featuring Broadway Star Rebecca Robbins <i>The Oscars Songbook</i> (1F) 3:30 Happy Hour Sangria Slushies (1F) 6:30 Card Club: Game of War (2F)	14 9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 Opinion Column & Discuss (2F) 11:00 Visits with Rosie the Cat & Joe (R) 2:00 Cooking Demo with Chef Ryan (2F) 3:30 Confident Cruisers (1F) 6:30 Zen Art (2F)	15 9:30 Guided Meditation (2F) 10:00 Moral Decisions (2F) 10:30 Make Your Point: Old Proverbs (2F) 11:00 Confident Cruisers (1F) 2:00 Movie Madness: I Love Lucy (1F) 3:30 Social Hour & Small Plates (1F) 4:00 Jigsaw Puzzles (2F) 6:30 Mindful Colors (2F)	16 9:30 Bodypump (2F) 10:00 Today's Headlines (2F) 10:30 The Amen Corner (2F) 2:00 October Fest Social & Musical Entertainment Featuring Jay Daniels (1F) 3:30 Helping Hands: Clean Up Crew (1F) 4:00 Confident Cruisers (1F) 6:30 Board Games: Scrabble (2F)	17 9:30 Muscle & Mind Fitness (2F) 10:00 World News (2F) 10:30 Name 10 - If You Can (2F) 11:00 iN2L Lifelong Learning: Travel (1F) 2:00 Bingo (2F) 3:00 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:00 The Lawrence Welk Show (1F)	
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