

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 – Galen Clouser
- 2 – Lillie Kauffman
- 3 – Theresa Zegarski
- 7 – William Thompson
- 9 – Jean Twardzik
- 11 – Grace Schuettler
- 20 – Mildred Gabardi & Eleanor Isgate
- 27 – Lorraine Campion
- 28 – Elizabeth Lawson

November

- 2 – Joyce Torpey
- 4 – Carol Bernitsky
- 17 – Ruth Brown
- 23 – Malina Capitanio
- 28 – Tecla Garbarino

December

- 5 – Ann DiRenzo & Ann Mohrman
- 6 – Dorothy Schaeffer
- 9 – Cecilia Kamieniecki
- 11 – Shirley Lerch
- 13 – Jean Weist
- 14 – Barbara Higgins
- 16 – Marilyn Doyle
- 22 – Anneliese Hueske
- 29 – Anna Mae Callan & Marion Barton & Phyllis Bloch
- 30 – Richard Purcell
- 31 – Nancy Kryneck



Providence Place SENIOR LIVING News

Q4: October 2020

A Note from the Executive Director

Greetings Residents,

As we welcome in Autumn, we will be welcoming some changes here at Providence Place as well. Starting the last few days of September and going forward, we have eased up on transportation regulations. Residents will no longer be quarantined for 7 days if family takes them to a doctor's appointment.

We are also having a Trick-or-Treat on October 31st at 3:15pm for team member and residents' children and grandchildren. If you would like to register your little trick-or-treater, please call and register with one of our Community Life associates. All events will maintain Department of Health regulations and social distancing.

Also, the dining room renovations are scheduled to be completed by the end of October.

We have so many wonderful changes taking place both inside and outside, along with beautiful fall foliage & the crisp autumn air. We are looking forward to enjoying the season to the fullest with an array of autumn-themed activities, so keep a look out in the Activity Weekly schedule. Enjoy this spooktacular month!

Tanya Hoy, Executive Director

Highlighted Events

- 7 - **Guers Tumbling Run Dairy Tour** @ 2 pm
- 8 - **EdU Presentation: Farm Animals of the Appalachian** @ 2 pm
- 14 - **Alzheimer's Awareness Walk** Campus Walking Path @ 1:30pm
- 16 - **Red Carpet Affair Cocktail Social** @ 2:30 pm
Gretna Theatres Production
- 31 - **Trick-or-Treat** 3:15pm (*must reserve timeslot*)

Welcome New Residents

- Zdzislaw Zurawski
- Zygfryda Zurawski
- Jean Kabana
- Joseph Walsh
- Frank Scheuren
- Phyllis Bloch
- Daniel Nagle




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</h1> <h2>2020</h2>	Calendar Key: Activity Room (A), Chapel (CH) South Lounge (SL), North Lounge (NL) Main Lobby (ML), Dining Room (DR), Library (LIB) First Floor Patio (1FP) Second Floor Patio (2FP) Out of Building (OOB) Registration Required** Cost Involved \$\$			1 9:00 Banks & Post Office*** (OOB) 10:00 Drum Sticks Exercise (SL) 11:00 Lunch Out Diners Caravan: Manheim Diner*** (OOB) 1:15 Xbox Bowling Club (A) 2:00 Art Class with Shannon: Acrylic on Canvas (A) 3:30 Community Life Planning Committee Meeting (A) 6:15 Kings in the Corner (A)	2 9:30 Confident Cruisers Walking Club (ML) 10:00 Communion Service (CH) 10:30 Comedy Hour: Funny Bones (A) 1:15 Zumba Fitness with Michele (A) 2:30 The Reminiscence Quiz Book (A) 3:00 Communion Service (CH) 3:30 Cocktail Hour: Flavors of the Fall (A) 6:30 Scrabble (A)	3 9:30 Retail Shopping: Boscov's** (OOB) 11:00 Balance in Action (NL) 2:00 Nickel Bingo \$\$ (DR) 3:15 Helping Hands: Fresh Flower Arranging (A) 3:30 EdU Travel: Somebody Feed Phil <i>London, France</i> (A) 6:15 Schuylkill County Monopoly (A)
4 8:00 TV Catholic Mass Services (Ch. 49) 10:00 Movement & Meditation (A) 11:00-1:00 Wine & Dine (DR) 1:15 Fall Foliage Ride** (OOB) 2:00 Communion Service (CH) 2:15 Movie: <i>The Healer</i> (A) 3:00 Communion Service (CH) 3:15 iN2L Lifelong Learning: <i>Flying Fish</i> (LIB) 6:30 Yahtzee (A)	5 9:15 Yoga Fitness with Michele (A) 10:00 Communion Service (CH) 10:30 Food 101: What's all the Hype about Vegan Meat? (A) 2:00 Edu-Wellness: Benefits of Hydration by Genesis Therapy (CH) 3:00 Communion Service (CH) 3:30 World History: Canadian Express (A) 6:30 Bridge Club (A) Active Aging Week	6 9:30 Balance in Action & Guided Meditation (A) 10:00 Craft Club: Fall Luminaires (A) 11:00 Hydration Mix Station (A) 2:00 TED Talk & Discussion: <i>The Brain</i> <i>Changing Benefits of Exercise</i> (A) 3:30 Nature Walk** (OOB) 6:15 Kings in the Corner (A)	7 9:00 Coffee, Donuts & Discussions (A) 10:00 Dinning Services Committee Meeting (A) 10:30 Balance in Action (A) 10:30 Worship with Pastor Randy (C) 11:00 Tour & Tasting: Plum Creek Creamery & Market** (OOB) 1:15 Aromatherapy & Nails (A) 2:00 Owl Trivia (A) 3:30 Crochet Circle (SL)	8 9:30 Errands Run: Walmart*** (OOB) 10:00 Team Member Appreciation: Jack Be Little Mini Pumpkins (A) 1:15 Xbox Bowling Club (A) 2:00 EdU-Presentation & Interactions: Farm Animals of the Appalachian By Kathy Reifsnnyder (OOB) 3:30 Board Game: Apples to Apples (SL) 6:15 Kings in the Corner (A)	9 9:30 Confident Cruisers Walking Club (ML) 10:30 Finish the Lyrics Trivia & Singing to the Oldies (A) 1:15 Zumba Fitness with Michele (A) 2:00 Mass & Confession (CH) 2:30 Men's Club (A) 3:30 Cocktail Hour: Ciders & Ales (A) 6:30 Scrabble (A)	10 10:00 Country Kitchen Club (A) 11:00 Crosswords & Word Finds (ML) 2:00 Nickel Bingo \$\$ (DR) 3:15 Helping Hands: Fresh Flower Arranging (A) 3:30 EdU Travel: Somebody Feed Phil Marrakesh, Morocco (A) 6:15 Schuylkill County Monopoly (A)
11 8:00 TV Catholic Mass Services (Ch. 49) 10:00 Movement & Meditation (A) 11:00-1:00 Wine & Dine (DR) 2:00 Communion Service (CH) 2:15 Movie: <i>Same Kind</i> <i>of Difference as Me</i> (A) 3:00 Communion Service (CH) 6:30 Kings in the Corner \$\$ (A)	12 9:15 Yoga Fitness with Michele (A) 10:00 Communion Service (CH) 10:30 Country Kitchen Club (A) 1:15 Hearty Chili & Corn Bread Taster (A) 2:00 Jumbo Wall Jeopardy Game (A) 3:00 Communion Service (CH) 3:30 Cranium Crunches & Brain Teases (A) 6:30 Bridge Club (A)	13 9:30 Balance in Action & Guided Meditation (A) 10:00 Craft Club: Botanical Note Cards (A) 11:00 Hydration Mix Station (A) 2:00 Virtual Tour & Tasting: Yuengling Brewery (AR) 3:30 Nature Walk** (OOB) 6:15 Kings in the Corner (A)	14 9:00 Coffee, Donuts & Discussions (A) 10:00 Balance in Action (A) 10:30 Worship with Pastor Randy (C) 1:30 Pottsville Campus Alzheimer's Awareness Walk Community Event (OOB) 2:00 EdU Awareness: Brain Changes (DR) 3:30 Fireside Chat with Executive Director Tanya Hoy (CH) 6:15 Nickel PO-KE-NO \$\$ (A)	15 9:00 Banks & Post Office*** (OOB) 10:00 Drum Sticks Exercise (A) 11:00 Men's Club Lunch** (OOB) 1:15 Xbox Bowling Club (A) 2:00 Octoberfest Party with Musical Entertainment by John Stevens (ML) 3:30 One with Nature: Bird Watching & Photography (2FP) 6:15 Kings in the Corner (A)	16 9:30 Confident Cruisers Walking Club (ML) 10:00 Communion Service (CH) 10:30 Comedy Hour: Funny Bones (A) 1:15 Zumba Fitness with Michele (A) 2:30 Red Carpet Affair Cocktail Social Gretna Theatres presenting Broadway Star Rebecca Robbins (A) 3:00 Communion Service (CH) 6:30 Scrabble (A)	17 9:30 Retail Shopping: Boscov's*** (OOB) 11:00 Balance in Action (NL) 2:00 Nickel Bingo \$\$ (DR) 3:00 Balance in Action (A) 3:15 Helping Hands: Fresh Flower Arranging (A) 3:30 EdU Travel: Somebody Feed Phil <i>Chicago, Illinois</i> (A) 6:15 Schuylkill County Monopoly (A)
18 8:00 TV Catholic Mass Services (Ch. 49) 10:00 Movement & Meditation (A) 11:00-1:00 Wine & Dine (DR) 1:15 Fall Foliage Ride** (OOB) 2:00 Communion Service (CH) 2:15 iN2L Lifelong Learning: Woodworking (A) 3:00 Communion Service (CH) 6:30 Checkers (A)	19 9:15 Yoga Fitness with Michele (A) 10:00 Communion Service (CH) 10:30 Coffee & Tea 101: Passenger Coffee (A) 1:15 Prayer Group (CH) 2:30 Welcome Ambassadors Committee Meeting (A) 3:00 Communion Service (CH) 3:30 World Religion (A) 6:15 Bridge Club (A)	20 9:30 Balance in Action & Guided Meditation (A) 10:00 Craft Club: Chalkboard Pumpkins (A) 11:00 Hydration Mix Station (A) 2:00 Musical Entertainment featuring Shoreliners Band (DR) 3:30 Nature Walk** (OOB) 6:15 Kings in the Corner \$\$ (A)	21 9:00 Coffee, Donuts & Discussions (A) 10:00 Balance in Action (A) 10:30 Worship with Pastor Randy (C) 11:00 Modern Jeopardy Trivia (A) 1:15 Aromatherapy & Nails (A) 2:00 Food for Thought by Chef Tuan (DR) 3:30 Crochet Circle (SL) 6:15 Nickel Polish Bingo \$\$ (A)	22 9:00 Errands Run: Walmart*** (OOB) 10:00 Drum Sticks Exercise (A) 11:00 Lunch Out Diners Caravan: Pottsville Diner*** (OOB) 1:15 Xbox Bowling Club (A) 2:00 Genealogy & My Life Story (A) 3:30 One with Nature: Discovering Hemiptera & Insecta (OOB) 6:15 Kings in the Corner (A)	23 9:30 Confident Cruisers Walking Club (ML) 10:00 Communion Service (CH) 10:30 Finish the Lyrics & Singing to the Oldies (A) 1:15 Zumba Fitness with Michele (A) 2:30 iN2L: Google Earth (LIB) 3:00 Communion Service (CH) 3:30 Cocktail Hour: Groovy Hippie Party (A) 6:30 Scrabble (A)	24 10:00 Country Kitchen Club (A) 11:00 Crosswords & Word Finds (ML) 2:00 Nickel Bingo \$\$ (DR) 3:15 Helping Hands: Fresh Flower Arranging (A) 3:30 EdU Travel: Somebody Feed Phil <i>Seoul, Korea</i> (A) 6:15 Schuylkill County Monopoly (A)
25 8:00 TV Catholic Mass Services (Ch. 49) 10:00 Movement & Meditation (A) 11:00-1:00 Wine & Dine (DR) 2:00 Communion Service (CH) 2:15 Movie: <i>Triumph of the Heart</i> (A) 3:00 Communion Service (CH) 6:30 Connect Four (A)	26 9:15 Yoga Fitness with Michele (A) 10:00 Communion Service (CH) 10:30 Trivia Americana (A) 1:15 Educational Presentation: <i>Folklore & Coal Mining of the Northeast</i> by Jay Smar (A) 3:00 Communion Service (CH) 3:30 Nickel Polish Bingo \$\$ (A) 6:15 Bridge Club (A)	27 9:30 Balance in Action & Guided Meditation (A) 10:00 Craft Club: Art Walk In Center (A) 11:00 Hydration Mix Station (A) 1:30 Creative Writing Class (A) 2:30 Helping Hands: Halloween Candy Prep (A) 3:30 Nature Walk** (OOB) 6:15 Kings in the Corner (A)	28 9:00 Coffee, Donuts & Discussions (A) 10:00 Balance in Action (A) 10:30 Worship with Pastor Randy (C) 11:00 Random Trivia (A) 2:00 Chef's Pairings by Chef Tuan (DR) 3:30 Crochet Circle (SL) 6:15 Nickel PO-KE-NO \$\$ (A)	29 9:00 Banks & Post Office*** (OOB) 10:00 Drum Sticks Exercise (A) 11:00 Helping Hands: Personalized Birthday Celebration Treats (A) 1:15 Xbox Bowling Club (A) 2:30 Trail Gardens Walk** (OOB) 5:00 October Celebration Birthday Dinner (ND) 6:15 Kings in the Corner (A)	30 9:30 Confident Cruisers Walking Club (ML) 10:00 Communion Service (CH) 10:30 Comedy Hour: Funny Bones (A) 1:15 Zumba Fitness with Michele (A) 2:00 Hallows' Eve Spookfest Happy Hour with Musical Entertainment by Cindy Robertson (DR) 3:00 Communion Service (CH) 6:30 Scrabble (A)	31 9:30 Retail Shopping: Walmart*** (OOB) 11:00 Helping Hands: Fresh Flower Arranging (A) 2:00 Nickel Bingo: Halloween Edition \$\$ (DR) 3:15 Halloween Trick-or-Treat Community Event (ML) 6:15 Schuylkill County Monopoly (A) Halloween