

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*

October

Resident Birthdays

- 2 – Arthur Tomlinson
- 3 – Betty Collier
- 4 – Jean Neiman & Dorothy Eberly
- 10 – Jean Jacobs
- 16 – Theodore Crimmins & Doris Krug & Betty Ruth
- 19 – Virginia Angel
- 20 – Mary Anna Ferree
- 25 – Clyde Livingston
- 30 – Helen Bosserman

November

- 1 – Budd Lookingbill
- 2 – Eugene Hilt & Frances Callahan
- 3 – Robert Kohler
- 10 – Patricia Kraft
- 12 – Joan Miller
- 15 – Esther Ritchey
- 24 – Nancy Brunk & Sandra Hollidge
- 28 – Oscar Bupp

December

- 1 – Ethel Smay
- 3 – Grayson Starner
- 4 – Bill Dean
- 7 – Betty Gingerich
- 8 – Dorothy Hartman
- 12 – Lois Zimmerman
- 18 – Christine Koehnlein & Elda Wagner
- 26 – Lois Smith
- 31 – Mary Lou Rowlands



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



Providence Place SENIOR LIVING News

Q4: October 2020

A Note from the Executive Director

Happy Fall!!

I cannot believe how quickly time is flying! With continuing gratitude, I would like to thank everyone for their patience and understanding during these trying times. Due to no new positive cases at Dover, we have moved forward to our precautionary phases (green). With this phase, we continue group activities, communal dining, and salon services. We are only allowing essential healthcare providers into the building. All staff are continuing to wear masks throughout their shift. All new residents are on an isolation period for precautionary purposes.

We have resumed our outside porch visits. We ask that all parties for the porch visits utilize proper precautions by wearing a face mask and using tables set up to ensure social distancing. If you or your loved one has an interior apartment, please call the front desk to schedule a window visit in the 100-patio area. Our staff would be more than happy to continue to assist with virtual visits such as FaceTime, Zoom, and Skype if desired. Breakfast will continue to be served in your apartment for now – but please don't place your empty containers in the hallway, staff will be by to pick up after your meal.

Thank you for your cooperation, hang in there we will get through this together!

Howard Holben, Executive Director

Highlighted Events

- 3 – **Fall Foliage Country Ride**
@ 3pm
- 13 – **The Oscar Songbook**
@ 2:30pm – presented by
Gretna Theatre Productions
- 16 – **Fall Festival @ 1:30pm**
100 Hall Patio
- 24 – **Walk to End Alzheimer's**
9am @ Campus Walking Path
Gretna Theatre Productions
- 31 – **Halloween Movie Dinner**
5pm

Welcome New Residents

William Hoke

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1>October</h1> <h2>2020</h2>	Calendar Key: AR: Activities Room CR: Community Room SR: Sunshine Room FR: Fitness Room DR: Dining Room P: Pub OOB: Out of the Building 100 Hall L.: 100 Hall Lounge 100 Hall P.: 100 Hall Patio				1	2	3
				9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 Pokeno (AR) 11:00 Trivia (AR) 1:00 Country Ride (FR) 2:30 Musical Happy Hour: Dan Martin (100 Hall P.) 3:00 Church Service (CR) 4:00 Balance Class (FR) 4:30 Movie and Pizza **(CR)	9:30 Chair Exercise (AR) 10:00 IN2L - Brain Games (AR) 10:15 Market Run: Giant *** 1:00 Kings in the Corner (AR) 2:00 Jingo (AR) 3:00 Snack Social: Apple Roll Ups (P) 4:30 Wine and Dine (DR) 6:00 Rummikub (SR)	9:30 Chair Exercise (AR) 10:00 Pastries and Chat (AR) 11:00 Trivia (AR) 1:00 Kings in the Corner (AR) 2:00 Musical Entertainment: Mick Cockran (100 Hall P.) 3:00 Fall Foliage Country Ride **(OOB) 6:00 Bingo (AR)	
4	5	6	7	8	9	10	
9:30 Chair Exercise (AR) 10:00 Jingo (AR) 11:00 Trivia (AR) 1:00 Nature Walking Path (OWP) 2:00 Church Service (CR) 3:00 Salted Caramel Apple Punch Social (P) 6:00 Widow to Widower (CR)	9:30 Chair Exercise (AR) 10:00 Therapy Games with Beth (AR) 11:00 Community Life Committee (AR) 1:00 I've got it (AR) 2:00 Jingo (AR) 3:00 Manicures and Wine (AR) 4:00 Balance Class (FR) 6:00 Card Club: 500 (AR) Active Aging Week	9:30 Chair Exercise (AR) 10:00 Grief share (P) 10:00 Bingo (AR) 10:30 Yoga by Allison (FR) 1:00 Fall Foliage Country Ride **(OOB) 1:30 Penny Ante (AR) 2:30 Musical Happy Hour: Leo Reaver (100 Hall P.) 5:00 Men's Club: Bar Night (P)	9:30 Chair Exercise (AR) 10:00 Day Excursion: Kitchen Kettle Village **\$\$ (OOB) 10:00 Craft Corner: Leaf Bowl (AR) 1:00 Fall Foliage Country Ride **(OOB) 1:00 Jingo (AR) 2:00 I've got it (AR) 3:00 Hot Chocolate Social (P) 4:00 Balance Class (FR) 6:00 Knit Pickers (AR)	9:30 Chair Exercise (AR) 10:00 Therapy Games with Beth (AR) 10:00 Bible Study (P) 1:00 Bingo (AR) 2:00 Educational Presentation: Bluebird Society of Pennsylvania presents: Bluebirds (AR) 3:00 Church Service (CR) 6:00 Foreign Language Class: German with Melissa (AR)	9:30 Chair Exercise (AR) 10:00 Chef's Bruce Food Demo (AR) 10:00 Therapy Games with Beth (FR) 10:15 Market Run: Walmart *** 12:45 Fall Foliage Country Ride **(OOB) 2:00 Bingo (AR) 3:00 Ice Cream Social (P) 4:00 Dinner Caravan: Olive Garden **\$\$ (OOB) 4:30 Wine and Dine (DR)	9:30 Chair Exercise (AR) 10:00 Pastries and Chat (AR) 11:00 Trivia (AR) 1:00 Kings in the Corner (AR) 2:00 Poker (AR) 2:00 Musical Entertainment: Rhonda Lee (100 Hall P.) 3:00 Bingo (AR) 6:00 Rummikub (SR)	
11	12	13	14	15	16	17	
9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 Trivia (AR) 1:00 Nature Walking Path (OWP) 2:00 Church Service (CR) 3:00 Coconut Hot Chocolate Social (P) 6:00 Veteran's Club (CR)	9:30 Chair Exercise (AR) 10:00 IN2L - Brain Games (AR) 1:00 Nature Walking Path (OWP) 2:00 Bingo (AR) 3:00 Manicures and Wine (AR) 4:00 Balance Class (FR) 6:00 Card Club: 500 (AR)	9:30 Chair Exercise (AR) 10:00 Grief Share (P) 10:00 Culinary Creations: Cheese Crackers (AR) 10:30 Yoga by Allison 11:00 Trivia (AR) 1:00 Bingo (AR) 2:30 Virtual Theatre Show presented by Gretna Theatre (P) 4:00 Balance Class (FR)	9:30 Chair Exercise (AR) 10:00 Woodworking: Bluebird Boxes with Ralph (AR) 11:00 Trivia (AR) 1:30 Garden Therapy by Sue McDowell (100 Hall P.) 3:00 Bingo (AR) 4:00 Balance Class (FR) 6:00 Knit Pickers (AR)	9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 Nature Walking Path (OWP) 11:00 Trivia (AR) 1:00 I've got it (AR) 2:00 Bingo (AR) 3:00 Root Beer Float Social (P) 3:00 Church Service (CR) 5:00 Rummikub (SR) 6:00 Foreign Language Class: German with Melissa (AR)	9:30 Chair Exercise (AR) 10:00 Chef's Food Pairing (AR) 1:00 Therapy Games with Beth (AR) 1:30 Fall Festival (100 Hall Patio) <ul style="list-style-type: none"> • Games (Corn Toss, Pumpkin Chunkin, Toss the Can, Pumpkin Paining, etc...) • Cider Bar, Funnel Cake • Music 4:30 Wine and Dine (DR)	9:30 Chair Exercise (AR) 10:00 Pastries and Chat (AR) 11:00 Trivia (AR) 1:00 Nature Walking Path (OWP) 2:00 Hangman (AR) 2:00 Musical Entertainment: Memory Music (100 Hall P.) 3:00 Uno (AR) 6:00 Bingo (AR)	
18	19	20	21	22	23	24	
9:30 Chair Exercise (AR) 10:00 Pokeno (AR) 11:00 Trivia (AR) 1:00 Nature Walking Path (OWP) 2:00 Church Service (CR) 3:00 Ice Cream Sundae Social (P) 6:00 Widow to Widowers (CR)	9:30 Chair Exercise (AR) 10:00 IN2L - Brain Games (AR) 1:00 Culinary Creations: Salsa (AR) 2:00 Jingo (AR) 3:00 Manicures and Wine (FR) 4:00 Technology Class: Learning your Smartphone one on one (AR) 6:00 Card Club: 500 (AR)	9:30 Chair Exercise (AR) 10:00 Grief Share (P) 10:00 Culinary Creations: Apple Cider (100 Hall L.) 10:00 Hangman (AR) 10:30 Yoga by Allison (FR) 1:00 Fall Foliage Country Ride **(OOB) 2:00 Penny Ante (AR) 3:00 Bingo (AR) 4:30 Regal Movie Theatre represents: The War with Grandpa **\$\$ (OOB)	9:30 Chair Exercise (AR) 10:00 Craft Corner: Halloween Glass Craft (AR) 10:00 Bluebird Box installation (AR) 11:00 Welcome Committee Meeting (P) 10:00 Fall Foliage Country Ride**(OOB) 1:00 Jingo (AR) 1:30 Garden Therapy by Sue McDowell (100 Hall P.) 3:00 Apple Cider Social (P) 4:30 Movie and Chinese ** (CR)	9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 Educational Presentation: Mahlon Fuller presenting 9/11 and the Heroes of Flight 93 (AR) 11:00 Trivia (AR) 1:00 Bible Jingo with Pastor Ralph (AR) 2:30 Super Happy Hour: Luau (P) 4:00 Balance Class (FR) 6:00 Knit Pickers (AR) 0	9:30 Chair Exercise (AR) 10:00 Bingo (AR) 10:15 Market Run: Weis *** 11:00 Trivia (AR) 1:00 Fall Foliage Country Ride **(OOB) 2:00 Kings in the Corner (AR) 3:00 Pumpkin Milkshake Social (P) 4:30 Wine and Dine (DR) 6:00 Rummikub (SR)	9:30 Chair Exercise (AR) 10:00 Pastries and Chat (AR) 11:00 Trivia (AR) 1:00 Nature Walking Path (OWP) 2:00 Musical Entertainment: Leo Reaver (100 Hall P.) 2:00 Poker (AR) 3:00 Bingo (AR) 6:00 Rummikub (AR) Walk to END Alzheimer's — York	
25	26	27	28	29	30	31	
9:30 Chair Exercise (AR) 10:00 Halloween Bingo (AR) 11:00 Trivia (AR) 1:00 Pumpkin carving or painting (AR) 2:00 Church Service (CR) 3:00 Hot Apple Cider Social (P) 6:00 Veteran's Club (CR)	9:30 Chair Exercise (AR) 10:00 IN2L - Brain Games (AR) 11:00 Halloween Movie Trivia (AR) 1:30 Bingo (AR) 3:00 Vampire Kiss Cocktail Hour (P) 4:00 Balance Class (FR) 6:00 Card Club: 500 (AR)	9:30 Chair Exercise (AR) 10:00 Armchair Travel: Ireland (AR) 10:00 Grief Share (P) 10:30 Yoga by Allison (FR) 1:00 Fall Foliage Country Ride**(OOB) 1:00 Bingo (AR) 2:30 Happy Hour (P) 4:30 Men's Club: Presentation with Director Deputy Veteran Kevin Smyers AR)	9:30 Chair Exercise (AR) 10:00 Craft Corner: Halloween Wood Painting (AR) 1:00 Halloween Bingo (AR) 2:00 Stack the Bones - Jenga Game (AR) 3:00 Candy Corn Punch Social (P) 4:00 Welcome Ambassador Committee (P) 6:00 Knit Pickers (AR)	9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 Bingo (AR) 11:00 Fire Side Chat (AR) 1:00 Culinary Creations: Candy Apples (AR) 3:00 Church Services (CR) 3:00 Kings in the Corner (AR) 4:00 Balance Class (FR) 4:30 Pizza and Movie (CR)	9:30 Chair Exercise (AR) 10:00 Bingo (AR) 10:15 Market Run: Aldi*** 1:00 Fall Foliage Country Ride **(OOB) 1:00 Escape Room in a Box: Werewolf Edition (AR) 2:00 Dining Service Committee (AR) 3:00 Witch's Brew Punch Social (P) 4:00 Balance Class (FR) 4:30 Wine and Dine (DR)	9:30 Chair Exercise (AR) 10:00 Pastries and Chat (AR) 11:00 Trivia - Halloween (AR) 1:00 "Guess Who" Game (AR) 2:00 Witch Hat - Ring Toss (AR) 3:00 Halloween Jingo (AR) 5:00 Halloween Movie Dinner (CR, AR) Halloween	