

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,

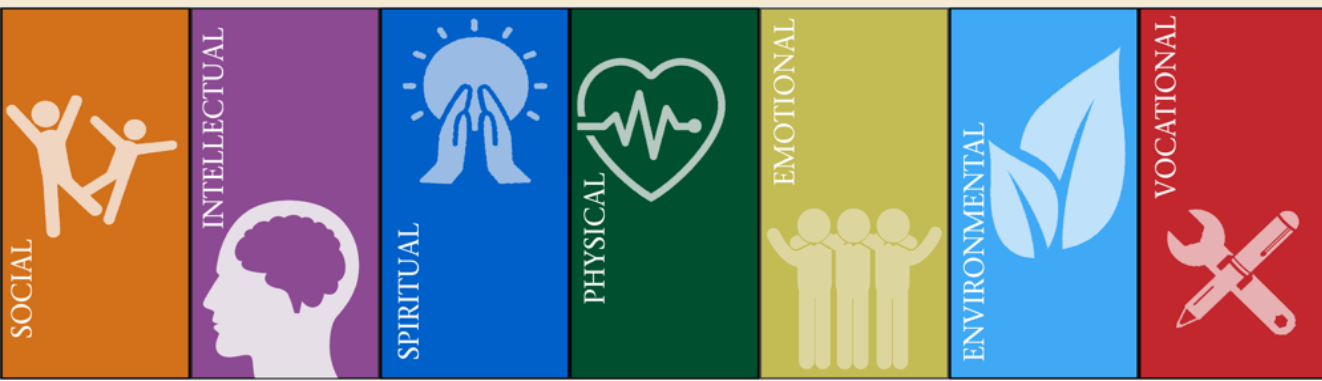
Cynthia Avant, Director of Clinical Services

- Eat Healthy Foods
- Get Plenty of Rest
- Exercise Regularly
- Avoid/Reduce Stress



Providence Place SENIOR LIVING News

Q4: November 2020



*Dimensions
of Wellness*

Resident Birthdays

November

- Catherine Shields
- Sally Povlich
- Norma Jean Cook
- Nancy Crowder
- Phillis Shindle
- Doris Miller
- Carole Leiboldt
- Sue Frame
- Frances Wadel

- Othelia Barnhart
- Joan Deffenbaugh
- Ray Maurello
- Frank Newman
- Lilian Ott-Foust

December

- Mossie Sites
- Lousie Rotz
- Norman Kennedy
- Genevieve Kiser
- Rhona Wolf
- Ray Kaufman
- Don Begalke
- Lee Wadel
- Dorothy Wallace
- Sophia Norko

- Jane Zeiters
- Ruth Yocum
- Betty Doyle
- Dolores Howard

A Note from the Executive Director

November is the month that starts the change between fall and winter. As the leaves are falling and the cool weather is approaching, we are all looking for some comforting food, cozy blankets, and a good movie.

I also want to thank all of our coworkers, residents, and families who have continued to help us in this COVID fight. We are hopeful that our Community will remain healthy throughout the winter season. We have done an excellent job wearing our PPE, sanitizing, and maintaining social distancing. I am so proud of you all.

I am looking forward to celebrating Thanksgiving together. I know it will be hard this holiday since you are unable to spend it with your families, but our coworkers are working hard to make Thanksgiving special for each and every one of you. Although these last few months have been very difficult, there are still many things to be thankful for.

As you are passing me in the halls, I would love for you to share with me what you are thankful for. Enjoy this November and have a very healthy and Happy Thanksgiving!

Holly Townsend, Executive Director

Highlighted Events

- 11 – **Veteran's Day Breakfast**
@ 8:30am
- 11 – **Veteran's Day Celebration**
State Rep Rob Kauffman @ 2pm
- 20 – **Community Excursion:**
Franklin County Society Tour
@ 1:30 pm
- 23 – **Ed-Wellness Talk**
Fall prevention with Laurel Lakes Wellness @ 3:00 pm
- 27 – **Native American Heritage Day**
Social @ 2:00 pm

Welcome New Residents

- Lois "Hazie" Garman
- Wayne Byers
- Norman Kennedy
- Bennet "Ben" Bittinger



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
1 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 2:00 Musical Entertainment By: Bryan Herber (2A) 3:00 Aromatherapy Nail Care (3A) 6:30 Evening Worship Service (2A)	2 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3A) 2:30 Memory Magic (3A) 3:30 Finish The Lines (3A) 6:30 Monday Movie Night: <i>The African Queen</i> (3A)	3 9:30 Morning Meeting (P) 9:45 Presidential Election History & Trivia (P) 10:00 Friends Helping Friends: Balloon Bounce (GR) 1:30 Bible Study (PDR) 3:00 Election Day Super Social (P) 3:30 Walk & Roll Walking Group (FL)	4 9:30 Morning Meeting (P) 9:45 National Candy Day: Trivia And History (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Art: Pottery (3A) 3:00 Refresh & Relax: Baked Apple Chips (C) 6:30 Evening Worship Service (2A)	5 8:30 Breakfast Club (P) 9:30 Morning Meeting (P) 9:45 Club Committee Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Light & Lively (3A) 2:00 Prize Bingo (3A) 3:30 Aromatherapy Nail Care (3A)	6 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3E) 1:30 Friends Helping Friends: Gamers Choice (GR) 3:30 Crosswords & Word Finds (3A)	7 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 2:00 Friends Helping Friends: Social Hour (GR) 3:30 Puzzle Club (3A)
8 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 1:45 Sitcom Sunday (3A) 3:00 Aromatherapy Nail Care (3A) 6:30 Evening Worship Service (2A)	9 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balloon Ball Exercise (3A) 2:00 Musical Entertainment By: Jessica Snyder (2A) 3:30 Finish The Lyrics (3A) 6:30 Monday Movie Night: <i>Babe</i> (3A)	10 9:30 Morning Meeting (P) 10:00 Friends Helping Friends: Gaming Corner (GR) 1:30 Light & Lively Exercise (3A) 1:30 Bible Study (PDR) 2:00 Prize Bingo! (3A) 3:30 Walk & Roll Walking Group (FL)	11 8:30 Veterans Breakfast 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Cornhole (3A) 2:00 Veterans Day Ceremony (2A) 2:30 Musical Entertainment By: Jeanie Kent (GR) 3:30 White Board Word Games (3A) 6:30 Evening Worship Service (2A) Veteran's Day	12 9:30 Morning Meeting (P) 10:00 Men's Club (2A) 10:30 Walk & Roll Walking Group (FL) 1:30 Friends Helping Friends: Craft Corner (GR) 2:00 Musical Entertainment By: Tom Shultz (2A) 3:00 Hugs & Kisses Booth (FL) 3:30 Aromatherapy Nail Care (3A)	13 9:30 Morning Meeting (P) 10:00 Ed-Wellness Talk With Jamie from Bayado: Diabetes (2A) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3A) 2:00 Musical Entertainment By: Dan Martin (GR) 3:00 Memory Magic (3A) 3:30 Crosswords & Word Finds (3A)	14 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 2:30 Friends Helping Friends: Social Hour (GR) 3:00 Musical Entertainment By: Jessica Snyder (GR) 3:30 Puzzle Club (3A)
15 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 1:45 Sitcom Sunday (3A) 3:00 Aromatherapy Nail Care (3A) 6:30 Evening Worship Service (2A)	16 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balloon Ball Exercise (3A) 2:00 Board Games With Friends (3A) 3:30 Finish The Lines (3A) 6:30 Monday Movie Night: <i>The Blind Side</i> (3A)	17 9:30 Morning Meeting (P) 10:00 Friends Helping Friends: Balloon Bounce (GR) 1:30 Sit & Stretch (3A) 1:30 Bible Study (PDR) 2:00 Scenic Bus Ride (FL) 3:30 Walk & Roll Walking Group (FL)	18 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 11:30 Club Lunch-In (P) 1:30 Horseshoes (3A) 2:00 Fireside Chat (2A) 3:00 Refresh & Relax: Pumpkin Roll (C) 6:30 Evening Worship Service (2A)	19 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Cornhole (3A) 1:30 Friends Helping Friends: Craft Corner (GR) 3:00 Aromatherapy Nail Care (3A)	20 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3A) 2:00 Thanksgiving Craft (3A) 3:00 Friends Helping Friends: Gamers Choice (GR) 3:30 Crosswords & Word Finds (3A)	21 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 2:00 Coupon Clipping For Veterans (3A) 3:00 Friends Helping Friends: Memory Magic (GR) 3:30 Puzzle Club (3A)
22 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 1:45 Sitcom Sunday (3A) 3:00 Aromatherapy Nail Care (3A) 6:30 Evening Worship Service (2A)	23 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balloon Ball Exercise (3A) 2:00 White Board Word Games (3A) 3:00 Friends Helping Friends: Sweet Treats Club (GR) 3:00 Ed-Wellness Talk with Lori: Wellness & Fall Prevention (2A) 6:30 Monday Movie Night: <i>A Charlie Brown Thanksgiving</i> (3A)	24 9:30 Morning Meeting (P) 10:00 Friends Helping Friends: Gaming Corner (GR) 1:30 Light & Lively (3A) 1:30 Bible Study (PDR) 2:00 Scenic Bus Ride (FL) 3:30 Walk & Roll Walking Group (FL)	25 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3A) 2:00 Prize Bingo! (3A) 3:00 Refresh & Relax: Crockpot Hot Cocoa (P) 6:30 Evening Worship Service (2A)	26 9:00 Macy's Day Parade Showing (3A) 9:30 Morning Meeting (P) 9:45 Thanksgiving Trivia (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Turkey Trot Exercise (3A) 2:30 Friends Helping Friends: Native American Travelogue (GR) 3:30 Aromatherapy Nail Care (3A)	27 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3A) 2:30 Memory Magic (3A) 3:30 Crosswords & Word Finds (3A)	28 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 2:30 Friends Helping Friends: Social Hour (GR) 3:30 Puzzle Club (3A)
29 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 1:45 Sitcom Sunday (3A) 3:00 Aromatherapy Nail Care (3A) 6:30 Evening Worship Service (2A)	30 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balloon Ball Exercise (3A) 2:30 Color Me Calm: Thanksgiving Edition (3A) 3:30 Finish The Phrase (3A) 6:30 Monday Movie Night: <i>Grease</i> (3A)	THE <i>Club</i>		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), Loading Dock (LD), Library (L), Private Dining Room (PDR), Terrace Great Room (GR) **Registration Required, \$\$ Cost Involved		<h1>November</h1> <h1>2020</h1>