

# 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

## A Note from the Executive Director

November is the month of gratitude, and we have so much to be thankful for. Our residents and coworkers are all safe and healthy and we are enjoying some beautiful Fall weather!

We continue to get outside for fresh air and to enjoy the foliage along the creek either from the beautiful back deck or walking along the path. We are also enjoying some new menu items as we add our fall and winter selections in our dining program.

It has been very nice meeting those of you that I have run into as you are now coming in to visit your loved ones. Indoor visits are going well and we so appreciate your patience and understanding with the care and precautions we are putting into these visits. We are working hard to maintain ourselves in the Extended Green phase so that the residents can remain out and about to enjoy the socialization with their neighbors and continue to enjoy visits with all of you.

Stay Well and Happy Thanksgiving,

*Francie Hoch, Executive Director*

## Highlighted Events

6 – Friday Happy Hour @ 4 pm

11 – Veteran's Day Celebration  
@ 2:00pm

12 – Fireside Chat with Francie  
@ 1:00pm

24 – Turkey Trot Walk @ 2:00 pm

26 – Cooking Demo with Chef Chad  
@ 2:00pm

## Welcome New Residents

Bea Batchelder



Dimensions  
of Wellness

## Resident Birthdays

### November

William Heck  
Carol Heggoy  
Frances Kalbach  
Dolores Heck

### December

Elfriede Mueller  
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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 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 All About Daylight Savings Time (CR) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)  Daylight Savings Ends	2 9:30 Strengthen & Balance (CR) 11:00 Culinary Club: Buffalo Chicken Dip (AR) 1:00 Bingo Session One (AR) 2:00 Locomotion Class by Nadine (CR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	3 9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (CR) 1:00 Health & Wellness Clinic (WO) 2:00 Pinochle Club (AR) 3:00 All About November Social (CR) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	4 9:30 BODYpump Exercise Class (CR) 10:30 Baker's Corner: Banana Bread (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)	5 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 Scrabble (AR) 3:00 In-Room Visits 4:00 Rosary (CR) 6:00 Singing Sessions (CR)	6 9:30 Balance Fitness (AR) 10:30 This Day in History (CR) 11:00 Bible Study with Pastor Ken (AR) 1:00 Balance Class by Nadine (CR) 2:00 Widow to Widowers Club (CR) 3:00 TED Talk & Discuss (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Night: <i>The Other Guys</i> (T)	7 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)
8 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 Teams Trivia (OL) 2:30 Rummy (CR) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)	9 9:30 Strengthen & Balance (CR) 10:30 Culinary Club: Pigs in a Blanket (AR) 1:00 Bingo Session One (AR) 2:00 Locomotion Class by Nadine (AR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	10 9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (CR) 1:00 Health & Wellness Clinic (WO) 2:00 Pinochle Club (AR) 3:00 Mexican Train (CR) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	11 9:30 BODYpump Exercise Class (CR) 10:30 Baker's Corner: Snickerdoodle (AR) 1:00 Crafty Crew (CR) 2:00 Veteran's Day Celebration Supported by Grane Hospice Care (CR) 3:00 Card Club: Rummy (AR) 4:00 Back Deck Social (D) 6:00 Resident Led Bingo (AR)  Veteran's Day	12 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) 2:00 Scrabble (AR) 4:00 Rosary (CR) 6:00 Singing Sessions (CR)	13 9:30 Balance Fitness (AR) 10:30 EU-Wellness with Genesis (CR) 11:30 This Day in History (CR) 1:00 Balance Fitness by Nadine (CR) 2:00 Exploring Hawaii w/ Richard S. (CR) 3:00 Flower Arranging (AR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Night: <i>West Side Story</i> (T)	14 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)
15 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 Football Game: Cheer on the Eagle's (T) 2:30 Group Puzzle Making (CR) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)	16 9:30 Strengthen & Balance (CR) 10:30 Culinary Club: Bacon Spinach Dip (AR) 1:00 Bingo Session One (AR) 2:00 Locomotion Class by Nadine (AR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	17 9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (CR) 1:00 Dinning Committee Meeting (CR) 2:00 Pinochle Club (AR) 3:00 Rummikub (OL) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	18 9:30 BODYpump Exercise Class (CR) 10:30 Baker's Corner: Caramel Apples (AR) 12:00 November Birthday Celebration Lunch (DR) 2:00 Crafty Crew (AR) 3:00 Card Club: Rummy (AR) 4:00 Back Deck Social (D) 6:00 Resident Led Bingo (AR)	19 9:30 Confident Cruisers (L) 10:30 Country Ride Session One (L) 10:30 Painting with Shayna Parker (AC) 1:00 Country Ride Session Two (L) 2:00 Scrabble (AR) 3:00 In Room Visits 4:00 Rosary (CR) 6:00 Singing Sessions (CR)	20 9:30 Balance Fitness (AR) 10:30 Wii Bowling Club (CR) 11:00 Bible Study with Pastor Ken (CR) 1:00 Balance Fitness by Nadine (CR) 2:00 Mexican Train (CR) 3:00 Technology & You (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Night: <i>Zookeeper</i> (T)	21 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)
22 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 Football Game: Cheer on the Eagle's (T) 2:30 Community Jigsaw Puzzle (CR) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)	23 9:30 Strengthen & Balance (CR) 10:30 Culinary Club: Caramel Apple Cheese (AR) 1:00 Bingo Session One (AR) 2:00 Locomotion Class by Nadine (CR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	24 9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (CR) 1:00 Health & Wellness Clinic (WO) 2:00 Turkey Trot Walk (OOB) 3:00 Pinochle Club (OL) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	25 9:30 BODYpump Exercise Class (CR) 10:30 Baker's Corner: Pumpkin Pie (AR) 1:00 Community Life Meeting (CR) 2:00 Crafty Crew (AR) 3:00 Card Club: Rummy (AR) 4:00 Back Deck Social (D) 6:00 Resident Led Bingo (AR)	26 9:30 Confident Cruisers (L) 10:30 This Day in History (CR) 11:00 Virtual Bible Study (T) 1:00 Thanksgiving Games & Puzzles (AR) 2:00 Cooking Demo w/ Chef Chad (AR) 3:00 In Room Visits (AR) 4:00 Rosary (CR)  Thanksgiving	27 9:30 Balance Fitness (AR) 10:30 Wii Bowling Club (CR) 11:30 This Day in History (CR) 1:00 Balance Fitness by Nadine (CR) 2:00 Flower Arranging (AR) 3:00 Mexican Train (AR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Night: <i>The Longest Yard</i> (T)	28 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)
29 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 Rummy (CR) 2:30 Community Jigsaw Puzzle (CR) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)	30 9:30 Strengthen & Balance (CR) 10:30 Culinary Club: Homemade Guacamole (CR) 1:00 Bingo Session One (AR) 2:00 Locomotion Class by Nadine (CR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)			Calendar Key: (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 **Registration Required \$\$Cost Involved		<h1>November</h1> <h2>2020</h2>