

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

December

Ethel Smay
Grayson Starner
Bill Dean
Betty Gingerich
Dorothy Hartman

Lois Zimmerman
Christine Koehnlein
Elda Wagner
Lois Smith
Mary Lou Rowlands

A Note from the Executive Director

To say this year has been a whirlwind would certainly be an understatement. We would like to express our extreme gratitude to our co-workers, residents and families for your support and understanding during this difficult season -- we are doing our very best to stay diligent in following Department of Health recommendations, while offering as home-like an environment as possible for all of our residents.

We realize it is extremely hard to be away from your loved ones, especially during the holidays, but this surge in COVID cases is our most serious outbreak that PA has experienced. Providence Place will work hard to ensure that residents and families have the resources needed to stay in contact and find new ways to celebrate. We know things look different this year, and we will be happy to coordinate virtual visits where needed and have internal celebrations planned.

Our teams have really stepped up and taken on roles wherever needed as we pivot between phases – while staying focused on the safety of our residents. They have tried to serve residents physical health and also their emotional well-being, as best they can. In this environment, healthcare workers are crucial to keeping residents safe. They are feeling the stress and strain of a difficult year. We are very proud of our teams; they are the heroes of 2020.

This is a frustrating time, but better times are coming. We feel certain that the new vaccines will reach our residents and staff very early in the new year—maybe as soon as late January or early February! We are among the top priority recipients of a vaccine and we are confident that our pharmacy will deliver it as soon as it is released for us.

Please remember that we are in this with you and we are not going anywhere! We wish everyone a safe, healthy and happy holiday season. And a new year filled with good news, fresh starts and joyful times with our families.

Please contact us with any ideas, questions or concerns!

Rick Barley, Chief Operating Officer

Howard Holben, Executive Director

Highlighted Events

- 14 – **Christmas Music Social**
@ 6:30pm
- 21 – **A Snoopy Christmas Party**
Connections Club
- 21 – **Christmas Lights on Parkway Drive** @ 4pm
- 31 – **New Year's Eve Dinner & Social** @ 4pm

Welcome New Residents

Clyde Jackson
Dale Crone
Janet Geiselman



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		
<p style="text-align: center;">THE <i>Club</i></p>		1 9:30 Chair Exercise (AR) 10:00 Grief Share (AR) 10:30 Yoga with Alison (FR) 1:15 Sing along with Sue (CN) 2:15 Praise and Pastries (CN) 3:00 Zing with Friends (CN)	2 9:30 Chair Exercise (AR) 10:00 Cookie Jar Craft (AR) 11:00 Trivia (AR) 1:30 Bingo (AR) 3:00 Making Dog Biscuits (AR) 4:00 Balance Class (FR) 6:15 Knit Pickers (AR)	3 9:45 Daily Reading and Drinks (CR/CH) 10:00 Sitting Zumba (CR/CH) 10:30 Trip to The Zoo IN2L (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Church Service (CR/CH) 2:15 Social Hour with Friends (CN) 2:30 Happy Hour with Dan (P) 4:30 Virtual Christmas Show (CR/CH)	4 9:45 Daily Reading and Drinks (CR/CH) 10:00 Card Crunch Fitness (CR/CH) 10:15 Magazine Hunt (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Lets Get Moving (CR/CH) 2:00 Christmas Cards for All (CR/CH) 3:00 Music Trivia (CR/CH)	5 9:30 Chair Exercise (AR) 10:00 Donuts and News (AR) 11:00 Trivia (AR) 2:00 Music with Mick (P) 3:00 Bingo (AR) 5:00 Virtual Chorus Concert (CR/CH)		
		6 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 St. Nikolas Trivia (AR) 10:45 Scripture of the Day (CR/CH) 2:00 Church Service (CR/CH) 3:00 Eggnog Social (P) 6:15 Games (AR)	7 9:45 Daily Reading and Drinks (CR/CH) 10:00 Imagery Fitness (CR/CH) 10:30 Memories in the Making (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Parks and Pamphlets (CR/CH) 2:30 Group Word Search (CR/CH) 3:15 Tunes Trivia (CR/CH)	8 9:30 Chair Exercise (AR) 10:00 Culinary Creations (AR) 10:30 Yoga with Alison (AR) 1:15 Sing along with Sue (CN) 2:15 Praise and Pastries (CN) 3:00 Pokeno with Friends (CN) 6:15 Christmas Light Ride (LB)	9 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 Christmas Cards (AR) 1:30 Christmas Traditions (AR) 3:00 Mulled Wine Social (AR) 4:00 Balance Class (FR) 6:15 Knit Pickers (AR)	10 9:45 Daily Reading and Drinks (CR/CH) 10:00 Sitting Zumba (CR/CH) 10:30 Laugh with Me IN2L (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:15 Bingo (AR) 2:15 Social Hour with Friends (CN) 3:00 Church Service (CR/CH)	11 9:45 Daily Reading and Drinks (CR/CH) 10:00 Card Crunch Fitness (CR/CH) 10:15 Junk Drawer Detective (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Lets Get Moving (CR/CH) 2:00 Christmas Cards for All (CR/CH) 3:00 Music Trivia (CR/CH)	12 9:45 Daily Reading with Donuts (CR/CH) 10:00 Bulletins and Bible Songs (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Creative Arts - Reindeer - (CR/CH) 2:00 Music with Rhonda Lee (P) 3:15 Christmas Song Fill In (CR/CH)
		13 9:45 Daily Reading and Danish (CR/CH) 10:00 Creative Arts- Snoopy (CR/CH) 10:45 Scripture of the Day (CR/CH) 2:00 Church Service (CR/CH) 3:00 Hard Cider Social (P) 6:00 Virtual Christmas Show (CR/CH)	14 9:45 Daily Reading and Drinks (CR/CH) 10:00 Imagery Fitness (CR/CH) 10:30 Finish the Phrase (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Parks and Pamphlets (CR/CH) 2:30 Picture Puzzles (CR/CH) 3:00 What Do You Hear (CR/CH)	15 9:30 Chair Exercise (AR) 10:00 Wellness Talk (AR) 10:30 Yoga with Alison (FR) 1:15 Sing along with Sue (CN) 2:15 Praise and Pastries (CN) 3:00 Jingo with Friends (CN) 6:15 Christmas Light Ride (LB)	16 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 1:00 Fall Foliage Ride (LB) 1:30 Gardening with Sue (AR) 3:00 Uno Card Game (AR) 4:00 Christmas Celebration Open house for Residents and Co-workers	17 9:45 Daily Reading and Drinks (CR/CH) 10:00 Sitting Zumba (CR/CH) 10:30 Seasonal Trivia IN2L (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:15 Bingo (AR) 2:15 Social Hour with Friends (CN) 2:30 Happy Hour with Don (P) 4:00 Balance Class (FR) 7:00 Winter Symphony Show (CR/CH)	18 9:45 Daily Reading and Drinks (CR/CH) 10:00 Card Crunch Fitness (CR/CH) 10:15 Winter look and Find (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Lets Get Moving (CR/CH) 2:00 Christmas Cards for All (CR/CH) 3:00 Music Trivia (CR/CH) 6:15 Table Top Games (AR) 8:00 Virtual Concert (CR/CH)	19 9:30 Chair Exercise (AR) 10:00 Donuts and News (AR) 11:00 Trivia (AR) 2:00 Music with Memory Music (P) 3:00 Jingo (AR)
		20 9:30 Chair Exercise (AR) 10:00 Pokeno (AR) 11:00 Trivia (AR) 2:00 Church Service (CR/CH) 3:00 Mulled Cider Social (P)	21 9:45 Daily Reading and Drinks (CR/CH) 10:00 Imagery Fitness (CR/CH) 10:30 Time Slips (CR/CH) 10:45 Scripture of the Day (CR/CH) 2:00 A Snoopy Christmas IN2L (CR/CH) * Games * Food * Movie	22 9:30 Chair Exercise (AR) 10:00 Arm Chair Travel : Israel (AR) 1:15 Sing along with Sue (CN) 2:15 Praise and Pastries (CN) 3:00 Cranium Crunches (CN)	23 9:30 Chair Exercise (AR) 10:00 Christmas Jingo (AR) 1:15 Virtual Music Performance (P) 3:00 Eggnog Social (P) 4:00 Balance Class (FR) 6:15 Knit Pickers (AR)	24 9:45 Daily Reading and Drinks (CR/CH) 10:00 Santa Visitation (FS) 10:30 Christmas Jingo (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Grinch Movie (P) 2:15 Social Hour with Friends (CN) 3:00 Church Service (CR/CH) Christmas Eve	25 9:30 Chair Exercise (AR) 10:00 Christmas Story and Hot Chocolate (AR) 1:00 Christmas Trivia (AR) 2:00 Christmas Bingo (AR) 3:00 Eggnog Social (P) 6:15 Table Top Games (AR) Christmas Day	26 9:45 Daily Reading with Donuts (CR/CH) 10:00 Bulletins and Bible Songs (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Creative Arts - Snowflake (CR/CH) 2:00 Music with Leo (P) 3:15 Bingo (P)
		27 9:45 Daily Reading and Danish (CR/CH) 10:00 Thinking of You Cards (CR/CH) 10:15 Creative Arts - Snowman (CR/CH) 10:45 Scripture of the Day (CR/CH) 2:00 Church Service (CR/CH) 3:00 Hot Drink Social (P)	28 9:45 Daily Reading and Drinks (CR/CH) 10:00 Imagery Fitness (CR/CH) 10:30 Memory Magic (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Parks and Pamphlets (CR/CH) 2:30 Creative Arts- Noise Maker (CR/CH)	29 9:30 Chair Exercise (AR) 10:00 Winter Crafting (AR) 10:30 Yoga with Alison 10:45 Scripture of the Day (CR/CH) 1:15 Sing along with Sue (CN) 2:15 Praise and Pastries (CN) 3:00 Paint by number (CN)	30 9:30 Chair Exercise (AR) 10:00 New Years Eve Traditions (AR) 1:30 Bingo (AR) 3:00 Spiced Cider Social (AR) 4:00 Balance Class (FR)	31 9:30 Chair Exercise (AR) 10:00 Brain Games on the Big Screen (AR) 1:30 Bingo (AR) 3:00 Church Service (CR/CH) 6:15 Games (AR) New Year's Eve	<p>Calendar Key: Connections Neighborhood (CN) Community Room/Chapel (CR/CH) Lobby (LB) Activity Room (AR) Pub (P) Fitness Room (FR) Fire Side (FS)</p> <p style="text-align: center; font-size: 2em;">December 2020</p>	