

# 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

### November

Budd Lookingbill  
Eugene Hilt  
Frances Callahan  
Robert Kohler  
Patricia Kraft  
Joan Miller  
Esther Ritchey

Harriet Harkins  
Janet Stine  
Nancy Brunk  
Sandra Hollidge  
Oscar Bupp

### December

Ethel Smay  
Grayson Starner  
Bill Dean  
Betty Gingerich  
Dorothy Hartman  
Lois Zimmerman  
Christine Koehnlein  
Elda Wagner  
Lois Smith  
Mary Lou Rowlands



# Providence Place SENIOR LIVING News

Q4: November 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

- 4 – **Lunch Caravan**  
@ 11:00am
- 11 – **Veteran's Day Breakfast**  
@ 7:30am
- 13 – **Chef's Food Pairing**  
@ 10:00am
- 20 – **Community Potato Festival** @ 1:30pm

## Welcome New Residents

William Shroyer  
Edith Shroyer  
Shirley Hursh  
Niles Shearer  
Beverly Darrenkamp  
Janet Becker  
Paul Shearer  
Betty Shearer  
Janet Stine  
Harriet Harkins  
Thomas Rea



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 9:45 Daily Reading and Drinks (CR) 10:00 Card Crunch Fitness (CR) 10:15 Time Slips (CR) 10:45 Scripture of the Day (CR) 2:00 Church Service (CR) 2:15 Club Ride Around Town (LB) 3:15 Read Round (CR)  Daylight Savings Ends	2 9:45 Daily Reading and Drinks (CR) 10:00 Morning Exercise (CR) 10:15 Toss The Thong (CR) 10:45 Scripture of the Day (CR) 1:30 Group Crossword (CR) 2:00 Deviled Egg Making (CR) 3:00 Australia Learning (CR)	3 9:45 Daily Reading and Drinks (CR) 10:00 Morning Exercise (CR) 10:15 Celebrity Spotlight (CR) 10:45 Scripture of the Day (CR) 1:30 Presidents of the Past (CR) 2:15 Praise and Pastries (Conn) 3:15 History of Automobile Racing (Conn) 4:30 Men's Club: Italian Night (AR)	4 9:45 Daily Reading and Drinks (CR) 10:00 Fitness Fun (CR) 10:15 Words in a Word (CR) 10:45 Scripture of the Day (CR) 1:30 Who was Walter Cronkite (CR) 2:30 Radio to TV (CR) 3:15 Trivia Time (CR)	5 9:45 Daily Reading and Drinks (CR) 10:00 Imagery Fitness (CR) 10:15 Baking and Brains (CR) 10:45 Scripture of the Day (CR) 1:30 Roy Roger Sing Along (CR) 2:15 Music with Sweet Life (P) 3:00 Church Service (CR)	6 9:45 Daily Reading and Drinks (CR) 10:00 Chair Zumba (CR) 10:15 Memory Magic (CR) 10:45 Scripture of the Day (CR) 1:30 Clean Wheels (CR) 2:30 Indoor Basketball (CR) 3:15 Looney Laws (CR)	7 9:45 Daily Reading and Drinks (CR) 10:00 Fitness Fun (CR) 10:15 Bulletins and Bible Songs (CR) 10:45 Scripture of the Day (CR) 1:30 Positive People (CR) 2:00 Music with Mick (P) 3:00 Manicures and Music (CR)
8 9:45 Daily Reading and Drinks (CR) 10:00 Card Crunch Fitness (CR) 10:15 Finish the Phrase (CR) 10:45 Scripture of the Day (CR) 2:00 Church Service (CR) 2:15 Club Craft- Thank you Veteran (CR) 3:15 State Jingo (CR)	9 9:45 Daily Reading and Drinks (CR) 10:00 Morning Exercise (CR) 10:15 Picture Puzzles (CR) 10:45 Scripture of the Day (CR) 1:30 Picture This (CR) 2:00 Recycle is a Beautiful Thing (CR) 3:00 Peanut Butter Roulette (CR) 3:00 Drum Circle with Jeff (AR)	10 9:45 Daily Reading and Drinks (CR) 10:00 Morning Exercise (CR) 10:15 Celebrity Spotlight (CR) 10:45 Scripture of the Day (CR) 1:30 Name Game - Girls in the song (CR) 2:15 Praise and Pastries (Conn) 2:30 Happy Hour with Leo (P) 3:15 Bingo with Friends (Conn) 6:00 Bingo (AR)	11 7:30 Veterans Breakfast (P) 9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 IN2L games (AR) 1:00 Veterans Trivia (AR) 3:00 Bingo (AR) 4:00 Movie: Midway (CR) 6:00 Knit Pickers (AR)  Veteran's Day	12 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 1:00 I've got It (AR) 2:30 Happy Hour with Dan (P) 3:00 Church Service (CR) 4:30 Movie and Chinese (CR)	13 9:45 Daily Reading and Drinks (CR) 10:00 Chair Zumba (CR) 10:15 What do you Hear (CR) 10:45 Scripture of the Day (CR) 1:30 Parks and Pamphlets (CR) 2:30 Farmers Life (CR) 3:00 Uno Card Game (CR)	14 9:45 Daily Reading and Drinks (CR) 10:00 Fitness Fun (CR) 10:15 Bulletins and Bible Songs (CR) 10:45 Scripture of the Day (CR) 1:30 What is Diwali? (CR) 2:30 Music with Rhonda Lee (P) 3:00 Manicures and Music (CR)
15 9:45 Daily Reading and Drinks (CR) 10:00 Card Crunch Fitness (CR) 10:15 Peanut Butter Raisin Bran Cookies (CR) 10:45 Scripture of the Day (CR) 2:00 Church Service (CR) 2:15 Club Ride Around Town (LB) 3:15 Music in with Bryan (P)	16 9:45 Daily Reading and Drinks (CR) 10:00 Morning Exercise (CR) 10:15 Where are the Netherlands (CR) 10:45 Scripture of the Day (CR) 1:30 Magazine Hunt (CR) 2:00 Tulip Art (CR) 3:00 Flower Jingo (CR)	17 9:45 Daily Reading and Drinks (CR) 10:00 Morning Exercise (CR) 10:15 Celebrity Spotlight (CR) 10:45 Scripture of the Day (CR) 1:30 White Ribbon Crafting (CR) 2:15 Praise and Pastries (Conn) 3:00 Happy Hour with Don (P) 3:15 Learning about World Peace (Conn)	18 9:45 Daily Reading and Drinks (CR) 10:00 Fitness Fun (CR) 10:15 Scrambled Letters (CR) 10:45 Scripture of the Day (CR) 1:30 How to Draw Mickey Mouse (CR) 2:30 How Did Mickey Come to Be (CR) 3:15 Trivia Time (CR)	19 9:45 Daily Reading and Drinks (CR) 10:00 Imagery Fitness (CR) 10:15 Baking and Brains (CR) 10:45 Scripture of the Day (CR) 1:30 Marvelous Men of the Past (CR) 2:15 Happy Hour with Friends (Conn) 3:00 Church Service (CR)	20 9:45 Daily Reading and Drinks (CR) 10:00 Chair Zumba (CR) 10:15 Who are the Smothers Brothers (CR) 10:45 Scripture of the Day (CR) 1:30 Potato Festival: • Food • Music • Games • FUN!!	21 9:45 Daily Reading and Drinks (CR) 10:00 Fitness Fun (CR) 10:15 Bulletins and Bible Songs (CR) 10:45 Scripture of the Day (CR) 1:30 What do you know of NC (CR) 2:00 Memory Music (P) 3:00 Manicures and Music (CR)
22 9:45 Daily Reading and Drinks (CR) 10:00 Card Crunch Fitness (CR) 10:15 JFK Virtual Tour (CR) 10:45 Scripture of the Day (CR) 2:00 Church Service (CR) 3:15 Snow Flake Making (CR)	23 9:45 Daily Reading and Drinks (CR) 10:00 Morning Exercise (CR) 10:15 Making Coal Cookies (CR) 10:45 Scripture of the Day (CR) 1:30 Picture Puzzles (CR) 2:30 Ernie Ford and Sixteen Tons (CR)	24 9:45 Daily Reading and Drinks (CR) 10:00 Morning Exercise (CR) 10:15 Celebrity Spotlight (CR) 10:45 Scripture of the Day (CR) 1:30 Turkey Trivia (CR) 2:15 Praise and Pastries (Conn) 3:00 Super 80s Happy Hour (P) 4:30 Men's Club: Boxing Night (P)	25 9:45 Daily Reading and Drinks (CR) 10:00 Fitness Fun (CR) 10:15 Time Slips and Discussion (CR) 10:45 Scripture of the Day (CR) 1:30 Gardening with Sue (AR) 2:00 Build a Bridge with What (CR) 3:00 Comic Relief and Relaxation (CR) 3:15 Trivia Time (CR)	26 9:45 Daily Reading and Drinks (CR) 10:00 Imagery Fitness (CR) 10:15 Thanksgiving Day Pumpkin (CR) 10:45 Scripture of the Day (CR) 1:30 What The Indians Ate (CR) 2:15 Happy Hour with Friends (Conn) 3:00 Church Service (CR)  Thanksgiving Day	27 9:45 Daily Reading and Drinks (CR) 10:00 Chair Zumba (CR) 10:15 Nuts about Nature (CR) 10:45 Scripture of the Day (CR) 1:30 Parks and Pamphlets (CR) 2:30 Inventions that Make Life Easier (CR)	28 9:45 Daily Reading and Drinks (CR) 10:00 Fitness Fun (CR) 10:15 Bulletins and Bible Songs (CR) 10:45 Scripture of the Day (CR) 1:30 Musicians of the Grand Ole Opry (CR) 2:00 Grand Ole Opry Virtual Tour (CR) 3:00 Manicures and Music (CR) 6:00 Music with Leo (P)
29 9:45 Daily Reading and Drinks (CR) 10:00 Card Crunch Fitness (CR) 10:15 The Eye For Pie (CR) 10:45 Scripture of the Day (CR) 2:00 Church Service (CR) 2:15 Club Ride Around Town (LB) 3:00 What Doesn't Belong (CR)	30 9:45 Daily Reading and Drinks (CR) 10:00 Morning Exercise (CR) 10:15 A Look at Next Month (CR) 10:45 Scripture of the Day (CR) 1:30 Sports Word Search (CR) 2:00 Sit Down Softball (CR) 3:00 Current Events (CR)	<b>THE</b> <i>Club</i>		Calendar Key: Community Room/ Chapel (CR) Lobby (LB) Connections Neighborhood (Conn) Activity Room (AR) Pub (P)	<h1>November</h1>  <h2>2020</h2>	