

# 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 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 Trivia (AR) 1:00 Nature Walking Path (AR) 2:00 Church Service (CR) 3:00 Social: Salted Caramel Apple Punch (P) 6:00 Widow to Widowers Group (CR) 6:15 Games (AR) Daylight Saving Ends	2 9:30 Chair Exercise (AR) 10:00 iN2L Brain Games (AR) 1:00 Jingo (AR) 2:00 Pokeno (AR) 3:00 Manicures and Wine (AR) 4:00 Balance Class (FR) 6:00 Card Club: 500 (AR)	3 9:30 Chair Exercise (AR) 10:00 Culinary Creations: Pasta (AR) 10:00 Griefshare Group (P) 10:30 Yoga by Alison (FR) 1:00 Presidential Trivia (AR) 1:15 Nature Walking Path (OOB) 2:00 Penny Ante (AR) 3:00 Bingo (AR) 4:30 Men's Club: Italian Night (AR)	4 9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 Kings in the Corner (AR) 11:00 Lunch Caravan: Shangri la Chinese Restaurant*** (OOB) 2:00 Bingo (AR) 3:00 Nature Walking Path (OOB) 4:00 Balance Class (AR) 6:00 Knit Pickers (AR)	5 9:30 Chair Exercise (AR) 10:00 Arm Chair Travel: Turkey (AR) 1:00 Bingo (AR) 2:00 Musical Entertainment featuring Sweet Life (P) 3:00 Church Service (CR) 3:00 Poker (AR) 4:00 Balance Class (FR) 4:30 Movie and Pizza Night (CR)	6 9:30 Chair Exercise (AR) 10:00 Culinary Demo by Chef Bruce (AR) 10:15 Market Run: Giant*** (OOB) 1:00 Fall Foliage Country Ride** (OOB) 2:00 Foreign Language Class: German with Melissa (AR) 3:00 Apple Cider Social (P) 4:00 Balance Class (FR) 4:30 Wine and Dine (DR)	7 9:30 Chair Exercise (AR) 10:00 Donuts and Chat (AR) 11:00 Trivia (AR) 1:00 I've Got It Game (AR) 2:00 Musical Entertainment featuring Mick Cockran (P) 2:00 Poker (AR) 3:00 Bingo (AR) 6:15 Games (AR)	
8 9:30 Chair Exercise (AR) 10:00 Jingo (AR) 11:00 Trivia (AR) 1:00 Nature Walking Path (OOB) 2:00 Church Service (CR) 3:00 Milkshake Social (P) 6:00 Veteran's Cub (CR) 6:15 Games (AR)	9 9:30 Chair Exercise (AR) 10:00 Therapy Games with Beth (AR) 11:00 Trivia (AR) 1:00 Fall Foliage Country Ride** (OOB) 1:30 Bingo (AR) 3:00 Drum Circle by Jeff Kuhn (AR) 3:00 Manicures and Wine (AR) 4:00 Balance Class (FR) 6:00 Card Club: 500 (AR)	10 9:30 Chair Exercise (AR) 10:00 Griefshare Group (P) 10:00 Ed-U Wellness: <i>Mental Health - Staying Happy and Healthy</i> by Jamie Benedict (AR) 10:30 Yoga with Alison (AR) 1:00 Fall Foliage Country Ride** (OOB) 2:30 Musical Happy Hour featuring Leo Reaver (P)	11 7:30 Veteran's Breakfast (P) 9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 iN2L Brain Games (AR) 1:00 Veteran's Day Trivia (AR) 2:00 Fall Foliage Country Ride** (OOB) 3:00 Bingo (AR) 4:00 Movie: <i>Midway</i> (CR) 6:00 Knit Pickers (AR) Veteran's Day	12 9:30 Chair Exercise (AR) 10:00 Community Excursion: National Civil War Museum*** (OOB) 10:00 Bingo (AR) 1:00 I've Got It Game (AR) 2:30 Musical Happy Hour featuring Dan Martin (P) 3:00 Church Service (CR) 4:00 Balance Class (AR) 4:30 Movie and Chinese Food Night (CR)	13 9:30 Chair Exercise (AR) 10:00 Chef's Food Pairing (AR) 10:15 Market Run: Weis*** (OOB) 11:00 Trivia (AR) 1:00 Fall Foliage Country Ride** (OOB) 1:30 Foreign Language Class: German with Melissa (AR) 3:00 Bingo (AR) 4:00 Balance Class (FR) 4:30 Wine and Dine (DR)	14 9:30 Chair Exercise (AR) 10:00 Donuts and Chat (AR) 11:00 Trivia (AR) 1:00 L-C-R Card Game (AR) 2:00 Musical Entertainment featuring Rhonda Lee (P) 3:00 Food Design: Gingerbread Houses (AR) 6:00 Bingo (AR)	
15 9:30 Chair Exercise (AR) 10:00 Pokeno (AR) 11:00 Trivia (AR) 1:00 Nature Walking Path (AR) 2:00 Church Service (CR) 3:00 Musical Entertainment featuring Bryan Herber (P) 6:00 Widow to Widowers Group (CR) 6:15 Games (AR)	16 9:30 Chair Exercise (AR) 10:00 iN2L Brain Games (AR) 11:00 Community Life Committee Mtg (AR) 1:15 Nature Walking Path (OOB) 2:00 Bingo (AR) 3:00 Manicures and Wine (AR) 4:00 Balance Class (FR) 6:00 Card Club: 500 (AR)	17 9:30 Chair Exercise (AR) 10:00 Ed-U Presentation: <i>The Wonder of Stars and Constellations</i> by Lois Clymer (AR) 10:00 Griefshare Group (P) 1:00 Fall Foliage Country Ride** (OOB) 1:30 Penny Ante (AR) 1:30 Yoga by Alison (FR) 3:00 Musical Happy Hour featuring Don Wiemayr (P) 4:00 Balance Class (FR) 6:00 Bingo (AR)	18 9:30 Chair Exercise (AR) 10:00 Bible Study (AR) 10:00 Ed-U Presentation: <i>Return to Sender - The Doolittle Raid</i> by David Manuel (AR) 11:00 Welcome Ambassadors Committee Meeting (P) 1:00 Shopping Run: Boscov's*** (OOB) 1:30 Garden Therapy with Sue McDowell (AR) 3:00 Bingo (AR) 4:00 Balance Class (FR) 6:00 Knit Pickers (AR)	19 9:30 Chair Exercise (A) 10:00 Bible Study (P) 10:00 Culinary Creations: Pretzel Bites (AR) 1:30 Bingo (AR) 2:00 Nature Walking Path (OOB) 3:00 Church Service (CR) 3:00 Poker (AR) 4:00 Balance Class (AR) 5:00 Paint and Wine Night: <i>1001 Arabian Nights</i> ** (AR)	20 9:30 Chair Exercise (AR) 10:00 Games w/ Bayada Home Health (AR) 1:00 House of Worship Tour: St. Stephen's United Church of Christ** (OOB) 1:30 Community Potato Festival (100HP) • Food: Potato Cakes, Baked Potato, Sweet Potato Fries, and More! • Music by Thomas Schulz • Miniature Golf Game 4:00 Balance Class (FR) 4:30 Wine and Dine (DR)	21 9:30 Chair Exercise (AR) 10:00 Donuts and Chat (AR) 11:00 Trivia (AR) 1:00 Uno Card Game (AR) 2:00 Musical Entertainment featuring Memory Music (P) 2:00 Poker (AR) 3:00 Bingo (AR) 6:15 Games (AR)	
22 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 Trivia (AR) 1:00 Kings in the Corner (AR) 2:00 Church Service (CR) 3:00 Eggnog Social (AR) 4:00 Community Excursion: Koziar's Christmas Village*** (OOB) 6:00 Widow to Widowers Group (CR) 6:15 Games (AR)	23 9:30 Chair Exercise (AR) 10:00 Wood Working Class: Chessboards with Adam and Russel (AR) 1:00 Fall Foliage Country Ride** (OOB) 1:15 Nature Walking Path (OOB) 2:00 Bingo (AR) 3:00 Manicures and Wine (AR) 4:00 Balance Class (FR) 6:00 Card Club: 500 (AR)	24 9:30 Chair Exercise (AR) 10:00 Craft Corner: Cookie Jars (AR) 11:00 Thanksgiving Trivia (AR) 1:00 Fall Foliage Country Ride** (OOB) 1:00 Bible Jingo with Ralph (AR) 3:00 Super Happy Hour: 80's Disco (P) 4:00 Balance Class (FR) 4:30 Men's Club: Boxing Night (P)	25 9:30 Chair Exercise (AR) 10:00 Bible Study (AR) 10:00 Culinary Creations: Cracker Jack (AR) 1:00 Poker (AR) 1:30 Garden Therapy with Sue McDowell (AR) 3:00 Pokeno (AR) 4:00 Balance Class (FR) 6:00 Knit Pickers (AR)	26 10:00 Chair Exercise (AR) 10:30 Bingo (AR) 1:15 Nature Walking Path (OOB) 2:00 Jingo (AR) 3:00 Apple Cider Social (AR) 4:00 Balance Class (FR) 6:00 Karaoke Night (AR) Thanksgiving Day	27 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 10:15 Market Run: Walmart *** (OOB) 1:00 Penny Ante (AR) 2:00 Dining Committee Meeting (AR) 3:00 Hot Cocoa Social (AR) 4:00 Diners Caravan: Texas Roadhouse*** (OOB) 4:30 Wine and Dine (AR)	28 9:30 Chair Exercise (AR) 10:00 Donuts and Chat (AR) 11:00 Trivia (AR) 1:00 Dominos (AR) 2:00 Appell Center presents Virtual YSO: Holiday Pops Spectacular Concert (P) 3:15 Bingo (AR) 6:00 Musical Entertainment featuring Leo Reaver (P)	
29 9:30 Chair Exercise (AR) 10:00 Jingo (AR) 11:00 Trivia (AR) 1:00 Nature Walking Path (OOB) 2:00 Church Service (CR) 3:00 Musical Entertainment featuring Mike Smith (P) 6:00 Veteran's Club (CR) 6:15 Games (AR)	30 9:30 Chair Exercise (AR) 10:00 iN2L Brain Games (AR) 11:00 Trivia (AR) 1:30 Craft Corner: Christmas Wreath (AR) 3:00 Manicures and Wine (AR) 4:00 Balance Class (FR) 6:00 Card Club: 500 (AR)				<b>Calendar Key:</b> Pub (P), Front Lobby (FL), Dining Room (DR), Meditation Room (MR), Conference Room (CR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB), 100 Hall Patio (100HP) **Registration Required, \$\$ Cost Involved	<h1>November</h1> <h2>2020</h2>	