

# 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 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. Well at least those are my plans this month!

At Providence Place, we are presenting our residents with some new menu ideas such as chicken pot pie soup and southern fried chicken with waffles. I will also be baking some "homemade" pumpkin pies with our residents and looking for some good family recipes. Everyone is welcome to join me. Please check the calendar for details.

I also want to thank all of our coworkers, residents, and families who have continued to help us in this COVID fight. We were virus-free all Summer and I'm 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!

Sincerely,

*Kim Perchak, Executive Director*

## Highlighted Events

- 6 – **Uncorked: Local Winery Tasting @ 3:30pm**
- 7 – **Community Excursion: Eckley Miners' Village @ 1:30pm**
- 11 – **Veteran's Day Ceremony & Luncheon @ 10:00 am**
- 20 – **EdU Presentation: "The Booming 50's" with Walter Choroszewski @ 2:30pm (3<sup>rd</sup> Floor)**
- 24 – **Diner's Lunch Caravan**  
Sally Pursell's Country Inn @ 10:30am



*Dimensions  
of Wellness*

## Resident Birthdays

### November

Caroline Drozda  
Rachel Taylor  
Jane Bendowski  
Albert Zambotti  
Arlene Eckert  
Angeline Mucera  
Rosemary McCann  
Anna Mae Koons

### December

Dorothy Mondock	Rosella Gombeda	John Long
RoseMary Darcangelo	Michael Micene	Russell Koons
Barbara Ostrom	David Adams	James Bressi
Anthony Christino	Jean Slayzak	Carolyn Fellin
	Shirley Berger	
	Barbara Barnhart	



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)

## Welcome New Residents

Angie Lapinsky  
Malvina Monick

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L Travel: New Zealand (3rd) 6:30 Knit & Crochet Club (3rd)	2 9:30 "Wake Up" Walk (ML) 10:00 Yoga Fitness by Bill (Ch) 10:30 Confident Cruisers (ML) 1:30 X-Box Bowling (2nd) 2:30 Ed-U Discovery: Covered Bridges of Columbia County, PA (3rd) 3:30 Crossword Challenge (3rd) 6:30 Pinochle Players Club (3rd)	3 9:30 General Election Voting** (OOB) 10:00 Stretch Exercise (2nd) 10:30 Aromatherapy & Meditation (2nd) 1:30 Music Class with Cynthia (2nd) 2:30 Circle of Friends (SR) 3:30 Destination Education: Washington, DC (3rd) 6:30 Scrabble (1st)	4 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Today's Headlines (3rd) 1:30 Craft Club: Woven Jute Baskets (3rd) 2:30 Dessert & Discussion (DR) 3:30 Confident Cruisers (ML) 6:30 Rummikub (3rd)	5 9:30 Balance in Action Exercise (2nd) 10:00 Mass by Father Mike (DR) 10:30 Cooking Club: Cranberry Brie (C) 1:30 Spiritual Connections with Deacon Beverly (1st) 2:45 Bingo (3rd) 4:00 Helping Hands: Bird Feeders (OOB) 6:30 Pinochle Players Club (3rd)	6 9:30 Strength Exercise (2nd) 10:00 Today's Headlines (3rd) 10:30 Art Exploration (3rd) 1:45 Men's Club with Mark (3rd) 2:30 Bible Study with Deacon Beverly (3rd) 3:30 Uncorked: Honey Holy Winery & Cheese Platter (1st) 6:30 10-Cent LCR Dice Game (1st)	7 9:30 Stretch Exercise (2nd) 10:00 Community Life Committee Meeting (3rd) 10:30 Sewing Club (3rd) 1:30 Community Excursion: Eckley Miners' Village** (OOB) 2:00 Movie Matinee: <i>Hoosiers</i> (2nd) 3:30 Cocktail Hour: Pumpkin White Russian (1st) 6:30 Boggle (1st)	
8 9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L Travel: National Parks of Alaska (3rd) 6:30 Knit & Crochet Club (3rd)	9 9:30 "Wake Up" Walk (ML) 10:00 Yoga Fitness by Bill (Ch) 10:30 Crossword Challenge (3rd) 12:30-3:30 Ed-U Wellness: <i>Hearing Health Clinic</i> by Northeast Hearing Solutions (3rd) 2:00 Providence Place Senior Living Employee Recognition Awards (1st) 3:00 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)	10 9:30 Stretch Exercise (2nd) 10:00 Craft Club: Veteran's Day Poppy Pins (3rd) 10:30 Aromatherapy & Meditation (2nd) 1:30 Confident Cruisers (ML) 2:00 Circle of Friends (SR) 2:45 Local Fare: Bissinger's Famous Apple Dumplings Demo & Tasting (SDR) 3:30 Trivia Challenge (3rd) 6:30 Scrabble (1st)	11 9:30 Sit & Be Fit Exercise (2nd) 10:00 Veteran's Day Flag Ceremony (3rd) 11:00 Veteran's Day Luncheon (CF) 1:45 Rosary (Ch) 2:30 Musical Performance featuring Lester Hirsh (DR) 4:00 November Birthday Celebration Dinner (DR) 6:30 Rummikub (3rd) Veteran's Day	12 9:30 Balance in Action Exercise (2nd) 10:00 Welcome Ambassador Committee Meeting (3rd) 10:30 Confident Cruisers (ML) 1:30 TED Talk & Discussion: <i>What Makes A Good Life?</i> (3rd) 2:00 Hymn Sing with Deacon Beverly (3rd) 2:45 Bingo (3rd) 4:00 Helping Hands: Bird Feeders (OOB) 6:30 Pinochle Players Club (3rd)	13 9:30 Strength Exercise (2nd) 10:00 Today's Headlines (3rd) 10:30 Art Exploration (3rd) 1:30 Spiritual Connections with Deacon Beverly (1st) 2:00 Movie Matinee: <i>Little Women</i> (2nd) 3:00 Chef's Pairings with Chef Ashley (DR) 6:30 10-Cent LCR Dice Game (1st)	14 9:30 Stretch Exercise (2nd) 10:00 Community Dog Visits (1st) 10:30 Sewing Club (3rd) 1:45 Men's Club: Penn State vs. Nebraska (2nd) 2:30 Ed-U Presentation: History & Artifacts of Delaware Valley Native Americans by Chief Littlewolf (3rd) 3:30 Cocktail Hour: Apple Cider Sangria (1st) 6:30 Connect Four (1st)	
15 9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L Travel: Greece (3rd) 6:30 Knit & Crochet Club (3rd)	16 9:30 "Wake Up" Walk (ML) 10:00 Yoga Fitness by Bill (Ch) 10:30 Word Search Challenge (3rd) 1:30 X-Box Bowling (2nd) 2:30 Musical Entertainment featuring Glenn Faul (DR) 3:30 What Would You Do? Game (3rd) 6:30 Pinochle Players Club (3rd)	17 9:30 Shopping Run: Dollar General**\$\$ (OOB) 10:00 Balance in Action Fitness Class by Genesis (2nd) 10:30 Confident Cruisers (ML) 1:30 Music Class with Cynthia (2nd) 2:30 Circle of Friends (SR) 3:00 Craft Club: Dreamcatchers (3rd) 6:30 Scrabble (1st)	18 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Today's Headlines (3rd) 1:30 Finish the Phrase (3rd) 2:00 Ed-U Presentation: PA Railroad History & Model Train Exhibit by Ron Meneely (3rd) 3:30 Musical Archives: 1950's Songs (3rd) 6:30 Rummikub (3rd)	19 9:30 Balance in Action Exercise (2nd) 10:00 Trivia & Brain Busters (C) 10:30 Coffee & Tea 101 (C) 2:00 Celebration of Life Memorial Mass (DR) 2:30 Bible Study with Deacon Beverly (Ch) 3:00 Dining Committee Meeting (3rd) 4:00 Helping Hands: Bird Feeders (OOB) 6:30 Pinochle Players Club (3rd)	20 9:30 Strength Exercise (2nd) 10:00 Today's Headlines (2nd) 10:30 Art Exploration (3rd) 1:30 Dealing with Loss Support Group (SR) 2:30 Ed-U Presentation: <i>The Booming 1950's</i> by Walter Choroszewski (3rd) 4:00 Confident Cruisers (ML) 6:30 10-Cent LCR Dice Game (1st)	21 9:30 Stretch Exercise (2nd) 10:00 iN2L Lifelong Learning: Life in 1950's (3rd) 10:30 Sewing Club (3rd) 1:30 Tech World & You (3rd) 2:00 Movie Matinee: <i>Letters to Juliet</i> (2nd) 3:30 Cocktail Hour: Whiskey Sours (1st) 6:30 Boggle (1st)	
22 9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L Travel: Plymouth Harbor, Massachusetts (3rd) 6:30 Knit & Crochet Club (3rd)	23 9:30 "Wake Up" Walk (ML) 10:00 Yoga Fitness by Bill (Ch) 10:30 X-Box Bowling (2nd) 2:00 Cooking with E.D. Kim: Homemade Pumpkin Pies (DR) 3:30 iN2L Lifelong Learning: Animal Kingdom (3rd) 4:00 Word Search Challenge (3rd) 6:30 Pinochle Players Club (3rd)	24 9:30 Stretch Exercise (2nd) 10:00 Aromatherapy & Meditation (2nd) 10:30 Diners Lunch Caravan: Sally Pursell's Country Inn**\$\$ (OOB) 1:30 Trivia Challenge (3rd) 2:00 Helping Hands: Fresh Florals Thanksgiving Centerpieces for Dining Room (3rd) 3:00 Fireside Chat Community Mtg (1st) 6:30 Scrabble (1st)	25 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Today's Headlines (3rd) 1:30 Cooking Club: Blooming Onion Bites (C) 2:30 Service in Action: <i>Save the Children</i> Holiday Letters (3rd) 4:00 Confident Cruisers (ML) 6:30 Musical Entertainment featuring George Rittenhouse (DR)	26 9:00 Macy's Thanksgiving Day Parade Tea (3rd) 10:00 Discuss & Recall: Holiday Memories (3rd) 10:30 Balance in Action Exercise (2nd) 11:00 Thanksgiving Celebration (DR) 1:30 Men's Club: Football Game (2nd) 2:45 Thanksgiving Bingo (3rd) 4:00 Helping Hands: Bird Feeders (OOB) 6:30 Pinochle Players Club (3rd)	27 9:30 Strength Exercise (2nd) 10:00 Today's Headlines (3rd) 10:30 Art Exploration (3rd) 1:30 Red or Black Game (2nd) 2:00 Hymn Sing with Deacon Beverly (2nd) 3:00 Welcome Ambassadors & New Residents Welcome Social (3rd) 6:30 10-Cent LCR Dice Game (1st)	28 9:30 Stretch Exercise (2nd) 10:00 Community Dog Visit (1st) 10:30 Sewing Club (3rd) 1:30 Confident Cruisers (ML) 2:00 Movie Matinee: <i>Walk the Line</i> (2nd) 3:30 Cocktail Hour: Caramel Apple Mimosas (1st) 6:30 Connect Four (1st)	
29 9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L Travel: Costa Rica (3rd) 6:30 Knit & Crochet Club (3rd)	30 9:30 "Wake Up" Walk (ML) 10:00 Yoga Fitness by Bill (Ch) 10:30 Today's Headlines (3rd) 1:30 X-Box Bowling (2nd) 2:30 Dining Demo with Chef Ashley (DR) 3:30 Spiritual Connections with Deacon Beverly (1st) 6:30 Pinochle Players Club (3rd)				<b>Calendar Key:</b> (DR) Dining Room, (OOB) Out of Building, (T) Terrace, (ML) Meet in Lobby, (Ch) Chapel, (C) Café, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (SDR) South Dining Room **Registration Required \$\$Cost Involved	<h1>November</h1> <h2>2020</h2>	