

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

Bernice Wetzel
Marian Snyder
Shirley Swope
Gene Haag

December

Grace Wedde
Eleanor Miller
Warren Hassinger
Vera Chisick
Florence Basehore
Shirley Fesig
Eileen Petko
Marlin Hoff
Robert Wagner



Providence Place SENIOR LIVING News

Q4: November 2020

A Note from the Executive Director

Hello,

I would like to start our quarterly newsletter thanking our residents, staff, and family for their continuous understanding of the precautions we have in place to keep everyone healthy. The diligence of our families and residents have allowed us to remain in the green phase!

When we are in green phase procedures, we will be able to offer indoor visitation options. In Red or Yellow, please coordinate to connect virtually or through window visits when weather allows.

We definitely look forward to the excitement for the upcoming holidays. Although it may look a little different, we will be making sure it is a cheerful time of year for all of our residents.

Please check out the activity calendars for upcoming celebrations.

Kindest regards,

Anna Zuratt, Executive Director

Highlighted Events

4 – Fall Fun Festival

by Schuylkill Conservation District
@ 2pm

5 – Native American Pow-Wows

by Schuylkill Conservation District
@ 2pm

7 – Mad Hatter's Tea Party

Connections Club

11 – Community Veteran's

Grab-N-Go Breakfast @ 8:30am

Veteran's Recognition

Program @ 11am

Entertainment by Dedra & Al

@ 2pm

18 – Tour of Arts Barn &

Lunch Outing @ 11am

27 – November Birthday

Celebrations

Welcome New Residents

Helen Shaw

Elain Bender

Dana Stroupbauer

Naomi Bixler



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
1 9:15 Morning Meeting & Prayer (1F) 10:00 Gentle Stretches (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Famous Authors (1F) 2:00 Church Service (1F) 4:00 Manicures (1F) 5:00 iN2L: Trivia (1F) Daylight Savings Ends	2 9:15 Morning Meeting & Prayer (1F) 10:00 Move to Music (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Scarecrows (1F) 2:00 Crafting Corner (1F) 4:00 Social Hour (1F) 5:00 iN2L: Comedy Show (1F)	3 9:15 Morning Meeting & Prayer (1F) 10:00 Fitness Fun (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Sandwiches (1F) 2:00 Bingo (1F) 4:00 Sing-a-Long (1F) 5:00 iN2L: Trivia (1F)	4 9:15 Morning Meeting & Prayer (1F) 10:00 Chair Exercises (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Candy (1F) 2:00-4:00 Fall Fun Festival (2F) 5:00 iN2L: Learning Games (1F)	5 9:15 Morning Meeting & Prayer (1F) 10:00 Exercise Class (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Famous Red Heads (1F) 2:00 Porcupine Pat Presentation (2F) 4:00 Social Hour: Hot Chocolate (1F) 5:00 iN2L: Trivia (1F)	6 9:15 Morning Meeting & Prayer (1F) 10:00 Fitness with Friends (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Instruments (1F) 2:00 Travel to France (1F) 4:00 Sing-a-Long (1F) 5:00 iN2L: Learning Games (1F)	7 9:15 Morning Meeting & Prayer (1F) 10:00 Daily Exercise (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Bison (1F) 2:00-4:00 Afternoon Matinee: Alice in Wonderland / Mad Hatters Tea Party (2F) 5:00 Jigsaw Puzzles (1F)
8 9:15 Morning Meeting & Prayer (1F) 10:00 Gentle Stretches (1F) 10:30 Refreshments: Cappuccinos (1F) 11:00 Discuss & Recall: School Teachers (1F) 2:00 Church Service (1F) 4:00 Manicures (1F) 5:00 iN2L: Trivia (1F)	9 9:15 Morning Meeting & Prayer (1F) 10:00 Move to Music (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Wild Animals (1F) 2:00 Crafting Corner (1F) 4:00 Social Hour (1F) 5:00 iN2L: Comedy Show (1F)	10 9:15 Morning Meeting & Prayer (1F) 10:00 "Bee" Kind Activity Cart (RM) 11:00 Discuss & Recall: Forget-Me-Not Day (1F) 2:00 Bingo (1F) 4:00 Sing-a-Long (1F) 5:00 iN2L: Trivia (1F)	11 9:15 Morning Meeting & Prayer (1F) 10:00 Chair Exercises (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Veterans Day (1F) 2:00 Entertainment by Deidra & Al (DR) 4:00 Social Gathering (1F) 5:00 iN2L: Learning Games (1F) Veteran's Day	12 9:15 Morning Meeting & Prayer (1F) 10:00 Exercise Class (1F) 10:30 Coffee Crew (1F) 11:00 Chicken Soup for the Soul Readings (1F) 2:00-3:45 Country Rides (OOB) 4:00 Social Hour: Hot Apple Cider (1F) 5:00 iN2L: Trivia (1F)	13 9:15 Morning Meeting & Prayer (1F) 10:00 Fitness with Friends (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Friends & Neighbors (1F) 2:00 Travel to Italy (1F) 4:00 Sing-a-Long (1F) 5:00 iN2L: Learning Games (1F)	14 9:15 Morning Meeting & Prayer (1F) 10:00 Daily Exercise (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Pickles (1F) 2:00-4:00 Afternoon Matinee: Jigsaw Puzzles (1F)
15 9:15 Morning Meeting & Prayer (1F) 10:00 Gentle Stretches (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Buttons (1F) 2:00 Church Service (1F) 4:00 Manicures (1F) 5:00 iN2L: Trivia (1F)	16 9:15 Morning Meeting & Prayer (1F) 10:00 Move to Music (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Recycling (1F) 2:00 Drop Off Recyclable Items (OOB) 4:00 Social Hour (1F) 5:00 iN2L: Comedy Show (1F)	17 9:15 Morning Meeting & Prayer (1F) 10:00 Daily Headlines (1F) 11:00 Outdoor Walk (OOB) 2:00 Bingo (1F) 4:00 Sing-a-Long (1F) 5:00 iN2L: Trivia (1F)	18 9:15 Morning Meeting & Prayer (1F) 10:00 Chair Exercises (1F) 10:30 Refreshments (1F) 11:00 Lunch @ Funks Restaurant / Trip to the Arts Barn (OOB) 4:00 Social Gathering (1F) 5:00 iN2L: Learning Games (1F)	19 9:15 Morning Meeting & Prayer (1F) 10:00 Chair Exercises (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Veterans Day (1F) 2:00 Sugar & Spice Club (1F) 4:00 Social Gathering (1F) 5:00 iN2L: Trivia (1F)	20 9:15 Morning Meeting & Prayer (1F) 10:00 Fitness with Friends (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Pineapples (1F) 2:00 Travel to Hawaii (1F) 4:00 Sing-a-Long (1F) 5:00 iN2L: Learning Games (1F)	21 9:15 Morning Meeting & Prayer (1F) 10:00 Small Business Saturday: Visit Sweet G's Bakery in Pine Grove (OOB) 11:00 Discuss & Recall: Occupations (1F) 2:00 Afternoon Matinee (1F) 4:00 Movie Trivia (1F) 5:00 Jigsaw Puzzles (1F)
22 9:15 Morning Meeting & Prayer (1F) 10:00 Gentle Stretches (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: School Teachers (1F) 2:00 Church Service (1F) 4:00 Manicures (1F) 5:00 iN2L: Trivia (1F)	23 9:15 Morning Meeting & Prayer (1F) 10:00 Move to Music (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Cornucopias (1F) 2:00 Crafting Corner (1F) 4:00 Social Hour (1F) 5:00 iN2L: Comedy Show (1F)	24 9:15 Morning Meeting & Prayer (1F) 10:00 Fitness Fun (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Sardines (1F) 2:00 Bingo (1F) 4:00 Sing-a-Long (1F) 5:00 iN2L: Trivia (1F)	25 9:15 Morning Meeting & Prayer (1F) 10:00 Chair Exercises (1F) 10:30 Refreshments (1F) 11:00 Walmart Trip (OOB) 4:00 Social Gathering (1F) 5:00 iN2L: Learning Games (1F)	26 9:15 Macys Thanksgiving Day Parade (2F) 10:00 Refreshments: Pumpkin Coffee (2F) 10:30 Refreshments (1F) 11:30 Thanksgiving Celebration (1F) 12:30 Watch a Football Game! (2F) 4:00 Confident Cruisers (OOB) 5:30 Card Games (2F) Thanksgiving Day	27 9:15 Morning Meeting & Prayer (1F) 10:00 Fitness with Friends (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Native American Heritage (1F) 2:00 Learn about Native Americans in Alaska (1F) 4:00 Social Hour (1F) 5:00 iN2L: Comedy Show (1F)	28 9:15 Morning Meeting & Prayer (1F) 10:00 Daily Exercise (1F) 11:00 Discuss & Recall: Pet Adoption (1F) 2:00 Afternoon Matinee (1F) 4:00 Movie Trivia (1F) 5:00 Jigsaw Puzzles (1F)
29 9:15 Morning Meeting & Prayer (1F) 10:00 Gentle Stretches (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Hunting (1F) 2:00 Church Service (1F) 4:00 Manicures (1F) 5:00 iN2L: Trivia (1F)	30 9:15 Morning Meeting & Prayer (1F) 10:00 Move to Music (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Football (1F) 2:00 Crafting Corner (1F) 4:00 Social Hour (1F) 5:00 iN2L: Comedy Show (1F)	THE <i>Club</i>		Calendar Key: (1F) First Floor Activity Room (2F) Second Floor Activity Room (RM) Rooms (OOB) Out of Building (DR) Dining Room		<h1>November</h1> <h1>2020</h1>