

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 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Joel Osteen Ministries (2F) 12:00 Wine & Dine (DR) 1:30 Women of the Bible: <i>Miriam</i> (2F) 2:00 Church of God Worship (DR) 3:00 Social Hour (DR) 4:30 Confident Cruisers (1F) 6:30 Zen Art (2F) Daylight Savings Ends	2 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Trivia Teasers (2F) 11:00 Mother Angelica Service (EWTN 49) 2:00 Aromatherapy Hand & Neck Massages (2F) 3:30 Confident Cruisers (1F) 6:30 Card Club: Phase 10 (2F)	3 9:00 US Presidential Election Voting at Polls** (OOB) 10:00 Reminisce: Soda Fountains (2F) 10:30 Headline News (2F) 11:00 Confident Cruisers (2F) 2:00 Welcome Ambassador Committee Meeting (2F) 3:30 Food4Thought: Power H2O (2F) 6:30 Board Games: Trouble (2F)	4 9:00 Holy Rosary (EWTN 49) 9:30 Ball Fitness (2F) 10:00 Fireside Chat with E.D. Anna (2F) 10:30 Opinion Column & Discuss (2F) 11:00 Helping Hands: Set Up Crew (1F) 2:00 Fall Celebration Social (1F) 3:30 Cocktail Hour: A Taste of Fall (1F) 6:30 Board Game: Scrabble (2F)	5 9:30 Guided Meditation (2F) 10:00 Moral Decisions (2F) 10:30 Dining Committee Meeting (2F) 11:00 Jumbo Crossword Puzzle (2F) 2:00 Ed-U Presentation: Porcupine Pat Schuylkill Conservation District Native American Pow Wow (2F) 3:30 Confident Cruisers (1F) 7:00 Daily Mass (EWTN 49)	6 9:30 Bodypump Exercise (2F) 10:00 Today's Headlines (2F) 10:30 Puppy Love Visit from Gussie (2F) 11:00 Where in the World? (2F) 2:00 iN2L Travel: Tour of France (1F) 3:00 Cocktail Hour: Parisian Serendipity Drinks & Flavored Butter Croissants (1F) 4:00 Confident Cruisers (1F) 6:30 Game of Dominos (2F)	7 9:00 Muscle Mind & Fitness (2F) 10:00 World News (2F) 10:30 Joggin' Your Noggin' (2F) 11:00 Confident Cruisers (1F) 2:00 Bingo (2F) 3:00 You be the Judge Discuss & Opinion (2F) 6:30 Jeopardy (1F) 7:00 The Lawrence Welk Show (1F)
8 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Joel Osteen Ministries (2F) 12:00 Wine & Dine (DR) 1:30 Women of the Bible: <i>Deborah</i> (2F) 2:00 Church of God Worship (DR) 3:00 Social Hour (DR) 4:30 Confident Cruisers (1F) 6:30 Zen Art (2F)	9 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Market Run: Dollar Store**\$\$ (OOB) 11:00 Mother Angelica Service (EWTN 49) 2:00 Ed-U Presentation: Pine Grove Hose Hook & Ladder Fire Dept by Chief Brandon (2F) 3:30 Confident Cruisers (1F) 6:30 Card Club: Phase 10 (2F)	10 9:30 Move2Music (2F) 10:00 Kindness Cart (H) 10:30 Crafty Corner (2F) 11:00 Confident Cruisers (2F) 2:00 Yoga with Leah (2F) 3:30 Food4Thought: Power H2O (2F) 6:30 Board Games: Trouble (2F)	11 9:00 Community Veteran's Grab & Go Breakfast (FP) 10:30 News of the Day (2F) 11:00 Jumbo Crossword Puzzle (2F) 1:30 Veteran's Recognition Service (DR) 2:00 Veteran's Day Entertainment featuring Dedra & Al (DR) 6:30 Mindful Colors (2F) Veteran's Day	12 9:30 Guided Meditation (2F) 10:00 Staff Planning Meeting (1F) 10:30 Words Matter: <i>Freedom</i> (2F) 11:00 Jumbo Crossword Puzzles (2F) 1:30 Art Exploration: Winter Project with Shannon (2F) 3:30 Confident Cruisers (1F) 7:00 Daily Mass (EWTN 49)	13 9:30 Bodypump Exercise (2F) 10:00 Today's Headlines (2F) 10:30 Where in the World?(2F) 11:00 The Journey Home (EWTN Ch.49) 2:00 iN2L Travel: Italy (1F) 4:00 Confident Cruisers (1F) 6:30 Game of Dominos (2F)	14 9:00 Muscle Mind & Fitness (2F) 10:00 World News (2F) 10:30 Joggin' Your Noggin' (2F) 11:00 Confident Cruisers (1F) 2:00 Bingo (2F) 3:00 You be the Judge Discuss & Opinion (2F) 6:30 Jeopardy (1F) 7:00 The Lawrence Welk Show (1F)
15 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Joel Osteen Ministries (2F) 12:00 Wine & Dine (DR) 1:30 Women of the Bible: <i>Hagar</i> (2F) 2:00 Church of God Worship (DR) 3:00 Social Hour (DR) 4:30 Confident Cruisers (1F) 6:30 Zen Art (2F)	16 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Trivia Teasers (2F) 11:00 Mother Angelica Service (EWTN 49) 2:00 Aromatherapy Hand & Neck Massages (2F) 3:30 Confident Cruisers (1F) 6:30 Card Club: Phase 10 (2F)	17 9:30 Move2Music Fitness (2F) 10:00 Headline News (2F) 10:30 Reminisce: Covered Bridges (2F) 11:00 Confident Cruisers (2F) 2:00 Community Life Planning Committee (2F) 3:30 Food4Thought: Power H2O (2F) 6:30 Board Games: Trouble (2F)	18 9:00 Holy Rosary (EWTN 49) 9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 Opinion Column & Discuss (2F) 11:00 Lunch Out & Ed-U Tour: The Arts Barn**\$\$ (OOB) 3:30 Jigsaw Puzzles (2F) 6:30 Board Game: Scrabble (2F)	19 9:30 Guided Meditation (2F) 10:00 Moral Decisions (2F) 10:30 Words Matter: <i>Leadership</i> (2F) 11:00 Lunch Out & Ed-U Tour: Funck's Restaurant & Fort Indiantown Gap**\$\$ (OOB) 3:30 Confident Cruisers (1F) 7:00 Daily Mass (EWTN 49)	20 9:30 Bodypump Exercise (2F) 10:00 Today's Headlines (2F) 10:30 Puppy Love Visit from Gussie (2F) 11:00 The Journey Home (2F) (Ch. 49) 2:00 iN2L Travel: Hawaii (1F) 3:00 Cocktail Hour: Mai Tai & Exotic Fruits (1F) 4:00 Confident Cruisers (1F) 6:30 Game of Dominos (2F)	21 9:00 Muscle Mind & Fitness (2F) 10:00 World News (2F) 10:30 Joggin' Your Noggin' (2F) 11:00 Confident Cruisers (1F) 2:00 Bingo (2F) 3:00 You be the Judge Discuss & Opinion (2F) 6:30 Jeopardy (1F) 7:00 The Lawrence Welk Show (1F)
22 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Joel Osteen Ministries (2F) 12:00 Wine & Dine (DR) 1:30 Women of the Bible: <i>Esther</i> (2F) 2:00 Church of God Worship (DR) 3:00 Social Hour (DR) 4:30 Confident Cruisers (1F) 6:30 Zen Art (2F)	23 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Trivia Teasers (2F) 11:00 Gentlemen's Gathering: Lunch Out & Tour Local Covered Bridges**\$\$ (OOB) 2:00 Drums & Motion with Joe (2F) 3:30 Confident Cruisers (1F) 6:30 Card Club: Phase 10 (2F)	24 9:00 Move2Music (2F) 10:00 Headline News (2F) 10:30 Visits with Rosie the Cat & Joe (2F) 11:00 Confident Cruisers (2F) 2:00 Yoga with Leah (2F) 3:30 Food4Thought: Power H2O (2F) 6:30 Board Games: Trouble (2F)	25 9:00 Holy Rosary (EWTN 49) 9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 Opinion Column & Discuss (2F) 11:00 Diner's Caravan & Shopping: Wendy's & Walmart**\$\$ (OOB) 6:30 Board Game: Scrabble (2F)	26 9:00 Macy's Thanksgiving Parade (2F) 10:00 Pumpkin Coffee & Donut Cart (2F) 10:30 Word Search (2F) 11:30 Thanksgiving Celebration (DR) 12:30 NFL Football: Texans vs. Detroit 6:30 Zen Art (2F) 7:00 Daily Mass (EWTN 49) Thanksgiving Day	27 9:30 Bodypump Exercise (2F) 10:00 Today's Headlines (2F) 10:30 Where in the World? (2F) 11:00 The Journey Home (EWTN Ch. 49) 12:00 November Birthday Celebration (1F) 2:00 iN2L Travel: Alaska & Native American Traditions (1F) 4:00 Confident Cruisers (1F) 6:30 Game of Dominos (2F)	28 9:00 Muscle Mind & Fitness (2F) 10:00 World News (2F) 10:30 Joggin' Your Noggin' (2F) 11:00 Confident Cruisers (1F) 2:00 Bingo (2F) 3:00 You be the Judge Discuss & Opinion (2F) 6:30 Jeopardy (1F) 7:00 The Lawrence Welk Show (1F)
29 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Joel Osteen Ministries (2F) 12:00 Wine & Dine (DR) 1:30 Women of the Bible: <i>Mary</i> (2F) 2:00 Church of God Worship (DR) 3:00 Social Hour (DR) 4:30 Confident Cruisers (1F) 6:30 Zen Art (2F)	30 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Trivia Teasers (2F) 11:00 Mother Angelica Service (EWTN 49) 2:00 Aromatherapy Hand & Neck Massages (2F) 3:30 Confident Cruisers (1F) 6:30 Card Club: Phase 10 (2F)			Calendar Key: **Registration Required \$\$ Cost Involved (OOB) Out of Building (1F) First Floor Activity Room (2F) Second Floor Activity Room (DR) Dining Room (FP) Front Patio (H) Hallway	<h1>November</h1> <h2>2020</h2>	