

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

Joyce Torpey
Carol Bernitsky
Ruth Brown
Malina Capitanio
Tecla Garbarino

December

Ann DiRenzo	Anneliese Hueske
Ann Mohrman	Anna Mae Callan
Dorothy Schaeffer	Marion Barton
Cecilia Kamieniecki	Phyllis Bloch
Shirley Lerch	Richard Purcell
Jean Weist	Nancy Kryneck
Barbara Higgins	
Marilyn Doyle	



Providence Place SENIOR LIVING News

Q4: November 2020

A Note from the Executive Director

Greetings Residents,

As we welcome in Autumn, we will be welcoming some changes here at Providence Place as well - both inside and outside.

With the beautiful fall foliage & the crisp autumn air, we are looking forward to enjoying the season to the fullest with an array of autumn-themed activities. Keep a look out in the Activity Weekly schedule.

The dining room renovations are almost complete and what a great transition for indoor events.

We know the upcoming holiday season will look different this year, but we are all here to celebrate the season and be grateful for all we do have.

Please reach out anytime with questions, suggestions or simply a friendly smile.

Tanya Hoy, Executive Director

Highlighted Events

- 11 – **Veteran's Day Celebrations**
Luncheon, ceremony & musical entertainment
- 12 – **EdU Presentation**
Schuylkill County Courthouse History by Theresa Gaffney
- 17 – **EdU Presentation**
Folklore & Coal Mining of the Northeast by Jay Smar
- 25 – **Holiday Service in Action Kick-off**
Salvation Army Drive Begins

Welcome New Residents

Daniel Nagle



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 9:00 Morning Meeting & Inspirations (SL) 9:15 Daily Chronicle & Discussions (SL) 9:30 Reading the Republican (SL) 10:00 Stretches to the Polkas (SL) 1:00 Video Chat with Families (1:1) 2:15 Movie: <i>Atonement</i> (A) 3:00 Communion Service (C) 3:15 Fireside Meet Up: Poems (ML)	2 9:00 Morning Meeting & Inspirations (A) 9:30 -10:45 Coffee Cart (H) 10:30 Hydration & Small Bites (A) 1:00 Lite & Lively Exercise (C) 2:00 Secret Quotes (C) 3:00 Communion Service (C) 3:30 World History: 7 Wonders of the World (C)	3 9:00 Morning Meeting & Inspirations (SL) 9:00 General Election Voting (OOB) 9:30 Daily Chronicle & Discussions (SL) 10:15 Sing-A-Long (SL) 10:30 Hydration & Small Bites (SL) 11:00 Walk for Heart Health (1:1) 1:00 Discuss & Recall: History of Women Rights to Vote (C) 2:00 Melbourne Cup Horse Race Game (C) 3:30 Winner's Circle for Prizes (C)	4 9:00 Morning Meeting & Inspirations (SL) 9:30 Breakfast Cart: Coffee & Donuts (H) 10:30 iPad Church Service: Pastor Ott (SL) 11:00 Walk for Heart Health (1:1) 1:00 Meditation for Inner Peace (C) 2:00 Bailey's Irish Cream Hot Cocoa & Pastries Social (C) 3:30 Video Chat with Families (1:1)	5 9:00 Morning Meeting & Inspirations (SL) 9:30 Daily Chronicle & Discussions (SL) 10:00 Wall Scrabble (SL) 10:30 Wellness Clinic: BP & Wt (WO) 1:00 Brain Games (SL) 2:00 Aromatherapy & Nails (SL) 3:00 Hydration & Small Bites (SL) 3:30 Confident Cruisers Walking Club (ML)	6 9:00 Morning Meeting & Inspirations (SL) 9:30 Daily Chronicle & Discussions (SL) 10:15 WildEarth Live Virtual Safari (SL) 10:30 Hydration & Small Bites (SL) 11:00 Walk for Heart Health (1:1) 2:00 Cocktail Hour (A) 3:00 Communion Service (C) 3:30 Jigsaw Puzzles (SL)	7 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussion (A) 10:00 Baking Club (A) 10:30 Talk & Taste (A) 1:00 Walk for Heart Health (1:1) 2:00 Nickel Bingo \$\$ (A) 2:30 Hydration & Small Bites (A) 3:30 iN2L Virtual Travel: Christ the Redeemer Rio de Janeiro, Brazil (C)
8 9:00 Morning Meeting & Inspirations (A) 9:15 Daily Chronicle & Discussions (A) 9:30 Reading the Republican (A) 10:00 Kickball to the Polkas (A) 1:00 Video Chat with Families (1:1) 2:15 Movie: <i>Pride & Prejudice</i> (A) 3:00 Communion Service (C) 3:15 Fireside Meet Up: Finish that Line (ML)	9 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 Country Kitchen Club (A) 10:30 Hydration & Small Bites (A) 11:00 Walk for Heart Health (1:1) 2:00 Creamy Butternut Squash Soup & Homemade Bread Taster (A) 3:00 Communion Service (C) 3:30 Color Me Calm (SL)	10 9:00 Morning Meeting & Inspirations (SL) 9:30 Daily Chronicle & Discussions (SL) 10:15 Sing-A-Long (SL) 10:30 Hydration & Small Bites (SL) 11:00 Walk for Heart Health (1:1) 2:00 Craft: Orange Pomanders (SL) 2:30 Hydration Cart (SL) 3:30 Drama Club (SL)	11 9:00 Morning Meeting & Inspirations (A) 9:30 Coffee, Donuts & Discussions (A) 10:30 Church with Pastor Randy (C) 11:30 Veteran's Luncheon (AR) 1:30 Veteran's Day Ceremony (OOB) 2:00 Veteran's Day Musical Performance by Cindy Robertson (DR) 3:30 Fireside Chat with Tanya (C) 3:30 Video Chat with Families (1:1) Veteran's Day	12 9:00 Morning Meeting & Inspirations (SL) 9:30 Daily Chronicle & Discussions (SL) 10:00 Appreciation Club: Housekeeping (SL) 10:30 Hydration & Small Bites (SL) 1:00 Helping Hands: Delivering Gifts (AF) 2:00 Birthday Celebration: Entertainment by Cindy Robertson (CN) 3:00 Reminiscing with Friends (CN) 3:30 Confident Cruisers Walking Club (ML)	13 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Communion Service (C) 10:15 iN2L Exploration (CN) 10:30 Hydration & Small Bites (CN) 1:30 Zumba with Michelle (A) 2:15 Wall Jumbo Jeopardy (A) 3:00 Cranium Crunches (A) 3:30 Cocktail Hour (A)	14 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussion (A) 10:00 Baking Club (A) 10:30 Hydration & Small Bites (A) 1:00 Fireside Meet Up: History of National Pickle Day & Pickle Dip Taster (ML) 2:00 Nickel Bingo \$\$ (DR) 3:30 iN2L Virtual Travel: Statue of Zues Olympia, Greece (C)
15 9:00 Morning Meeting & Inspirations (A) 9:15 Daily Chronicle & Discussions (A) 9:30 Reading the Republican (A) 10:00 Stretches to the Polkas (A) 1:00 Video Chat with Families (1:1) 2:15 Movie: <i>Jane Eyre</i> (A) 3:00 Communion Service (C) 3:15 iN2L Lifelong Learning (LIB)	16 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 Memory Magic (CN) 10:30 Hydration & Small Bites (CN) 1:15 Prayer Group (C) 2:00 Name that Capital (C) 3:00 Communion Service (C) 3:30 Autumn Hangman (A)	17 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 Sing-A-Long (CN) 10:30 Hydration & Small Bites (CN) 11:00 Walk for Heart Health (1:1) 2:00 EdU—Presentation: Folklore & Coal Mining of the Northeast by Jay Smar (DR) 2:30 Refreshments (DR) 3:00 Comedy Hour: Funny Bones (A)	18 9:00 Morning Meeting & Inspirations (A) 9:30 Coffee, Donuts & Discussions (A) 10:30 Church with Pastor Randy (C) 11:00 Walk for Heart Health (1:1) 1:00 Root Beer Ice Cream Float Social (C) 1:30 Discuss & Recall: Holiday Traditions (C) 2:00 Food for Thought by Chef Tuan (DR) 3:30 Video Chat with Families (1:1)	19 9:00 Morning Meeting & Inspirations (C) 9:30 Daily Chronicle & Discussions (C) 10:00 Parachute Game (C) 10:30 Hydration & Small Bites (C) 1:00 Brain Games (C) 2:00 Helping Hands: Set Up (C) 2:30 Art Class with Kim: Paint with Watercolors (C) 3:00 Hydration & Small Bites (C) 3:30 Confident Cruisers Walking Club (ML)	20 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 iN2L Exploration (CN) 10:30 Hydration & Small Bites (CN) 1:30 Zumba with Michelle (A) 2:00 Who am I ? (C) 3:00 Communion Service (C) 3:30 Cocktail Hour (A)	21 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussion (A) 10:00 Baking Club (A) 10:30 Talk & Taste (A) 11:00 Walk for Heart Health (ML) 2:00 Nickel Bingo \$\$ (DR) 3:30 iN2L Virtual Travel: Great Barrier Reef Pacific Ocean, Australia (C)
22 9:00 Morning Meeting & Inspirations (A) 9:15 Daily Chronicle & Discussions (A) 9:30 Reading the Republican (A) 10:00 Stretches to the Polkas (A) 1:00 Video Chat with Families (1:1) 2:15 Movie: <i>Elizabeth</i> (A) 3:00 Communion Service (C) 3:15 iN2L Lifelong Learning (LIB)	23 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 Memory Magic (CN) 10:30 Hydration & Small Bites (CN) 1:00 Lite & Lively Exercise (C) 1:30 EdU—Presentation: Native American Experiences Indians of the Plains by David McSurdy 3:00 Communion Service (C)	24 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 Sing-A-Long (CN) 10:30 Hydration & Small Bites (CN) 11:00 Walk for Heart Health (1:1) 2:00 Drumming with Joe (A) 3:00 Find the Turkey Trot (ML) 3:30 Winner's Circle for Prizes (ML)	25 9:00 Morning Meeting & Inspirations (A) 9:30 Coffee, Donuts & Discussions (A) 10:30 Church with Pastor Randy (C) 1:00 Helping Hands: Set Up 2:00 Pep Rally & Pre Game Football Party (C) 2:30 Homemade Pumpkin Roll from Local Church Taster (C) 3:30 Holiday Service in Action Kick Off 3:30 Video Chat with Families (1:1)	26 9:00 Morning Meeting & Inspirations () 9:30 Daily Chronicle & Discussions (FR) 10:00 Floats of the Past & Present : Macy's Thanksgiving Day Parade (FR) 12:00 Thanksgiving Celebration (DR) 2:00 NFL Football Commercial Clips (A) 3:00 Hydration & Small Bites (P) 3:30 Confident Cruisers Walking Club (ML)	27 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 iN2L Exploration (CN) 10:30 EdU—Wellness Talk by Dir of Wellness Ashley Vigoda (CH) 1:30 Zumba with Michelle (A) 2:00 Mind Joggers (SL) 3:00 Communion Service (C) 3:30 Cocktail Hour (A)	28 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussion (A) 10:00 Baking Club (A) 11:00 Talk & Taste (A) 1:00 Walk for Heart Health (ML) 2:00 Nickel Bingo \$\$ (DR) 3:30 iN2L Virtual Travel: Victoria Falls Zambia, Zimbabwe (C)
29 9:00 Morning Meeting & Inspirations (A) 9:15 Daily Chronicle & Discussions (A) 9:30 Reading the Republican (A) 10:00 Stretch Bands to the Polkas (A) 1:00 Video Chat with Families (1:1) 2:15 Movie: <i>Pure Country</i> (A) 3:00 Communion Service (C) 3:15 iN2L Lifelong Learning (LIB)	30 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 Memory Magic (CN) 10:30 Hydration & Small Bites (CN) 1:15 Pumpkin Pudding No Bake Cake Taster (A) 2:00 Celebration of Life Memorial Service (C) 2:00 Exercise to the Oldies (SL) 3:30 Mind Joggers (SL)	<p>THE</p> <h1>Club</h1>		<p>Calendar Key: (A) Activity Room (LIB) Library (1:1) 1 on 1 (C) Chapel (OOB) Out of Building (CN) Connections (FR) Florida Room (ML) Main Lobby (SL) South Lounge (DR) Dining Room</p>		<h1>November</h1> <h2>2020</h2>