

# Focus on Wellness

With the new year, brings a renewed sense of hope. Our COVID-19 vaccine clinics have been scheduled in all communities. The second dose is administered about 28 days after the first dose and immunity is considered effective about 2 weeks later.

The vaccine administration schedule for your campus is to the right. Additional information about the Moderna vaccine offered across all Providence Place communities can be found at:

<https://www.modernatx.com/covid19vaccine-eua/>

## Chambersburg

- Clinic #1: Tuesday, February 2<sup>nd</sup>
- Clinic #2: Tuesday, March 2<sup>nd</sup>
- Clinic #3: Tuesday, March 30<sup>th</sup>

*Additional offerings from our pharmacy will be coordinated as needed for residents and team members.*



# Providence Place SENIOR LIVING News

Q1: February 2021

## A Note from the Executive Director

We are happy to see that 2021 is starting off on a good note in our community.

As we roll out our COVID vaccine clinics, we see a brighter season coming. The first dose is available on February 2<sup>nd</sup> and will be delivered in two doses – the schedule is posted on the back of this newsletter. The vaccine is proven over 90% effective. We hope that with the vaccine, we will be able to return to a more normal way of life again and spend more time with those we love.

We are kicking off our “Best Year Yet” challenge as well, which is open to team members and residents to encourage healthy lifestyle choices. Check out the information in the community if you are interested in participating – we will have fun activities and healthy eating options to coordinate with the 6-week challenge.

I really do hope this year will be your best year yet. If there is anything we can do to make your day brighter, please let us know.

Best,

*Holly Townsend, Executive Director*

## Highlighted Events

2 – **Vaccine Clinic #1**

10 – **Kitchen Creations (Conn. Club)**

Valentine's Chocolates @ 1pm

12 – **Edu Wellness: Heart Health**

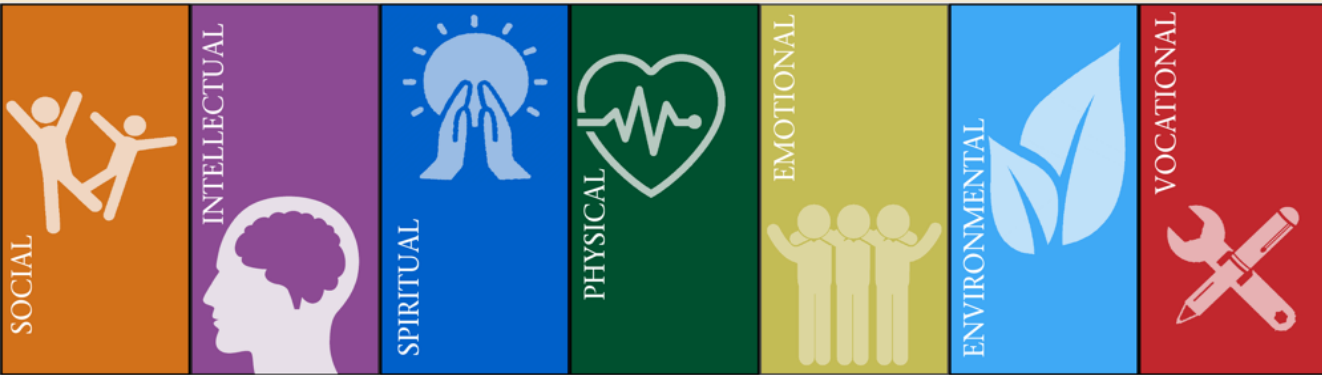
Jaime from Bayada @ 10am

16 – **Mardi Gras Super Social**

@ 3pm

27 – **Country Bus Ride (Conn Club)**

Gettysburg Battlefields @ 1:30pm



Dimensions  
of Wellness

## Resident Birthdays

### February

Wilbur Barnhart  
Dick Ludwick  
Barbara Britt  
Peggy Lawson  
Bill Koser  
Betty Witkosky  
Ellen O'Shaughnessy  
Wayne Byers Sr.  
Janet Ervin  
Patricia Piper

### March

Almeta McClain  
Jay Lightfoot  
Charlotte Lowman  
Whitey Reigh  
Esther Wagner  
LaRue Locke  
Vivian Reilly  
Glenn Schultz  
Evelyn Scott



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 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 IN2L: <i>For Beginners 1:1</i> (3A) 1:30 Stretch and Hold (3A) 2:00 Prize Bingo (3A) 3:30 Memory Magic (3A) 6:30 Virtual Evening Worship Service: with Chaplain Wilmer (2A)	2 COVID 19 Vaccine Clinic (TBD) 9:00 Morning Meeting and Inspirations (P) 9:30 Coffee, Donuts and Discussion (P) 10:00 Walk and Roll (FL) 1:30 Bible Study Handout (1:1) 1:30 Art Class With Doretta (C) 3:00 Craft Corner: Valentine's Day Canvas Painting (3A) 3:30 Hydration Station (3A) 3:30 Book Club (3A)	3 9:00 Morning Meeting and Inspirations (P) 9:30 Balloon Ball Exercise (3E) 10:00 Shopping Spree: Dollar Tree ** \$\$ (OOB) 1:30 Art: Pottery (3A) 3:00 Kitchen Creations: Oreo Pops (C) 3:30 Sampling Oreo Pops (C) 6:00 Wii Bowling (3A)	4 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (3A) 10:30 Balance & Action (3E) 1:30 Art Exploration: Water Colors (C) 1:30 Walk and Roll Walking Club (FL) 2:30 Helping Hands : Making Orange Dream Punch (3A) 3:00 Sampling Orange Dream Punch (3A) 3:30 Book Club (3A)	5 9:00 Morning Meeting and Inspirations (P) 9:30 Chair Stretches (P) 10:00 Hydration (P) 1:30 Baking Creations: Nutella cookies (C) 2:30 National Nutella Day: Facts and Tasting Nutella Cookies (3A) 3:30 Puzzle Club (3A) 6:30 Family Feud (Channel 13)	6 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 1:30 Walk and Roll Walking Club (FL) 2:00 Country Bus Ride : To Shippensburg (OOB) 3:30 Game Club: Boggle (3A) 6:00 Game Shows: (Channel 73)
7 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Coffee and Donuts: Sunday Catch Up with Friends (P) 1:30 Video Chat with Families (1:1) 2:00 Aromatherapy and Nails (3A) 3:00 Sitcom Sunday: <i>Shirley Temple</i> (3A) 6:30 Movie Night: <i>Footprints</i> (2A) 8:00 <i>Super Bowl Sunday: Channel 4</i>	8 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 IN2L: <i>Exploration</i> (3A) 1:30 Stretch and Hold (3A) 2:00 Prize Bingo (3A) 3:30 Memory Magic (3A) 6:30 Virtual Evening Worship Service: with Chaplain Wilmer (2A)	9 9:00 Morning Meeting and Inspirations (P) 9:30 Coffee, Donuts and Discussion (P) 10:00 Walk and Roll Walking Club (FL) 1:30 Bible Study Handout (1:1) 1:30 Art Class With Doretta (C) 2:30 Craft Corner: Making Mardi Gras Mask (3A) 3:30 Hydration Station (3A) 3:30 Book Club (3A)	10 9:00 Morning Meeting and Inspirations (P) 9:30 Hydration and Small Bites (P) 10:00 Laugh Therapy (3A) 11:00 Dinners Caravan: Let's Get Lunch In (P) 1:00 Kitchen Creations: Making Valentine's Day Chocolates (P) 3:00 Hydration (3A) 3:30 Balance & Action (3E) 6:00 Will Bowling (3A)	11 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (3A) 10:30 Balance & Action (3E) 1:30 Art Exploration: Water Colors (C) 2:00 Musical Entertainment: Tom Shultz (2A) 3:30 Relax and Hydrate (3A) 3:30 Book Club (3A)	12 9:00 Morning Meeting and Inspirations (P) 9:30 Chair Stretches (P) 10:00 EdU Wellness: Heart Health with Jamie From Bayada (2A) 1:30 Helping Hands Baking Club: Making King Cake (C) 3:30 Puzzle Club (3A) 6:30 Family Feud (Channel 13)	13 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle Discussion (3A) 10:00 Helping Hands: Recycling Club (3A) 1:30 Walk and Roll (FL) 2:00 Country Bus Ride: To Waynesboro (OOB) 3:30 Game Club: Boggle (3A) 6:00 Game Shows: (Channel 73)
14 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Coffee and Donuts: Sunday Catch Up with Friends (P) 2:00 Sitcom Sunday: <i>I Love Lucy</i> (3A) 3:00 Celebrating Valentine's Day Around The World: Featuring Candies (3A) 6:30 Movie Night: <i>Grease</i> (3A)  Valentine's Day	15 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 IN2L: <i>Virtual Tour of The White House</i> (3A) 1:30 Stretch and Hold (3A) 2:00 Prize Bingo (3A) 3:30 Memory Magic (3A) 6:30 Virtual Evening Worship Service: with Chaplain Wilmer (2A)  Presidents' Day	16 9:00 Morning Meeting and Inspirations (P) 9:30 Coffee, Donuts and Discussion (P) 10:00 Walk and Roll (FL) 1:30 Bible Study Handout (1:1) 1:30 Art Class With Doretta (C) 2:30 Hydration Station (3A) 3:00 Celebrating Mardi Gras: Featuring King Cake (3A) 3:30 Book Club (3A)	17 9:00 Morning Meeting and Inspirations (P) 9:30 Hydration and Small Bites (P) 10:00 Laugh Therapy (3A) 1:30 Walk & Roll Walking Club (FL) 2:00 Fireside Chat (2A) 3:30 Balance & Action (3E) 6:00 Will Bowling (3A)  Ash Wednesday	18 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (3A) 10:30 Balance & Action (3E) 1:30 Art Exploration: Water Colors (C) 2:00 Manicures W/ Amberlee (3A) 3:30 Relax and Hydrate (3A) 3:30 Book Club (3A)	19 9:00 Morning Meeting and Inspirations (P) 9:30 Chair Stretches (P) 10:00 Hydration and Small Bites (P) 1:30 Snow Cones: Sampling and Facts (P) 3:30 Puzzle Club (3A) 6:30 Family Feud Channel 13	20 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 1:30 Walk and Roll (FL) 2:00 Country Bus Ride: To Greencastle (OOB) 3:30 Game Club: Boggle (3A) 6:00 Game Shows: (Channel 73)
21 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Coffee and Donuts: Sunday Catch Up with Friends (P) 1:30 Video Chat with Families (1:1) 2:00 Aromatherapy and Nails (3A) 3:00 Sitcom Sunday: <i>Sherlock Holmes</i> (3A) 6:30 Movie Night: <i>The Blind Side</i> (3A)	22 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 IN2L: <i>The Price is Right</i> (3A) 1:30 Stretch and Hold (3A) 2:00 Prize Bingo (3A) 3:30 Memory Magic (3A) 6:30 Virtual Evening Worship Service: with Chaplain Wilmer (2A)	23 9:00 Morning Meeting and Inspirations (P) 9:30 Coffee, Donuts and Discussion (P) 10:00 Walk and Roll (FL) 1:30 Bible Study Handout (1:1) 1:30 Art Class With Doretta (C) 3:00 Craft Corner: Making a Picture Frame (3A) 3:30 Hydration Station (3A) 3:30 Book Club (3A)	24 9:00 Morning Meeting and Inspirations (P) 9:30 Balloon Ball Exercise (3A) 11:00 Dining Out: <i>Sakura Japanese</i> ** \$\$ (OOB) 1:30 Art: Pottery (3A) 3:00 Kitchen Creations : Making Fudge (C) 6:00 Wii Bowling (3A)	25 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (3A) 10:30 Balance & Action (3E) 1:30 Art Exploration: Water Colors (C) 2:00 Helping Hands: Recycling Club (3A) 3:00 Relax and Hydrate (3A) 3:30 Book Club (3A)	26 9:00 Morning Meeting and Inspirations (P) 9:30 Chair Stretches (P) 10:00 Hydration and Small Bites (P) 1:30 Sampling Fudge and Facts about How Fudge is Made (3A) 2:00 Hymnal Fellowship Featuring: The Resident Singing Group (2A) 3:30 Puzzle Club (3A) 6:30 Family Feud (Channel 13)	27 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle Discussion (3A) 10:00 Helping Hands: Folding Towels (3A) 1:30 Country Bus Ride: Gettysburg Battlefields (OOB) 3:30 Game Club: Sequence (3A) 6:00 Game Shows: (Channel 73)
28 9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Coffee and Donuts: Sunday Catch Up with Friends (P) 1:30 Video Chat with Families (1:1) 2:00 Aromatherapy and Nails (3A) 3:00 Sitcom Sunday : <i>The Three Stooges</i> (3E) 6:30 Movie Night: <i>Dirty Dancing</i> (3A)		THE <i>Club</i>		<b>Calendar Key:</b> Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), 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) **Registration Required, \$\$ Cost Involved One on one 1:1	<h1>February</h1>  2021	