

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/>

Dover

- Clinic #1: Tuesday, January 26th
- Clinic #2: Tuesday, February 23rd
- Clinic #3: Tuesday, March 23rd

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

Q1: February 2021



Dimensions of Wellness

Resident Birthdays

February

Anna Mae Myers
Lucille Long
Joan Schanck
Joan Rauhauser
Velma Dellinger
Gloria Witmer
Leroy Crone
Charlotte Abel

Pat Heffner
Katie Haas

March

Mary Haver
Sarah Senft
Elmer Duttera
Dale Crone
David Coren
Patricia White
Helen Glatfelter
Patrecia Hoshall

James Strongin
Faye Breeden
Sally Kursar
Dale Brillhart
Mary Schroeder

A Note from the Executive Director

Happy Valentine's Day! Vaccines are here; we had our first clinic on January 26th. If you haven't participated, please contact the front desk for a consent form to do so in February.

With continuing gratitude, I would like to thank everyone for their patience and understanding during these trying times. If we continue to have no new positive cases at Dover, we will be able to move forward to our precautionary phases. We can't wait to proceed with small group activities, communal dining, and salon services. We are only allowing essential healthcare providers into the building. All staff are continuing to wear mask throughout their shift and PPE is required for symptomatic and positive cases.

We will resume our window visits when we transition to our yellow phase. We ask for everyone to wear a face mask. If you or your loved one has an interior apartment please call the front desk to schedule a window visit in the 100-patio area. Our staff would be more than happy to continue to assist with virtual visits such as FaceTime, Zoom, and Skype.

Breakfast will continue to be served in your apartment. Please don't place your empty containers in the hallway, staff will be by to pick up after your meal.

Thank you for your cooperation, hang in there we will get through this together!

Howard Holben, Executive Director

Highlighted Events

- 1 – **Best Year Yet Challenge**
@ 11 am
- 5 – **Chef's Food Demo**
@ 10 am
- 11 – **Winter Country Ride**
@ 1:15pm
- 14 – **Valentine's Day Lunch & Social** @ 11am & 3pm
- 19 – **Musical Art Festival**
@ 1:30pm
- 25 – **Sight & Sound Virtual Show & Dinner**
Joseph @ 4:30pm

Welcome New Residents

Rosemary Polons
Elizabeth Scarsella
Betty Jean Pizzola
Doris Grimm
Nancy Folker




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 Chair Exercise (AR) 10:00 iN2L - Brain Teasers (AR) 11:00 Best Year Yet Challenge Meeting (AR) 1:30 Bingo (AR) 3:00 Manicures and Wine (AR) 4:00 Balance Class (FR) 6:15 Card Club: 500 (AR) | 2 9:30 Chair Exercise (AR) 10:00 GriefShare Support Group (P) 10:00 Culinary Creations: Energy Balls (100L) 10:00 Groundhog Day Trivia (AR) 10:30 Yoga with Alison (FR) 1:30 Bingo (AR) 3:00 Groundhog Day Social (P) 4:00 Cardio Exercise Class (FR) 5:30 Movie Night: <i>Groundhog Day</i> ** (CR) | 3 9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 Craft Corner: Valentine's Day Picture (AR) 1:30 Wood Carving Class** (AR) 3:00 Veggies with diverse Dips (P) 4:00 Balance Class (FR) 6:00 Knit Pickers (AR) | 4 9:30 Chair Exercise (AR) 10:00 Ed-U Health Class: Making the Right Choices for You (AR) 1:30 Bingo (AR) 2:00 Foreign Language Class: German with Melissa (P) 3:00 Church Service (CR) 4:30 Pizza and Movie Night: <i>The One and Only Ivan</i> ** (CR) 6:15 Games (AR) | 5 9:30 Chair Exercise (AR) 10:00 Chef's Food Demo (AR) 10:15 Curbside Pick Up: Aldi**\$\$ (OOB) 1:15 Winter Country Ride** (OOB) 1:30 Bingo (AR) 3:00 Fruit and Yogurt Dips (P) 4:00 Cardio Exercise Class (FR) 4:00 Wine and Dine (DR) 6:15 Games (AR) | 6 9:30 Chair Exercise (AR) 10:00 Pastries and Weekly News (AR) 11:00 Hallway Bowling (AR) 1:00 Appreciation Club: Cookies for Fire Fighters (AR) 3:00 Jingo (AR) 6:00 Book Club: <i>Where'd You Go, Bernadette</i> by Maria Semple** (AR) 6:15 Table Top Games (CR) |
| 7 9:30 Chair Exercise (AR) 10:00 Football Bingo (AR) 11:00 Football Trivia (AR) 1:30 Bean Bag Mania (AR) 2:00 Church Service (CR) 3:00 Super Bowl Party (AR) 6:15 Widows to Widowers (P) 6:15 Games (AR) | 8 9:30 Chair Exercise (AR) 10:00 iN2L- Brain Teasers (AR) 11:00 Best Year Yet Challenge Meeting (AR) 1:00 Potato Decorating Contest (AR) 3:00 Manicures and Wine (AR) 4:00 Balance Class (FR) 6:15 Card Club: Pinochle (AR) | 9 9:30 Chair Exercise (AR) 10:00 GriefShare Support Group (P) 10:00 Poker (AR) 10:30 Yoga with Alison (FR) 1:15 Ed-U Health Class: Benefits of Macronutrients - Proteins, Carbs & Fats (AR) 2:30 Happy Hour (P) 4:00 Balance Class (FR) 6:00 Bingo (AR) | 10 9:30 Chair Exercise (AR) 10:00 Craft Corner: Heart Flower Pots (AR) 10:00 Bible Study (P) 11:30 Lunch Pick Up: Olive Garden**\$\$ (AR) 1:30 Winter Country Ride ** (OOB) 3:00 Poker (AR) 3:00 Nut and Cheese Social (P) 4:00 Cardio Exercise Class (FR) 6:00 Knit Pickers (AR) | 11 9:30 Chair Exercise (AR) 10:00 Culinary Creations: Coconut Balls (AR) 10:00 Foreign Language Class: German with Melissa (P) 1:15 Winter Country Ride** (OOB) 1:30 Bingo (AR) 3:00 Church Service (CR) 4:30 Pizza and Movie Night: <i>The War with Grandpa</i> ** (CR) 6:15 Games (AR) | 12 9:30 Chair Exercise (AR) 10:00 Chef's Food Pairing (AR) 10:15 Curbside Pick Up: Giant**\$\$ (OOB) 1:30 Jingo (AR) 3:00 Fruit & Vegetable Smoothie Social (P) 4:00 Cardio Exercise Class (FR) 4:00 Wine and Dine (DR) 6:15 Games (AR) | 13 9:30 Chair Exercise (AR) 10:00 Pastries and Weekly News (AR) 1:30 Culinary Creations: Chocolate Covered Strawberries (AR) 3:00 Bingo (AR) 6:15 Rummikub (AR) 6:15 Table Top Games (CR) 7:30 York Symphony Orchestra Presents: Wynton Marsalis' <i>A Fiddler's Tale</i> (CR) |
| 14 9:30 Valentine's Jingo (AR) 11:00 Valentine's Day Lunch (AR) 1:30 Bean Bag Mania (AR) 2:00 Church Service (CR) 3:00 Valentine's Day Social (P) 6:15 Veteran's Club (P) 6:15 Games (AR) Valentine's Day | 15 9:30 Chair Exercise (AR) 10:00 Therapy Games with Beth (AR) 11:00 Best Year Yet Challenge Meeting (AR) 1:30 Community Life Committee (AR) 2:00 Bingo (AR) 3:00 Manicures and Wine (AR) 4:00 Cardio Exercise Class (FR) 6:15 Card Club: 500 (AR) Presidents' Day | 16 9:30 Chair Exercise (AR) 10:00 GriefShare Support Group (P) 10:00 Ed-U Health Class: The Mindset of Pushing Yourself (AR) 10:30 Yoga with Alison (FR) 1:30 Bingo (AR) 2:30 Mardi Grass Social (P) 4:00 Balance Class (AR) 4:30 Dinner Pick Up: Shangri-La**\$\$ (AR) | 17 9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 Craft Corner: Winter Tea Cup (AR) 1:30 Wood Carving Class ** (AR) 3:00 Create Your Own Fruit Water (AR) 4:00 Balance Class (FR) 6:00 Knit Pickers (AR) Ash Wednesday | 18 9:30 Chair Exercise (AR) 10:00 Technology & You: Tablets (AR) 10:00 Foreign Language Class: German with Melissa (P) 1:30 Bible Jingo with Pastor Ralph (AR) 2:30 Super Happy Hour: Casino Night (P) 4:00 Cardio Exercise Class (FR) 6:15 Games (AR) | 19 9:30 Chair Exercise (AR) 10:00 Games - Self Led (AR) 1:30 Musical Art Festival • Music through the Decades • Samples of Foods 4:30 Wine and Dine (DR) 6:15 Games (AR) | 20 9:30 Chair Exercise (AR) 10:00 Pastries and Weekly News (AR) 11:00 Hallway Bowling (AR) 1:30 Pokeno (AR) 3:00 Protein Shakes & Bars Tasting (AR) 6:00 Book Club: <i>The Inn</i> by James Patterson** (AR) 6:15 Table Top Games (CR) |
| 21 9:30 Chair Exercise (AR) 10:00 Jingo (AR) 11:00 Today in History Trivia (AR) 1:30 Bean Bag Mania (AR) 2:00 Church Service (CR) 3:00 Milkshake Social (P) 6:15 Widows to Widowers (P) 6:15 Games (AR) | 22 9:30 Chair Exercise (AR) 10:00 iN2L - Brain Teasers (AR) 11:00 Best Year Yet Challenge Meeting (AR) 1:30 Jingo (AR) 3:00 Manicures and Nails (AR) 4:00 Balance Class (FR) 6:15 Card Club: Pinochle (AR) | 23 9:30 Chair Exercise (AR) 10:00 GriefShare Support Group (P) 10:00 Virtual Ed-U Presentation: <i>Doc Holiday</i> by David Manuel (AR) 10:30 Yoga with Alison (FR) 11:30 February Birthday Celebration (AR) 1:15 Winter Country Ride ** (OOB) 1:30 Uno (AR) 3:00 Arm Chair Travel: Greece (AR) 4:00 Cardio Exercise Class (FR) 6:00 Bingo (AR) | 24 9:30 Chair Exercise (AR) 10:00 Welcome Ambassador Meeting (P) 10:00 Craft Corner: Sock Snowman (AR) 10:00 Bible Study (P) 1:30 Winter Country Ride** (OOB) 1:30 Poker (P) 1:30 Ed-U Health Class: The Dangers of Sugar (AR) 3:00 Cottage Cheese & Toppings Bar (P) 4:00 Cardio Exercise Class (FR) 6:00 Knit Pickers (AR) | 25 9:30 Chair Exercise (AR) 10:00 Uno (AR) 10:00 Foreign Language Class: German with Melissa (P) 1:30 Bingo (AR) 2:30 Fire Side Chat with E.D. Howard (AR) 3:00 Church Service (CR) 3:00 Winter Country Ride** (OOB) 4:00 Balance Class (AR) 4:30 Sight & Sound Virtual Show & Dinner: <i>Joseph</i> **\$\$ (CR) 6:15 Games (AR) | 26 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 10:15 Curbside Pick Up: Walmart**\$\$ (OOB) 1:30 Uno (P) 2:00 Dining Committee (AR) 3:00 Fruit Juice Social (P) 4:00 Balance Class (FR) 4:30 Wine and Dine (DR) 6:15 Games (AR) | 27 9:30 Chair Exercise (AR) 10:00 Pastries and Weekly News (AR) 10:30 Bowling Tournament (AR) 1:30 Craft Corner: Tie Dye Face Masks (AR) 3:00 Bingo (AR) 6:15 Rummikub (AR) 6:15 Table Top Games (CR) 6:30 Cirque Du Soleil virtually presents <i>Worlds Away</i> (CR) |
| 28 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 Trivia (AR) 1:30 Creating Flower Boutique (AR) 2:00 Church Service (CR) 3:00 Bean Bag Mania Tournament (P) 6:15 Veteran's Club (P) 6:15 Games (AR) | |  | | Calendar Key: (AR) Activities Room (DR) Dining Room (CR) Community Room (P) Pub (100L) 100 Hall Lounge **Registration Required \$\$ Cost Involved | <h1>February</h1> <h2>2021</h2> | |