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PLACE
STAMP
HERE

this is living!

1118 W CROSS ST | ANDERSON, IN 46011 | 765-643-5000 | MARCH 2018

WELCOME!

NEW RESIDENTS

CAROLE

NEW STAFF

Ashley-DON-MC

Debby—CNA

Mone'—CNA

Russell—Cook

Teela—LPN

MARCH BIRTHDAYS



DONDEENA—5th

JOYCE—5th

VIRGINIA—6th

JAMES—29th

HAPPY ANNIVERSARY

BOB AND AMY



SPRING ACTIVITIES FOR SENIORS

If you are one of millions across the country who endured a harsh winter season, the warmth and beauty of spring is surely a welcome sight. In fact, the National Institute of Health says that, regardless of age or physical limitations, getting outside and taking in some fresh air and sunshine can improve cognitive function and make you a happier person – so what are you waiting for? Have a ball trying one of these springtime activities!

Take a walk

Physical activity can give you more energy, is great for your heart, and it can help your body combat symptoms of illness. Enjoy the spring scenery of a local nature trail or park, many of which are easy to navigate whether you are walking or in a wheelchair. It feels good and it is good for you, a win-win in anyone's book!



spring is a good time to tidy up. Local Salvation Army or Goodwill stores would welcome your second-hand items, allowing you to enjoy the benefit of having a bit less “stuff” and a bit more room in your home. You can even bring your children in to help and make some new memories together.

Check out your local farmers' market

Find a recipe for a fresh spring salad and head to the farmers' market to purchase the ingredients. It will help you to eat healthy, and nothing tastes better than locally grown fruits and vegetables. You may even find some flowers to help adorn your home!

Get your hands dirty in the garden

Gardening is actually a great form of exercise and a stress-reducer. It can even help make you stronger and increase your endurance. There is something about planting and harvesting your own food that feels good, and anyone can enjoy this popular pastime. There are even raised gardens for people in wheelchairs.

Do some spring cleaning

If your home has a little bit too much clutter,

No matter how you enjoy your spring, remember that Primrose is here to help answer any senior living-related questions you may have. Feel free to visit us at www.primroseretirement.com and find the Primrose closest to you.

OUR MISSION

Our focus is to develop and maintain happy and healthy living environments and provide a “person-centered” care approach for a growing senior populace.

CORE VALUES

Accountability

Relentless Improvement

Passion

Respect

Embrace Change

PRIMROSE COMPANY

Primrose Retirement Communities, LLC, provides high-quality independent and assisted living communities in over 36 locations across the country. Home Office in Aberdeen, South Dakota since our founding in 1989, our mission is to create a happy and healthy living environment for seniors.

Our motto “*this is living!*” guides us in every aspect of our work from providing personalized attention and a

full and exciting activities calendar to our friendly and welcoming atmosphere.



For more information about Primrose Retirement Communities, visit www.primroseretirement.com



COMMUNITY EASTER EGG HUNT



MARCH 31ST

12:30pm

3 AGE GROUPS
PRESCHOOL
K-2ND GRADE
3RD- 5TH GRADE

GOING PLACES

The Ark Encounter

The Ark is the largest timber frame structure in the world. Built according to dimensions given in the Bible. It's filled with exhibit bays which allows those who visit to experience what Noah's life may have been like. How did Noah fit all those animals on board? What do legends tell us about the flood? What happened after the flood to Noah, his family and the animals? We will be exploring these questions and many more as we visit the Ark.

SAVE THE DATE

WEDNESDAY, JULY 27, 2018

We would depart shortly after breakfast and return early evening. The ticket and motor coach would be approximately \$95. Price could vary depending on the interest. We would also be eating 2 meals out. Family and friends are also welcome.

Those interested contact Diana Guinn at 765-643-5000 or dguinn@primroseretirement.com

RESIDENT SPOTLIGHT



Carole

Carole was born in Anderson to Rex and Mildred Hurst. She graduated from Madison Heights, but attended all 3 of Anderson's High Schools, and never moved. She met her husband Dick while working at the phone company, which was across the alley from Dick's father's hardware store. Carole decided to be a homemaker after getting married. They have 4 children Greg, Jeff, Brad, and Rachel. They joked that 3 of their children were born on a holiday so that Dick wouldn't have to take off work. She enjoys reading, crocheting and knitting, and oil/acrylic painting. Carole also has a faithful companion, her poodle Honey. She attends Central Christian Church.

EMPLOYEE SPOTLIGHT

Whitney has been with Primrose since October 17, 2016. She started in housekeeping then moved into driving both the van and bus. Whitney recently was promoted into management, scheduling transportation and managing housekeepers.

Whitney has been married to her husband for 6 years of the 13 years they've been together. They have two wonderful boys, Wyatt and Wade. She enjoys reading, scrapbooking, camping, being outdoors, in the warmer weather, watching her boys play sports, and being with her family.



WHITNEY

OUR PRIMROSE OLYMPIANS



Jean, Donna, and Esther medal winners!



Marjorie competing in Snowball Volley.



Shirley trying her skill at Ring a Snowman.



Donna won Gold in Build an Igloo



Jim won Gold in Snowball Ping Pong!!



Shirley, Barbara, and Marjorie medal winners.



The Olympic lighting Ceremony. Ethel was one of our Torch Bearers.

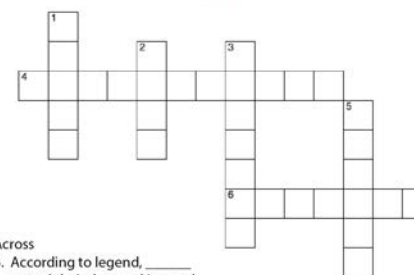


Mildred throwing the snowball thru the ring.



Betty, Barbara, and Bob medal winners.

MARCH PUZZLE



Across

- According to legend, _____ spend their days making and mending shoes.
- This city has been celebrating St. Patrick by dumping green dye into their river since 1962.

Down

- The color _____ only became associated with St. Patty's Day after it was linked to Irish independence movement in the late 18th century.
- \$245 million is the total amount spent on this drink on St. Patrick's Day
- _____ wasn't Irish himself. He was born to Roman parents in Scotland in the late fourth century.
- In traditional Irish folk tales, there are no _____ leprechauns.

RECIPE OF THE MONTH

CUCUMBER-MINT BUTTERMILK SOUP

An easy, elegant St. Patrick's Day starter.

INGREDIENTS:

- ~ 2 3/4 cups buttermilk
- ~ 1 English cucumber, cut crosswise into 1-inch pieces
- ~ 1/4 cup lightly packed fresh mint leaves, plus more for serving (optional)
- ~ Coarse salt and freshly ground pepper
- ~ Extra-virgin olive oil, for drizzling

DIRECTIONS:

- In a blender, puree buttermilk with cucumber and mint until smooth. Strain mixture through a fine sieve. Refrigerate soup until cold, at least 2 hours and up to 1 day.
- When ready to serve, stir until smooth. Divide among cups. Sprinkle with pepper, drizzle with oil, and top with mint leaves.



<https://www.marthastewart.com/1104514/cucumber-mint-buttermilk-soup>



this is living!



PRIMROSE
RETIREMENT COMMUNITIES

MARCH 2018 ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>25 CALENDAR SUBJECT TO CHANGE</p>	<p>26 IP-Ice Cream Parlor L-Library LEL-Life Enrich Lounge MT-Movie Theatre NP-Neighborhood Pub WC-Wellness Center</p>	<p>27 DR-Dining Room FL-Fireplace Lounge GR-Game Room GC-Garden Cafe</p>	<p>28</p>	<p>1 11:00 Move to Music--WC 1:00 Glamour Nails--GC 3:00 Now Showing....--MT</p>	<p>2 10:00 Payless Shopping 1:00 Fit Club--NP 1:30 Euchre--GR 2:00 Bingo--DR 3:00 Social Hour--NP Music-Rhat-A Tat</p>	<p>3 10:00 Coffee and Conversation--GR 3:00 Skip Bo--LEL 7:00 Now Showing--MT</p>
<p>4 10:00 Church Service--WC 1:00 Open Bridge--NP 3:30 Sunday Matinee--MT</p>	<p>5 11:00 Fireside Chat--FL 1:00 Fit Club--NP 1:30 Walmart Shopping 2:00 Euchre--NP 4:00 Retired Not Expired-NP 6:00 Love on a Leash Pet Therapy--FL</p>	<p>6 11:00 Lunch-- Ruby Tuesday 2:00 Bingo--DR 3:00 Ice Cream Social and Word Game--IP 6:00 After Dinner Cocktails--P</p>	<p>7 1:00 Chair Yoga--WC 2:00 Jimmy Priest--GC 3:00 Tai Ji--WC 4:30 Organ Music--GC</p>	<p>8 11:00 Move to Music--WC 1:00 Glamour Nails--GC 3:00 Starting Seeds Indoors--GC 7:00 Now Showing..... MT</p>	<p>9 10:00 Payless Shopping 1:00 Fit Club--NP 1:30 Euchre--GR 2:00 Bingo--DR 3:00 Social Hour--NP</p>	<p>10 10:00 Coffee and Conversation--GR 3:00 Skip Bo--LEL 7:00 Now Showing--MT</p>
<p>11 Daylight Savings Time 10:00 Church Service--WC 1:00 Open Bridge--NP 2:00 Bingo--DR 3:30 Sunday Matinee--MT</p>	<p>12 10:45 Lunch--Cammack Station 1:00 Fit Club--NP 2:00 Euchre--NP 2:30 Music and Ice Cream with Sam--IP 4:00 Retired Not Expired-NP</p>	<p>13 11:00 Move To Music--WC 2:00 Bingo--DR 6:00 After Dinner Cocktails--P</p>	<p>14 12:00 Birthday Party Music by Judy--DR 1:00 Chair Yoga--WC 4:30 Organ Music--GC 7:00 Music with Ben--P</p>	<p>15 11:00 Move to Music--WC 1:00 Glamour Nails--GC 3:00 Essential Oil Basics and Make a Sachet--GC 7:00 Now Showing..... MT</p>	<p>16 10:00 Payless Shopping 1:00 Fit Club--NP 1:30 Euchre--GR 2:00 Bingo--DR 3:00 Irish Social Hour--NP</p>	<p>17 St. Patrick's Day 10:00 St Pat's Coffee and Conversation--GR 3:00 Skip Bo--LEL 7:00 Now Showing--MT</p>
<p>18 10:00 Church Service--WC 1:00 Open Bridge--NP 3:30 Sunday Matinee--MT</p>	<p>19 10:45 Lunch--Applebees 1:00 Fit Club--NP 2:00 Euchre--NP 4:00 Retired Not Expired-NP</p>	<p>20 11:00 Move to Music--WC 2:00 Bingo with Mandi--DR 3:00 Ice Cream Social and Wheel of Fortune-IP 6:00 After Dinner Cocktails--P</p>	<p>21 1:00 Chair Yoga--WC 1:30 Resident Council--DR 3:00 Sandra Hardcastle--GC 4:30 Organ Music--GC 6:00 Music with Todd Berry--GC</p>	<p>22 11:00 Move to Music--WC 1:00 Glamour Nails--GC 3:00 Now Showing...MT</p>	<p>23 10:00 Payless Shopping 1:00 Fit Club--NP 1:30 Euchre--GR 2:00 Bingo--DR 3:00 Social Hour--NP</p>	<p>24 10:00 Coffee and Conversation--GR 3:00 Skip Bo--LEL 7:00 Now Showing--MT</p>
<p>25 Palm Sunday 10:00 Church Service--WC 1:00 Open Bridge--NP 2:00 Bingo--DR 3:30 Sunday Matinee-MT</p>	<p>26 1:00 Fit Club-NP 1:30 Meijer Shopping 2:0 Euchre-NP 3:00 Music with Karen--GC 4:00 Retired Not Expired-NP</p>	<p>27 11:00 Move to Music--WC 1:00 Activity Planning--P 2:00 Bingo--DR 3:00 Ice Cream Social and Word Game--IP 6:00 After Dinner Cocktails--P</p>	<p>28 1:00 Chair Yoga--WC 2:00 Card Dingo--GC 3:00 Filling Easter Eggs--GC 4:30 Organ Music--GC</p>	<p>29 Maundy Thursday 11:00 Move to Music--WC 1:00 Glamour Nails--GC 3:00 Easter Painting--GC 6:30 Worship and Communion Service with Steve Wigger--GC</p>	<p>30 Good Friday 10:00 Payless Shopping 1:00 Fit Club--NP 1:30 Euchre--GR 2:00 Bingo--DR 3:00 Social Hour--NP</p>	<p>31 Holy Saturday 10:00 Coffee and Conversation--GR 12:30 Community Easter Egg Hunt 3:00 Skip Bo--LEL 7:00 Now Showing--MT</p>