

Puzzle



UNIQUE SEPTEMBER HOLIDAYS

H T N O M Y T E F A S Y B A B M
 F C P I A N O M O N T H Y M V R
 D A H M L P R J B P D L D S M Q
 N Y L I B J H T N O M Y E N O H
 M T J L C P V W J Q N W N D R B
 B V Y K H K Z X Y D I L N Y J D
 M Z T N R A E R L N X J M K L R
 D N Y Y D K T N G Z B B X Q N N
 L Y J X T Z N M M G Y W T N G L
 L L T L J N O R O O K M Y P V X
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 N Z J V T D M V J G T T D Z Y Q
 Z J W H Z B D Q D P J H H G B Q

BABY SAFETY MONTH
CHICKEN MONTH
FALL HAT MONTH

HONEY MONTH
PIANO MONTH
SEWING MONTH



September 2019

1360 Adams St., Mankato, MN 56001

(507) 388-9292

A Note from the Executive Director

There's so much to love about autumn, and so much to be grateful for and appreciate. As the Greek philosopher, Heraclitus once said, "The only constant is change." Autumn is undoubtedly all about change. This season, more than the others, reminds us that our minds, bodies, and surroundings are always changing.



This autumn, Primrose Senior University is pairing change with a challenge! We are offering a special four-month program to celebrate the ever-changing intellectual status of our brains. Based on our foundational program of lifelong learning, we are challenging every resident to join our classes, learn something new but most importantly engage and interact with other residents. Along the way, you may make some new friends and earn valuable prizes;. Our September theme is "The Natural World" followed by "What's so Funny?" in October. I hope you join us! Who knows what waits for you at PSU?

Primrose Staff

Lori Pietsch
Executive Director

Lora Brady
Sales Director

Stephannie Nelson
Director of Nursing

Ashley Berg
Assistant Director of Nursing

Lora McCaulley
Director of Dining

Jenna Lahlum
Life Enrichment Coordinator

Steve Brown
Life Enrichment Assistant

Rick Kendall
Property Maintenance

Julie Timm
Housekeeping

I've learned that making a "living" is not the same thing as making a "life".

- Maya Angelou

Resident Spotlight

This month, we are highlighting two residents that recently moved to Primrose. These residents are Michael P. and David J.

Michael has been a part of our Primrose family since August of 2019. "I grew up in Algona, IA as the fifth child of ten. One of my fondest memories of childhood is raising chickens, cows, and potatoes on our small family farm. When I was five, my mother declared me old enough to pull weeds and from then on I was always helping out in one way or another on the farm," he said. "My favorite part about living at Primrose is everything!" We are honored to have you here, Michael!



David moved to Primrose in August of 2019. "Before my retirement, I was a forensic psychiatrist in Mankato who dealt with cases involving legal issues and volunteered at the Mankato Dog Show." Some of David's hobbies are being a member of the Audubon Society, jogging, and exercising in general. His favorite part about Primrose is the people, programs, and the atmosphere in general. Thank you for making Primrose your home, David!



Employee Spotlight

We have selected Elizabeth B. for our staff spotlight this month. Elizabeth joined the Primrose team in August of 2019 and serves our residents as a Resident Assistant. "What I love most about my work so far is how the residents and staff have made me feel so welcomed," she said. Outside of work, you can find Elizabeth spending her time with her family and her dog. Be sure to continue to welcome Elizabeth and get to know her more!



Event Highlight

On August 8th, Primrose of Mankato hosted it's annual resident family picnic. The evening consisted of fantastic food courtesy of our fabulous dining staff. The menu included brat burgers and hamburgers with all the fixings and delicious root beer floats made with 1919 root beer. We visited while being entertained by the charming melodies of the Nevery Brothers.



Our picnic was held in our courtyard and gazebo area. The weather could not have been more perfect and the flowers were beautiful! Everyone was smiling, laughing, and enjoying the company of one another. Residents and their families were making new memories and sharing old ones. In the days following the event, many residents complimented the team on the fantastic picnic. Some people questioned why we had never done our picnic in the courtyard previously.

The festivities included over 200 family members! For suggestions of how to improve our picnic, please see Jenna.

Coming Events

September 2nd - Labor Day

September 3rd - 1 PM - CR

Resident Meeting with Guest
Presentation

September 11th - 10:45 AM - CR

Public Service Social

September 16th - 1:15 PM - CR

Music with Kristen

September 24th - 1 PM - CR

Calendar Review

September 26th - 5:30 PM - CR

Take Out*

Celebrations

BIRTHDAYS

Kyra F. 9/2

Jean S. 9/3

Maggie O. 9/8

Elizabeth H. 9/8

Mercedes H. 9/10

Faye S. 9/18

Lori P. 9/21

Ashlee S. 9/22

Art R. 9/23

Kelsey K. 9/23

ANNIVERSARIES

Siebert and Joan S.
9/29

NEW STAFF

Elizabeth B.

Corinne K.

Jarita H.

NEW RESIDENTS

Richard M.

Rich & JoAnn V.

Michael P.

David J.

Mary Ann O.

WORK ANNIVERSARIES

Brittany C. 9/5 - five years
Lori P. 9/19 - two years

SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12:00 Walking Bingo</p> <p>9:00 CR Chapel</p> <p>11:00 CR Chair Aerobics</p> <p>1:00 FL Pfeffer</p> <p>1:30 CR Adult Coloring</p> <p>6:15 CR Movie</p>	<p>1 Labor Day</p> <p>9:00 MD Rummikub</p> <p>10:15 FP Hearts</p> <p>11:00 CR Chair Aerobics</p> <p>11:30 MD PSU - Trivia - the International Space Station</p> <p>1:15 CR Music with Kristen</p> <p>2:00 MD Bingo</p> <p>4:45 FL Vespers</p>	<p>2 9:30 Hyvee</p> <p>10:00 FL Men's Coffee & Reminisce</p> <p>11:00 FP Coffee & Current Events</p> <p>1:00 CR Resident Meeting</p> <p>2:00 CR Holy Lands Video Series</p> <p>3:00 CR Yoga with Julie</p> <p>3:45 CR PSU - Slideshow - Out of this World: the ISS</p> <p>4:45 FL Vespers</p> <p>6:00 CR Dime Bingo</p>	<p>3 9:30 CR Catholic Communion</p> <p>10:15 Walmart</p> <p>11:00 CR Chair Aerobics</p> <p>12:15 B Book Club</p> <p>1:00 Bank Run</p> <p>1:00 FP Manicures*</p> <p>2:00 CR This Week in History</p> <p>3:00 CR Balance Class</p> <p>4:45 FL Vespers</p> <p>6:00 CR PSU - Documentary - the International Space Station</p>	<p>4 9:00 Men's Breakfast</p> <p>9:30 Resident Rehab Visits*</p> <p>11:00 FL PSU - Reminisce - Shuttle Launches</p> <p>1:30 Veteran's Memorial Tour</p> <p>3:30 CR Chapel</p> <p>4:15 CR PSU - Discussion - the ISS</p> <p>4:45 FL Vespers</p> <p>6:00 CR Unexplained Phenomenon's Documentary</p>	<p>5 12:00 Walking Bingo</p> <p>9:30 CR Morning Crossword</p> <p>10:15 FP Go Fish</p> <p>11:00 CR Chair Aerobics</p> <p>1:00 CR Wii Bowling</p> <p>2:00 MD Going Away Party for Peg</p> <p>4:00 Walgreens</p> <p>4:45 FL Vespers</p> <p>6:00 One to Ones with Jenna</p>	<p>6 12:00 Walking Bingo</p> <p>9:00 MD Rummikub</p> <p>10:00 FP Bible Study with Immanuel Lutheran Church</p> <p>2:00 MD Bingo</p> <p>6:15 CR Carol Burnett Show</p>
<p>National Assisted Living Week</p> <p>12:00 Walking Bingo</p> <p>9:00 CR Chapel</p> <p>11:00 CR Chair Aerobics</p> <p>1:00 FL Pfeffer</p> <p>1:30 CR Adult Coloring</p> <p>6:15 CR Movie</p>	<p>8 9:00 MD Rummikub</p> <p>10:15 FP Hearts</p> <p>11:00 CR Chair Aerobics</p> <p>11:30 MD PSU - Trivia - Seven Wonders of the World</p> <p>1:00 MD Vesa Valley Music</p> <p>2:00 CR Dementia Talk</p> <p>3:00 North Mankato Family Dollar</p> <p>4:45 FL Vespers</p>	<p>9 9:30 CR Catholic Mass</p> <p>9:30 Hyvee</p> <p>10:00 FL Men's Coffee & Reminisce</p> <p>11:00 FP Coffee & Current Events</p> <p>1:00 CR Fall Prevention</p> <p>2:00 MD Bingo</p> <p>3:00 CR Yoga with Julie</p> <p>3:45 CR PSU - Slideshow - Seven Natural Wonders</p> <p>4:45 FL Vespers</p> <p>6:00 CR Dime Bingo</p>	<p>10 10:30 Walgreens</p> <p>10:45 CR Public Service Social</p> <p>1:00 CR Assisted Living Services</p> <p>2:00 CR This Week in History</p> <p>3:00 CR Balance Class</p> <p>4:45 FL Vespers</p> <p>6:00 CR PSU - Documentary - Seven Natural Wonders of the World</p>	<p>11 9:30 Resident Rehab Visits*</p> <p>11:00 FL PSU - Reminisce - Have You Seen the Seven Wonders?</p> <p>1:30 Mystery Outing*</p> <p>3:30 CR Chapel</p> <p>4:15 CR PSU - Discussion - Seven Wonders of the World</p> <p>4:45 FL Vespers</p> <p>6:00 CR Unexplained Phenomenon's Documentary</p>	<p>12 12:00 Walking Bingo</p> <p>9:30 CR Donuts & Discussion with Moments Hospice</p> <p>10:15 FP Go Fish</p> <p>11:00 CR Chair Aerobics</p> <p>1:00 CR Wii Bowling</p> <p>2:00 MD Birthday Party</p> <p>4:00 Walgreens</p> <p>4:45 FL Vespers</p> <p>6:00 One to Ones with Jenna</p>	<p>13 12:00 Walking Bingo</p> <p>9:00 MD Rummikub</p> <p>10:00 FP Bible Study with Immanuel Lutheran Church</p> <p>2:00 MD Bingo</p> <p>6:15 CR Carol Burnett Show</p>
<p>12:00 Walking Bingo</p> <p>9:00 CR Chapel</p> <p>11:00 CR Chair Aerobics</p> <p>1:00 FL Pfeffer</p> <p>1:30 CR Wine & Canvas</p> <p>6:15 CR Movie</p>	<p>15 9:00 MD Rummikub</p> <p>10:15 FP Hearts</p> <p>11:00 CR Chair Aerobics</p> <p>11:30 MD PSU - Trivia - Olympic Games</p> <p>1:15 CR Music with Kristen</p> <p>2:00 MD Bingo</p> <p>3:00 Walmart Outing*</p> <p>4:45 FL Vespers</p>	<p>16 9:30 Aldi's</p> <p>10:00 FL Men's Coffee & Reminisce</p> <p>11:00 FP Coffee & Current Events</p> <p>1:00 CR Aromatherapy Presentation</p> <p>2:00 CR Holy Lands Video Series</p> <p>3:00 CR Yoga with Julie</p> <p>3:45 CR PSU - Slideshow - The Boys in the Boat</p> <p>4:45 FL Vespers</p> <p>6:00 CR Dime Bingo</p> <p>7:00 Cloud 9 Theater Production</p>	<p>17 9:30 CR Catholic Communion</p> <p>10:15 FP Farkle</p> <p>11:00 CR Chair Aerobics</p> <p>1:00 Bank Run</p> <p>1:30 CR Hearing Care Center with Dr. Frank</p> <p>2:00 CR This Week in History</p> <p>3:00 CR Balance Class</p> <p>4:45 FL Vespers</p> <p>6:00 CR PSU - Documentary - 1936 Olympic Oar Crew</p>	<p>18 9:30 Resident Rehab Visits*</p> <p>11:00 FL PSU - Reminisce - Sports and Activities</p> <p>1:30 Sibley Park</p> <p>3:30 CR Chapel</p> <p>4:15 CR PSU - Discussion - The Boys in the Boat</p> <p>4:45 FL Vespers</p> <p>6:00 CR Unexplained Phenomenon's Documentary</p>	<p>19 12:00 Walking Bingo</p> <p>9:30 CR Morning Crossword</p> <p>10:15 FP Go Fish</p> <p>11:00 CR Chair Aerobics</p> <p>1:00 CR Wii Bowling</p> <p>2:00 MD Happy Hour</p> <p>4:00 Walgreens</p> <p>4:45 FL Vespers</p> <p>6:00 One to Ones with Jenna</p>	<p>20 12:00 Walking Bingo</p> <p>9:00 MD Rummikub</p> <p>10:00 FP Bible Study with Immanuel Lutheran Church</p> <p>2:00 MD Bingo</p> <p>3:00 Mystery outing with Lori</p> <p>6:15 CR Carol Burnett Show</p>
<p>15 12:00 Walking Bingo</p> <p>9:00 CR Chapel</p> <p>11:00 CR Chair Aerobics</p> <p>1:00 FL Pfeffer</p> <p>1:30 CR Wine & Canvas</p> <p>6:15 CR Movie</p>	<p>16 9:00 MD Rummikub</p> <p>10:15 FP Hearts</p> <p>11:00 CR Chair Aerobics</p> <p>11:30 MD PSU - Trivia - Olympic Games</p> <p>1:15 CR Music with Kristen</p> <p>2:00 MD Bingo</p> <p>3:00 Walmart Outing*</p> <p>4:45 FL Vespers</p>	<p>17 9:30 Aldi's</p> <p>10:00 FL Men's Coffee & Reminisce</p> <p>11:00 FP Coffee & Current Events</p> <p>1:00 CR Aromatherapy Presentation</p> <p>2:00 CR Holy Lands Video Series</p> <p>3:00 CR Yoga with Julie</p> <p>3:45 CR PSU - Slideshow - The Boys in the Boat</p> <p>4:45 FL Vespers</p> <p>6:00 CR Dime Bingo</p> <p>7:00 Cloud 9 Theater Production</p>	<p>18 9:30 CR Catholic Communion</p> <p>10:15 FP Farkle</p> <p>11:00 CR Chair Aerobics</p> <p>1:00 Bank Run</p> <p>1:30 CR Hearing Care Center with Dr. Frank</p> <p>2:00 CR This Week in History</p> <p>3:00 CR Balance Class</p> <p>4:45 FL Vespers</p> <p>6:00 CR PSU - Documentary - 1936 Olympic Oar Crew</p>	<p>19 9:30 Resident Rehab Visits*</p> <p>11:00 FL PSU - Reminisce - Sports and Activities</p> <p>1:30 Sibley Park</p> <p>3:30 CR Chapel</p> <p>4:15 CR PSU - Discussion - The Boys in the Boat</p> <p>4:45 FL Vespers</p> <p>6:00 CR Unexplained Phenomenon's Documentary</p>	<p>20 12:00 Walking Bingo</p> <p>9:30 CR Morning Crossword</p> <p>10:15 FP Go Fish</p> <p>11:00 CR Chair Aerobics</p> <p>1:00 CR Wii Bowling</p> <p>2:00 MD Happy Hour</p> <p>4:00 Walgreens</p> <p>4:45 FL Vespers</p> <p>6:00 One to Ones with Jenna</p>	<p>21 12:00 Walking Bingo</p> <p>9:00 MD Rummikub</p> <p>10:00 FP Bible Study with Immanuel Lutheran Church</p> <p>2:00 MD Bingo</p> <p>3:00 Mystery outing with Lori</p> <p>6:15 CR Carol Burnett Show</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 12:00 Walking Bingo 9:00 CR Chapel 11:00 CR Chair Aerobics 1:00 FL Pfeffer 1:30 CR Adult Coloring with Aromatherapy 6:15 CR Movie	23 9:00 MD Rummikub 10:15 FP Hearts 11:00 CR Chair Aerobics 11:30 MD PSU - Trivia - Disruptive Innovations 1:00 CR Short Stories Read Aloud 2:00 MD Bingo 3:00 Target Outing 4:45 FL Vespers	24 9:30 Hyvee 10:00 FL Men's Coffee & Reminisce 11:00 FP Coffee & Current Events 1:00 MD Calendar Review 2:00 CR Fall Craft 3:00 CR Yoga with Julie 3:45 CR PSU- Slides - Disruptive Innovations 4:45 FL Vespers 6:00 CR Dime Bingo 7:00 Newsies Theater Production*	25 8:00 L Foot Care Clinic 9:30 CR Catholic Communion 10:15 FP Farkle 11:00 CR Chair Aerobics 1:00 CR Reminisce 2:00 CR This Week in History 3:00 CR Balance Class 4:45 FL Vespers 6:00 CR PSU- Documentary - Disruptive Innovations	26 9:30 Resident Rehab Visits* 11:00 FL PSU - Reminisce - Disruptive Innovations Affect on You 1:30 Apple Orchard* 3:30 CR Chapel 4:15 CR PSU- Discussion - Disruptive Innovations 4:45 FL Vespers 5:30 CR Take Out*	27 12:00 Walking Bingo 9:30 CR Donuts & Discussion with the Ecumen Store 10:15 FP Go Fish 11:00 CR Chair Aerobics 1:00 CR Wii Bowling 2:00 MD Sing Along 4:00 Walgreens 4:45 FL Vespers 6:00 One to Ones with Jenna	28 12:00 Walking Bingo 9:00 MD Rummikub 10:00 FP Bible Study with Immanuel Lutheran Church 2:00 MD Bingo 6:15 CR Carol Burnett Show
29 12:00 Walking Bingo 9:00 CR Chapel 11:00 CR Chair Aerobics 1:00 FL Pfeffer 1:30 CR Adult Coloring with Aromatherapy 6:15 CR Movie	30 9:00 MD Rummikub 10:15 FP Hearts 11:00 CR Chair Aerobics 11:30 MD PSU - Trivia - Peaches 1:00 CR Short Stories Read Aloud 2:00 MD Bingo 3:00 TJ Maxx 4:45 FL Vespers	B Bistro CR Community Room FL Front Lobby FP Fireplace Room FR Fitness Room G Gazebo L Library MD Main Dining Room SD Small Dining Room	Birthdays Kyra F. 9/2 Jean S. 9/3 Maggie O. 9/8 Elizabeth H. 9/8 Mercedes H. 9/10	Faye S. 9/18 Mary D. 9/19 Lori P. 9/21 Ashlee S. 9/22 Art R. 9/23 Kelsey K. 9/23	*Activities on this calendar are subject to change*	



September 2019

this is living!