

Puzzle



7	1	8					2	
		4		9	7			
3			1				6	
	8				3	9	1	
9	6					8	3	
	5		8					6
			9	4	1		8	
		9			8	6		
8		1	5	7	6	2		

A Note from the Executive Director

Make a List of Unexpected Benefits



It's no surprise that eating healthy and engaging in some form of exercise every day is likely to have a role in how well we age. But these are far from the only things involved, and they may not even be the most important ones. People who have exceeded the projected life expectancy for the year they were born, *that's you*, hold the secrets to living longer. You know which habits matter the most. You also know that healthy habits need to be maintained. Did you know that these same habits have unexpected benefits? Daily exercise and healthy eating contribute to better sleep. Better sleep contributes to better brain health. Better brain health contributes to a higher level of overall satisfaction with life. When you make your list of things to do today be sure to include: fitness, healthy eating, cognitive engagement, and social interaction. You'll be amazed at the list of unexpected benefits you'll experience!

Primrose Staff

Marilyn Johnson
Executive Director

Jackie Walker
Administrative
Assistant

Nikki Gilham
Sales Director

Rene Kilgore
Director of Nursing

Klementina Toska
Director of Dining

Angela Gardner
Life Enrichment

Terry Smith
Property Maintenance

I do the very best I can to look upon life with optimism and hope and looking forward to a better day. Rosa Parks

Resident Spotlight

Bob W.

Bob moved into Primrose in January. He grew up as a local in various cities around Ohio such as Upper Sandusky, Bucyrus and Ontario. He taught math at various local schools and coached track, football and basketball. He enjoys bridge and watching sports. His favorite part of living at Primrose is that food is prepared, activities offered, friendship and a nice atmosphere.



Event Highlight

An update on our new activities at Primrose. We started a Mexican Train Domino group in April. It is going well with new residents learning to play. We also started a new bridge group.

We started a walking group with our onsite therapy department Caretenders. We are having fun and anxiously waiting for it to warm up outdoors to utilize the wonderful countryside scenery.

Many residents were excited to learn how to use new technology such as how to operate an iPad, phone, Kindle and computer basics in the month of April..



Employee Spotlight

Natalie R.

Natalie is one of our new hires at Primrose. She is a resident assistant and has her STNA and is busy going to college at North Central State College for her RN degree. She has commented on how welcoming and friendly everyone at Primrose has been to her and likes seeing friendly faces. Welcome Natalie!



Coming Events

National Day of Prayer with Pastor Stricker
May 2nd @ 2:15 in the movie theater

May 8 @ 2:00 Mothers Day Celebration with a "Tea Cupping" theme

Clearfork Artisans Spring Concert May 13th @ 1:15

May 15th Lunch Bunch outing @ 11:00 to
Applebee's

May 22nd @ 1:30 Primrose University Class on
Cowboy Poetry and Country Western Music

May 29th @ 1:30 Havilah's Traveling Celtic Band

Celebrations

BIRTHDAYS

David C	5-1
Ed P	5-2
Sophia B	5-10
James P	5-18
Mary Lou M	5-19
Lois K	5-22
Michael G	5-23
Sylvia R	5-24
Elva N	5-26
Robert W	5-28

NEW RESIDENTS

Neva B
Fred B
Jo W

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:30 Music w/ Becky 2:30 Movie and Popcorn 3:30 Primrose Sneakers Walking Group 3:30 Lets Play Scrabble with Nikki 4:00 Fireside Friends 5:30 More of the Lord - Bible study	2 10:30 Movement and Weights 1:00 BINGO 2:15 National Day of Prayer w/ Pastor Stryker 2:30 Coed Billiards 3:30 Cocktail Party 4:00 Trivia 5:30 Bridge group	3 9:30 Coffee & Conversation 10:30 This Day in History 1:30 Crafts with Rene and Maurna 2:30 Janice Entertains 3:30 Fireside Friends 5:30 Mexican train	4 1:30 Euchre 2:00 Movie and Popcorn 2:00 Ice Cream Social 4:00 Dans Front Porch Travels 5:30 Fireside Friends
5	6	7	8	9	10	11
10:30 Church Service 1:00 Coed Billiards 2:00 Sunday Matinee Movie 5:30 Bridge Group (pub)	10:30 Movement & Weights 11:00 Veterans Group 1:00 Trip to Kroger 3:30 Bible Study 5:30 Mexican Train 5:30 Puzzle People	10:30 Movement and Weights 1:00 Busy Bees 1:00 Sing a long with Katie 1:30 WII Bowling 1:30 Pet Visits 3:00 Fruit BINGO 5:30 This Day in History	10:30 Music w/ Becky 2:00 Mothers Day Celebration 2:30 Movie and Popcorn 3:30 Primrose Sneakers Walking Group 4:00 Fireside Friends 5:30 More of the Lord (bible study)	10:00-11:00 Library Visits 10:30 Movement and Weights 1:00 BINGO 2:30 Coed Billiards 3:30 Cocktail Party 4:00 Trivia 5:30 Bridge group	9:30 Coffee & Conversation 10:30 This Day in History 1:30 Becky's Ballerinas 2:30 Shannon Entertains 3:30 Fireside Friends 5:30 Mexican train	1:30 Euchre 2:00 Movie and Popcorn 2:00 Ice Cream Social 4:00 Dans Front Porch Travels 5:30 Fireside Friends
12	13	14	15	16	17	18
10:30 Church Service 1:00 Coed Billiards 2:00 Sunday Matinee Movie 5:30 Bridge Group (pub)	10:30 Massage with Angie 10:30 Movement & Weights 1:15 Clearfork Artisans Spring concert 1:00 Trip to Kroger 3:30 Bible Study 5:30 Mexican Train	10:30 Movements and Weights 1:00 Busy Bees 1:30 WII Bowling 1:30 Pet Visits 3:00 BINGO 5:30 This Day in History	10:30 Music w/ Becky 11:00 Lunch Bunch Outing 2:30 Journaling with Marilyn 1:1 2:30 Movie and Popcorn 3:30 Primrose Sneakers Walking Group 5:30 More of the Lord (Bible study)	8:30-11:00 Wellness Clinic 10:30 Movement and Weights 1:00 BINGO 2:30 Coed Billiards 3:30 Cocktail Party 4:00 Trivia 5:30 Bridge Group	8:30 Coffee & Conversation 10:30 This Day in History Events 1:30 WII Bowling Lesson with Matt 2:30 Back yard Band Entertain 3:30 Fireside Friends 5:30 Mexican train	1:30 Euchre 2:00 Movie and Popcorn 2:00 Ice Cream Social 10:30 Bible Study Trivia 4:00 Dans Front Porch Travels 5:30 Fireside Friends

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 10:30 Church Service 1:00 Coed Billiards 1:30 Meet and greet 2:00 Sunday Matinee Movie 5:30 Bridge Group (pub)	20 10:30 Movement & Weights 1:00 Trip to Kroger 1:30 Crafts with Kindred 3:30 Bible Study 4:00 Fireside friends 5:30 Mexican Train	21 10:30 Movements and Weights 1:00 Busy Bees 1:30 Pet Visits 1:30 WII Bowling 2:30 Catholic Communion 3:00 Bingo 5:30 This Day in History	22 10:30 Music w/ Becky 1:30 Primrose University Class on Cowboy Poetry and Country Western Music 2:30 Movie and Popcorn 2:30 Lutheran Communion 3:30 Primrose Sneakers Walking Group 4:00 Fireside Chat (see above topic) 5:30 More of the Lord (bible study)	23 10:30 Movement and Weights 1:00 BINGO 2:30 Coed Billiards 3:30 Cocktail Party 4:00 Trivia 5:30 Bridge Group	24 9:30 Coffee & Conversation 10:30 This Day in History 1:30 Cooking with Klemintina 2:30 Mark Stacier Entertain 3:30 Fireside Friends 5:30 Mexican train	25 1:30 Euchre 2:00 Movie and Popcorn 2:00 Ice Cream Social 4:00 Dans Front Porch Travels 5:30 Fireside Friends
26 10:30 Church Service 1:00 Coed Billiards 2:00 Sunday Matinee Movie 5:30 Bridge Group (pub)	27 10:30 Movement & Weights 1:30 This Day in History 4:00 Fireside Friends 5:30 Mexican Train	28 10:30 Movements and Weights 1:00 Busy Bees 1:30 Pet Visits 1:30 WII Bowling 2:30 Resident Council Meeting 3:00 Bingo	29 10:30 Music w/ Becky 1:00-2:30 Hearwright 1:30 Havila's Traveling Celtic Band 2:30 Movie and Popcorn 3:30 Primrose Sneakers Walking Group 4:00 Fireside Friends 5:30 More of the Lord (Bible study)	30 10:30 Movement and Weights 1:00 Nickel BINGO 2:30 Coed Billiards 3:30 Cocktail Party 4:00 Trivia 5:30 Bridge Group	31 9:30 Coffee & Conversation 10:30 This Day in History 1:30 Technology Talk with Southern Care 2:30 Mark Stacier Entertain 3:30 Fireside Friends 5:30 Mexican train	