

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
 R N J R Z N M Q B N N L L N M T
 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

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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. Please join us! Who knows what waits for you at PSU? Kelly Duhaime

Primrose Staff

Kelly Duhaime
Executive Director

Jennifer Compton
Administrative Assistant

Deejra Lee
Sales Director

Sue Adams
Assistant Director of Nursing

Sylvia Davis
Director of Dining

Kay Garbaciak
Life Enrichment

Will Ward
Property Maintenance

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

Maya Angelou

Resident Spotlight

Kay was born in Abingdon, Illinois where she was raised on a farm. Kay graduated from Abingdon High School and was a part of the Home Economics Club. She attended the University of Illinois graduating with a degree in child development. College is where she met her future husband, Al, in a coffee house! Al and Kay married 2 years out of college. Kay worked as a kindergarten teacher for 4 years before starting her family. Kay and Al have 3 sons and 1 daughter, 9 grandchildren and 2 great grandchildren. Kay has wonderful memories of her children visiting their grandparents on the farm during summer vacations. After her last child was in college, Kay worked at Marshal Fields for 23 years in the bridal registry department where she met a lot of dear friends. She likes to knit in her spare time. Kay is very involved at Primrose as she attends movies, ice cream social, entertainment among many other activities.



Employee Spotlight

Deejra is our sales director. She was born in Berrien Springs, Michigan and raised in Buchanan, Michigan. She attended Buchanan High School where she played on the basketball team for 4 years, was homecoming queen and the Winterfest Princess! High school is where she met her husband, Jordan. She went to Lake Michigan College on a basketball scholarship finishing college at Ashford University. Jordan and Deejra have 2 sons...6 years old and 3 years old. Deejra likes to shop and spend time with her family going to the beach, movies and parks. She loves music and dancing. Deejra likes the friendly atmosphere at Primrose and getting to know the residents and their families. We welcome her to our Primrose team!



Event Highlight

August, what a month! We saw the beautiful "Quilt Gardens" in Elkhart County, shopped at Home Goods, had lunch at the Mexican restaurant Salsa's, a scrumptious dinner at Dandino's and had a private showing of the Lavender Shop in Niles, Michigan. We enjoyed the fantastic Nice n Easy dancers, the interesting Hawaiian dancers and the spectacular Rockerettes. Fred Walker, Michael Smith and Blue Sky Entertainers all graced us with their great musical talents. We sure have wonderful entertainment here at Primrose!!! Ellen Jennings informed us about Cataracts & Glaucoma. We had a talk on Monarchs from a St. Joseph County Parks representative. Fun! Fun! Fun!



Coming Events

National Assisted Living Week
September 8-13

Grandparent's Day
September 8

South Bend Symphony
Wind Quintet
September 20

Celebrations

BIRTHDAYS

Dale U.-September 5
Carl M.-September 9
Ruth F.-September 23

ANNIVERSARIES

Ken & Beth R.
September 20
Dan & Sue E.
September 23

SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 TH TV Mass</p> <p>11:00 TH TV Protestant Service</p> <p>1:30 PB Bingo</p> <p>2:30 Christian Service</p> <p>3:00 PB Table Games</p> <p>6:15 PB Pinochle</p> <p>6:30 PB Bridge</p> <p>6:30 PB Movie</p>	<p>1</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>1:30 PB Table Games</p> <p>3:30 BI Brain Teasers - Puzzles</p> <p>6:30 PB Movie</p>	<p>2</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>11:00 PB Time for Stories</p> <p>11:30 CH Piano in Chapel</p> <p>1:15 DR Target & Martins</p> <p>1:30 PB Bingo</p> <p>2:30 PB Social Hour w/ Dee Dee</p> <p>6:30 PB Euchre</p>	<p>3</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>9:45 BI PSU-Discussion International Space Station 1998</p> <p>10:30 AL Gardening</p> <p>2:00 PB Oldies Sing a Long</p> <p>3:00 BI Book Club</p> <p>4:00 CH Prayers in Chapel</p> <p>6:30 PB Movie</p>	<p>4</p> <p>9:00 ER Sit n Be Fit</p> <p>9:00 CH Mass</p> <p>9:30 BI Coffee in Bistro</p> <p>10:30 ER Chair Yoga</p> <p>11:00 DR Shopping at Christmas Shop & BK Lunch</p> <p>1:15 TH Our Strange Rock</p> <p>2:30 PB Happy Hour-September Birthday Celebration</p> <p>3:00 PB Anna Hagan-Harpist</p> <p>6:15 PB Hand & Foot</p>	<p>5</p> <p>Read a Book Day</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>9:30 CH Catholic Communion</p> <p>1:30 PB Bingo</p> <p>2:30 ER Wii Bowling</p> <p>3:30 PB Cocktails</p> <p>6:30 PB Movie</p>	<p>6</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>1:30 TH Movie</p> <p>2:00 PB Table Games</p> <p>6:30 PB Bridge</p> <p>7:00 TH Lawrence Welk-Channel 107</p>
<p>Grandparents Day</p> <p>10:30 TH TV Mass</p> <p>11:00 TH TV Protestant Service</p> <p>1:30 PB Bingo</p> <p>2:30 PB Grandparents Day-Root Beer Floats</p> <p>3:00 PB Table Games</p> <p>6:15 PB Pinochle</p> <p>6:30 PB Bridge</p> <p>6:30 PB Movie</p>	<p>8</p> <p>Art Show</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>10:30 ER Chair Yoga</p> <p>1:30 PB Kathy Leek-Plays the Dulcimer</p> <p>2:30 PB Ice Cream Social</p> <p>3:30 PB Fraud Awareness w/ Michael</p> <p>6:30 PB Movie</p>	<p>9</p> <p>Art Show</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>9:45 BI PSU-Youtube Space Trivia</p> <p>10:00 DR Meijer & Dollar Tree</p> <p>11:30 CH Piano in Chapel</p> <p>1:30 PB Bingo</p> <p>2:30 PB Resident Council</p> <p>6:30 PB Euchre</p>	<p>10</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>10:30 AL Gardening</p> <p>12:00 DR Sylvia's Creative Lunch</p> <p>1:30 BI Painting w/ Marge</p> <p>3:00 PB PSU Out of this World-Power Point</p> <p>4:00 CH Prayers in Chapel</p> <p>6:30 PB Movie</p>	<p>11</p> <p>Chocolate Milk Shake Day</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>9:45 BI PSU Earth Pictures with Discussion</p> <p>10:30 ER Chair Yoga</p> <p>11:15 DR Lunch w/ Amish Family</p> <p>1:15 TH Our Strange Rock</p> <p>2:30 PB Happy Hour</p> <p>3:00 PB Michael Smith-Sings, Guitar</p> <p>6:15 PB Hand & Foot</p>	<p>12</p> <p>Positive Thinking Day</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>9:30 CH Catholic Communion</p> <p>9:45 BI PSU-Earth Trivia</p> <p>11:00 TH Corn Hole</p> <p>1:30 PB Bingo</p> <p>3:30 PB Creative Cocktails</p> <p>6:30 PB Movie</p>	<p>13</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>1:30 TH Movie</p> <p>2:00 PB Table Games</p> <p>6:30 PB Bridge</p> <p>7:00 TH Lawrence Welk-Channel 107</p>
<p>15</p> <p>10:30 TH TV Mass</p> <p>11:00 TH TV Protestant Service</p> <p>1:30 PB Bingo</p> <p>3:00 PB Table Games</p> <p>6:15 PB Pinochle</p> <p>6:30 PB Bridge</p> <p>6:30 PB Movie</p>	<p>16</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>10:30 ER Chair Yoga</p> <p>1:30 PB Ellen Jenning-Talk on Senior Bullying</p> <p>2:30 PB Ice Cream Social</p> <p>3:30 BI Brain Teasers - Puzzles</p> <p>6:30 PB Movie</p>	<p>17</p> <p>Constitution Day</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>9:45 BI PSU-Youtube 7 Natural Wonders of the World</p> <p>10:00 DR Meijer & Dollar Tree</p> <p>11:30 CH Piano in Chapel</p> <p>1:30 PB Bingo w/ Sprenger</p> <p>2:15 PB Activity Meeting</p> <p>3:30 AL Pet Therapy w/ Harley</p> <p>6:30 PB Euchre</p>	<p>18</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>10:30 AL Gardening</p> <p>1:30 PB Lincoln Heritage</p> <p>3:00 PB PSU Seven Natural Wonders of the World Power Point</p> <p>4:00 CH Prayers in Chapel</p> <p>6:30 PB Movie</p>	<p>19</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>9:45 BI PSU Pictures of Grand Canyon and Trivia</p> <p>10:30 ER Chair Yoga</p> <p>11:00 DR Jade's Chinese Lunch</p> <p>1:15 TH Our Strange Rock</p> <p>2:30 Skip Bo</p> <p>3:30 PB Happy Hour</p> <p>6:00 PT Apple Festival</p>	<p>20</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>9:30 CH Catholic Communion</p> <p>9:45 BI PSU-Discussion on the Seven Natural Wonders of the World</p> <p>2:00 PB South Bend Symphony Wind Quintet</p> <p>3:30 PB Cocktails</p> <p>6:30 PB Movie</p>	<p>21</p> <p>International Peace Day</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>1:30 TH Movie</p> <p>2:00 PB Table Games</p> <p>6:30 PB Bridge</p> <p>7:00 TH Lawrence Welk-Channel 107</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 TH TV Mass</p> <p>11:00 TH TV Protestant Service</p> <p>1:30 PB Bingo</p> <p>3:00 PB Table Games</p> <p>6:15 PB Pinochle</p> <p>6:30 PB Bridge</p> <p>6:30 PB Movie</p>	<p>22 Checkers Day</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>10:30 ER Chair Yoga</p> <p>1:30 PB Fall Migration w/ St. Joseph County Parks</p> <p>2:30 PB Ice Cream Social</p> <p>3:00 BI Checkers</p> <p>3:30 PT Reminisce</p> <p>6:30 PB Movie</p>	<p>23</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>9:45 BI PSU-Youtube the Depression</p> <p>10:00 DR Meijer & Dollar Tree</p> <p>11:30 CH Piano in Chapel</p> <p>12:30 DR Men's Lunch</p> <p>1:30 PB Quarter Bingo</p> <p>2:30 AL Blood Pressure Clinic</p> <p>3:00 BI Origami</p> <p>6:30 PB Euchre</p>	<p>24</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>10:30 AL Gardening</p> <p>1:30 BI Table Games</p> <p>3:00 PB PSU An Inspiring World, The Boys in the Boat Power Point</p> <p>4:00 CH Prayers in Chapel</p> <p>6:30 PB Movie</p>	<p>25</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>9:45 BI PSU The Great Depression Picturesn</p> <p>10:30 ER Chair Yoga</p> <p>11:00 DR Women's Lunch</p> <p>1:15 TH Our Strange Rock</p> <p>2:30 PB Happy Hour</p> <p>3:00 PB Bryan Edington-Sings, Guitar</p> <p>6:15 PB Hand & Foot</p>	<p>26</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>9:45 CH Catholic Communion</p> <p>9:45 BI PSU-Discussion on the 1936 Olympics</p> <p>1:30 PB Bingo</p> <p>3:30 PB Cocktails w/ Always Best Care</p> <p>6:30 PB Movie</p>	<p>27</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>1:30 TH Movie</p> <p>2:00 PB Table Games</p> <p>6:30 PB Bridge</p> <p>7:00 TH Lawrence Welk-Channel 107</p>
<p>10:30 TH TV Mass</p> <p>11:00 TH TV Protestant Service</p> <p>1:30 PB Bingo</p> <p>3:00 PB Table Games</p> <p>6:15 PB Pinochle</p> <p>6:30 PB Bridge</p> <p>6:30 PB Movie</p>	<p>29</p> <p>9:00 ER Sit n Be Fit</p> <p>9:30 BI Coffee in Bistro</p> <p>10:30 ER Chair Yoga</p> <p>1:30 PB Visiting Physicians</p> <p>2:30 PB Ice Cream Social</p> <p>3:30 AL Puzzles</p> <p>6:30 PB Movie</p>	<p>30</p> <p>AL Assisted Living TV Area</p> <p>BI Bistro</p> <p>CH Chapel</p> <p>DR Dining Room</p> <p>ER Exercise Room</p> <p>PB Pub</p> <p>PT Patio</p> <p>TH Theatre</p>	<p>National Assisted Living Week...</p> <p>September 8-13</p> <p><i>"A Spark of Creativity"</i></p>	<p>GRANDPARENTS DAY</p> <p>Sunday, September 8</p> <p>Root Beer Floats at 2:30 in the Pub!</p>	<p>South Bend Symphony Wind Quintet</p> <p>*Friday, September 20th</p> <p>*2:00 in the Pub</p> <p>Sit back and enjoy the beautiful music!</p>	<p>Art Show</p> <p>Tuesday & Wednesday</p> <p>September 10-11</p> <p><i>"In the Bistro"</i></p>