

## 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

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 of 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

**Toni Wolfe**  
Executive Director

**Louise Thornton**  
Administrative Assistant

**Kelly Alexander**  
Sales Director

**Kenna Spiehs**  
Director of Nursing

**Gaylin Washam**  
Life Enrichment

**Casey Cunningham**  
Director of Dining

**Lonnie Austell**  
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

Meet Dennis! He was born and raised in Kansas. After attending college at two other universities, Dennis graduated from Oklahoma State with a PhD in Mechanical Engineering.



Dennis and his wife Kathy have lived at Primrose since 2015. They have 2 kids, 4 grandkids, and 2 great-grand kids. Dennis loves the friendly residents here at Primrose. He also loves playing poker with the guys and talking to other residents during current events.

## Employee Spotlight

Meet Hana! She was born and raised in Stillwater. She hopes to go to school to become an RN. She loves reading and spending time with her family.

Hana is new here at Primrose, she has been working in the kitchen for a month. She says she has loved meeting residents so if you haven't met her yet, go say hello!



## Event Highlight



**Nothing better than ice cream with friends.**

## Coming Events

-----  
Weenie Fest with Toni  
5/3

-----  
Ladies Fashion Show  
5/17

-----  
Mad Hatters Tea  
5/28  
-----

## Celebrations

### Birthdays

Cora 5/3

Jo W. 5/6

Billie C. 5/16

David N. 5/18

Darlene 5/18

Iris 5/19

Ann 5/30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 9:00 Ladies Coffee - B 9:30 Chair Yoga - WC 10:30 Prize Bingo - P 1:30 Residents Council - P 3:00 Wii Bowling - WC 3:00 Dominoes 6:00 Movie - T	<b>2</b> 9:30 Strength DVD - WC 9:45 <b>Fishing - F</b> 10:00 Scrabble - B 11:00 Tai Chi - WC 2:30 Chair Volleyball - WC 3:00 Dominoes - P 3:00 Ice Cream - B	<b>3</b> 9-4 Errands on the bus - F 9:30 Exercise Bands - WC 10:30 <b>New Games - P</b> 1:00 Pitch - P 3:00 Walk & Talk - AL 4:00 <b>2nd Annual Weenie Fest with Toni</b> 6:00 Movie - T	<b>4</b> 10:00 Ladies Coffee - B 10:30 Billiards - P 11:00 Dominoes - P 1:30 Poker - B 2:00 Movie Matinee - T
<b>5</b> 10:45 Chapel Service - C 1:00 Rummikub 2:00 Movie Matinee - T 3:00 Dominoes - P	<b>6</b> 9:30 Exercise Bands - WC 1:00 Bridge - P 2:15 Primrose University - B 3:00 Sundaes on Mondays - B 3:30 Current Events - B 4:00 <b>Antipasto Bar &amp; Wine Social - P</b> 6:00 Movie - T	<b>7</b> 9:00 Mens Coffee - B 9:30 Stretch DVD - WC 10:00 Walmart - F 10:45 Womens Bible Study - B 1:30 Poker - B 2:00 Quarter Bingo - P 3:00 <b>Baked Brie; Cooking with Kenna - P</b>	<b>8</b> 9:00 Ladies Coffee - B 9:30 Chair Yoga - WC 10:30 Prize Bingo - P 3:00 Wii Bowling - WC 3:00 Dominoes 6:00 Movie - T	<b>9</b> 9:30 Strength DVD - WC 10:00 Scrabble - B 11:00 Tai Chi - WC 2:30 Piano Man - P 3:00 Dominoes - P 3:00 Ice Cream - B	<b>10</b> 9-4 Errands on the bus - F 9:30 Exercise Bands - WC 10:30 <b>New Games - P</b> 1:00 Pitch - P 3:00 Walk & Talk - AL 4:00 Live Music Social - P 6:00 Movie - T	<b>11</b> 10:00 <b>Ladies Coffee - B</b> 10:30 Billiards - P 11:00 Dominoes - P 1:30 Poker - B 2:00 Movie Matinee - T
<b>12</b> 10:45 Chapel Service - C 1:00 Rummikub 2:00 Movie Matinee - T 3:00 Dominoes - P	<b>13</b> 9:30 Exercise Bands - WC 10:30 <b>Color Me Calm with Kelly - P</b> 1:00 Bridge - P 2:15 Primrose University - P 3:00 Sundaes on Mondays - B 3:30 Current Events - B 6:00 Movie - T	<b>14</b> 9:00 Mens Coffee - B 9:30 Stretch DVD - WC 10:00 Walmart - F 10:45 Womens Bible Study - B 1:30 Poker - B 2:00 Quarter Bingo - P	<b>15</b> 9:00 Ladies Coffee - B 9:30 Chair Yoga - WC 10:30 Prize Bingo - P 1:00 <b>McKnight Center Presentation - P</b> 3:00 Wii Bowling - WC 3:00 Dominoes 6:00 Movie - T	<b>16</b> 9:30 Strength DVD - WC 10:00 Scrabble - B 11:00 Tai Chi - WC 2:30 Chair Volleyball - WC 3:00 Dominoes - P 3:00 Ice Cream - B	<b>17</b> 9-4 Errands on the bus - F 9:30 Exercise Bands - WC 10:30 <b>New Games - P</b> 1:00 <b>1st Annual Ladies Fashion Show &amp; Lunch - P</b> 3:00 Walk & Talk - AL 4:00 Social - P 6:00 Movie - T	<b>18</b> 10:00 <b>Ladies Coffee - B</b> 10:30 Billiards - P 11:00 Dominoes - P 1:30 Poker - B 2:00 Movie Matinee - T

# May Life Enrichment Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>19</b> 10:45 Chapel Service - C 1:00 Rummikub 2:00 Movie Matinee - T 3:00 Dominoes - P	<b>20</b> 9:30 Exercise Bands - WC 10:00 <b>Shopping @ Nancys</b> 1:00 Bridge - P 2:15 Primrose University - P 3:00 Sundaes on Mondays - B 3:30 Current Events - B 6:00 Movie - T	<b>21</b> 9:00 Mens Coffee - B 9:30 Stretch DVD - WC 10:00 Walmart - F 10:45 Womens Bible Study - B 1:30 Poker - B 2:00 Quarter Bingo - P 3:00 <b>Edible Art - P</b>	<b>22</b> 9:00 Ladies Coffee - B 9:30 Chair Yoga - WC 10:30 Prize Bingo - P 3:00 Wii Bowling - WC 3:00 Dominoes 6:00 Movie - T	<b>23</b> 9:30 Strength DVD - WC 10:00 Scrabble - B 11:00 Tai Chi - WC 12:00 <b>Mystery Lunch; Red White and Blue Dress</b> 2:00 <b>Brothers In Arms; Oral Book Presentation - T</b> 3:00 Dominoes - P 3:00 Ice Cream - B	<b>24</b> 9-4 Errands on the bus - F 9:30 Exercise Bands - WC 10:30 <b>New Games - P</b> 1:00 Pitch - P 3:00 Walk & Talk - AL 4:00 Birthday Social - P 6:00 Movie - T	<b>25</b> 10:00 <b>Ladies Coffee - B</b> 10:30 Billiards - P 11:00 Dominoes - P 1:30 Poker - B 2:00 Movie Matinee - T
<b>26</b> 10:45 Chapel Service - C 1:00 Rummikub 2:00 Movie Matinee - T 3:00 Dominoes - P	<b>27</b> 9:30 Exercise Bands - WC 10:30 <b>Color Me Calm with Kelly - P</b> 1:00 Bridge - P 3:00 Sundaes on Mondays - B 3:30 Current Events - B 6:00 Movie - T	<b>28</b> 9:00 Mens Coffee - B 9:30 Stretch DVD - WC 10:00 Walmart - F 10:45 Womens Bible Study - B 1:30 Poker - B 2:00 Quarter Bingo - P 3:00 <b>Mad Hatters Tea; Limited Seating/ Hats Required - EDR</b>	<b>29</b> 9:00 Ladies Coffee - B 9:30 Chair Yoga - WC 10:30 Prize Bingo - P 3:00 Wii Bowling - WC 3:00 Dominoes 6:00 Movie - T	<b>30</b> 9:30 Strength DVD - WC 10:00 Scrabble - B 11:00 Tai Chi - WC 2:00 <b>Brothers In Arms; Oral Book Presentation - T</b> 3:00 Dominoes - P 3:00 Ice Cream - B	<b>31</b> 9-4 Errands on the bus - F 9:30 Exercise Bands - WC 10:30 <b>New Games - P</b> 1:00 Pitch - P 3:00 Walk & Talk - AL 4:00 Sing Along Social - P 6:00 Movie - T	
			<b>Key</b>	<b>Birthdays</b>		
			P = Pub T = Theatre WC = Wellness Center B = Bistro C = Chapel EDR = East Dining Room PDR = Private Dining Room F = Front Doors	Cora 5/3 Jo W. 5/6 Billie C. 5/16 David N. 5/18 Darlene N. 5/18 Iris 5/19 Ann 5/30		