

Puzzle



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

We all know the benefits of exercise, reducing stress, getting seven-eight hours of sleep each night, and eating healthy foods. A recent study has identified one more essential factor to add to that list: interaction with others. Isolation is one of the biggest problems for older adults; it leads to loneliness which can often lead to depression and other physical ailments. Primrose Senior University is designed to challenge our brains and to provide daily opportunities to interact with other residents, share ideas, recall past experiences, discuss 21st Century topics, read short stories, and continue to build active communities. All of these contribute to our health and wellbeing by making us stronger individuals and stronger communities!



Primrose Staff

Tauna Norman, RN
Executive Director

Debra Smith, LPN
Resident Care Coord

Jay Bryan, RN
Wellness Coord.

Laine Marrs
Administrative Assistant

Dana Travis
Sales Director

Heidi Gaffney
Life Enrichment

Marlana Plumley
Director of Dining

Ray Williams
Maintenance

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough. -Oprah Winfrey

Employee Spotlight



Laura is our Employee of the Month.

Laura joined our Primrose team in 2016 as a CNA. Laura says she is proud to be at Primrose and considers it an honor to serve the residents here.

Outside of work, you can find Laura spending time with her husband & three sons; two of which just left for college in Kansas.

Thank you Laura for all of your hard work & dedication to our residents and your fellow team members!

Resident Spotlight



Montine is the star of our resident spotlight. She moved into Primrose June, 2019. She said, "Before my retirement in 1997, I had a job at the Municipal Credit Union that I loved." Montine enjoys audio books, listening to music and the TV. She said her favorite thing about living at Primrose is, "Everything." Thank you

for making Primrose your home Montine!

Event Highlight

Trick or Treat Town

Thank You to all of the Vendors, the Volunteers, and the Staff for your time and hard work in making Trick or Treat Town a huge success! We had approximately 200 confirmed visitors of all ages who came to enjoy our event.

The creativity put into your costumes, decorating your space, and the game ideas were amazing!

We are already looking forward to what next year will bring.



Coming Events

Honor Our Veterans

Join Primrose in honoring our Veterans with a Free Breakfast & Color Presentation
November 11th.

Primrose Holiday Bazaar

Come do your Holiday Shopping Sat, Nov 16th
10:00AM –3:00PM

Celebrations

Birthdays

Charlie	11/14
Gladys K	11/21
Betty E.	11/24

NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> BL Billiards CA Craft Area CH Chapel DA Dining Area FL Front Lobby FSL Fireside Lounge GC Gardenside Cafe IC Ice Cream Parlor Pub Pub TH Theatre WC Wellness Center 					9:30 FL Shopping 1 11:30 FL Out to Lunch 1:00 BL Stash 2:00 Pub PSU Trivia 2:30 Pub Happy Hour 7:00 TH Movie	1:00 BL Stash 2 1:00 CA Learn to Knit with Maria 2:00 GC Music - Youth Bit Singers 2:00 TH Matinee Episodes of Downtown Abby 7:00 TH Movie
10:00 GC Church Service 3 11:15 GC Fellowship 2:00 TH Matinee Episodes of Downtown Abby 2:30 Pub Writers Club 7:00 TH Movie	9:30 WC Get Fit 4 10:45 TH PSU- Documentary Around the World in 80 Days 1:00 PSU Seek & Find 1:00 GC Resident Meeting 1:15 GC Speaker from Wells Springs 1:30 CA Learn to Knit with Maria 2:30 Pub Bingo 7:00 TH Movie	8:00 DA Senior Breakfast 5 9:30 WC Balance Class 10:45 TH PSU-Around the World in 80 Days 1:00 GC Walmart delivery/on-line shopping Speaker 1:00 TH Senior Saints Bible Study 1:00 BL Stash 1:30 GC Scrabble 2:00 GC Sing Along with Megan 3:00 Pub Birthday Party 3:00 IC Ice Cream Social 5:00 GC Irish Music Players 7:00 TH Movie	9:30 WC Chair Yoga 6 10:45 TH PSU-Around the World in 80 Days 1:00 BL Stash 1:00 GC Living with Vision Loss 1:30 CA Learn to Knit with Maria 2:00 Pub File-N-Style 3:30 FL Nature Walk - weather permitting 7:00 TH Movie	9:30 WC Weights 7 10:45 TH PSU- Around the World in 80 Days 11:00 CH Catholic Communion Service 1:00 BL Billiards 1:00 TH Harmonica Lessons 2:30 CA Arts & Crafts 7:00 TH Movie	9:30 FL Shopping 8 11:30 FL Out to Lunch 1:00 BL Stash 2:00 Pub PSU Trivia 2:30 Pub Happy Hour 3:30 WC Fit Friday 7:00 TH Movie	1:00 BL Stash 9 1:30 CA Learn to Knit with Maria 2:00 CA Yarn Creations 2:00 TH Matinee Episodes of Downtown Abby 7:00 TH Movie
10:00 GC Church Service 10 11:15 GC Fellowship 2:00 TH Matinee Episodes of Downtown Abby 7:00 TH Movie	Veterans Day 11 9:00 DA Veterans Breakfast 9:30 GC Veterans Color Presentation 10:30 FL Veterans Memorial 1:00 GC Sing along with Music From the Heart 1:30 CA Learn to Knit with Maria 2:30 Pub Bingo 7:00 TH Movie	9:30 WC Balance Class 12 10:45 TH PSU- The Story of Nellie Bly 1:00 BL Stash 1:30 GC Scrabble 2:00 CA Greeting Card Club 2:00 GC Sing Along with Megan 3:00 IC Ice Cream Social 5:00 GC Irish Music Players 7:00 TH Movie	9:30 FL Turn A Leaf Thrift Store 13 1:00 BL Stash 1:00 GC Singing with Salvation Army 1:30 CA Learn to Knit with Maria 2:00 Pub File-N-Style 3:00 Veterans Hour 3:30 FL Nature Walk - weather permitting 7:00 TH Movie	9:30 WC Weights 14 11:00 FSL Read Aloud Short Story 11:00 CH Catholic Communion Service 1:00 BL Billiards 1:00 FL Circle of Love 1:00 TH Harmonica Lessons 2:30 CA Arts & Crafts 7:00 TH Movie	9:30 FL Shopping 15 11:30 FL Out to Lunch 1:00 BL Stash 2:00 Pub PSU Trivia 2:30 Pub Happy Hour 3:30 WC Fit Friday 7:00 TH Movie	10:00 Holiday Bazaar 16 1:00 BL Stash 1:00 GC Name That Tune & Sing Along 1:30 CA Learn to Knit with Maria 2:00 TH Matinee Episodes of Downtown Abby 7:00 TH Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 GC Church Service</p> <p>11:15 GC Fellowship</p> <p>2:00 TH Matinee Episodes of Downtown Abby</p> <p>7:00 TH Movie</p> <p style="text-align: right;">17</p>	<p>9:30 WC Get Fit</p> <p>10:45 TH PSU- Documentary The Huble Space Station</p> <p>1:00 DA PSU Seek & Find</p> <p>1:30 CA Learn to Knit with Maria</p> <p>2:30 Pub Bingo</p> <p>7:00 TH Movie</p> <p style="text-align: right;">18</p>	<p>9:30 WC Balance Class</p> <p>10:45 TH PSU-Americas Space Story</p> <p>1:00 TH Senior Saints Bible Study</p> <p>1:00 BL Stash</p> <p>1:30 GC Scrabble</p> <p>2:00 GC Sing Along with Megan</p> <p>3:00 IC Ice Cream Social</p> <p>5:00 GC Irish Music Players</p> <p>7:00 TH Movie</p> <p style="text-align: right;">19</p>	<p>9:30 WC Chair Yoga</p> <p>1:00 BL Stash</p> <p>1:00 GC Q & A with Tauna</p> <p>1:30 CA Learn to Knit with Maria</p> <p>2:00 Pub File-N-Style</p> <p>3:30 FL Nature Walk - weather permitting</p> <p>7:00 TH Movie</p> <p style="text-align: right;">20</p>	<p>10:00 GC Caregiver Support Group</p> <p>11:00 CH Catholic Communion Service</p> <p>1:00 BL Billiards</p> <p>2:00 GC Hymn Singing with Becky</p> <p>5:45 FL Bingo at Wasilla Bingo Hall</p> <p>7:00 TH Movie</p> <p style="text-align: right;">21</p>	<p>9:30 FL Shopping</p> <p>11:30 FL Out to Lunch</p> <p>1:00 BL Stash</p> <p>2:00 Pub PSU Trivia</p> <p>2:30 Pub Happy Hour</p> <p>3:30 WC Fit Friday</p> <p>7:00 TH Movie</p> <p style="text-align: right;">22</p>	<p>1:00 BL Stash</p> <p>1:30 CA Learn to Knit with Maria</p> <p>2:00 CA Yarn Creations</p> <p>2:00 TH Matinee Episodes of Downtown Abby</p> <p>7:00 TH Movie</p> <p style="text-align: right;">23</p>
<p>10:00 GC Church Service</p> <p>11:15 GC Fellowship</p> <p>2:00 TH Matinee Episodes of Downtown Abby</p> <p>7:00 TH Movie</p> <p style="text-align: right;">24</p>	<p>9:30 WC Get Fit</p> <p>10:45 TH PSU-Documentary on Outerspace</p> <p>1:00 DA PSU Seek & Find</p> <p>1:30 CA Learn to Knit with Maria</p> <p>2:30 Pub Bingo</p> <p>7:00 TH Movie</p> <p style="text-align: right;">25</p>	<p>9:30 WC Balance Class</p> <p>11:00 TH PSU-Documentary Recycling</p> <p>1:00 BL Stash</p> <p>1:30 GC Scrabble</p> <p>2:00 CA Greeting Card Club</p> <p>2:00 GC Sing Along with Megan</p> <p>3:00 IC Ice Cream Social</p> <p>5:00 GC Irish Music Players</p> <p>7:00 TH Movie</p> <p style="text-align: right;">26</p>	<p>9:30 WC Chair Yoga</p> <p>1:00 BL Stash</p> <p>1:30 CA Learn to Knit with Maria</p> <p>2:00 Pub File-N-Style</p> <p>3:30 FL Nature Walk - weather permitting</p> <p>7:00 TH Movie</p> <p style="text-align: right;">27</p>	<p>Happy Thanksgiving!</p> <p>11:00 CH Catholic Communion Service</p> <p>12:00 DA Thanksgiving Dinner</p> <p>1:00 BL Billiards</p> <p>7:00 TH Movie</p> <p style="text-align: right;">28</p>	<p>9:30 FL Shopping</p> <p>11:30 FL Out to Lunch</p> <p>1:00 BL Stash</p> <p>2:00 Pub PSU Trivia</p> <p>2:30 Pub Happy Hour</p> <p>3:30 WC Fit Friday</p> <p>5:00 DA Pizza Party</p> <p>7:00 TH Movie</p> <p style="text-align: right;">29</p>	<p>1:00 BL Stash</p> <p>1:30 CA Learn to Knit with Maria</p> <p>2:00 TH Matinee Episodes of Downtown Abby</p> <p>7:00 TH Movie</p> <p style="text-align: right;">30</p>