

Renaissance of Ponca City

April 2019

2616 Turner Road
Ponca City, OK 74604



Parkinson's Disease Awareness Month

How to Stay Positive with Parkinson's

A staggering one million Americans have Parkinson's Disease. That means every nine minutes there is a new diagnosis of PD. While there is not a cure yet, great strides are being made into the cause and treatment of the disease. Many folks living with the disease, have found ways to remain or regain their positive attitude.

“Focus on what you can do, not what you can't.”

“It's all about attitude. You should do what you can, to the best of your energy and ability.”

“Always look for the positives.”

“Let go of worries.”

“Keep your sense of humor.”

“Keep a diary of positive moments.”

“Exercise regularly, even when you don't feel like it.”

“Participate in relaxation type exercises- such as Yoga or meditation classes.”

“When you can... DANCE!”

April Birthdays!

Addie H.
April 6th

Donald E.
April 8th



Today's Trends Laughter & Longevity

Humor is reported to be therapeutic. There are several reasons that laughter is associated with long life. It triggers physical responses in our body that are important for well-being regardless of age such as:

- Laughter boosts the immune system by decreasing the stress hormone cortisol and minimizing inflammation throughout the body.
 - Laughter protects the heart and improves the function of blood vessels which can help protect against heart attack and other cardiovascular problems.
 - Laughter decreases blood pressure and improves blood circulation and oxygen intake.
 - Laughter relaxes the entire body, relieving muscle tension and stress.
 - Laughter triggers the release of endorphins, the body's natural feel-good chemicals.
- It's no wonder we feel great with a good laugh.

Reminder:

Don't forget about our Easter luncheon
and Easter egg hunt!

You won't want to miss it!

Happy Easter!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>THE RENAISSANCE A SENIOR LIVING COMMUNITY OF CHOICE</p>	9:30 PE Morning Exercises 1 10:30 News & Nibbles 2:00 Cookies & Milk 6:00 Movie Night 7:15 Evening Stroll	9:30 PE Morning Exercises 2 10:30 Coffee & Convo's 2:00 Sonic Outing 6:00 Crossword Puzzles 7:15 Stretch & Flex	9:30 PE Morning Exercises 3 10:30 Snacks & Chats 2:00 Bingo 6:00 Card Game 7:15 Simple Stretches	9:30 PE Morning Exercises 4 10:30 Food Committee Meeting 1:00 Music & Manicures 2:30 Bible Study 6:00 Domino's 7:15 Wind Down Walk	9:30 PE Morning Exercises 5 10:30 Coffee & Crosswords 3:00 Live Entertainment 6:00 Movie Night 7:15 Stretch It Out	9:30 Morning Walk 6 2:00 Board Game 6:00 Brews & News 7:15 Saturday Stretches
	10:00 SS Sunday Service 7 2:00 Card Game 6:00 Word Puzzles 7:15 Sunday Striders	9:30 PE Morning Exercises 8 10:30 News & Nibbles 2:00 Wine & Cheese 6:00 Movie Night 7:15 Evening Stroll	9:30 PE Morning Exercises 9 10:30 Coffee & Convo's 2:00 Braum's Outing 6:00 Crossword Puzzles 7:15 Stretch & Flex	9:30 PE Morning Exercises 10 10:30 Snacks & Chats 2:00 CE Taste & Tell 6:00 Card Game 7:15 Simple Stretches	9:30 PE Morning Exercises 11 10:30 Food Committee Meeting 1:00 Music & Manicures 2:30 Bible Study 6:00 Domino's 7:15 Wind Down Walk	9:30 PE Morning Exercises 12 10:30 Coffee & Crosswords 6:00 Movie Night 7:15 Stretch It Out
10:00 SS Sunday Service 14 2:00 Card Game 6:00 Word Puzzles 7:15 Sunday Striders	9:30 PE Morning Exercises 15 10:30 News & Nibbles 2:00 Coke Floats 6:00 Movie Night 7:15 Evening Stroll	9:30 PE Morning Exercises 16 10:30 Coffee & Convo's 2:00 Walmart Outing 6:00 Crossword Puzzles 7:15 Stretch & Flex	9:30 PE Morning Exercises 17 10:30 Snacks & Chats 2:00 LL Birthday Bash! 6:00 Card Game 7:15 Simple Stretches	9:30 PE Morning Exercises 18 10:30 Food Committee Meeting 1:00 Music & Manicures 2:30 Bible Study 6:00 Domino's 7:15 Wind Down Walk	9:30 PE Morning Exercises 19 10:30 Coffee & Crosswords 6:00 Movie Night 7:15 Stretch It Out	9:30 Morning Walk 20 2:00 Board Game 6:00 Brews & News 7:15 Saturday Stretches
Easter 21 10:00 SS Sunday Service 2:00 Card Game 6:00 Word Puzzles 7:15 Sunday Striders	9:30 PE Morning Exercises 22 10:30 News & Nibbles 2:00 Meat and Cheese Tray Social 6:00 Movie Night 7:15 Evening Stroll	9:30 PE Morning Exercises 23 10:30 Coffee & Convo's 2:00 CC Out & About Outing 6:00 Crossword Puzzles 7:15 Stretch & Flex	9:30 PE Morning Exercises 24 10:30 Snacks & Chats 2:00 AE Crafty Corner 6:00 Card Game 7:15 Simple Stretches	9:30 PE Morning Exercises 25 10:30 Food Committee Meeting 1:00 Music & Manicures 2:30 Bible Study 6:00 Domino's 7:15 Wind Down Walk	9:30 PE Morning Exercises 26 10:30 Coffee & Crosswords 6:00 Movie Night 7:15 Stretch It Out	9:30 Morning Walk 27 2:00 Board Game 6:00 Brews & News 7:15 Saturday Stretches
10:00 SS Sunday Service 28 2:00 Card Game 6:00 Word Puzzles 7:15 Sunday Striders	9:30 Resident Council Meeting 29 10:30 News & Nibbles 2:00 Ice Cream Social 6:00 Movie Night 7:15 Evening Stroll	9:30 PE Morning Exercises 30 10:30 Coffee & Convo's 2:00 Casino Outing 6:00 Crossword Puzzles 7:15 Stretch & Flex	2616 Turner Road Ponca City, OK 74604 580-765-5900			AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support