

# Renaissance of Ponca City

June 2019

2616 Turner Road  
Ponca City, OK 74604



## Why Drink More Water?

The consumption of water has many benefits and makes the body function efficiently. While dehydration decreases alertness and concentration. If you have ever wondered what does water do for the human body, then you may be pleasantly informed:

- 1) It prevents loss of memory as you age.
- 2) Water allows for efficient cell repair.
- 3) Better muscular function, as water allows the red blood cells to carry oxygen more efficiently.
- 4) Cleanses toxic waste from various parts of the body.
- 5) Water is essential for the body to sweat and release toxins.
- 6) It lessens addictive urges, including caffeine, alcohol and certain drugs.
- 7) Slows down the aging process and makes the skin smooth.
- 8) Lubricates joints and lessens discomfort from arthritis or back pain.

Plus, there are also many benefits from drinking infused water! Some of those include; boosts immune system, helps lose weight, helps lower stress and anxiety and much more! We offer this at our Hydration



## June Birthdays!

**Susan B.  
June 11th**



## Today's Trends

### Savvy Tech Users

For a long time, there has been a common misconception that technology and seniors do not mesh. Some folks admittedly explain that they feel slightly intimidated by newer technology or unequipped to use it correctly.

However, the truth is that more and more seniors are embracing technology each year and are finding out that technology can open new possibilities for them and can make them feel more independent.

### Benefits of Technology:

It connects you to friends/family.  
Adds additional protection since you can take it with you anywhere.  
Find more social contacts while connecting with your community.  
Interacting in new ways.  
Provides medical alert systems.  
GPS Trackers  
APPS- Galore!


## Welcoming our staff!

**Executive Director:** Tara Chill

**Director of Sales & Marketing:** Lynn Fox

**Sales consultant/  
Lifestyle & Leisure  
Director:** Elizabeth Pando



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>June cont'd</p> <p><b>30</b></p> <p>10:00 <b>SS</b> Sunday Service</p> <p>2:00 Card Game</p> <p>6:00 Word Puzzles</p> <p>7:15 Sunday Striders</p>	<p> <b>THE RENAISSANCE</b> A SENIOR LIVING COMMUNITY OF CHOICE</p> <p>2616 Turner Road Ponca City, OK 74604 580-765-5900</p>			<p><b>AE</b> Artistic Expression</p> <p><b>CC</b> Community Connections</p> <p><b>CE</b> Continuing Education</p> <p><b>LL</b> Lifestyle &amp; Leisure</p> <p><b>PE</b> Physical Engagement</p> <p><b>SS</b> Spiritual Support</p>			<p>9:30 Morning Walk <b>1</b></p> <p>2:00 Board Game</p> <p>6:00 Brews &amp; News</p> <p>7:15 Saturday Stretches</p>
<p>10:00 <b>SS</b> Sunday Service <b>2</b></p> <p>2:00 Card Game</p> <p>6:00 Word Puzzles</p> <p>7:15 Sunday Striders</p>	<p>9:30 <b>PE</b> Morning Exercises <b>3</b></p> <p>10:30 News &amp; Nibbles</p> <p>2:00 Rootbeer Floats</p> <p>6:00 Movie Night</p> <p>7:15 Evening Stroll</p>	<p>9:30 <b>PE</b> Morning Exercises <b>4</b></p> <p>10:30 Coffee &amp; Convo's</p> <p>2:00 Casino Outing!</p> <p>6:00 Crossword Puzzles</p> <p>7:15 Stretch &amp; Flex</p>	<p>9:30 <b>PE</b> Morning Exercises <b>5</b></p> <p>10:30 Snacks &amp; Chats</p> <p>2:00 Bingo</p> <p>6:00 Card Game</p> <p>7:15 Simple Stretches</p>	<p>9:30 <b>PE</b> Morning Exercises <b>6</b></p> <p>10:30 <b>CC</b> Food Committee Meeting</p> <p>1:00 Music &amp; Manicures</p> <p>2:30 Bible Study</p> <p>6:00 Domino's</p> <p>7:15 Wind Down Walk</p>	<p>9:30 <b>PE</b> Morning Exercises <b>7</b></p> <p>10:30 Coffee &amp; Crosswords</p> <p>3:00 <b>LL</b> Live Entertainment</p> <p>6:00 <b>CC</b> Movie Night</p> <p>7:15 Stretch It Out</p>	<p>9:30 Morning Walk <b>8</b></p> <p>2:00 Board Game</p> <p>6:00 Brews &amp; News</p> <p>7:15 Saturday Stretches</p>	
<p>10:00 <b>SS</b> Sunday Service <b>9</b></p> <p>2:00 Card Game</p> <p>6:00 Word Puzzles</p> <p>7:15 Sunday Striders</p>	<p>9:30 <b>PE</b> Morning Exercises <b>10</b></p> <p>10:30 News &amp; Nibbles</p> <p>2:00 Happy Hour!</p> <p>6:00 <b>CC</b> Movie Night</p> <p>7:15 Evening Stroll</p>	<p>9:30 <b>PE</b> Morning Exercises <b>11</b></p> <p>10:30 Coffee &amp; Convo's</p> <p>2:00 Sonic Outing!</p> <p>6:00 Crossword Puzzles</p> <p>7:15 Stretch &amp; Flex</p>	<p>9:30 <b>PE</b> Morning Exercises <b>12</b></p> <p>10:30 Snacks &amp; Chats</p> <p>2:00 <b>AE</b> Crafty Corner</p> <p>6:00 Card Game</p> <p>7:15 Simple Stretches</p>	<p>9:30 <b>PE</b> Morning Exercises <b>13</b></p> <p>10:30 <b>CC</b> Food Committee Meeting</p> <p>1:00 Music &amp; Manicures</p> <p>2:30 <b>SS</b> Bible Study</p> <p>6:00 Domino's</p> <p>7:15 Wind Down Walk</p>	<p>9:30 <b>PE</b> Morning Exercises <b>14</b></p> <p>10:30 Coffee &amp; Crosswords</p> <p>2:00 <b>CE</b> Victorian Talks with Ladies</p> <p>6:00 <b>CC</b> Movie Night</p> <p>7:15 Stretch It Out</p>	<p>9:30 Morning Walk <b>15</b></p> <p>2:00 Board Game</p> <p>6:00 Brews &amp; News</p> <p>7:15 Saturday Stretches</p>	
<p><b>Father's Day</b> <b>16</b></p> <p>10:00 <b>SS</b> Sunday Service</p> <p>2:00 Card Game</p> <p>6:00 Word Puzzles</p> <p>7:15 Sunday Striders</p>	<p>9:30 <b>PE</b> Morning Exercises <b>17</b></p> <p>10:30 News &amp; Nibbles</p> <p>2:00 Cookies &amp; Milk</p> <p>6:00 <b>CC</b> Movie Night</p> <p>7:15 Evening Stroll</p>	<p>9:30 <b>PE</b> Morning Exercises <b>18</b></p> <p>10:30 Coffee &amp; Convo's</p> <p>2:00 Braums Outing!</p> <p>6:00 Crossword Puzzles</p> <p>7:15 Stretch &amp; Flex</p>	<p>9:30 <b>PE</b> Morning Exercises <b>19</b></p> <p>10:30 Snacks &amp; Chats</p> <p>2:00 <b>CE</b> Taste &amp; Tell</p> <p>6:00 Card Game</p> <p>7:15 Simple Stretches</p>	<p>9:30 <b>PE</b> Morning Exercises <b>20</b></p> <p>10:30 <b>CC</b> Food Committee Meeting</p> <p>1:00 Music &amp; Manicures</p> <p>2:30 Bible Study</p> <p>6:00 Domino's</p> <p>7:15 Wind Down Walk</p>	<p>9:30 <b>PE</b> Morning Exercises <b>21</b></p> <p>10:30 Coffee &amp; Crosswords</p> <p>3:00 <b>LL</b> Live Entertainment</p> <p>6:00 <b>CC</b> Movie Night</p> <p>7:15 Stretch It Out</p>	<p>9:30 Morning Walk <b>22</b></p> <p>2:00 Board Game</p> <p>6:00 Brews &amp; News</p> <p>7:15 Saturday Stretches</p>	
<p>10:00 <b>SS</b> Sunday Service <b>23</b></p> <p>2:00 Card Game</p> <p>6:00 Word Puzzles</p> <p>7:15 Sunday Striders</p>	<p>9:30 <b>PE</b> Morning Exercises <b>24</b></p> <p>10:30 News &amp; Nibbles</p> <p>2:00 Banana Split Social</p> <p>6:00 <b>CC</b> Movie Night</p> <p>7:15 Evening Stroll</p>	<p>9:30 <b>PE</b> Morning Exercises <b>25</b></p> <p>10:30 Coffee &amp; Convo's</p> <p>2:00 Walmart Outing!</p> <p>6:00 Crossword Puzzles</p> <p>7:15 Stretch &amp; Flex</p>	<p>9:30 <b>PE</b> Morning Exercises <b>26</b></p> <p>10:30 Snacks &amp; Chats</p> <p>2:00 Birthday Bash!</p> <p>6:00 Card Game</p> <p>7:15 Simple Stretches</p>	<p>9:30 <b>PE</b> Morning Exercises <b>27</b></p> <p>10:30 <b>CC</b> Food Committee Meeting</p> <p>1:00 Music &amp; Manicures</p> <p>2:30 Bible Study</p> <p>6:00 Domino's</p> <p>7:15 Wind Down Walk</p>	<p>9:30 <b>PE</b> Morning Exercises <b>28</b></p> <p>10:30 Coffee &amp; Crosswords</p> <p>3:00 <b>LL</b> Live Entertainment</p> <p>6:00 <b>CC</b> Movie Night</p> <p>7:15 Stretch It Out</p>	<p>9:30 Morning Walk <b>29</b></p> <p>2:00 Board Game</p> <p>6:00 Brews &amp; News</p> <p>7:15 Saturday Stretches</p>	