#### CONTACTS

**Executive Director** 

Denise Anderson Da Silveira

**Community Relations Director** Rory Mitchell

**Wellness Director** 

Val Samedi

**Memory Care Wellness Director** Jennie Boyd

**Life Enrichment Assistant** Gayla Farthing

National Suicide Hotline

Alzheimers Association 1-800-272-3900

Institute of Aging Friendship Line 1-800-971-0016



We're **MAD** about MARCH!



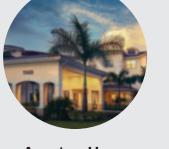






A few months before his fiftieth birthday in 1907, the psychologist Sigmund Freud wrote that anyone over fifty was beyond their sell-by-date. But nothing could be farther from the truth. Freud himself wrote his most important books in his fifties and sixties. While our mental and physical skills decline over time, it turns out that most and possibly all are use-it-or-lose-it skills. This means, if we never stop using these skills, we get to hang onto them, and even advance them, far later in life than anyone thought possible.

Take VO2 Max, or maximal oxygen consumption. It refers to the amount of oxygen a person can utilize while exercising. VO2 Max starts to sag in our twenties and falls off a cliff after fifty. For years, scientists believed there was nothing that could be done about this. Then marathoners and triathletes and ultra-runners—in their sixties, seventies and eighties—began to post times that shouldn't have been possible. Researchers took a closer look at elite octogenarian athletes and found that training could erase fifty years of decline. They also found the same to hold true for strength and cognitive skills. The conclusion? Never believe the myths about aging.



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**BONITA SPRINGS MEMORY CARE** 

**MARCH 2024** 

# FLIRTING IN THE DIGITAL AGE

No one forgets their first date. No matter how long ago that may have been, first dates tend to bring smiles to the people who're telling their side of the story. Today, online dating is becoming increasingly popular for older adults to meet new people and develop meaningful relationships. It allows seniors to increase their social circle and get to know others from the comfort of home. With so many potential benefits, it's no surprise that more and more seniors are joining online dating sites and apps.

For many older adults, dating can be a rewarding yet daunting experience. The fear of meeting a new person and starting from scratch can be overwhelming. But with an open heart and a willingness to explore new possibilities, seniors can still find meaningful connections.



For seniors, the dating scene has changed drastically over the years. But the prevalence of dating apps and websites makes it easier than ever to find potential partners. Age is just a number, and everyone has something to offer. Residents should focus on their positive qualities and what they can bring to a relationship rather than dwelling on their age or perceived shortcomings.



## **MARCH 2024 EVENTS!**

- Music w/Gene Sherfy
- Music w/James Saint Amour
- Music w/Robin Stasko
- Music w/Flash Forward Duo
- Saint Patrick's Day Party

- Alice in Wonderland Event
- Easter Dinner
- Let's Go for Ice Cream Outing

### NATIONAL WOMEN'S HISTORY MONTH

resolution designating March as Women's History Month.

Educators in Santa Rosa, California, first celebrated Women's History Week in March 1978 to increase awareness of women's contributions to society. In 1980, U.S. President Jimmy Carter declared the week of March 8 National Women's History Week, with these words: "The achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well." The week-long event officially became a month-long one in 1987 when Congress passed a



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			March 20	024	9:00a Walking Club MC 10:00a Bowling MCA 1:30p Let's Go For Ice Cream MCA 2:30p Tea & Story Time MC 3:00p Opposites MC 5:30p Let's Go to the Movies MC	9:00a Walking Club MC 11:00a Cardio Drumming MC 1:00p Sing Along MC 2:00p BINGO! MC 3:00p Name That Tune 5:30p Let's Go to the Movies MC
9:00a Walking Club 11:00a Bag Toss 12:00p Opposites 1:00p Story Time 1:30p Devotion 3:00p Name That Tune 5:00p Let's Go to the Movies	C 10:00a Dance MCL 11:00a Finish the Phrase MC 1:00p Art Class MCA 12:00p Timeless Travel MC C 3:00p Poetry Corner MC	10:00a       Corn Hole       MC         11:00a       Bowling       MCA         1:00p       Golf       MCA         2:30p       Timeless Trivia       MC         3:00p       Story Time       MC         3:30p       Jeopardy       MC	06       07         9:00a       Walking Club       MC       9:00         10:00a       Guess Who? Game       MCL       10:0         11:00a       Dancercise       MC       11:0         1:00p       Creative Writing       MC       1:00         2:00p       BINGO!       MC       1:30         3:00p       Remember When       MC       3:00         5:30p       Tea & Coffee Talk       MC       5:30	a Walking Club Oa Dancercise MC Oa Creative Writing P Talk to Me Women's Grp MC P Music w/Gene Sherfy P Art Class MCA	9:00a Walking Club MC 10:00a Bowling MCA 1:30p Happy Hour MCA 2:30p Tea & Story Time MC 3:00p Opposites MC 5:30p Let's Go to the Movies MC	9:00a Walking Club MC 11:00a Cardio Drumming MC 1:00p Sing Along MC 2:00p BINGO! MC 3:00p What's My Name MC 5:30p Let's Go to the Movies MC
9:00a Walking Club 11:00a Bag Toss 12:00p Opposites 1:00p Sing Along 1:30p Devotion 3:00p Name That Tune 5:00p Let's Go to the Movies	C 10:00a Dance MCL 11:00a Finish the Phrase MC 1:00p Art Class MCA 2:00p Timeless Travel MC C 5:30p Let's Go to the Movies MC	10:00a Corn Hole MC 11:00a Bowling MCA 1:00p Golf MCA 2:30p Timeless Trivia MC	13       14         9:00a       Walking Club       MC       9:00         10:00a       Guess Who? Game       MCL       10:0         11:00a       Dancercise       MC       11:0         1:00p       Creative Writing       MC       1:00         2:00p       BINGO!       MC       1:30         3:00p       Remember When       MC       2:30         5:30p       Let's Go to the Movies       MC       3:00	a Walking Club Oa Dancercise MC Oa Creative Writing P Talk to Me Women's Grp Music w/James St. Amour MC P Mar Birthday Celebration Art Class MCA	9:00a Walking Club MCA 10:00a Bowling MCA 1:30p Happy Hour MCA 2:30p Tea & Story Time MC 3:00p Opposites MC 5:30p Let's Go to the Movies MC	9:00a Walking Club MC 11:00a Cardio Drumming MC 1:00p Sing Along MC 2:00p BINGO! MC 3:00p Finish The Phrase MC 5:30p Let's Go to the Movies MC
9:00a Walking Club 11:00a Bag Toss 12:00p Opposites 1:00p Story Time 1:30p Devotion 3:00p Name That Tune 5:00p Let's Go to the Movies	C 10:00a Dance MCL 11:00a Finish the Phrase MC 1:00p Art Class MCA 12:00p Timeless Travel MC C 5:30p Let's Go to the Movies MC	10:00a Corn Hole MC 11:00a Bowling MCA 1:00p Golf MCA 2:30p Timeless Trivia MC	9:00a       Walking Club       MC       9:00         10:00a       Guess Who? Game       MCL       10:0         11:00a       Dancercise       MC       11:0         1:00p       Creative Writing       MC       1:00         2:00p       BINGO!       MC       1:30         3:00p       Remember When       MC       2:30         4:00p       Alice in Wonderland Tea       3:00         Party Family Event       MC       5:30         5:30p       Let's Go to the Movies       MC	a Walking Club  Oa Dancercise  Oa Creative Writing  P Talk to Me Women's Grp  Music w/Robin Stasko  MCL  Mar Birthday Celebration  MC  Art Class  MCA	9:00a Walking Club MC 10:00a Bowling MCA 1:30p Happy Hour MCA 2:30p Tea & Story Time MC 3:00p Opposites MC 5:30p Let's Go to the Movies MC	9:00a Walking Club MC 11:00a Cardio Drumming MC 1:00p Sing Along MC 2:00p BINGO! MC 3:00p Who Am I? MC 5:30p Let's Go to the Movies MC
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All activities subject to change. **Bonita Springs Memory Care**