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We're **MAD** about MARCH!

DAYS TO NOTE AND LOOK FORWARD TO THIS MONTH

DAYLIGHT
SAVING TIME

SPRING FORWARD MARCH 10, 2:00 AM

CELEBRATE NATIONAL PI DAY!

THURSDAY, MARCH 14

SUNDAY, MARCH 17

St. Patrick's day

TUESDAY, MARCH 19

Spring BEGINS

MARCH BASKETBALL MADNESS

MARCH 17 – APRIL 8

HAPPY Easter

SUNDAY, MARCH 31

Quote of the Month

“ **DON'T BE AFRAID TO BE A FOOL.** ”
~ **STEPHEN COLBERT**

NEVER BELIEVE THE MYTHS ABOUT AGING

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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LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

FREEDOM PLACE ROSEVILLE 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!

- Joy Ride in the City
- Resident Council Meeting
- Easter
- Alice's Wonderland Adventures
- National Waffle Day
- Family Night Open House
- St. Patrick's Day
- National Potato Chip Day
- International Women's Day
- Nat'l Vietnam War Veterans Day

NATIONAL 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 resolution designating March as Women's History Month.



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div>March 2024</div>										01		02	
										10:00a 10:30a 1:30p 3:00p 3:30p 6:30p	Movin' & Groovin LUEY Trivia Bingo Weekly Reflections 1 on 1 w/LED Movie/Popcorn	10:30a 1:00p 1:30p 3:00p 4:00p 6:30p	Coloring Club The Weakest Link Nurture Program Games and Puzzles Pen Pals Movie/Popcorn
03		04		05		06		07		08		09	
10:30a 1:00p 1:30p 2:00p 3:30p 6:30p	Art Program Fun Facts Exercise Club Picture Me This... Bingo Movie/Snacks	10:00a 10:30a 11:00a 1:30p 2:30p 6:00p	Monday Motivation Movin' & Groovin' Trivia Quest Entmt by Billy D The Coloring Club Games, Puzzles & More	9:30a 10:30a 1:30p 3:00p 4:00p 6:00p	Manis & Mimosas Women's Club Entmt by Kenny L Artist in Resident Cognitive Conversations Movie/Tea	9:30a 11:00a 2:00p 3:00p 4:00p 6:00p	Tender Heart Joy Ride in the City A Penny for your Thoughts LUEY Tea Tasting Test LUEY Wonderland Trivia Movie/Hot Chocolate	9:30a 10:30a 1:30p 3:00p 3:30p 6:00p	Prim & Proper Relaxation for Men LUEY Decorating Day Picture Me This... LUEY Character Talk Book Club/Fireside	8:00a 10:00a 10:30a 1:30p 3:00p 4:00p 6:30p	Int'l Women's Day Movin' & Groovin LUEY Trivia SingFit Weekly Reflections Artist in Resident Movie/Popcorn	10:30a 1:00p 1:30p 3:00p 4:00p 6:30p	Coloring Club The Weakest Link Nurture Program Games and Puzzles Pen Pals Movie/Popcorn
10		11		12		13		14		15		16	
DAYLIGHT SAVING TIME													
10:30a 1:00p 1:30p 2:00p 3:30p 6:30p	Art Program Fun Facts Exercise Club Picture Me This... Bingo Movie/Snacks	10:00a 10:30a 11:00a 2:00p 3:30p 6:00p	Monday Motivation Movin' & Groovin' Trivia Quest LUEY Tea with the Girls Relax & Renew Games, Puzzles & More	9:30a 10:30a 1:30p 2:00p 3:00p 6:00p	Manis & Mimosas Women's Club Movin' & Groovin' Cognitive Conversations A Sense of Nature Movies/Snacks	9:30a 10:30a 1:30p 3:00p 4:00p 6:00p	Tender Heart Resident Council Meeting Entmt by Jerry P Bingo 1 on 1 with LED Movie/Popcorn	8:00a 9:30a 10:30a 1:30p 2:30p 3:30p 6:00p	Nat'l Potato Chip Day Prim & Proper Relaxation for Men Memory Lane Artist in Resident Alice in Wonderland Movie Movie/Hot Chocolate	10:00a 10:30a 11:30a 1:30p 3:00p 3:30p 6:00p	Movin' & Groovin LUEY Fun Facts St. Patty's Day Luncheon Entmt by Faye B Weekly Reflections Bingo Movie/Popcorn	10:30a 1:00p 1:30p 3:00p 4:00p 6:00p	Coloring Club The Weakest Link Nurture Program Games and Puzzles Pen Pals Movie/Snacks
17		18		19		20		21		22		23	
ST. PATRICK'S DAY				FIRST DAY OF SPRING									
8:00a 10:30a 1:00p 1:30p 2:00p 3:30p 6:00p	Happy St. Patrick's Day Art Program Fun Facts Exercise Club Picture Me This... Bingo Puzzles, Games & More	8:00a 10:00a 10:30a 11:00a 1:30p 2:30p 6:00p	Nat'l Sloppy Joe Day Monday Motivation Movin' & Groovin' Trivia Quest Group Art Session LUEY Queen of Hearts Book Club/Fireside	9:30a 10:30a 1:30p 2:30p 3:30p 6:00p	Manis & Mimosas Women's Club LUEY Art Session LUEY Fun Facts 1 on 1 w/ LED Movie/Hot Chocolate	9:30a 11:00a 1:00p 4:00p 5:00p 7:30p	Tender Heart Movin' & Groovin' LUEY Review Alice in Wonderland Dinner Family Night w/Cathy B Puzzles, Games & More	9:30a 10:30a 1:30p 2:30p 3:00p 6:00p	Prim & Proper Relaxation for Men Handwriting Academy Cognitive Conversations Fun Facts Movie/Popcorn	10:00a 10:30a 1:30p 3:00p 6:30p	Movin' & Groovin Trivia Quest Entmt by Marie K Weekly Reflections Movie/Popcorn	10:30a 1:00p 1:30p 3:00p 4:00p 6:30p	Coloring Club The Weakest Link Nurture Program Games and Puzzles Pen Pals Movie/Popcorn
24		25		26		27		28		29		30	
10:30a 1:00p 1:30p 2:00p 3:30p 6:30p	Art Program Fun Facts Exercise Club Picture Me This... Bingo Movie/Snacks	8:00a 10:00a 10:30a 11:00a 1:30p 4:00p 6:00p	Int'l Waffle Day Monday Motivation Movin' & Groovin' Trivia Quest Meaningful Moments Entmt by Lukus S Movie/Tea	9:30a 10:30a 1:30p 3:00p 4:00p 6:00p	Manis & Mimosas Women's Club Movin' & Groovin' Handwriting Academy 1 on 1 w/LED Movie/Hot Chocolate Day	9:30a 11:00a 1:30p 3:00p 4:00p 6:00p	Tender Heart A Penny for your Thoughts The Nurture Program Refresh & Renew 1 on 1 w/LED Movies/Snacks	9:30a 10:30a 1:30p 2:00p 3:00p 6:00p	Prim & Proper Relaxation for Men Movin' & Groovin Trivia Quest Bingo Movie/Tea	8:00a 10:00a 10:30a 11:30a 1:00p 2:00p 3:00p 6:00p	Good Friday Movin' & Groovin LUEY Trivia Easter Luncheon Memory Lane SingFit Weekly Reflections Book Club/Fireside	10:30a 1:00p 1:30p 3:00p 4:00p 6:30p	Coloring Club The Weakest Link Nurture Program Games and Puzzles Pen Pals Movie/Popcorn
31		BIRTHDAYS										LOCATION KEY	
EASTER					Bobbie N. 3/3 William C. 3/8 Gary B. 3/16 Marian R. 3/20 Virginia G. 3/24								