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National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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



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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.

FOLLOW US ON FACEBOOK

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

MACEDONIA 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!

- Jerry Simmerer LIVE Happy Hour
- Mid-Week Social Hour (Weekly)
- Move-n-Groove w/ Robin
- John G. Live Happy Hour
- Music w/ Marlynda
- Memory Care Concert Bud Coutts
- Wonderland Family Event
- Crafting Corner w/ Lauren
- Happy Hour w/ Stevie LIVE
- DJ Big John LIVE

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	Daily Chronicle	MCL	10:00a	Balloon Volleyball	MCL			
															10:30a	Strengthening & Stretching	THR	1:00p	Social Hour/Table Topics	MCA			
															1:00p	Balloon Volleyball	MCL	2:30p	Brain Power Puzzles	MCA			
															2:30p	Classical Colors	MCA	6:00p	Weekend Wind Down-Nature	MCL			
															2:30p	Jerry Simmerer LIVE	DR	Documentary			MCL		
2:30p	Happy Hour!	DR																					
5:30p	Virtual Scenic Drive	MCL																					
03			04			05			06			07			08			09					
10:30a	Weekend Workout	MCL	10:00a	Daily Chronicle	MCL	10:00a	Daily Chronicle	MCL	10:00a	Daily Chronicle	MCL	10:00a	Daily Chronicle	MCL	10:00a	Daily Chronicle	MCL	10:00a	Balloon Volleyball	MCL			
2:00p	Singin' with Susie Q	MCL	10:45a	Balloon Volleyball!	THR	10:30a	Up and At Em' Exercise	MCL	10:30a	Stretching & Strengthening	THR	10:30a	Move-N-Groove w/ Robin	MCL	10:30a	Strengthening & Stretching	THR	1:00p	Social Hour/Table Topics	MCA			
3:00p	Music & Manicures	MCL	1:00p	Trivia	MCL	1:00p	Balloon Volleyball	MCL	1:00p	Walk for Wellness	HAL	1:00p	Chair Soccer	MCL	1:00p	Balloon Volleyball	MCL	2:30p	Brain Power Puzzles	MCA			
			1:45p	Run the Alphabet	MCL	2:00p	Painting Made Easy	MCA	2:45p	Mid-Week Social Hour	MCA	2:00p	Craft Corner w/ Lauren	MCA	2:30p	Classical Colors	MCA	6:00p	Weekend Wind Down-Nature	MCL			
			3:00p	Classical Colors	MCA	3:00p	Brain Power Puzzles	MCA	6:00p	Relaxing Reads	MCL	3:30p	Run The Alphabet	MCA	2:30p	LIVE Music w/ John G.	DR	Documentary					
			5:30p	I Love Lucy Comedy Hour	MCL	6:00p	After Dinner Movie Feature	MCL				6:00p	Nature Documentary	MCL	2:30p	Happy Hour!	DR						
															5:30p	Virtual Scenic Drive	MCL						
10 DAYLIGHT SAVING TIME			11			12			13			14			15			16					
10:30a	Weekend Workout	MCL	10:00a	Daily Chronicle	MCL	10:00a	Music w/ Marlynda	MCL	10:00a	Daily Chronicle	MCL	10:00a	Daily Chronicle	MCL	10:00a	Daily Chronicle	MCL	10:00a	Balloon Volleyball	MCL			
2:00p	Singin' with Susie Q	MCL	10:45a	Balloon Volleyball!	THR	10:00a	Daily Chronicle	MCL	10:30a	Stretching & Strengthening	THR	10:30a	Move-N-Groove w/ Robin	MCL	10:30a	Strengthening & Stretching	THR	1:00p	Social Hour/Table Topics	MCA			
3:00p	Music & Manicures	MCL	1:00p	Trivia	MCL	10:30a	Up and At Em' Exercise	MCL	1:00p	Walk for Wellness	HAL	1:00p	Chair Soccer	MCL	1:00p	Balloon Volleyball	MCL	2:30p	Brain Power Puzzles	MCA			
			1:45p	Run the Alphabet	MCL	1:00p	Balloon Volleyball	MCL	2:45p	Mid-Week Social Hour	MCA	2:00p	Painting Made Easy	MCA	2:30p	Classical Colors	MCA	6:00p	Weekend Wind Down-Nature	MCL			
			2:00p	Chef Demo	MCD	2:00p	Painting Made Easy	MCA	6:00p	Relaxing Reads	MCL	3:30p	Run The Alphabet	MCA	2:30p	ST. PATTY'S DAY H.H.!	DR	Documentary					
			3:00p	Classical Colors	MCA	3:00p	Brain Power Puzzles	MCA				6:00p	Nature Documentary	MCL	5:30p	Virtual Scenic Drive	MCL						
			5:30p	I Love Lucy Comedy Hour	MCL	6:00p	After Dinner Movie Feature	MCL															
17 ST. PATRICK'S DAY			18			19 FIRST DAY OF SPRING			20			21			22			23					
10:30a	Weekend Workout	MCL	10:00a	Daily Chronicle	MCL	10:00a	Daily Chronicle	MCL	10:00a	Daily Chronicle	MCL	10:00a	Daily Chronicle	MCL	10:00a	Daily Chronicle	MCL	10:00a	Balloon Volleyball	MCL			
2:00p	Singin' with Susie Q	MCL	10:45a	Balloon Volleyball!	THR	10:30a	Up and At Em' Exercise	MCL	10:30a	Stretching & Strengthening	THR	10:30a	Move-N-Groove w/ Robin	MCL	10:30a	Strengthening & Stretching	THR	1:00p	Social Hour/Table Topics	MCA			
3:00p	Music & Manicures	MCL	1:00p	Trivia	MCL	1:00p	Balloon Volleyball	MCL	1:00p	Walk for Wellness	HAL	1:00p	Chair Soccer	MCL	1:00p	Balloon Volleyball	MCL	2:30p	Brain Power Puzzles	MCA			
	M.C. Concert w/ Bud Couts	MCL	2:00p	Run the Alphabet	MCL	2:00p	Painting Made Easy	MCA	2:45p	Mid-Week Social Hour	MCA	1:30p	Craft Corner w/ Lauren	MCA	2:30p	Classical Colors	MCA	6:00p	Weekend Wind Down-Nature	MCL			
			3:00p	Classical Colors	MCA	3:00p	"Nature in Spring" Doc	MCL	5:00p	Alice in Wonderland Family	DR	2:00p	Painting Made Easy	MCA	2:30p	LIVE Music w/ Stevie	DR	Documentary					
			5:30p	I Love Lucy Comedy Hour	MCL	6:00p	After Dinner Movie Feature	MCL	5:00p	Steppin' Out LIVE	DR	3:30p	Run The Alphabet	MCA	2:30p	Happy Hour!	DR						
									6:00p	Relaxing Reads	MCL	6:00p	Nature Documentary	MCL	5:30p	Virtual Scenic Drive	MCL						
24			25			26			27			28			29			30					
10:30a	Weekend Workout	MCL	10:00a	Daily Chronicle	MCL	10:00a	Music w/ Marlynda	MCL	10:00a	Daily Chronicle	MCL	10:00a	Daily Chronicle	MCL	10:00a	Daily Chronicle	MCL	10:00a	Balloon Volleyball	MCL			
2:00p	Singin' with Susie Q	MCL	10:45a	Balloon Volleyball!	THR	10:00a	Daily Chronicle	MCL	10:30a	Stretching & Strengthening	THR	10:30a	Tap Class w/ Robin	2FA	10:30a	Strengthening & Stretching	THR	1:00p	Social Hour/Table Topics	MCA			
3:00p	Music & Manicures	MCL	1:00p	Trivia	MCL	10:30a	Up and At Em' Exercise	MCL	1:00p	Walk for Wellness	HAL	10:30a	Chair Yoga	MCL	1:00p	Balloon Volleyball	MCL	2:30p	Brain Power Puzzles	MCA			
			1:45p	Run the Alphabet	MCL	1:00p	Balloon Volleyball	MCL	2:45p	Mid-Week Social Hour	MCA	1:00p	Chair Soccer	MCL	2:30p	Classical Colors	MCA	6:00p	Weekend Wind Down-Nature	MCL			
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						2:30p	Happy Hour!	DR				6:00p	Nature Documentary	MCL									
						3:00p	Brain Power Puzzles	MCA															
						6:00p	After Dinner Movie Feature	MCL															
31 EASTER			<div>Happy Easter</div>			BIRTHDAYS												LOCATION KEY					
10:30a	Weekend Workout	MCL				Rosemary D. 3/26						2FA			LO			OUT					
2:00p	Singin' with Susie Q	MCL										3FA			MC			PAT					
3:00p	Music & Manicures	MCL										3BL			MCA			PUB					
												B						SUR					
												BR			MCL			Theater					
									DR									THR					
									LIB														