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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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Assisted Living Facility #13649

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

ST. PETERSBURG 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!

- St. Patrick's Day Party
- Sing Along with Mike
- Mocktails & Mani's
- Diamond Jim Baker Entertains
- Sing Fit
- Shamrock Painting Craft
- National Chip & Dip 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						
															9:30a 10:00a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Sing Fit News Currents Noodle Ball Mocktails & Mani's IN2L Trivia Sensory Grab & Go Word in a Word Wind down with music	MCA MCA MCL MCA MCL MCA MCA MCL	9:30a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:30p	Move to Music Coffee & Chronicles American Heritage Girl Uno Card Game Balloon Toss Cat in the Hat Movie Resident Choice Lawrence Welk-PBS	MCA MCD MCA MCA MCA MCL MCL MCL				
03			04			05			06			07			08			09						
9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Chair Exercises Coffee & Chronicles Gospel Hymns Chair Yoga Finish The Lyrics Reminiscing Movie Time	MCL MCD MCL MCA MCL MCA MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Move to Music Name 10 Legacy Exercise IN2L Karaoke Scenic Drive Once Upon a Time Run the Alpabet Wind down with music	MCA MCA MCA MCL MCA MCA MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Sing Fit Word in a Word Balloon Toss Noodle Ball IN2L Games Card Game Wind down with music	MCA MCL MCA MCA MCL MCA MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Hunter's Musical Experience Blurt Water Color Painting Cardio Drumming News Current Jokes & Riddles Movie	MCL MCL MCA MCA MCL ALL MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Sit & Be Fit Flower Arranging IN2L Trivia Cornhole Grab & Go Boxes Name 10 Wind down with music	MCA MCA MCL MCA MCA MCL MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Sing Fit News Currents Painting w/ circles Mocktails & Mani's Dominoes Card Game Wind down with music	MCA MCA MCA MCA MCA MCA MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:30p	Move to Music Coffee & Chronicles Dominoes Noodle Ball Hand Massages Reminiscing Lawrence Welk-PBS	MCA MCD MCA MCA MCL MCL MCL				
10 DAYLIGHT SAVING TIME			11			12			13			14			15			16						
9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Chair Exercises Coffee & Chronicles Gospel Hymns Finish the Lyrics Grab & Go Boxes Reminiscing Movie Time	MCL MCD MCL MCA MCA MCA MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Move to Music Name 10 Legacy Exercise IN2L Karoke Scenic Drive Once Upon a Time Power Point Wind down with music	MCA MCA MCA MCL MCA MCL MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Sing Fit Blurt Mockingbird Bird Feeder Bake Cookies Courtyard Cruise IN2L Sing Along Wind down with music	MCA MCL MCA MCA MCL MCL MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Hunter's Musical Experience Card Game Diamond Jim Baker Entertains Cardio Drumming IN2L Sing-Along Jokes & Riddles Movie	MCL MCA MCA MCA MCL MCL MCA MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Move to the music Finish the Lyrics Hat Decorating Craft Snap Shot IN2L Crossword Complete the Song Wind down with music	MCA MCA MCA MCA MCL MCD MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Sing Fit News Currents Mocktails & Mani's Tea Taste Testing Courtyard Cruise Once Upon a Time Trivia Wind down with music	MCA MCA MCA MCA MCL MCL MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:30p	Move to Music Coffee & Chronicles Shamrock Painting Fig Newtons Dominoes Hand Massages Lawrence Welk-PBS	MCA MCD MCA MCA MCA MCL MCL				
17 ST. PATRICK'S DAY			18			19 FIRST DAY OF SPRING			20			21			22			23						
9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Chair Exercises Coffee & Chronicles Gospel Hymns St. Patrick's Day Party Word Search Reminiscing Movie Time	MCL MCD MCL MCA MCA MCA MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Move to Music Name 10 Legacy Exercise IN2L Karoke Scenic Drive Luey White Board-Run Alphabet Wind down with music	MCA MCA MCA MCL MCA MCL MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Sing Fit Let's Laugh Swatter Painting Spring Fling Luey Fairy Tale Trivia Bowling Wind down with music	MCA MCL MCA MCA MCL MCA MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 5:00p 6:00p	Hunter's Musical Experience Blurt Complete the Song National Ravioli Day Cardio Drumming Card Game Alice's Adventure in Wonderland Tea Party Dinner Alice in Wonderland Movie	MCL MCL MCL MCA MCL MCA DR MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Chair Yoga IN2L Games Noodle Ball Corn Hole IN2L Trivia Jokes & Riddles Wind down with music	MCA MCL MCA MCA MCL MCL MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Sing Fit News Currents Singing with Lanny White Mocktails & Mani's Courtyard Cruise Word in a Word Wind down with music	MCA MCA MCL MCA MCL MCA MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:30p	Move to Music Coffee & Chronicles Afternoon Movie National Chip & Dip Day Hand Massages Lawrence Welk-PBS	MCA MCD MCL MCA MCL MCL				
24			25			26			27			28			29			30						
9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Chair Exercises Coffee & Chronicles Gospel Hymns Finish the Lyrics Grab & Go Boxes Reminiscing Movie Time	MCL MCD MCL MCA MCA MCA MCL	9:30a 10:30a 1:00p 2:00p 3:00p 6:00p	Move to Music Name 10 Legacy Exercise IN2L Karaoke Scenic Drive Wind down with music	MCA MCA MCA MCL MCA MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Sing Fit Noodle Ball Sing-ALong w/Mike Marble Art IN2L Trivia IN2L Travel Wind down with music	MCA MCA MCL MCA MCL MCL MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Hunter's Musical Experience Blurt Finish the Story Once Upon a Time Cooking Cardio Drumming Blot Painting IN2L Trivia Movie	MCL MCA MCL MCL MCD MCA MCA MCL MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Morning Exercise IN2L Games Balloon Volley Ball Dominoes IN2L Movie White Board - Hangman Wind down with music	MCA MCL MCA MCA MCL MCA MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Sing Fit News Currents Name 10 Mocktails & Mani's IN2L Karoke Card Games Wind down with music	MCA MCA MCA MCA MCL MCA MCL	9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:30p	Move to Music Coffee & Chronicles Hand Massages Grab & Go Boxes IN2L Games Lawrence Welk-PBS	MCA MCD MCL MCA MCL MCL				
31 EASTER			BIRTHDAYS																					
9:30a 10:30a 1:00p 2:00p 3:00p 4:00p 6:00p	Chair Exercises Coffee & Chronicles Egg Art Easter Egg Hunt Grab & Go Boxes Reminiscing Movie Time	MCL MCD MCA MCA MCA MCA MCL				Patricia C 3/13 Kay L 3/13											LOCATION KEY							
																	ALD	AL Dining	LIB	Library	MCL	Memory Care	TV	TV Area
																	ALF	AL Front Desk	L	Lounge		Living Room		
																	ALL	AL Living Room	MS	Malt Shoppe	MPR	Multipurpose Room		
																	ART	Art Studio	MCA	Memory Care				
																	FD	Front Desk		Activity Room		Outside		
																	ILD	IL Dining	MCD	Memory Care		PL	Pool	
																	ILF	IL Front Desk		Dining Room		THR	Theater	