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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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Zephyrhills
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813.793.7941
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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 #12384

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

ZEPHYRHILLS 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!

- 3/1- Therapy Dogs Visit
 - 3/6-Live Music by
 - 3/7-Scenic Ride
 - 3/8-Visiting Angels Painting
 - 3/13-Live Music by Larry E
- 3/15-Therapy Dogs Visit
 - 3/20-Live Music by Geri B
 - 3/20-Wonderland Fam Night
 - 3/21-Scenic Ride
 - 3/27-Live Music by Deborah M

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						
												9:00a	Seated Exercise	MC	9:00a	SingFit	MC				
												10:00a	Drum Circle	MC	10:00a	Minute Manicures	MC				
												1:00p	Art Therapy	MC	1:00p	Root Beer Floats	MC				
												2:00p	Jeopardy	MC	2:00p	Make a Deal	MC				
												6:00p	Movie	MC	6:00p	Movie	MC				
03			04			05			06			07			08			09			
9:00a	Virtual Church	MC	9:00a	Seated Exercise	MC	9:00a	Seated Exercise	MC	9:00a	Seated Zumba	MC	9:00a	Seated Exercise	MC	9:00a	Seated Exercise	MC	9:00a	SingFit	MC	
10:00a	Sensory Social	MC	10:30a	Senior Trivia	MC	10:30a	Crafts w/ Friends	AR	10:30a	Brain Matters	MC	10:00a	Pieced Together Puzzles	MC	10:00a	Drum Circle	MC	10:00a	Minute Manicures	MC	
2:00p	Bake Club	MC	1:00p	Candy Bingo	MC	1:00p	Family Feud Game	MC	1:00p	Happy Hour	MC	1:00p	Candy Bingo	MC	10:00a	Senior Trivia	MC	1:00p	Ice Cream Sundaes	MC	
3:00p	Bible Challenge	MC	2:00p	Deal or No Deal	MC	2:00p	Wheel of Fortune	MC	2:00p	Is it Cake?	MC	2:00p	Price is Right	MC	1:00p	Painting w/ Visiting Angels	MC	2:00p	Make a Deal	MC	
6:00p	Movie	MC	6:00p	Movie	MC	6:00p	Movie	MC	6:00p	Movie	MC	2:00p	Scenic Ride	ME	2:00p	Jeopardy	MC	6:00p	Movie	MC	
10 DAYLIGHT SAVING TIME			11			12			13			14			15			16			
9:00a	Virtual Church	MC	9:00a	Seated Exercise	MC	9:00a	Seated Exercise	MC	9:00a	Seated Zumba	MC	9:00a	Seated Exercise	MC	9:00a	Seated Exercise	MC	9:00a	SingFit	MC	
10:00a	Sensory Social	MC	10:30a	Senior Trivia	MC	10:30a	Crafts w/ Friends	AR	10:30a	Brain Matters	MC	10:00a	Pieced Together Puzzles	MC	10:00a	Drum Circle	MC	10:00a	Minute Manicures	MC	
2:00p	Sip n' Sit	MC	1:00p	Candy Bingo	MC	1:00p	Family Feud Game	MC	1:00p	Happy Hour	MC	1:00p	Candy Bingo	MC	10:00a	Senior Trivia	MC	1:00p	Root Beer Floats	MC	
3:00p	Bible Challenge	MC	2:00p	Deal or No Deal	MC	2:00p	Wheel of Fortune	MC	2:00p	Is it Cake?	MC	2:00p	Cooking Demo	MC	1:00p	Art Therapy	MC	2:00p	Make a Deal	MC	
6:00p	Movie	MC	6:00p	Movie	MC	6:00p	Movie	MC	6:00p	Movie	MC	6:00p	Movie	MC	2:00p	Jeopardy	MC	6:00p	Movie	MC	
17 ST. PATRICK'S DAY			18			19 FIRST DAY OF SPRING			20			21			22			23			
9:00a	Virtual Church	MC	9:00a	Seated Exercise	MC	9:00a	Seated Exercise	MC	9:00a	Seated Zumba	MC	9:00a	Seated Exercise	MC	9:00a	Seated Exercise	MC	9:00a	SingFit	MC	
10:00a	Sensory Social	MC	10:30a	Senior Trivia	MC	10:30a	Crafts w/ Friends	AR	10:30a	Brain Matters	MC	10:00a	Pieced Together Puzzles	MC	10:00a	Drum Circle	MC	10:00a	Minute Manicures	MC	
2:00p	Bake Club	MC	1:00p	Candy Bingo	MC	1:00p	Family Feud Game	MC	1:00p	Happy Hour	MC	1:00p	Candy Bingo	MC	10:00a	Senior Trivia	MC	1:00p	Ice Cream Sundaes	MC	
3:00p	Bible Challenge	MC	2:00p	Deal or No Deal	MC	2:00p	Wheel of Fortune	MC	2:00p	Is it Cake?	MC	2:00p	Price is Right	MC	1:00p	Art & Design	MC	2:00p	Make a Deal	MC	
6:00p	Movie	MC	6:00p	Movie	MC	6:00p	Movie	MC	5:00p	Wonderland Fam Event	MC	2:00p	Scenic Ride	ME	2:00p	Jeopardy	MC	6:00p	Movie	MC	
									6:00p	Movie	MC	6:00p	Movie	MC	6:00p	Movie	MC				
24			25			26			27			28			29			30			
9:00a	Virtual Church	MC	9:00a	Seated Exercise	MC	9:00a	Seated Exercise	MC	9:00a	Seated Zumba	MC	9:00a	Seated Exercise	MC	9:00a	Seated Exercise	MC	9:00a	SingFit	MC	
10:00a	Sensory Social	MC	10:30a	Senior Trivia	MC	10:30a	Crafts w/ Friends	AR	10:30a	Brain Matters	MC	10:00a	Pieced Together Puzzles	MC	10:00a	Drum Circle	MC	10:00a	Minute Manicures	MC	
2:00p	Sit n' Sip	MC	1:00p	Candy Bingo	MC	1:00p	Family Feud Game	MC	1:00p	Happy Hour	MC	1:00p	Candy Bingo	MC	10:00a	Senior Trivia	MC	1:00p	Root Beer Floats	MC	
3:00p	Bible Challenge	MC	2:00p	Deal or No Deal	MC	2:00p	Wheel of Fortune	MC	2:00p	Is it Cake?	MC	2:00p	Price is Right	MC	1:00p	Art Therapy	MC	2:00p	Make a Deal	MC	
6:00p	Movie	MC	6:00p	Movie	MC	6:00p	Movie	MC	6:00p	Movie	MC	6:00p	Movie	MC	2:00p	Jeopardy	MC	6:00p	Movie	MC	
31 EASTER			BIRTHDAYS																		
9:00a	Virtual Church	MC				Joanne S. - 3/08										LOCATION KEY					
10:00a	Sensory Social	MC																			
3:00p	Bible Challenge	MC																			
6:00p	Movie	MC																			
																3FA 3 rd Floor Activity Room B Bistro ME Main Entrance 3A 3 rd Floor Atrium CR Card Room MC Memory Care 3FL 3 rd Floor CMC Community Center SP Screened Porch AR Activity Room DR Dining Room THR Theater A Atrium FIR Fireplace BP Back Patio LIB Library					