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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 #12672

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

BONITA SPRINGS

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!

- Happy Hour w/Lori Adams
- Happy Hour w/Frank Virelli
- Saint Patrick's Day Party
- Happy Hour w/Robin Stasko
- Happy Hour w/David Stevenson
- Alice in Wonderland Event
- Easter Dinner
- Lunch Trip to Skilletts
- Lunch Trip to Dolly's

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 5:30p	Walk Together Club Stretching Class Seated Yoga BINGO Happy Hour w/Lori Adams Movie Night	LO 3FA 3FA 3FA 1ST 3FT	9:30a 10:00a 11:00a 1:00p 3:00p 5:30p	Walk Together Club Working out w/Ken Name That Tune BINGO Fairy Tale Trivia Movie Night	LO FIT 1FA 3FA 1FA 3FT	
03			04			05			06			07			08			09			
9:00a Leo's, Legacy of Life & Presbyterian 9:30a Walk Together Club 10:30a Wii Bowling 1:00p BINGO 2:30p Playing Billiards Together 3:30p Broadcast Sports 5:30p Movie Night	Church Services Transportation: St. Leo's, Legacy of Life & Presbyterian O LO AR 3FA BR 1ST 3FT		9:30a 10:00a 10:00a 10:30a 1:00p 3:00p 3:30p 5:30p	Walk Together Club Seated Yoga St. Leo's Communion Stretching Class BINGO Memory Matching Game Card Club Movie Night	LO 3FA AL 3FA 3FA 1FA 1FL 3FT	9:30a 10:00a 10:30a 1:00p 5:30p	Walk Together Club Solaris Exercise Class Bible Study with Pastor Chris BINGO Movie Night	LO FIT 3FA 1FA 3FT	9:15a 9:30a 10:00a 10:00a 1:00p 2:00p 5:30p	Blood Pressure Clinic Walk Together Club CVS Cardio Drumming Card Club Publix/Dollar Tree Movie Night	2FR LO O 1FA 1FL O 3FT	9:30a 10:00a 10:30a 1:00p 5:30p	Walk Together Club Zumba Gold Chair Music 101 Class w/Steve BINGO Movie Night	LO 3FA 3FA 3FA 3FT	9:30a 10:00a 10:30a 1:00p 2:30p 5:30p	Walk Together Club Stretching Class Seated Yoga BINGO Happy Hour w/Frank Virelli Movie Night	LO 3FA 3FA 3FA 1ST 3FT	9:30a 10:00a 11:00a 1:00p 3:00p 5:30p	Walk Together Club Working out w/Ken Name That Disney Tune BINGO Trivia Movie Night	LO FIT 1FA 3FA 1FA 3FT	
10 DAYLIGHT SAVING TIME			11			12			13			14			15			16			
9:00a Leo's, Legacy of Life & Presbyterian 9:30a Walk Together Club 10:30a Wii Bowling 1:00p Florida Railroad Museum 1:00p BINGO 2:30p Playing Billiards Together 3:30p Broadcast Sports 5:30p Movie Night	Church Services Transportation: St. Leo's, Legacy of Life & Presbyterian O LO AR O 3FA BR 1ST 3FT		9:30a 10:00a 10:00a 10:30a 1:00p 3:00p 3:30p 5:30p	Walk Together Club Seated Yoga St. Leo's Communion Stretching Class BINGO Memory Matching Game Card Club Movie Night	LO 3FA AL 3FA 3FA 1FA 1FL 3FT	9:30a 10:00a 10:30a 1:00p 2:00p 5:30p	Walk Together Club Solaris Exercise Class Bible Study with Pastor Chris BINGO Wellness U Movie Night	LO FIT 3FA 1FA 3FT	9:15a 9:30a 10:00a 10:00a 11:00a 1:00p 2:00p 5:30p	Blood Pressure Clinic Walk Together Club CVS Cardio Drumming Lunch Trip to Skillet's Card Club Publix/Dollar Tree Movie Night	2FR LO O 1FA O 1FL O 3FT	9:30a 10:00a 10:30a 1:00p 2:30p Forward Duo 5:30p	Walk Together Club Zumba Gold Chair Breathing Exercises BINGO Saint Patrick's Day Party w/Flash Movie Night	LO 3FA 3FA 3FA 1ST 3FT	9:30a 10:00a 10:30a 1:00p 3:00p Hour 5:30p	Walk Together Club Stretching Class Seated Yoga BINGO New Resident Welcome Happy Movie Night	LO 3FA 3FA 3FA 1ST 3FT	9:30a 10:00a 11:00a 1:00p 3:30p 5:30p	Walk Together Club Working out w/Ken Name That Tune BINGO Alice in Wonderland Trivia Movie Night	LO FIT 1FA 3FA 1FA 3FT	
17 ST. PATRICK'S DAY			18			19 FIRST DAY OF SPRING			20			21			22			23			
9:00a Leo's, Legacy of Life & Presbyterian 9:30a Walk Together Club 10:30a Wii Bowling 1:00p BINGO 2:00p Easter Decoration Class 2:30p Playing Billiards Together 3:30p Broadcast Sports 5:30p Movie Night	Church Services Transportation: St. Leo's, Legacy of Life & Presbyterian O LO AR 3FA 3FA BR 1ST 3FT		9:30a 10:00a 10:00a 10:30a 1:00p 3:00p 3:30p 5:30p	Walk Together Club Seated Yoga St. Leo's Communion Stretching Class BINGO Memory Matching Game Card Club Movie Night	LO 3FA AL 3FA 3FA 1FA 1FL 3FT	9:30a 10:00a 10:00a 10:30a 1:00p 5:30p	Walk Together Club Resident Council Meeting Solaris Exercise Class Bible Study with Pastor Chris BINGO Movie Night	LO 2FR FIT 3FA 1FA 3FT	9:15a 9:30a 10:00a 1:00p 2:00p 2:00p 5:00p 5:30p	Blood Pressure Clinic Walk Together Club Cardio Drumming Card Club Publix/Dollar Tree Jewelry Making w/Pam Alice in Wonderland Tea Party Family Event Movie Night	2FR LO 1FA 1FL O 3FA 1ST 3FT	9:30a 10:00a 10:30a 11:30a 1:00p 3:00p Discussion 5:30p	Walk Together Club Zumba Gold Chair Breathing Exercises March Birthday Luncheon BINGO Lee County Library. Community Movie Night	LO 3FA 3FA DR 3FA 1FA 3FT	9:30a 10:00a 10:30a 1:00p 2:30p 5:30p	Walk Together Club Stretching Class Seated Yoga BINGO Happy Hour w/Robin Stasko Movie Night	LO 3FA 3FA 3FA 1ST 3FT	9:30a 10:00a 11:00a 1:00p 3:00p 5:30p	Walk Together Club Working out w/Ken Name That Tune BINGO Snow White Trivia Movie Night	LO FIT 1FA 3FA 1FA 3FT	
24			25			26			27			28			29			30			
9:00a Leo's, Legacy of Life & Presbyterian 9:30a Walk Together Club 10:30a Trip to WalMart 10:30a Wii Bowling 1:00p BINGO 2:30p Playing Billiards Together 3:30p Broadcast Sports 5:30p Movie Night	Church Services Transportation: St. Leo's, Legacy of Life & Presbyterian O LO O AR 3FA BR 1ST 3FT		9:30a 10:00a 10:00a 10:30a 1:00p 2:30p 3:00p 5:30p	Walk Together Club Seated Yoga St. Leo's Communion Stretching Class BINGO Cooking Demo w/Chef John Memory Matching Game Card Club Movie Night	LO 3FA AL 3FA 3FA 1ST 1FA 1FL 3FT	9:30a 10:00a 10:30a 1:00p 2:30p 5:30p	Walk Together Club Solaris Exercise Class Bible Study with Pastor Chris BINGO Town Hall Movie Night	LO FIT 3FA 1FA 3FT	9:15a 9:30a 10:00a 10:00a 11:00a 1:00p 2:00p 5:30p	Blood Pressure Clinic Walk Together Club Banks Cardio Drumming Lunch Trip to Dolly's Card Club Publix/Dollar Tree Movie Night	2FR LO O 1FA O 1FL O 3FT	9:30a 10:00a 10:30a 1:00p 5:30p	Walk Together Club Zumba Gold Chair Breathing Exercises BINGO Movie Night	LO 3FA 3FA 3FA 3FT	9:30a 10:00a 10:30a 1:00p 2:30p 5:30p	Walk Together Club Stretching Class Seated Yoga BINGO Happy Hour w/David S. Movie Night	LO 3FA 3FA 3FA 1ST 3FT	9:30a 10:00a 11:00a 1:00p 3:00p 5:30p	Walk Together Club Working out w/Ken Name That Tune BINGO Brothers Grimm Trivia Movie Night	LO FIT 1FA 3FA 1FA 3FT	
31 EASTER			BIRTHDAYS																		
9:00a Leo's, Legacy of Life & Presbyterian 9:30a Walk Together Club 10:30a Wii Bowling 1:00p BINGO 2:30p Playing Billiards Together 3:30p Broadcast Sports 4:00p Easter Dinner 5:30p Movie Night	O LO AR 3FA BR 1ST DR 3FT		Rita H. 3/3 Rena M. 3/7 Jim D. 3/8 Dorothea S. 3/8 Ron R. 3/11 Alex J. 3/24														LOCATION KEY				
																	1FL 1 st Floor 1FA 1 st Floor Activity Room 2FL 2 nd Floor 2FR 2 nd Floor Family Room 3FA 3 rd Floor Activity Room 3FB 3 rd Floor Bar 3FT 3 rd Floor Theater AR Activity Room AL Assisted Living	BR Billiards Room CAF Café CHP Chapel DR Dining Room FCY Front Courtyard FIT Fitness Center LR Living Room LO Lobby MC Memory Care	MCA Memory Care Activity Room MCL Memory Care Living Room OUT Outing O Outside PL Pool R2R Room to Room THR Theater		