

**CONTACTS**

**Executive Directory**  
Eugene Valentine  
stpete@americanhouse.com

**Life Enrichment Director**  
stpetelifeenrichment@americanhouse.com  
National Suicide Hotline  
988

Alzheimers Association  
1-800-272-3900

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



**American House**  
**St. Petersburg**  
1101 66th St. N  
St. Petersburg | FL | 33710  
813.280.3512  
**AmericanHouse.com**



**We're MAD about MARCH!**  
DAYS TO NOTE AND LOOK FORWARD TO THIS MONTH

**DAYLIGHT SAVING TIME**  
SPRING FORWARD MARCH 10, 2:00 AM

**SUNDAY, MARCH 17**  
*St. Patrick's day*

**MARCH BASKETBALL MADNESS**  
MARCH 17 – APRIL 8

**CELEBRATE NATIONAL PI DAY!**  
THURSDAY, MARCH 14

**TUESDAY, MARCH 19**  
*Spring BEGINS*

**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**

Assisted Living Facility #13649

**LIVING WELL**  
INSPIRING A HAPPIER, HEALTHIER YOU.

**ST. PETERSBURG ASSISTED LIVING**

**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!

- Fairy Tales & Frappuccinos
- Alice's Tea Party Dinner
- Diamond Jim Baker Entertains
- Oreo Milkshake Social
- S Porch Bluegrass Orchestra
- Book Swap
- Becky's Beach Art
- St. Patrick's Happy Hour

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 11:00a 12:30p 2:00p 3:00p 4:00p	News Currents Horse Shoes Playing Cards Roses Craft Afternoon Movie Afternoon Table Games Scrabble Game	MS MS ART THR MS MS	9:30a 10:00a 11:00a 1:30p 2:00p 3:00p 6:30p	Chair Exercise Video Target & Kohls Shopping American Heritage Girls Quarter Bingo Saturday Afternoon Movie Card Games Evening Movie	MS FD MS MPR THR MS THR			
03			04			05			06			07			08			09					
9:00a 10:00a 10:00a 10:30a 10:30a 1:00p 1:30p 2:00p 3:00p	St. Jude's-Bus Run Church Service on TV 1st Presbyterian-Bus Run Chair Exercises (Video) Eucharist Distribution Gospel Hymns Azalea Baptist Church Hymns Sunday Movie Rummikub	FD THR FD MS THR MS MS THR ART	9:30a 10:00a 10:30a 11:00a 1:00p 2:00p 2:00p 2:00p	Morning Stretches Tyrone Area Shopping Weekly Preview Once Upon a Time-Fairytale Trivia Prize Bingo Afternoon Movie Book Quote Quiz	MS FD MS MS MPR THR MS	9:30a 10:00a 11:00a 1:00p 2:00p 3:30p 6:30p	Chair Yoga Fairytales & Frappuccinos National Park Trivia Stretching exercise with Alex Pretty Nails Birthday Bash with Rick Evening Movie	MS MS MS MS MS MS THR	9:30a 10:00a 10:30a 11:00a 11:00a 1:00p 2:00p 2:00p 2:00p	Sing Fit Snap Shots Game Hunter's Music Experience Bank & Pharmacy Bible Study with Jimmy Publix Trip Afternoon Movie Ice Cream Social-Oreo Milkshake	MS MS MS FD THR FD THR MS	9:30a 9:30a 1:00p 2:00p 3:00p 4:00p	Becky's Beach Art Display & Sale Morning Chair Exercise Phase 10 Afternoon Movie Nickle Left, Right, Center Ted Talks-Let Curiosity Lead	MS MS MS THR ART THR	10:00a 11:00a 11:00a 12:30p 2:00p 4:00p 6:30p PL	News Currents Crossword Puzzle New Resident Orientation Floral Pressed Bookmarks Craft Afternoon Movie Scrabble Game South Porch Bluegrass Orchestra	MS MS FD ART THR MS PL	10:00a 10:00a 1:00p 2:00p 3:00p 6:30p	Dori's Trunk Show Thrift Store Shopping-Tea Sets Chair Exercise Quarter Bingo Saturday Afternoon Movie Card Games Evening Movie	MS FD MS MPR THR MS THR			
10 DAYLIGHT SAVING TIME			11			12			13			14			15			16					
9:00a 10:00a 10:00a 10:30a 10:30a 1:00p 1:00p 2:00p 3:00p	St. Jude's-Bus Run Church Service on TV 1st Presbyterian-Bus Run Chair Exercises (Video) Eucharist Distribution Gospel Hymns Sunday Movie Rummikub	FD THR FD MS THR MS THR ART	9:30a 10:00a 10:30a 11:00a Scramble 1:00p 2:00p 3:00p	Morning Stretches Aldi/Winn Dixie Weekly Preview with Dawn Once Upon a Time-Word Prize Bingo Call My Bluff Balloon Toss	MS FD MS MS MPR MS MS MS	10:00a 11:00a 11:00a 1:00p 1:00p 2:00p 2:30p 3:00p Hour	Name 10 Game Mandala Coloring with Betsy Kindred Acute Rehab Mobility City Stretching exercise with Alex Trivial Pursuit Plant a Flower Day New Resident Welcome Happy Hour	MS MS MPR MPR MS MS MS MS	10:30a 11:00a 1:00p 2:00p 3:00p	Hunter's Music Experience Bible Study with Jimmy Publix Trip Scenic Drive Diamond Jim Baker Entertainment	MS THR FD FD THR	10:00a 11:00a 1:00p 2:00p 3:00p 4:00p	Morning Chair Exercise Bookworm Bingo Tile Lock Scrabble Potato Chip Day Social Nickle Left, Right, Center Ted Talks-Beauty of Wildlife	MS MPR MS MS ART THR	10:00a 11:00a 12:30p 2:00p 3:00p 4:00p	News Currents Spinergy Game Grapes of Craft Afternoon Movie Afternoon Table Games Scrabble Game	MS MS ART THR MS MS	9:30a 1:30p 2:00p 3:00p 6:30p	Chair Exercise Video Quarter Bingo Saturday Afternoon Movie Card Games Evening Movie	MS MPR THR MS THR			
17 ST. PATRICK'S DAY			18			19 FIRST DAY OF SPRING			20			21			22			23					
9:00a 10:00a 10:00a 10:30a 10:30a 1:00p 2:00p 2:30p 3:00p	St. Jude's-Bus Run Church Service on TV 1st Presbyterian-Bus Run Chair Exercises (Video) Eucharist Distribution Gospel Hymns Sunday Movie St. Patrick's Day Happy Hour Rummikub	FD THR FD MS THR MS THR MS ART	9:30a 10:30a 11:00a Word 1:00p 2:00p 3:00p	Morning Stretches Weekly Preview with Dawn Once Upon a Time-Word in Prize Bingo Fairy Tale Trivia Spring Fling Social	MS MS MS MS MPR MS MS	10:00a 11:00a 1:00p 1:30p 2:00p 2:00p 6:30p	Coffee & Chronicles Deb Graham-Leard-Author Stretching exercise with Alex Wellness U: Chronic Conditions Pretty Nails Evening Movie	MS MPR MS THR MS THR	10:30a 11:00a 11:00a 1:00p 2:00p 3:00p 3:30p 5:00p Tea Party Dinner	Hunter's Music Experience Bank & Pharmacy Bible Study with Jimmy Publix Trip Afternoon Movie Scenic Drive Board Games Alice's Adventure in Wonderland Tea Party Dinner	MS FD THR FD THR FD MS MS DR	10:00a 11:00a 1:00p 2:00p 3:00p 4:00p	Morning Chair Exercise Lifelong Legacy - Journaling Corn Hole game Afternoon Movie Nickle Left, Right, Center Ted Talks-Time for Infectious Generosity	MS MPR MS ART THR	10:00a 11:00a 12:30p Craft 2:00p 3:00p 3:00p 3:00p White 4:00p	News Currents Shuffleboard Old Book Accordion Organizer Scrabble Game Afternoon Table Games Singing & Dancing with Lanny Scrabble Game	MS O ART MS MS THR MS	9:30a 11:00a 1:30p 2:00p 3:00p 6:30p	Chair Exercise Video Corn Hole Quarter Bingo Saturday Afternoon Movie Card Games Evening Movie	MS MS MPR THR MS THR			
24			25			26			27			28			29			30					
9:00a 10:00a 10:00a 10:00a 10:30a 10:30a 1:00p 2:00p 3:00p	St. Jude's-Bus Run Church Service on TV Men's Brunch with Nik 1st Presbyterian-Bus Run Chair Exercises (Video) Eucharist Distribution Gospel Hymns Sunday Movie Rummikub	FD THR DR FD MS THR MS THR ART	9:30a 10:00a 10:30a 11:00a 1:00p 1:00p 2:30p 3:00p	Morning Stretches Aldi/Winn Dixie Weekly Preview with Dawn Blurt Game Book Swap Prize Bingo Ginger Ale Ice Cream Float Social Checkers	MS FD MS MS MPR MPR MS	10:00a 11:00a 1:00p 2:00p 3:00p 6:30p	Mingle & Coffee Chat Resident Council Stretching exercise with Alex Horse Shoes/Corn Hole Music with Michael Nichols Evening Movie	MS MPR MS MS THR THR	10:30a 11:00a 12:00p 1:00p 2:00p 2:30p Demo 3:00p 3:30p	Hunter's Music Experience Bible Study with Jimmy Avon with Candace Publix Trip Afternoon Movie Once Upon a Time Cooking Scenic Drive Board Games	MS THR L FD THR MS FD MS	10:00a 11:00a 1:00p 2:00p 3:00p 4:00p	Morning Chair Exercise Price is Right Game Wheel of Fortune Game Rythmic Tamborines with Jase Nickle Left, Right, Center Ted Talks-Your Words May Predict Your Future	MS MS MS MS ART THR	10:00a 11:00a 12:30p 2:00p 3:00p 4:00p	News Currents Finish the Phrase Good Friday Craft Afternoon Movie Afternoon Table Games Scrabble Game	MS MS ART THR MS MS	9:30a 1:30p 2:00p 3:00p 6:30p	Chair Exercise Video Quarter Bingo Saturday Afternoon Movie Card Games Evening Movie	MS MPR THR MS THR			
31 EASTER			<div>Happy Easter</div>			BIRTHDAYS												LOCATION KEY					
9:00a 10:00a 10:00a 10:30a 12:00p 1:00p 2:00p 3:00p	St. Jude's-Bus Run Church Service on TV 1st Presbyterian-Bus Run Chair Exercises (Video) Eucharist Distribution Easter Dinner Gospel Hymns Sunday Movie Rummikub	FD THR FD MS THR DR MS THR ART				June L 3/1 Ray J 3/2 Anne A 3/2 Marlene N 3/4 Pauline B 3/8 Lucy B 3/11	Claire M 3/11 Mary M 3/13 Carol H 3/18	ALD AL Dining ALF AL Front Desk ALL AL Living Room ART Art Studio FD Front Desk ILD IL Dining ILF IL Front Desk	LIB Library L Lounge MS Malt Shoppe MCA Memory Care Activity Room MCD Memory Care Dining Room	MCL Memory Care TV TV Area Living Room Multipurpose Room Outside Pool Theater													