CONTACTS

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National Suicide Hotline

Alzheimers Association 1-800-272-3900

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

American House Bluewater Bay Senior Living

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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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BLUEWATER BAY SENIOR 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!

- Resident Birthday Lunch 5th
- Brunch Bunch 12th
- Alice & Wonderland Tea Party
- Irish Dancers 16th
- Wonderland Trivia

- Dining Out 19th
- New Resident Welcome
- Art Class with Corina 21st
- Wonderland Cooking Demo
- Resident Town Hall

NATIONAL WOMEN'S HISTORY MONTH

resolution designating March as 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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
03	1 10	arch 2024	06	1: 1: 3: 7:	:30a Morning Exercise 5TT :00p Hand & Foot 4CC :00p Bridge Group 2 GR :00p Social Hour 5TT :00p Movie Time 5FT	8:00a Puzzle Time 2PC 9:30a Morning Stretch 5TT 10:30a Cornhole 1FL 1:30p Bingo 5TT 4:00p Social Hour 5TT 7:00p Movie Time 5FT
8:00a Puzzle Time 2PC 9:00a New & Views 2PC	9:30a Morning Exercise 5TT 10:30a Technology Help LE 1:30p Bingo 5TT 4:00p Social Hour 5TT 6:45p High Stakes Poker BR	8:00a *SPIRIT TUESDAY 9:15a Billiards/Pool BR 1 9:30a Morning Stretch 5TT 1 10:15a *Line Dancing 5TT 1 11:30a *RESIDENT BIRTHDAY LUNCHEON DR 4	9:30a Morning Exercise 5TT	9:30a Morning Stretch 5TT 9: 11:15a *Chair Zumba 5TT 1: 1:00p Hand & Foot 4CC 1: 1:30p Bridge Group 1 BR 3:	:30a Morning Exercise 5TT :00p Hand & Foot 4CC :00p Bridge Group 2 GR :00p Social Hour 5TT :00p Movie Time 5FT	8:00a Puzzle Time 2PC 9:30a Morning Stretch 5TT 10:30a Cornhole 1FL 1:30p Bingo 5TT 4:00p Social Hour 5TT 7:00p Movie Time 5FT
10 DAYLIGHT SAVING TIME 8:00a Puzzle Time 2PC 9:00a New & Views 2PC 9:00a Catholic Worship Service 9:00a Worship Service 4:00p Social Get Together 7:00p Movie Time 5FT	 10:30a Technology Help 1:30p Bingo 4:00p Social Hour 6:45p High Stakes Poker 	8:00a *SPIRIT TUESDAY 9:15a Billiards/Pool BR 1 9:30a Morning Stretch 5TT 1 10:00a *BRUNCH BUNCH OUT 1 10:00a *Shuffle Board CR 1 1:00p Mexican Train CR 4 4:00p Social Hour 5TT 7	9:30a Morning Exercise 5TT 10:15a Walmart Outing OUT 10:15a Bible Study 1ST 10:15a Holy Rosary CHP 1:30p Bingo 5TT 4:00p Social Hour 5TT 7:00p Movie Time 5FT 11:00p *WACKY WEDNESDAY	1:00p Hand & Foot 4CC 1: 1:30p Bridge Group 1 BR H 4:00p Social Hour 5TT 1: 7:00p Movie Time 5FT 1: 3: 3:	:30a Morning Exercise 5TT 2:00p *HEAR AGAIN AMERICAN IW :00p Hand & Foot 4CC :00p Bridge Group 2 GR	8:00a Puzzle Time 2PC 9:30a Morning Stretch 5TT 10:30a Cornhole 1FL 1:30p Bingo 5TT 4:00p Social Hour 5TT 7:00p Movie Time 5FT
9:00a Worship Service 5FT 4:00p Social Get Together 5TT		8:00a *SPIRIT TUESDAY 9:15a Billiards/Pool BR 1 9:30a Morning Stretch 5TT 1 10:15a *Line Dancing 5TT 1 1:00p Mexican Train CR 1	10:15a Walmart Outing 10:15a Bible Study 10:15a Holy Rosary 1:30p Bingo 4:00p Social Hour 7:00p Movie Time 11:00p Wacky Wednesday	10:15a *NICEVILLE SHOPPING 0UT 1: 0:30a *Art Class 5TT 3:	:30a Morning Exercise 5TT :00p Hand & Foot 4CC :00p Bridge Group 2 GR :00p Social Hour 5TT :00p Movie Time 5FT	8:00a Puzzle Time 2PC 9:30a Morning Stretch 5TT 10:30a Cornhole 1FL 1:30p Bingo 5TT 4:00p Social Hour 5TT 7:00p Movie Time 5FT
9:00a Worship Service 5FT 4:00p Social Get Together 5TT	10:30a Technology Help LE 1:30p Bingo STT	8:00a *SPIRIT TUESDAY 9:15a Billiards/Pool BR 1 9:30a Morning Stretch 5TT 1 10:00a *Shuffle Board CR 1 1:00p Mexican Train CR 1 4:00p Social Hour 5TT 4	10:15a Walmart Outing OUT 10:15a Bible Study 1ST 10:15a Holy Rosary CHP	9:30a Morning Stretch 5TT 9: 1:00p Hand & Foot 4CC 1: 1:30p Bridge Group 1 BR 1: 2:00p *GUEST SPEAKER 5TT 3:	:30a Morning Exercise 5TT :00p Hand & Foot 4CC :00p Bridge Group 2 GR :00p Social Hour 5TT :00p Movie Time 5FT	8:00a Puzzle Time 2PC 9:30a Morning Stretch 5TT 10:30a Cornhole 1FL 1:30p Bingo 5TT 4:00p Social Hour 5TT 7:00p Movie Time 5FT
31 EASTER 8:00a Puzzle Time 2PC 9:00a New & Views 2PC 9:00a Catholic Worship Service 9:00a Worship Service 4:00p Social Get Together 7:00p Movie Time 5FT	нарру	Larry M. 3/3 Thomas W. 3/5 Marie D. 3/15 Barbara F. 3/31	BIRTHDAYS		2PC2nd Floor Promenade CaféCHPCh4CC4th Floor Cards/CraftsDRDir5FT5th Floor TheaterGRGa5TT5th Floor Tree TopHWHe	urd Room LO Lobby

All activities subject to change.

Bluewater Bay Senior Living