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Alzheimers Association
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Institute of Aging Friendship Line
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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.

FOLLOW US ON FACEBOOK

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

WILDWOOD

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!

- Travel Seminar 3/1 2pm Saloon
 - Il Villaggio 3/2 10am SU
 - Pretty Nails 3/4 10am CR
 - Town Hall 3/7 2pm RC
 - Museum Trip 3/8 9:30am SU
- Hymn Sings 3/10 3pm Lobby
 - Music By Joe 3/13 6pm Saloon
 - Spring Craft 3/14 11am CR
 - Culver's 3/16 11am SU
 - Family Night 3/20 4pm RC

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 1:00p 2:00p 2:00p 3:30p 7:00p	Coffee Chat Social Belk's Movie of the Day Travel Seminar Dinner/McCracken's Movie of the Day	SAL SUR THR SAL SUR THR	9:30a 10:00a 10:00a 1:30p 2:00p 3:00p 7:00p	Fitness w/ Todd IL Villagio Art w/ Freda Movie of the Day Big Stakes Bingo Chair Volleyball Movie of the Day	FIT SUR CTR THR RC FIT THR												
03			04			05			06			07			08			09								
10:00a 11:00a 1:00p 1:30p 2:00p 7:00p	St. Vincent Livestream Choose your Game Chair Dance Movie of the Day Big Stakes Bingo Movie of the Day	THR SAL FIT THR RC THR	10:00a 10:00a 2:00p 2:00p 2:45p 7:00p	Chair Stretch Pretty Nails Movie of the Day Craft w/ Freda Po-Ke-No Movie of the Day	FIT CTR THR CTR SAL THR	10:00a 11:15a 1:00p 2:00p 2:00p 3:15p 7:00p	Art w/ Freda Fitness w/ Neil Fit Drumming Movie of the Day Big Stakes Bingo Famous Sayings Social Movie of the Day	CTR FIT FIT THR RC SAL THR	9:30a 10:00a 11:00a 2:00p 2:00p 3:00p 7:00p	Lab Work Fun w/Legacy Trivia Movie of the Day Singalong Books w/Ray BP Checks Movie of the Day	CHP FIT SAL THR SAL FIT THR	8:45a 10:00a 10:00a 11:00a 2:00p 2:00p 2:45p 7:00p	Catholic Comm. Chair Dance Brainiacs Deb's Bible Study Movie of the Day Town Hall Meeting Po-Ke-No Movie of the Day	CHP FIT SAL CHP THR SAL CTR THR	9:30a 10:30a 1:00p 2:00p 3:00p 7:00p	Hosmer Museum Wii Bowling Goodwill Movie of the Day Game of Darts Movie of the Day	SUR FIT SUR THR BR THR	10:00a 10:00a 1:30p 2:00p 3:00p 7:00p	Art w/ Freda Farmer's Market Movie of the Day Big Stakes Bingo Chair Volleyball Movie of the Day	CTR SUR THR RC FIT THR						
10			11			12			13			14			15			16								
10:00a 1:00p 1:30p 2:00p 3:00p 7:00p	St. Vincent Livestream Chair Dance Movie of the Day Big Stakes Bingo Hymn Sings/Levier Movie of the Day	THR FIT THR RC F THR	10:00a 11:00a 2:00p 2:00p 2:00p 7:00p	Chair Stretch Travel Seminar Movie of the Day Craft w/ Freda Dan Flok Movie of the Day	FIT SAL THR CTR SAL THR	10:00a 11:15a 1:00p 2:00p 2:00p 3:15p 7:00p	Art w/ Freda Fitness w/ Neil Fit Drumming Movie of the Day Big Stakes Bingo Jokes to Share Social Movie of the Day	CTR FIT FIT THR RC SAL THR	9:30a 10:00a 2:00p 2:00p 3:00p 6:15p 7:00p	Lab Work Fun w/Legacy Movie of the Day Karaoke w/ Ray BP Checks Music by Joe Movie of the Day	CHP FIT THR SAL FIT SAL THR	8:45a 10:00a 10:00a 11:00a 11:00a 2:00p 2:45p 7:00p	Catholic Comm. Chair Dance Brainiacs Deb's Bible Study Spring Craft w/ Freda Movie of the Day Po-Ke-No Movie of the Day	CHP FIT SAL CHP CTR THR CTR THR	10:00a 1:00p 2:00p 2:00p 3:30p 7:00p	Coffee Chats Sheriff Thrift Store Movie of the Day ST. Patrick's Party Bistro Grand Oaks Movie of the Day	SAL SUR THR SAL SUR THR	9:30a 10:00a 11:00a 1:30p 2:00p 3:00p 7:00p	Fitness w/ Todd Art w/ Freda Culver's Movie of the Day Big Stakes Bingo Chair Volleyball Movie of the Day	FIT CTR SUR THR RC FIT THR						
17			18			19			20			21			22			23								
10:00a 1:00p 1:30p 2:00p 3:00p 7:00p	St. Vincent Livestream Chair Dance Movie of the Day Big Stakes Bingo Concert by Rip Movie of the Day	THR FIT THR RC SAL THR	10:00a 10:00a 2:00p 2:00p 2:00p 7:00p	Chair Stretch Pretty Nails Movie of the Day Craft w/ Freda Sloppy Joe Social Movie of the Day	FIT CTR THR CTR SAL THR	10:00a 11:15a 1:00p 2:00p 2:00p 3:15p 7:00p	Art w/ Freda Fitness w/ Neil Fit Drumming Movie of the Day Big Stakes Bingo Wii Bowling Movie of the Day	CTR FIT FIT THR RC SAL THR	9:30a 10:00a 1:00p 2:00p 2:00p 3:00p 4:00p 7:00p	Lab Work Fun w/Legacy Hearing Aid Checks Movie of the Day Singalong Books w/ Ray BP Checks Theme Dinner Movie of the Day	CHP FIT CHP THR SAL FIT RC THR	8:45a 10:00a 10:00a 11:00a 2:00p 2:00p 7:00p	Catholic Comm. Chair Dance Brainiacs Deb's Bible Study Movie of the Day Resident Council Meeting Movie of the Day	CHP FIT SAL CHP THR RC THR	11:00a 1:00p 2:00p 2:00p 6:00p 7:00p	Po-Ke-No Kohl's Movie of the Day Cooking Demo Wii Bowling Movie of the Day	SAL SUR THR RC FIT THR	10:00a 1:30p 2:00p 3:00p 6:00p 7:00p	Art w/ Freda Movie of the Day Big Stakes Bingo Chair Volleyball Open Cards & Games Movie of the Day	CTR THR RC FIT SAL THR						
24			25			26			27			28			29			30								
10:00a 1:00p 1:30p 2:00p 3:00p SAL 7:00p	St. Vincent Livestream Chair Dance Movie of the Day Big Stakes Bingo Ice Cream Sandwich Social Movie of the Day	THR FIT THR RC SAL THR	10:00a 11:00a 2:00p 2:00p 2:30p 7:00p	Chair Stretch Toss A Cross Game Movie of the Day Craft w/ Freda Resident Secret Recipe Social Movie of the Day	FIT PL THR CTR SAL THR	10:00a 11:15a 1:00p 2:00p 2:00p 3:30p 7:00p	Art w/ Freda Fitness w/ Neil Fit Drumming Movie of the Day Big Stakes Bingo Men's Nancy Lopez CC Movie of the Day	CTR FIT FIT THR RC SUR THR	9:30a 10:00a 1:30p 2:00p 3:00p 6:15p 7:00p	Lab Work Fun w/Legacy Petrina Movie of the Day BP Checks Music by Joe Movie of the Day	CHP FIT SAL THR FIT SAL THR	8:45a 10:00a 10:00a 10:30a 11:00a 2:00p 2:00p 7:00p	Catholic Comm. Chair Dance Brainiacs Food/Activity Meeting Deb's Bible Study Movie of the Day Big Stakes Bingo Movie of the Day	CHP FIT SAL SAL CHP THR RC THR	10:00a SUR 10:30a 1:00p 2:00p 2:30p 7:00p	Antique Mall /Ladies Lunch Wii Bowling Beall's Movie of the Day Karaoke w/ Ray Movie of the Day	SUR FIT SUR THR SAL THR	9:30a 10:00a 1:30p 2:00p 3:00p 7:00p	Fitness w/ Todd Art w/ Freda Movie of the Day Big Stakes Bingo Chair Volleyball Movie of the Day	FIT CTR THR RC FIT THR						
31			EASTER			BIRTHDAYS												LOCATION KEY								
10:00a 1:00p 1:00p 1:30p 2:00p 7:00p	St. Vincent Livestream Fit Drumming Fit Drumming Movie of the Day Big Stakes Bingo Movie of the Day	THR FIT FIT THR RC THR																BR Billards Room CHP Chapel CTR Craft Room FIT Fitness Center F Foyer FR Front Room			GR Game Room LO Lobby LIB Library OUT Outing PL Pool RC Rock Creek			SAL Saloon SUR Sign Up Required THR Theater		