

CONTACTS

Executive Director
Tim O'Neil
cedarlake@americanhouse.com

Assistant Executive Director
Lisa Choinski
cedarlakeassistant@americanhouse.com

Wellness Director
Marjone Nazerian
cedarlakewellness@americanhouse.com

Community Relations Director
Beth Flavin
cedarlakemarketing@americanhouse.com

Culinary Director
Brian Himmelman
cedarlakeculinary@americanhouse.com

Maintenance Director
Juan Diaz
cedarlakemaintenance@americanhouse.com

Life Enrichment Director
Shelly Goggins
cedarlakelifeenrichment@americanhouse.com

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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



**American House
Cedarlake**
14804 S Van Dyke Rd
Plainfield | IL | 60544
815.977.9966
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

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.

CEDARLAKE

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!

- Silvertone Junction Band
- Weekly Happy Hours
- Switchback Music
- Alice/Wonderland Family Event
- Drum Circle with Mike Arturi
- Larry Levin vocalist
- Weekly Spiritual Services
- Weekly Brunch Bunch Outings
- St. Patricks Happy Hour
- Annual Family Easter Egg Hunt

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><div></div><div>March 2024</div><div></div></div>															01			02															
															9:30a 10:00a 11:00a 1:30p 2:00p 2:00p 2:30p 3:30p	Rosary Spelling Bee Balloon Volleyball Total Body Workout Wii Bowling Ladies Chit Chat Corner Kings in the Corner Scrabble	FSL CMR FSL LIB LIB FSL FSL FSL	9:30a 2:00p 2:00p 3:00p 4:30p	Rosary Scrabble Rummikub EZ Yahtzee Wii Bowling	FSL BSD BSD FSL LIB													
03			04			05			06			07			08			09															
9:30a 10:30a 1:30p 2:00p 3:00p 3:30p 4:00p	Rosary St. Mary's Mass Non-Denomination Svc Rummikub Candy Bar Bingo/Shawn EZ Yahtzee Dice Bingo	FSL OUT CMR BSD CMR FSL A&C	9:30a 10:00a 11:00a 1:30p 2:00p 2:30p 3:00p	Rosary Large Crossword Puzzle Balloon Volleyball Total Body Workout Catholic Communion Wii Bowling Kings in the Corner Group Discuss/Bill Beagle	FSL CMR FSL LIB CMR LIB FSL A&C	9:30a 10:00a 11:00a 11:30a 1:30p 2:00p 4:00p	Rosary Scattergories Daily Chronicles McBride's Wheel of Fortune Bday/Silvertone Junction Chapel with Pastor Loy	FSL CMR CMR OUT CMR BSD CMR	9:30a 10:00a 11:00a 1:30p 2:30p 4:00p	Rosary Friendly Feud You be the Judge Total Body Workout Kings in the Corner Bingo	FSL CMR CMR LIB FSL CMR	9:00a 9:30a 9:30a 10:00a 1:30p 1:30p 1:30p 3:00p	Meijer Walmart Rosary 25 Words or Less Kohl's Euchre Tripoli Beanbag Baseball	OUT OUT FSL CMR OUT A&C CMR CMR	9:30a 10:00a 11:00a 1:30p 2:00p 2:00p 2:30p 3:30p	Rosary Trivial Pursuit Balloon Volleyball Total Body Workout Wii Bowling Ladies Chit Chat Corner Kings in the Corner Scrabble	FSL CMR FSL LIB LIB FSL FSL FSL	9:30a 2:00p 2:00p 3:00p 4:30p 6:00p	Rosary Scrabble Rummikub EZ Yahtzee Wii Bowling Resident Happy Hour	FSL BSD BSD FSL LIB BSD													
10 DAYLIGHT SAVING TIME			11			12			13			14			15			16															
9:30a 10:30a 1:30p 2:00p 3:00p 3:30p 4:00p	Rosary St. Mary's Mass Non-Denomination Svc Rummikub Candy Bar Bingo/Shawn EZ Yahtzee Dice Bingo	FSL OUT CMR BSD CMR FSL A&C	9:30a 10:00a 11:00a 1:30p 2:00p 2:30p 3:00p	Rosary Word Block Balloon Volleyball Total Body Workout Catholic Communion Wii Bowling Kings in the Corner Group Discuss/Bill Beagle	FSL CMR FSL LIB CMR LIB FSL A&C	9:30a 10:00a 11:00a 11:30a 1:30p 2:30p 2:30p 4:00p	Rosary Pictionary Daily Chronicles Portillos Jeopardy Candy Bar Bingo Welcome Home Chapel with Pastor Loy	FSL CMR CMR OUT CMR BSD CMR CMR	9:30a 10:00a 11:00a 1:30p 2:30p 3:00p 4:00p	Rosary Walk Club Qwirkle Total Body Workout Kings in the Corner Tech Corner with NHS Bingo	FSL CMR LIB FSL B CMR	9:00a 9:30a 9:30a 10:00a 1:30p 1:30p 1:30p 2:30p 3:00p	Meijer Walmart Rosary 25 Words or Less Jewel Euchre Tripoli Star of the Month Life Enrichment Plan Meeting	OUT OUT FSL CMR OUT A&C CMR CMR CMR	9:30a 10:30a 11:00a 1:30p 2:00p 2:00p 2:00p 2:30p 2:30p	Rosary Happy Hour/Switchback Balloon Volleyball Total Body Workout Wii Bowling Ladies Chit Chat Corner Green River Floats Drum Circle/Mike Arturi Kings in the Corner	FSL CMR FSL LIB LIB FSL B CMR FSL	9:30a 2:00p 2:00p 3:00p 4:30p	Rosary Scrabble Rummikub EZ Yahtzee Wii Bowling	FSL BSD BSD FSL LIB													
17 ST. PATRICK'S DAY			18			19 FIRST DAY OF SPRING			20			21			22			23															
8:00a 9:30a 10:30a 11:30a 1:30p 2:00p 3:00p 3:30p 4:00p	Leprechauns on the Loose Rosary St. Mary's Mass Shamrock Shakes Non-Denomination Svc Rummikub Candy Bar Bingo/Shawn EZ Yahtzee Dice Bingo	FSL OUT B CMR BSD CMR FSL A&C	9:30a 10:00a 10:30a 11:00a 1:30p 2:00p 2:30p 3:00p	Rosary \$100,000 Pyramid Book Club Balloon Volleyball Total Body Workout Catholic Communion Wii Bowling Kings in the Corner Group Discuss/Bill Beagle	FSL CMR LIB FSL LIB CMR LIB FSL A&C	9:30a 10:00a 11:00a 11:30a 1:00p 1:30p 2:30p 4:00p	Rosary Scattergories Daily Chronicles Corrigan's Spring Seed Starters Wheel of Fortune Candy Bar Bingo Chapel with Pastor Loy	FSL CMR CMR OUT CMR CMR CMR CMR	9:30a 10:00a 11:00a 1:30p 2:30p 5:00p	Rosary Friendly Feud Who Am I Total Body Workout Kings in the Corner Alice Wonderland Tea Party	FSL CMR CMR LIB FSL BSD	9:00a 9:30a 9:30a 10:00a 1:30p 1:30p 1:30p 3:00p	Meijer Walmart Rosary 25 Words or Less Target Euchre Tripoli Beanbag Baseball	OUT OUT FSL CMR OUT A&C CMR CMR	9:30a 10:00a 11:00a 1:30p 2:00p 2:00p 2:30p 3:30p	Rosary Spring Trivia Balloon Volleyball Total Body Workout Wii Bowling Ladies Chit Chat Corner Kings in the Corner Scrabble	FSL CMR FSL LIB LIB FSL FSL FSL	9:30a 1:00p 4:30p 6:00p	Rosary Family Easter Egg Hunt Wii Bowling Resident Happy Hour	FSL LIB BSD													
24			25			26			27			28			29			30															
9:30a 10:30a 1:30p 2:00p 3:00p 3:30p 4:00p	Rosary St. Mary's Mass Non-Denomination Svc Rummikub Candy Bar Bingo/Shawn EZ Yahtzee Dice Bingo	FSL OUT CMR BSD CMR FSL A&C	9:30a 10:00a 11:00a 1:30p 2:00p 2:30p 3:00p	Rosary Wacky Wordies Balloon Volleyball Total Body Workout Catholic Communion Wii Bowling Kings in the Corner Group Discuss/Bill Beagle	FSL CMR FSL LIB CMR LIB FSL A&C	9:30a 10:00a 11:00a 11:30a 1:30p 2:00p 2:30p 4:00p	Rosary Pictionary Daily Chronicles Jamesons Jeopardy Larry Levin/vocalist Candy Bar Bingo Chapel with Pastor Loy	FSL CMR CMR OUT CMR BSD CMR CMR	9:30a 10:00a 1:30p 2:00p 2:30p 3:00p 3:00p 4:00p	Rosary Walk Club Total Body Workout Current Events Kings in the Corner Cook Demo Tech Corner with NHS Bingo	FSL LIB LIB FSL B BSD CMR	9:00a 9:30a 9:30a 10:00a 10:30a 1:30p 1:30p 1:30p 2:30p	Meijer Walmart Rosary 25 Words or Less AL Town Hall Adi Euchre Tripoli IL Town Hall	OUT OUT FSL CMR FSL OUT A&C CMR BSD	9:30a 10:00a 11:00a 1:30p 2:00p 2:00p 2:30p 3:30p	Rosary Literature Fun Facts/Trivia Balloon Volleyball Total Body Workout Wii Bowling Ladies Chit Chat Corner Kings in the Corner Scrabble	FSL CMR FSL LIB LIB FSL FSL FSL	9:30a 2:00p 2:00p 3:00p 4:30p	Rosary Scrabble Rummikub EZ Yahtzee Wii Bowling	FSL BSD BSD FSL LIB													
31 EASTER			BIRTHDAYS																														
9:30a 2:00p 3:00p 3:30p 4:00p	Rosary Rummikub Candy Bar Bingo/Shawn EZ Yahtzee Dice Bingo	FSL BSD CMR FSL A&C	<div><div></div><div>Happy Easter</div><div></div></div>			3/2 Frank N			3/6 Audrey K			3/22 Karen R			<div><div>A&C</div> Arts & Crafts Room<div>FSL</div> Fireside Lounge<div>B</div> Bistro<div>LIB</div> Library<div>B&C</div> Blue Spruce & Cedar Room<div>OUT</div> Outing<div>BSD</div> Blue Spruce Dining Room<div>O</div> Outside<div>CMR</div> Community Room</div>						3/4 Roy F			3/9 Joyce B			3/24 Loretta S						
						3/4 Judith C			3/9 Norma H			3/26 Lynette G																					
						3/4 Chester B			3/19 Patricia B			3/27 Donna N																					
						3/5 Carol B			3/19 Diane H																								
						3/6 Elaine T			3/20 Lois D																								