

CONTACTS

Executive Director
Abigail Wigginton
239-221-6050

Wellness Director
Alicia Reece
239-494-4724

Life Enrichment Director
Maribel Ortiz
239-537-0718

Culinary Director/Chef
Scott Ullemeyer
239-272-7568

Maintenance Director
Andreas Carrion
239-446-6343

Community Relations Director
Nancy Russel
239-494-4724

Memory Care Diector
Tina Mahammad
239-494-4724

Housekeeping Director
Heather Ortega Blakely
239-494-4727

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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

**American House
Coconut Point**
8460 Murano Del Lago Dr
Estero | FL | 34135
239.567.9242
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.

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Assisted Living Facility #12898

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

COCONUT POINT 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!

- Lucy & Tom's Pizza Day 3/3
 - Men's Sports Day 3/5
 - Broadway Concert 3/6
 - Music Under the Stars 3/10
 - March B-day Celebration 3/13
- Line Dancing Class 3/16
 - St. Patrick's Party 3/17
 - Family Signature Event 3/20
 - Community Outreach Day 3/25
 - Easter Sunday Event 3/31

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 11:00a LO 1:00p 2:00p 6:00p 6:30p	Bocce Ball Players Cardio Drumming Lunch Bunch Trip-Mario's of Estero Bible Study Happy Hour NYR Movie Night NEW Men's Pool Table	BC 2FA CHP ALD THR BR	9:30a 10:00a 1:00p 1:30p 2:00p 3:00p 6:00p	Walk Together Club Morning Movie Publix/Target Shopping Trip Puzzle Time Movie Matinee Going to St. Leo The Great Movie Night	LO 3FT LO PR 3FT LO THR
03			04			05			06			07			08			09		
10:00a 10:00a 2FA 10:30a 1:00p 2:00p 2:00p HAL 6:00p	Morning Moive Board Game Day-Resident Ran Color Art Class-Self Ran Sunshine Gardners Movie Matinee Pizza Making Day with Lucy & Tom Movie Night	THR THR THR THR	9:30a 9:30a 10:30a 2:30p 3:30p 6:00p	Shuffle Board Tai Chi w/Solaris Craft Class Water Aerobics Trivia & Popcorn Movie Night	CY AR PL AR THR	9:30a 10:00a 10:00a 2:00p 2:00p 2:00p 6:00p	Zumba Chair Fitness Morning Movie Coconut Bingo Bridge Men's Sports Day Chair Fit Judy Movie Night	AR THR 2FA GR THR YG 3FT	9:30a 10:30a 11:30a Saturday 1:00p 2:00p 2:00p 6:00p	Stretch with Kate Wii Bowling Broadway Show Live-New Mr. Night Live L.C.R Game Day Happy Hour-Flash Forward Movie Night	2FA GR THR AR ALD THR	9:30a 10:00a 10:00a 1:00p 1:30p 2:00p 3:00p HAL	Zumba Chair Fitness Morning Movie Coconut Bingo Blood Pressure Check Hand & Foot Movie Matinee Floral Arrangements-1400 hall	2FA 3FT AR 2FA 2FA HAL	9:30a 10:00a 11:00a 1:00p 2:00p 6:00p 6:30p	Bocce Ball Players Cardio Drumming Lunch Bunch Trip-Oak & Stone Bible Study Happy Hour-Chicago Heat Movie Night NEW Men's Pool Table	BC 2FA LO CHP ALD THR BR	9:30a 10:00a 1:00p 1:30p 2:00p 3:00p 6:00p	Walk Together Club Morning Movie Publix/Target Shopping Trip Puzzle Time Movie Matinee Going to St. Leo the Great Movie Night	LO 3FT LO PR 3FT LO THR
10			11			12			13			14			15			16		
10:00a 10:00a 2FA 10:30a 1:00p 2:00p 2:00p 6:30p	Morning Moive Board Game Day-Resident Ran Color Art Class-Self Ran Sunshine Gardners Movie Matinee Bloody Mary Bingo Music Under the Stars	THR THR AR PL	9:30a 9:30a 1:00p 1:00p 2:30p 3:30p 6:00p	Shuffle Board Tai Chi w/Solaris Bible Study Health Talk with Nurse Amy Water Aerobics Trivia & Popcorn Movie Night	CY CHP 2FA PL AR THR	9:30a 10:00a 10:00a 2:00p 2:00p 2:00p 6:00p	Zumba Chair Fitness Morning Movie Coconut Bingo Bridge Movie Matinee Chair Fit Judy Movie Night	AR THR 2FA GR THR YG 3FT	9:30a 10:30a 1:00p 2:00p 2:00p 6:00p	Stretch with Kate Wii Bowling March Babies B-Day Celebration Happy Hour-DJ Tony Movie Night	2FA GR AR ALD THR	9:30a 10:00a 10:00a 1:00p 1:30p 2:00p 6:00p	Zumba Chair Fitness Morning Movie Coconut Bingo Blood Pressure Check Hand & Foot Movie Matinee Movie Night	2FA 3FT AR 2FA 2FA THR	9:30a 10:00a 11:00a 1:00p 2:00p 6:00p 6:30p	Bocce Ball Players Cardio Drumming Lunch Bunch Trip-Tommy Bahama Bible Study Happy Hour-Candie Herte Movie Night NEW Men's Pool Table	BC 2FA CHP ALD THR BR	9:30a 10:00a 1:00p 1:30p 2:00p 3:00p 6:00p	Walk Together Club Morning Movie Publix/Target Shopping Trip Puzzle Time Movie Matinee Line Dancing Class No St. Leo The Great Today Movie Night	LO 3FT LO PR 3FT AR LO THR
17			18			19			20			21			22			23		
10:00a 10:00a 2FA 10:30a 1:00p 2:00p 2:00p 6:00p	Morning Moive Board Game Day-Resident Ran Color Art Class-Self Ran Sunshine Gardners Movie Matinee St. Patrick's Day Party Movie Night	THR THR CY THR	9:30a 9:30a 10:00a 10:30a 11:00a Scott 2:30p 3:30p	Shuffle Board Tai Chi w/Solaris Catholic Mass Cooking Demo w/Chef Scott Food for Thought Meeting w/Chef Water Aerobics Trivia & Popcorn	CY CHP AR AR PL AR	9:30a 10:00a 10:00a 2:00p 2:00p 2:00p 6:00p	Zumba Chair Fitness Morning Movie Coconut Bingo Bridge Chair Fit Judy Movie Matinee Movie Night	AR THR 2FA GR YG THR 3FT	9:30a 10:30a 11:00a 1:00p 3:00p Wonderland 6:00p	Stretch with Kate Wii Bowling Live Orchestra Concert Theater L.C.R Game Day Signature Event It's a Tea Time Movie Night	2FA GR AR ALD THR	9:30a 10:00a 10:00a 1:00p 1:30p 2:00p 2:00p 6:00p	Zumba Chair Fitness Morning Movie Coconut Bingo Blood Pressure Check Hand & Foot Movie Matinee Boho Chic Craft Class Professor of Musicology	2FA 3FT AR 2FA 2FA HAL THR	9:30a 10:00a 11:00a 1:00p 2:00p 6:00p 6:30p	Bocce Ball Players Cardio Drumming Lunch Bunch Trip-Marsala Italian Bible Study Happy Hour-JW Adams Movie Night NEW Men's Pool Table	BC 2FA CHP ALD THR BR	9:30a 10:00a 1:00p 1:30p 2:00p 3:00p 6:00p	Walk Together Club Morning Movie Publix/Target Shopping Trip Puzzle Time Movie Matinee Going to St. Leo the Great Movie Night	LO 3FT LO PR 3FT LO THR
24			25			26			27			28			29			30		
10:00a 10:00a 2FA 10:30a 1:00p 2:00p 2:00p 6:00p	Morning Moive Board Game Day-Resident Ran Color Art Class-Self Ran Sunshine Gardners Movie Matinee Bloody Mary Bingo Movie Night	THR THR AR THR	9:30a 9:30a 10:30a 1:00p 2:30p 3:30p 6:00p	Shuffle Board Tai Chi w/Solaris Community Outreach Bday Boxes for food Pantry Bible Study Water Aerobics Trivia & Popcorn Movie Night	CY AR CHP PL AR THR	9:30a 10:00a 10:00a 2:00p 2:00p 2:00p 6:00p	Zumba Chair Fitness Morning Movie Coconut Bingo Bridge Chair Fit Judy Movie Matinee Movie Night	AR THR 2FA GR YG THR 3FT	9:30a 10:30a 1:00p 2:00p 2:00p 6:00p	Stretch with Kate AL Town Hall Meeting L.C.R Game Day Happy Hour-Paul Adoli-NEW Movie Night	2FA THR ALD THR	9:30a 10:00a 10:00a 1:00p 1:30p 2:00p 6:00p	Zumba Chair Fitness Morning Movie Coconut Bingo Blood Pressure Check Hand & Foot Movie Matinee Movie Night	2FA 3FT AR 2FA 2FA THR	9:30a 10:00a 11:00a 1:00p 2:00p 6:00p 6:30p	Bocce Ball Players Cardio Drumming Lunch Trip-Taco on the Road Bible Study Happy Hour-DJ Jersey Jhon Movie Night NEW Men's Pool Table	BC 2FA LO CHP ALD THR BR	9:30a 10:00a 1:00p 1:30p 2:00p 3:00p 6:00p	Walk Together Club Morning Movie Publix/Target Shopping Trip Puzzle Time Movie Matinee Going to St. Leo the Great Movie Night	LO 3FT LO PR 3FT LO THR
31			BIRTHDAYS															LOCATION KEY		
10:00a 10:00a 2FA 10:30a 1:00p 2:00p Bunny Visits 2:00p 6:00p	Morning Moive Board Game Day-Resident Ran Color Art Class-Self Ran Sunshine Gardners Easter Sunday Baskets & Easter Movie Matinee Movie Night	THR AR THR THR	<div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></</div></div></div>																	