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National Suicide Hotline
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Alzheimers Association
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Institute of Aging Friendship Line
1-800-971-0016



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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.

CHARLEVOIX INDEPENDENT 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!

- 3-4 Town Hall Meeting
- 3-4 Auction
- 3-11 Walmart Shopping
- 3-15 Walmart Shopping
- 3-17 St. Patrick's Day
- 3-18 Movie Alice in Wonderland
- 3-19 Happy Troll Lunch
- 3-20 Alice Adventure Tea Party
- 3-24 Easter Egg Hunt
- 3-25 Friske Farm Market

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 | | |
| | | | | | | | | | | | | | | | 8:30a 9:00a 9:00a 10:30a 11:00a 2:00p 3:30p | Morning Brew with You Jo-Jo- Visits Manicures Exercise Wii Bowling Fun & Games Social Hour | DR FIR S DR LR DR FIR | 8:30a 9:00a 10:30a 2:00p | Morning Brew with You Current Events Exercise Bingo | DR FIR DR DR |
| 03 | | | 04 | | | 05 | | | 06 | | | 07 | | | 08 | | | 09 | | |
| 8:30a 10:30a 11:00a 2:30p 4:00p | Morning Brew with You Exercise Wii Bowling Bingo Church services | DR DR LR DR LIB | 8:30a 9:00a 10:30a 11:00a 2:00p 3:00p | Morning Brew with You Open Transportation Exercise Engaged Senior Resident Meeting Auction | DR DR LIB FIR | 8:30a 9:00a 10:30a 11:00a 2:00p 3:00p | Morning Brew with You Bagels in the Cafe Exercise String Sisters Spa in the Library Black Jack | DR CAF DR FIR LIB CAF | 8:30a 9:00a 10:30a 11:00a 2:30p | Morning Brew with You Open Transportation Exercise Veterans Meeting Spintopia Bingo | DR DR LIB CA CAF | 8:30a 9:00a 9:30a 10:30a 11:00a 2:00p 3:00p 3:00p 3:00p | Morning Brew with You Bagels in the Cafe Beauty Shop Open Exercise Blood Pressure Clinic Trip to Harsha House Museum Ice Cream Social Brian Griffin Resident Birthday Event | DR CAF S DR LIB DR FIR FIR | 8:30a 9:00a 9:00a 10:30a 11:00a 2:00p 3:30p | Morning Brew with You Jo-Jo- Visits Manicures Exercise Wii Bowling Name that tune trivia Social Hour | DR FIR S DR LR FIR | 8:30a 9:00a 10:30a 2:00p | Morning Brew with You Current Events Exercise Bingo | DR FIR DR DR |
| 10 DAYLIGHT SAVING TIME | | | 11 | | | 12 | | | 13 | | | 14 | | | 15 | | | 16 | | |
| 8:30a 10:30a 11:00a 2:30p 4:00p | Morning Brew with You Exercise Wii Bowling Bingo Church services | DR DR LR DR LIB | 8:30a 9:00a 10:30a 11:00a 2:00p 2:00p | Morning Brew with You Open Transportation Exercise Engaged Senior Walmart Shopping Bob Bryan | DR DR LIB FIR | 8:30a 9:00a 10:30a 11:00a 2:30p | Morning Brew with You Bagels in the Cafe Exercise String Sisters Bingo | DR CAF DR FIR DR | 8:30a 9:00a 10:30a 11:00a 11:00a 1:30p 4:00p | Morning Brew with You Open Transportation Exercise Veterans Meeting Spintopia Black Jack Jim Quales | DR DR LIB CA CAF FIR | 8:30a 9:00a 9:30a 10:30a 11:00a 2:00p 3:00p 4:30p | Morning Brew with You Bagels in the Cafe Beauty Shop Open Exercise Blood Pressure Clinic Resident Welcome Ice Cream Social Engaged Senior B | DR CAF S DR LIB FIR DR LIB | 8:30a 9:00a 9:00a 9:00a 10:30a 11:00a 2:00p 3:30p | Morning Brew with You Dr. Dekorte Jo-Jo- Visits Manicures Exercise Wii Bowling Art & Design: Once Upon a Time Social Hour | DR FIR S DR LR CAF FIR | 8:30a 9:00a 10:30a 2:00p | Morning Brew with You Current Events Exercise Bingo | DR FIR DR DR |
| 17 ST. PATRICK'S DAY | | | 18 | | | 19 FIRST DAY OF SPRING | | | 20 | | | 21 | | | 22 | | | 23 | | |
| 8:30a 10:30a 11:00a 12:00p 2:30p 4:00p | Morning Brew with You Exercise Wii Bowling St. Patrick's Day Meal Bingo Church services | DR DR LR DR DR LIB | 8:30a 9:00a 10:30a 11:00a 2:00p 2:00p | Morning Brew with You Open Transportation Exercise Engaged Senior Movie: Alice in Wonderland Errands Around Town | DR DR LIB LR | 8:30a 9:00a 10:30a 11:00a 11:30a 2:00p 3:00p | Morning Brew with You Bagels in the Cafe Exercise String Sisters The Happy Troll for Lunch Reminisce by the Fire Black Jack | DR CAF DR FIR FIR CAF | 8:30a 9:00a 10:30a 11:00a 11:00a 2:30p 5:00p | Morning Brew with You Open Transportation Exercise Veterans Meeting Spintopia Bingo Alice's Adventure Tea Party | DR DR LIB CA CAF DR | 8:30a 9:00a 9:30a 10:30a 11:00a 2:00p 3:00p 3:00p 4:30p | Morning Brew with You Bagels in the Cafe Beauty Shop Open Exercise Wellness U: Charlevoix Cinema Ice Cream Social Peter Fethers Engaged Senior B | DR CAF S DR FIR DR FIR LIB | 8:30a 9:00a 9:00a 10:30a 11:00a 2:00p 3:30p | Morning Brew with You Jo-Jo- Visits Manicures Exercise Wii Bowling Euchre Game Social Hour | DR FIR S DR LR CAF FIR | 8:30a 9:00a 10:30a 2:00p | Morning Brew with You Current Events Exercise Bingo | DR FIR DR DR |
| 24 | | | 25 | | | 26 | | | 27 | | | 28 | | | 29 | | | 30 | | |
| 8:30a 10:30a 11:00a 2:00p 2:30p 4:00p | Morning Brew with You Exercise Wii Bowling Easter Egg Hunt NO Bingo Church services | DR DR LR DR LIB | 8:30a 9:00a 10:30a 11:00a 2:00p | Morning Brew with You Open Transportation Exercise Engaged Senior Friske Farm Market | DR DR LIB | 8:30a 9:00a 10:30a 11:00a 2:00p 3:00p | Morning Brew with You Bagels in the Cafe Exercise String Sisters Yahtzee Black Jack | DR CAF DR FIR CAF CAF | 8:30a 9:00a 10:30a 11:00a 11:00a 2:30p | Morning Brew with You Open Transportation Exercise Veterans Meeting Spintopia Bingo | DR DR LIB CA CAF | 8:30a 9:00a 9:30a 10:30a 11:00a 2:00p 3:00p 4:30p | Morning Brew with You Bagels in the Cafe Beauty Shop Open Exercise Blood Pressure Clinic Karaoke by the Fire Ice Cream Social Engaged Senior B | DR CAF S DR LIB FIR DR LIB | 8:30a 9:00a 9:00a 10:30a 11:00a 2:00p 3:30p | Morning Brew with You Jo-Jo- Visits Manicures Exercise Wii Bowling Blank Slate Game Social Hour | DR FIR S DR LR CAF FIR | 8:30a 9:00a 10:30a 2:00p | Morning Brew with You Current Events Exercise Bingo | DR FIR DR DR |
| 31 EASTER | | | BIRTHDAYS | | | | | | | | | | | | | | | LOCATION KEY | | |
| 8:00a 8:30a 10:30a 11:00a 2:30p 4:00p | Happy Easter Morning Brew with You Exercise Wii Bowling Bingo Church services | DR DR LR DR LIB |  | | | Happy Birthday | | | Monnie 3-31 | | | | | | | | | <div><div>CAF Café</div><div>CA Common Area</div><div>DR Dining Room</div><div>FIR Fireplace</div></div> <div><div>LIB Library</div><div>LR Living Room</div><div>S Salon</div></div> | | |
| | | | | | | Cheryl 3-13 | | | | | | | | | | | | | | |
| | | | | | | Sandy 3-14 | | | | | | | | | | | | | | |