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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.

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# LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

EAST I

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!

- 3/5 - Hollywood Casino Outing
- 3/6 - Happy Hour w/Joe A
- 3/12 -Walker Safety w/Theramax
- 3/13 - Happy Hour w/Frank T
- 3/14 - DIA Outing
- 3/17 - St. Patrick's Day Party
- 3/18 - Avon Sales w/Dawn
- 3/20 - FN: Alice in Wonderland
- 3/27 - Resident Birthday Party
- 3/28 - Fr Solanus Casey Center

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 11:00a 1:00p 1:00p 3:00p 6:00p	Chair Yoga Rosary Songbook Sing Along General Store Open Bocce Ball Fireside Chat	FIT CHP A LBC GGR A	10:00a 11:00a 1:00p 2:00p 6:00p 6:00p	Seated Exercise Rosary Popcorn & Movie Cards w/Friends Fireside Chat Poker Night	FIT CHP FS PR A L
03			04			05			06			07			08			09		
10:00a 11:00a 1:00p 2:00p 3:00p 6:00p	Seated Exercise Rosary Sunday Movie Chicks w/Sticks Cards w/Friends Left Right Center Fireside Chat	FIT CHP FS LIB PR LIB A	10:00a 11:00a 1:00p 2:30p 3:30p 5:30p 6:00p 6:00p	Hair Salon Open Rosary Chair Volleyball General Store Open Brain Matters Engaged Senior Cribbage w/Friends Fireside Chat Rummikube	LBC CHP DR LBC LIB FS LIB A LIB	9:30a 11:00a 1:00p 3:30p 6:00p 6:00p	Casino Outing Rosary Hear Michigan Ctrs Fun w/Jill Game Night Fireside Chat	SUR CHP LIB LIB LIB A	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 3:00p 5:30p 6:00p	Chair Tai Chi Dictionary Game Rosary Palm Art w/Josephine Happy Hour w/Joe A Wii Open Bowling General Store Open Cribbage w/Friends Fireside Chat	FIT LIB CHP CR A L LBC LIB A	10:00a 10:00a 11:00a 12:30p 1:00p 3:30p 6:00p 6:00p	Seated Exercise Bus to Banks Rosary BP Checks w/Jamie Bus to Meijer Train Dominos Fireside Chat Sunset Bingo	FIT SUR CHP L SUR LIB A LAD	10:00a 11:00a 1:00p 1:00p 3:00p 6:00p	Chair Yoga Rosary General Store Open Art & Design Bocce Ball Fireside Chat	FIT CHP LBC DR GGR A	10:00a 11:00a 1:00p 2:00p 6:00p 6:00p	Seated Exercise Rosary Popcorn & Movie Cards w/Friends Fireside Chat Poker Night	FIT CHP FS PR A L
10 DAYLIGHT SAVING TIME			11			12			13			14			15			16		
10:00a 11:00a 1:00p 1:00p 2:00p 3:00p 6:00p	Seated Exercise Rosary Sunday Movie Chicks w/Sticks Cards w/Friends Left Right Center Fireside Chat	FIT CHP FS LIB PR LIB A	10:00a 11:00a 1:00p 1:00p 2:30p 3:30p 5:30p 6:00p 6:00p	Hair Salon Open Rosary Baking w/Jill General Store Open Who am I? Engaged Senior Cribbage w/Friends Fireside Chat Rummikube	LBC CHP LAD LBC FS FS LIB A LIB	10:30a 11:00a 12:00p 1:00p 1:00p 2:30p 3:30p 6:00p 6:00p	Tuesday Trivia Rosary Well U:Walker Safety Ceramics w/Sue Palm Art w/Josephine Feel the Beat w/Carol 7 Card Match Game Night Fireside Chat	LIB CHP L LAD CR A LIB LIB A	10:00a 10:00a 11:00a 2:00p 3:00p 3:00p 5:30p 6:00p	Chair Tai Chi BLURT!! Rosary Happy Hour w/Frank T Wii Open Bowling General Store Open Cribbage w/Friends Fireside Chat	FIT LIB CHP A L LBC LIB A	10:00a 10:00a 11:00a 3:30p 6:00p 6:00p	Bus to DIA Seated Exercise Rosary Activity Meeting Fireside Chat Sunset Bingo	SUR FIT CHP LIB A LAD	10:00a 11:00a 1:00p 1:00p 2:00p 3:00p 6:00p	Chair Yoga Rosary Res. Council Mtg General Store Open Songbook Sing Along Bocce Ball Fireside Chat	FIT CHP DR LBC A GGR A	10:00a 11:00a 1:00p 2:00p 6:00p 6:00p	Seated Exercise Rosary Popcorn & Movie Cards w/Friends Fireside Chat Poker Night	FIT CHP FS PR A L
17 ST. PATRICK'S DAY			18			19 FIRST DAY OF SPRING			20			21			22			23		
10:00a 11:00a 1:00p 2:00p 2:00p 3:00p 6:00p	Seated Exercise Rosary Chicks w/Sticks Cards w/Friends St. Patty's Party Left Right Center Fireside Chat	FIT CHP LIB PR A LIB A	10:00a 11:00a 1:00p 1:00p 2:30p 3:30p 5:30p 6:00p 6:00p	Hair Salon Open Avon Sales w/Dawn Rosary General Store Open Fun & Games Engaged Senior Cribbage w/Friends Fireside Chat Rummikube	LBC L CHP LBC SUR FS LIB A LIB	10:30a 11:00a 1:00p 2:00p 3:00p 6:00p 6:00p	Tuesday Trivia Rosary Palm Art w/Josephine Cooking Demo Derby Horse Race Game Night Fireside Chat	LIB CHP CR DR GGR LIB A	10:00a 11:00a 1:00p 3:00p 3:00p 5:00p 5:30p 6:00p	Chair Tai Chi Rosary Name 5 Game Wii Open Bowling General Store Open FN: Alice in Wonderland Cribbage w/Friends Fireside Chat	FIT CHP LAD L LBC DR LIB A	10:00a 10:00a 11:00a 12:30p 1:00p 6:00p 6:00p	Bus to Kroger Seated Exercise Rosary BP Checks w/Jamie Bus to Trader Joes Fireside Chat Sunset Bingo	SUR FIT CHP L SUR A LAD	10:00a 11:00a 1:00p 1:00p 3:00p 6:00p	Chair Yoga Rosary Let's Get Crafty General Store Open Bocce Ball Fireside Chat	FIT CHP CR LBC GGR A	10:00a 11:00a 1:00p 2:00p 6:00p 6:00p	Seated Exercise Rosary Popcorn & Movie Cards w/Friends Fireside Chat Poker Night	FIT CHP FS PR A L
24			25			26			27			28			29			30		
10:00a 11:00a 1:00p 1:00p 2:00p 3:00p 6:00p	Seated Exercise Rosary Sunday Movie Chicks w/Sticks Cards w/Friends Left Right Center Fireside Chat	FIT CHP FS LIB PR LIB A	10:00a 11:00a 1:00p 1:00p 2:00p 3:30p 5:30p 6:00p 6:00p	Hair Salon Open Rosary Wine & Reminisce General Store Open Wisdom of Gratitude Engaged Senior Cribbage w/Friends Fireside Chat Rummikube	LBC CHP L LBC L FS LIB A LIB	10:30a 11:00a 1:00p 1:00p 2:30p 3:30p 6:00p 6:00p	Tuesday Trivia Rosary Color Easter Eggs Palm Art w/Josephine Feel the Beat w/Carol New Resident Social Game Night Fireside Chat	LIB CHP CR CR A A LIB A	10:00a 10:30a 11:00a 2:00p 3:00p 3:00p 5:30p 6:00p	Chair Tai Chi Toss and Talk Rosary Res. Birthday Party Wii Open Bowling General Store Open Cribbage w/Friends Fireside Chat	FIT LIB CHP A L LBC LIB A	10:00a 10:00a 11:00a 3:00p 6:00p 6:00p	Fr. Solanus Casey Ctr Seated Exercise Rosary Fun w/Jill Fireside Chat Sunset Bingo	SUR FIT CHP LIB A LAD	10:00a 11:00a 1:00p 1:00p 1:00p 3:00p 6:00p	Chair Yoga Rosary Movie: The Passion General Store Open G. Angel Appreciation Bocce Ball Fireside Chat	FIT CHP FS LBC DR GGR A	10:00a 11:00a 1:00p 2:00p 6:00p 6:00p	Seated Exercise Rosary Popcorn & Movie Cards w/Friends Fireside Chat Poker Night	FIT CHP FS PR A L
31 EASTER			BIRTHDAYS																	
10:00a 11:00a 1:00p 1:00p 2:00p 3:00p 6:00p	Seated Exercise Rosary Easter Movie Chicks w/Sticks Cards w/Friends Left Right Center Fireside Chat	FIT CHP FS LIB PR LIB A				Happy March Birthdays 3/27 William T 3/1 Dennis K 3/5 Tonna B 3/7 Jill O 3/13 Cynthia D 3/15 Carole R										LOCATION KEY				
																	A Atrium CHP Chapel CTR Craft Room DR Dining Room FS Fireside Theater FIT Fitness Center	HAL Hallway GGR Green Golf Room LIB Library L Lounge LAD Lower Level AD LBC Lower Level BC	O Outside PAT Patio PR Puzzle Room SUR Sign Up Required	