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National Suicide Hotline  
988

Alzheimers Association  
1-800-272-3900

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

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**East II**  
18760 13 Mile Rd  
Roseville | MI | 48066  
586.335.2484  
**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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# LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

**EAST II 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!**

- Meijer Trip
- Outing - Leo's Coney Island
- Easter Gift Bags
- St. Patrick's Day Party
- New Resident Happy Hour

- Birthday Happy Hour
- Arts & Crafts
- Karaoke
- Wellness U: Neuropathy
- Blood Pressure Checks w/ Tyra

**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							
												11:00a 1:00p 2:30p 4:00p 6:00p 6:00p LO	Cardio Balance with Evelyn Cornhole Prize Bingo Fairytale Trivia Fireside Chat Sponge Painting with Steve	LO LO DR LO LO LO	10:00a 11:00a 1:00p 3:00p 6:00p	I Love Lucy TV Time Euchre Club Puzzle Pick Up Kings in the Corner Evening News	LO ABC LO LO LO					
03			04			05			06			07			08			09				
10:30a 11:00a 2:30p 3:30p 6:00p	Sit-Down Dancing Rosary Service Quarter Bingo Dominoes Work on Puzzles	LO CHP DR ABC LO	11:00a 1:00p Time 2:30p 3:00p 4:00p Grader? 6:00p	Movin' & Groovin' with Linda Word in a Word - Once Upon a Time Apples to Apples Crafter's Group Are You Smarter Than a 5th Grader? Faith in Action	LO LO LO EFG LO LO	10:00a 1:00p 2:30p 4:00p 6:00p	Hearing Aid Cleanings & Checks w/ Maureen Staying in the Safe Lane - Your Guide to Walkers & Canes Quarter Bingo What Am I? Dominoes	LO LO LO DR LO LO LO	10:30a 11:00a 1:00p 2:30p 3:30p 6:00p	Morning Exercise Pictionary Blood Pressure Checks with Tyra Spot It Ladder Ball Choice of Cards	LO LO LO LO LO LO	10:30a 11:00a 1:30p 3:00p 4:00p 6:00p	Communion Service Rosary Birthday Happy Hour with Dorothy Martin Shut the Box Chair Volleyball Kings in the Corner	CHP CHP LO LO LO LO	11:00a 1:00p 2:30p 4:00p 6:00p	Cookies & Convo Bocce Ball Prize Bingo Charades Fireside Chat	LO LO DR LO LO	10:00a 11:00a 1:00p 3:00p 6:00p	I Love Lucy TV Time Euchre Club Puzzle Pick Up Kings in the Corner Evening News	LO ABC LO LO LO		
10 DAYLIGHT SAVING TIME			11			12			13			14			15			16				
10:30a 11:00a 2:30p 3:30p 6:00p	Sit-Down Dancing Rosary Service Quarter Bingo Dominoes Work on Puzzles	LO CHP DR ABC LO	11:00a 1:00p 2:30p 3:00p 4:00p 6:00p	Coloring & Coffee Tech Class with Mark Scrabble Crafter's Group Sing a Long Puzzle Relaxation	LO LO LO EFG LO LO	11:00a 1:00p 2:30p 3:30p 4:00p 6:00p	Yoga with Adrienne Cup Toss Quarter Bingo Wellness U: Neuropathy w/ Dedicated Medical Senior Center Dominoes	LO LO DR LO LO LO	10:30a 11:00a 1:30p 3:00p 4:00p 6:00p	Morning Exercise Word Search - Beat the Clock Did You Know? What Came First? Jeopardy Choice of Cards	LO LO LO LO LO LO	10:30a 11:00a 1:00p 2:30p 4:00p 6:00p	Communion Service Rosary Shuffleboard St. Patrick's Day Party with Gary Pillow Madlibs Kings in the Corner	CHP CHP LO LO LO LO	11:00a 1:00p 2:30p 4:00p 6:00p	Cardio Balance with Evelyn Resident Meeting Prize Bingo Cornhole Fireside Chat	LO LO DR LO LO	10:00a 11:00a 1:00p 3:00p 6:00p	I Love Lucy TV Time Euchre Club Puzzle Pick Up Kings in the Corner Evening News	LO ABC LO LO LO		
17 ST. PATRICK'S DAY			18			19 FIRST DAY OF SPRING			20			21			22			23				
10:30a 11:00a 2:30p 3:30p 6:00p	Sit-Down Dancing Rosary Service Quarter Bingo Dominoes Work on Puzzles	LO CHP DR ABC LO	10:00a 11:00a 12:00p 1:00p 3:00p 4:00p 6:00p	Outing - Meijer Movin' & Groovin' with Linda Outing - Leo's Coney Island Arts & Crafts - Floral Pressed Bookmarks Crafter's Group Bocce Ball Faith in Action	OUT LO LO BAS EFG LO LO	11:00a 1:00p 2:30p 3:30p 6:00p	Chair Dancing Fact or Not Quarter Bingo Fitness Trivia with Dr. Steve Dominoes	LO LO DR LO LO	10:30a 11:00a 1:00p 2:30p 3:30p 5:00p	Morning Exercise Music Trivia Ladder Ball Family Feud Hangman Family Night - Wonderland Tea Party	LO LO LO LO LO LO	10:30a 11:00a 1:00p 2:30p 4:00p 6:00p	Communion Service Rosary Exercise with Tammy Cooking Demo with Dion Name that Tune Kings in the Corner	CHP CHP LO LO ABC LO LO	11:00a 1:00p 2:30p 4:00p 6:00p	Hot Tea & Cookies Shuffleboard Prize Bingo Brain Teasers Fireside Chat	LO LO DR LO LO	10:00a 11:00a 1:00p 3:00p 6:00p	I Love Lucy TV Time Euchre Club Puzzle Pick Up Kings in the Corner Evening News	LO ABC LO LO LO		
24			25			26			27			28			29			30				
10:30a 11:00a 2:30p 3:30p 6:00p	Sit-Down Dancing Rosary Service Quarter Bingo Dominoes Work on Puzzles	LO CHP DR ABC LO	11:00a 1:00p 2:30p 3:00p 4:00p 6:00p	Color by Number Tech Class with Mark Spring Trivia Crafter's Group Cornhole Puzzle Relaxation	LO LO LO EFG LO LO	11:00a 1:00p 2:30p 4:00p 6:00p	Yoga with Adrienne Karaoke Quarter Bingo Group Crossword Puzzle Dominoes	LO LO DR LO LO	10:30a 11:00a 1:00p 2:30p 4:00p 6:00p	Morning Exercise Shut the Box Blood Pressure Checks with Tyra Wii Bowling Apples to Apples Choice of Cards	LO LO LO LO LO LO	10:30a 11:00a 1:00p 2:30p 4:00p 6:00p	Communion Service Rosary Exercise with Tammy New Resident Happy Hour with Bella Musica Tabletop Curling Kings in the Corner	CHP CHP LO LO LO LO	11:00a 1:00p 2:30p 4:00p 6:00p	Coffee & Conversation Easter Gift Bag Handout Prize Bingo Bocce Ball Fireside Chat	LO LO DR LO LO	10:00a 11:00a 1:00p 3:00p 6:00p	I Love Lucy TV Time Euchre Club Puzzle Pick Up Kings in the Corner Evening News	LO ABC LO LO LO		
31 EASTER			BIRTHDAYS																	LOCATION KEY		
10:30a 11:00a 2:30p 3:30p 6:00p	Sit-Down Dancing Rosary Service Quarter Bingo Dominoes Work on Puzzles	LO CHP DR ABC LO				Naomi A. 3/1 Cathy L. 3/5 Evelyn G. 3/18 Joan C. 3/20 Angela G. 3/31											ABC ABC Common Area BAS Basement CHP Chapel DR Dining Room					EFG EFG Common Area LO Lobby OUT Outing PAT Patio