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988

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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.

**GRAND BLANC**

**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!**

- 1: Culver's
  - 13: Lunch @ O'Malley's
  - 15: Cooking Demo
  - 20: Wonderland Tea Party
  - 22: Fish Fry Dinner
- 27: Blanc Bucks Auction
  - 28: Sealife Aquarium

**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	Technology 101 with Bry	B	10:00a	Chair Zumba with Kim	B
															11:30a	Lunch at Culver's	OUT	11:00a	Coffee with Kim	B
															2:30p	Gene Kelly Entertains	DR	2:00p	Bingo with Marty	AR
															3:30p	Sundries Store Open	SS	3:30p	Games of Choice	AR
3:45p	Pray the Rosary	CMR	7:00p	Movie: Going in Style	CMR															
7:00p	Wii Games	B																		
03			04			05			06			07			08			09		
10:00a	Live Mass on TV	CMR	9:30a	Online Shopping with Bry	B	9:30a	Medical Transportation Tuesday		9:15a	Exercise w/ Brett PTA	B	9:30a	Podiatrist Visit		9:30a	Daily Chronicle	B	10:00a	Chair Zumba with Kim	B
11:00a	Coffee & Tea Club	B	10:00a	Sundries Store Open	SS	1:45p	Snacks in the Lobby	LO	9:30a	Shopping at Walmart	OUT	9:45a	Senior Center Exercise	OUT	10:30a	St. Patrick's Day Puzzle	LO	11:00a	Coffee with Kim	B
2:00p	Protestant Church With Communion	CMR	10:30a	Book Quote Quiz	LO	2:00p	Chair Massage with Rae	CMR	10:00a	Sundries Store Open	SS	10:00a	Aromatherapy & Adult Coloring	AR	2:30p	Birthday Party with Dan Hays	DR	2:00p	Bingo with Marty	AR
3:00p	Chair Yoga with Betty	B	2:00p	New Resident Meet & Greet	LO	2:00p	Bingo with Tim	AR	11:30a	Carry Out Lunch from Burger Street	AR	11:00a	Blood Pressure Checks	LO	3:30p	Sundries Store Open	SS	3:30p	Games of Choice	AR
3:30p	Puzzle Group	2FG	3:00p	Sundaes on a Monday	LO	3:00p	Euchre	AR	2:00p	Stretch & Relax w Kim	B	2:00p	Bingo	AR	3:45p	Pray the Rosary	CMR	7:00p	Movie: Book Club	CMR
7:00p	Tie Blanket Group	AR	7:00p	Trivia Night	LO	7:00p			7:00p	Indoor Walking Club	LO	6:45p	Chair Yoga with Betty	B	7:00p	Wii Games	B			
10 DAYLIGHT SAVING TIME			11			12			13			14			15			16		
10:00a	Live Mass on TV	CMR	9:30a	Online Shopping with Bry	B	9:30a	Medical Transportation Tuesday		9:15a	Exercise w/ Brett PTA	B	9:45a	Senior Center Exercise	OUT	9:30a	Coffee & Tea Club	B	10:00a	Chair Zumba with Kim	B
11:00a	Coffee & Tea Club	B	10:00a	Sundries Store Open	SS	1:45p	Snacks in the Lobby	LO	9:30a	Shopping at Meijer	OUT	10:00a	Aromatherapy & Adult Coloring	AR	10:30a	Daily Chronicle	LO	11:00a	Coffee with Kim	B
2:00p	Protestant Church With Communion	CMR	10:30a	Songbook Sing a Long	LO	2:00p	Bingo with Tim	AR	10:00a	Sundries Store Open	SS	Pages		AR	2:00p	Cooking Demo with Don	DR	2:00p	Bingo with Marty	AR
3:00p	Chair Yoga with Betty	B	2:30p	Bob Lowe Entertains	DR	2:00p	Activity Council Meeting	AR	11:00a	Lunch at O'Malley's Galley	OUT	11:00a	Blood Pressure Checks	LO	3:30p	Sundries Store Open	SS	3:30p	Games of Choice	AR
3:30p	Puzzle Group	2FG	7:00p	Trivia Night	LO	3:30p	Euchre	AR	2:00p	Stretch & Relax w Kim	B	2:00p	Bingo	AR	3:45p	Pray the Rosary	CMR	7:00p	Movie: Little Miss Sunshine	CMR
7:00p	Tie Blanket Group	AR				7:00p			7:00p	Indoor Walking Club	LO	6:45p	Old Time TV Shows	B	7:00p	Wii Games	B			
17 ST. PATRICK'S DAY			18			19 FIRST DAY OF SPRING			20			21			22			23		
10:00a	Live Mass on TV	CMR	9:30a	Online Shopping with Bry	B	9:30a	Medical Transportation Tuesday		9:15a	Exercise w/ Brett PTA	B	9:45a	Senior Center Exercise	OUT	9:30a	Technology 101 with Bry	B	10:00a	Chair Zumba with Kim	B
11:00a	Coffee & Tea Club	B	10:00a	Sundries Store Open	SS	1:45p	Snacks in the Lobby	LO	9:30a	Shopping at Kroger	LO	10:00a	Aromatherapy & Adult Coloring	AR	10:30a	Fairytale Trivia	LO	11:00a	Coffee with Kim	B
2:00p	Protestant Church With Communion	CMR	10:30a	Music Conversations	LO	2:00p	Chair Massage with Rae	CMR	10:00a	Sundries Store Open	SS	Pages		AR	2:00p	Art & Design: Pressed Flower	AR	2:00p	Bingo with Marty	AR
3:00p	Chair Yoga with Betty	B	2:30p	St. Patrick's Day Party with Elvis	DR	2:00p	Bingo with Tim	AR	2:00p	Stretch & Relax w Kim	B	11:00a	Blood Pressure Checks	LO	Bookmark			3:30p	Games of Choice	AR
3:30p	Puzzle Group	2FG	7:00p	Trivia Night	LO	3:00p	Euchre	AR	5:00p	Wonderland Tea Party	LO	2:00p	Bingo	AR	3:30p	Fish Fry at Greek Orthodox Church	OUT	7:00p	Movie: The Irishman	CMR
7:00p	Tie Blanket Group	AR				7:00p			7:00p	Indoor Walking Club	LO	6:45p	Old Time TV Shows	B	Church					