

CONTACTS

- Executive Director**
Natalie Leavy
- Community Relations Director**
Christine Eugenio
- Wellness Director**
Twana McDonald
- Culinary Director**
Brian Jones
- Housekeeping Supervisor**
Donna Joiner

- Maintenance Director**
Will Lockett
- Life Enrichment Director**
Mary Raynal

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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



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313.228.4576
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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.

GROSSE POINTE AT COTTAGE

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!

- Happy Hour w/Lukas S. 3/8
 - Happy Hour w/Kevin Wills 3/10
 - Daylight Savings Begins 3/10
 - Happy Hour w/Billy 3/13
 - St.Paddy's Day Happy Hour 3/17
- First Day of Spring! 3/19
 - Alice in Wonderland Tea! 3/20
 - Towne Hall Meeting 3/21
 - Palm Sunday 3/24
 - Easter Sunday 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										
															10:00a	Knitting with Barb	3LG	10:00a	Morning Exercise	2FI								
															10:00a	Friday Fitness w/Tammy	2FI	10:30a	Coffee & Chronicle	2PL								
															10:30a	Coffee w/Donna	3FA	11:00a	Balloon Volleyball!	3FA								
															1:30p	XL Crossword	2PL	11:30a	Word in a Word	3FA								
															2:00p	Matinee Movie	2FT	1:00p	Afternoon Walk	2FL								
															3:30p	Spintopia!	2FT	2:30p	Dealer's Choice Card Game	2FC								
4:30p	Toss and Talk	MCA	3:30p	Weekend Bingo!	2PL																							
															4:30p	Finish the Lyrics	MC											
03			04			05			06			07			08			09										
10:00a	Coffee & Chronicle	2PL	10:15a	Communion	2PL	10:00a	Morning Exercise	2FI	10:30a	Coffee & Chronicle	2PL	10:30a	Singing Group	2FT	12:00a	International Women's Day!		10:00a	Morning Exercise	2FI								
11:00a	Table Top Shuffleboard	3FA	11:30a	Brain Games	3FA	10:30a	Jeopardy!	2PL	10:45a	Chair Yoga w/Jessica	2FI	11:00a	Morning Exercise	3FA	10:00a	Knitting with Barb	3LG	10:30a	Coffee & Chronicle	2PL								
11:30a	Word in a Word	3FA	1:00p	Monday Moves w/Tammy	2FI	11:00a	Fitness Fun!	3FA	11:00a	Today in History	3FA	11:30a	Brain Games	3FA	10:30a	Coffee with Donna	2PL	11:00a	Balloon Volleyball!	3FA								
1:30p	Aqua Painting!	MC	1:00p	Grocery Store Outing	OUT	11:30a	Jeopardy!		11:30a	Chair Yoga w/Jessica	3FA	1:30p	Art & Design	3FA	11:00a	Morning Warm Up	3FA	1:00p	Afternoon Walk	2FL								
2:00p	Sunday Funday Social w/Julia!	2PL	1:30p	Manicures	3FA	2:00p	Uno!	2FC	1:30p	Demo w/Chef Brian!	2FC	2:30p	St. Paul's Mass	3FA	11:30a	Today in History	3FA	3:30p	Weekend Bingo!	2PL								
3:30p	Sunday Sequence!	2FA	2:00p	Let's Learn Italian!		3:30p	Matinee Documentary	2FT	2:30p	Gardening Club	2FA				1:00p	XL Crossword	2PL	4:30p	Finish the Lyrics	MC								
			3:30p	Parlor Bingo!					3:30p	Choir on Disney + Episode 4	2FT	3:30p	Sunset BINGO!		2:00p	Happy Hour w/Lukas S.	2PL											
			6:00p	Zoe Movement Lecture w/Bamiji											2:30p	Happy Hour w/Lukas S.	MC											
															3:30p	Spintopia!	2FT											
10 DAYLIGHT SAVING TIME			11			12			13			14			15			16										
10:00a	Coffee & Chronicle	2PL	10:15a	Communion	2PL	10:00a	Morning Warm Up w/Lori	2FI	10:30a	Coffee & Chronicle	2PL	10:30a	Singing Group	2FT	10:00a	Knitting with Barb	3LG	10:00a	Morning Exercise	2FI								
11:00a	Table Top Shuffleboard	3FA	11:00a	Morning Exercise!	3FA	10:30a	Jeopardy!	2PL	10:45a	Chair Yoga w/Jessica	2FI	11:00a	Morning Exercise	3FA	10:00a	Friday Fitness w/Tammy	2FI	10:30a	Coffee & Chronicle	2PL								
11:30a	Word in a Word	3FA	11:30a	Brain Games	3FA	11:00a	Fitness Fun!	3FA	11:00a	Today in History	3FA	11:30a	Brain Games	3FA	11:00a	Morning Warm Up	3FA	11:00a	Balloon Volleyball!	3FA								
1:30p	Aqua Painting!	MC	1:00p	Grocery Store Outing	OUT	11:30a	Jeopardy!		11:30a	Chair Yoga w/Jessica	3FA	1:30p	Art & Design	2FA	11:30a	Today in History	3FA	1:00p	Afternoon Walk	2FL								
2:30p	Sequence!	2FA	1:30p	Manicures	3FA	1:30p	Wellness-U Talk	2FA	1:30p	Gardening Club	2FA	2:30p	St. Patrick's Day Trivia	2PL	1:30p	XL Crossword	2PL	2:00p	Name 5	MC								
3:30p	Sunday Sounds w/Kevin Wills	2PL	2:00p	Let's Learn Italian!		2:30p	Uno!	2FC	3:00p	Beer Tasting w/Atwater	2FC	3:30p	Sunset BINGO!		3:30p	Spintopia!	2FT	3:30p	Weekend Bingo!	2PL								
			3:30p	Parlor Bingo!		3:30p	Choir on Disney +: Episode 5	2FT	3:30p	Happy Hour w/Billy Dixon	2PL				4:30p	Toss and Talk	MCA	4:30p	Finish the Lyrics	MC								
17 ST. PATRICK'S DAY			18			19 FIRST DAY OF SPRING			20			21			22			23										
12:00a	St. Patrick's Day		10:15a	Communion	2PL	10:30a	Jeopardy!	2PL	10:30a	Coffee & Chronicle	2PL	10:30a	Singing Group	2FT	10:00a	Knitting with Barb	3LG	10:00a	Morning Exercise	2FI								
10:00a	Coffee & Chronicle	2PL	11:00a	Morning Exercise!	3FA	11:00a	Fitness Fun!	3FA	10:45a	Chair Yoga w/Jessica	2FI	11:00a	Morning Exercise	3FA	10:00a	Friday Fitness w/Tammy	2FI	10:30a	Coffee & Chronicle	2PL								
11:00a	Table Top Shuffleboard	3FA	11:30a	Brain Games	3FA	11:30a	Jeopardy!		11:00a	Today in History	3FA	11:30a	Brain Games	3FA	11:00a	Morning Movin'	3FA	11:00a	Balloon Volleyball!	3FA								
11:30a	Word in a Word	3FA	1:00p	Monday Moves w/Tammy	2FI	1:30p	Afternoon Trivia	2PL	11:30a	Chair Yoga w/Jessica	3FA	1:30p	Art & Design	3FA	11:30a	Word in a Word	3FA	1:00p	Afternoon Walk	2FL								
1:30p	Aqua Painting!	MC	1:00p	Grocery Store Outing	OUT	3:30p	Choir on Disney +	2FT	2:00p	Gardening Club	2FA	2:00p	Towne Hall Meeting	3FT	2:00p	Movie Matinee	2FT	2:00p	Chair Yoga w/Megan	2FI								
3:30p	St. Patrick's Day Happy Hour w/Scott Hansen	PRM	1:30p	Manicures	3FA				3:30p	Scrabble	2FC	3:00p	Towne Hall Meeting	2PL	3:30p	Spintopia!	2FT	3:30p	Weekend Bingo!	2PL								
			2:00p	Art for All Ages w/Chris	2FA				5:00p	Alice in Wonderland Tea Party	2PL	3:30p	Sunset BINGO!		4:30p	Toss and Talk	MCA	4:30p	Finish the Lyrics	MC								
			2:30p	Let's Learn Italian!	2FT																							
			3:30p	Parlor Bingo!																								
24			25			26			27			28			29			30										
10:00a	Coffee & Chronicle	2PL	10:15a	Communion	2PL	10:00a	Morning Warm Up w/Lori	2FI	10:30a	Coffee & Chronicle	2PL	10:30a	Singing Group	2FT	10:00a	Knitting with Barb	3LG	10:00a	Morning Exercise	2FI								
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11:30a	Word in a Word	3FA	11:00a	Morning Warm Up	3FA	11:00a	Fitness Fun!	3FA	11:00a	Today in History	3FA	11:30a	Brain Games	3FA	11:00a	Morning Warm Up	3FA	11:00a	Balloon Volleyball!	3FA								
1:30p	Aqua Painting!	MC	11:30a	Brain Games	3FA	11:30a	Jeopardy!		11:30a	Chair Yoga	3FA	1:30p	Art & Design	2FA	11:30a	Spintopia!	3FA	1:30p	Easter Egg Dying	2FA								
2:30p	Sequence!	2FA	1:00p	Grocery Store Outing	OUT	1:30p	Wellness -U Talk w/Johannah	2PL	2:00p	Gardening Club	2FA	2:00p	Sunset BINGO!		1:30p	XL Crossword	2PL	3:30p	Weekend Bingo!	2PL								
3:30p	Sunday Funday Social!	2PL	1:30p	Manicures	3FA	2:30p	Uno!	2FC	3:00p	Horse Racing	2FC	3:30p			3:30p	Happy Hour w/Joe Armijo	PRM	4:30p	Finish the Lyrics	MC								
			3:30p	Parlor Bingo!		3:30p	Choir on Disney+	2FT										4:30p	Toss and Talk	MCA								
31 EASTER			BIRTHDAYS												LOCATION KEY													
12:00a	Easter Sunday!					Happy Birthday to all of our friends born in March! 3/7 Carol Jean G. 3/9 Eve K. 3/14 Tom M. 3/22 Frank S.															2FL	2 nd Floor	3FC	3 rd Floor Café	OUT	Outing		
10:00a	Coffee & Chronicle	2PL																			2FA	2 nd Floor Activity Room	3LG	3 rd Floor Lounge	PLR	Parlor		
10:30a	Easter Prayer	2PL																			2FC	2 nd Floor Café	3FT	3 rd Floor Theater	PRM	Piano		
11:00a	Table Top Shuffleboard	3FA																			2PL	2 nd Floor Parlor	CY	Courtyard		Room		
11:30a	Word in a Word	3FA																			2FI	2 nd Floor Fitness Room	FIT	Fitness Center	TER	Terrace		
1:30p	Aqua Painting!	MC																			2FT	2 nd Floor Theater	MC	Memory Care				
3:00p	Easter Basket Decorating	2FA	3FA	3 rd Floor Activity Room	MCA	Memory Care Activity Room																						