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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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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

MARCH BASKETBALL MADNESS
MARCH 17 – APRIL 8

TUESDAY, MARCH 19

Spring BEGINS

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.

KEENE

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!

- Golden Karaoke 3/2
- Team Trivia- Literature 3/10
- Walden Whitham performer 3/14
- MHS Therapy Dogs 3/16
- Family Night-Tea Party 3/20

- The Guerilla Grill - 3/21
- Horse Derby Game 3/31

MESSAGE FROM HILARY SEIFER

March has arrived, and hopefully it will be a mild one. We are celebrating literature throughout the month with our family night on March 20th. "Alice in Wonderland's Mad High Tea Party". Please encourage your loved ones to attend our family nights, we love sharing our community and events with them. The full moon this month will be on March 24th and is known as the worm moon.

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY					
<div>March 2024</div>															01			02					
															9:30a 10:00a 10:30a 1:30p 2:00p 3:30p 7:00p	Exercise with Hilary Coffee & Chat Bag Toss Game Manicures with Carmen Matinee Movie Social Hour Evening Movie	B B B S THR B THR	10:00a 10:00a 10:00a 1:30p 2:00p 3:30p 7:00p	Golden Karaoke Jazz & Coffee Coffee & Chat BINGO! Matinee Movie Social Hour Evening Movie	B B B AR THR B THR			
03			04			05			06			07			08			09					
10:30a 2:00p 2:00p 7:00p	Big Team Trivia w/Eric Matinee Movie Guest Musical Performance Evening Movie	B THR B THR	9:30a 10:00a 10:30a 1:30p 1:30p 3:30p 6:30p	Exercise with Jackie Coffee & Chat Bag Toss Game Shopping Bus-Outing Board Games Social Hour BINGO!	B B B OUT PAT B AR	9:30a 10:00a 10:30a 2:00p 3:30p 7:00p	Exercise with Maggie Coffee & Chat Balloon Volleyball Game Create-A-Word Game Social Hour Evening Movie	B B B B B THR	9:30a 10:00a 10:30a 1:30p 2:30p 3:30p 7:00p	Exercise with Maggie Coffee & Chat Bag Toss Game Shopping Bus-Outing Crossword with Maggie Social Hour Evening Movie	B B B OUT B B THR	9:30a 10:00a 10:00a 10:30a 10:30a 1:30p 2:00p 3:30p 7:00p	Open Exercise Coffee & Chat Catholic Church Service Balloon Volleyball Game Protestant Services BINGO! Documentary Film Social Hour Evening Movie	B B 4CM B THR AR THR B THR	9:30a 10:00a 10:30a 1:30p 2:00p 3:30p 7:00p	Exercise with Hilary Coffee & Chat Bag Toss Game Manicures with Carmen Matinee Movie Social Hour Evening Movie	B B B S THR B THR	10:00a 10:00a 1:30p 2:00p 3:30p 7:00p	Jazz & Coffee Coffee & Chat BINGO! Matinee Movie Social Hour Evening Movie	B B AR THR B THR			
10 DAYLIGHT SAVING TIME			11			12			13			14			15			16					
10:30a 2:00p 2:00p 7:00p	Game Matinee Movie Guest Musical Performance Evening Movie	B THR B THR	9:30a 10:00a 10:30a 1:30p 1:30p 3:30p 6:30p	Exercise with Jackie Coffee & Chat Bag Toss Game Shopping Bus-Outing Board Games Social Hour BINGO!	B B B OUT PAT B AR	9:30a 10:00a 10:30a 2:00p 3:30p 7:00p	Exercise with Maggie Coffee & Chat Balloon Volleyball Game Create-A-Word Game Social Hour Evening Movie	B B B B B THR	9:30a 10:00a 10:30a 1:30p 1:30p 2:30p 3:30p 7:00p	Exercise with Maggie Coffee & Chat Bag Toss Game Shopping Bus-Outing Attention! Game Crossword with Maggie Social Hour Evening Movie	B B B OUT B B B THR	9:30a 10:00a 10:00a 10:30a 10:30a 1:30p 2:00p 3:30p 7:00p	Open Exercise Coffee & Chat Catholic Church Service Balloon Volleyball Game Protestant Services BINGO! Documentary Film Social Hour Evening Movie	B B 4CM B THR AR THR B THR	9:30a 10:00a 10:30a 1:30p 2:00p 3:30p 7:00p	Exercise with Hilary Coffee & Chat Bag Toss Game Manicures with Carmen Matinee Movie Social Hour Evening Movie	B B B S THR B THR	10:00a 10:00a 10:30a 1:30p 2:00p 3:30p 7:00p	Jazz & Coffee Coffee & Chat MHS-Therapy Dogs BINGO! Matinee Movie Social Hour Evening Movie	B B B AR THR B THR			
17 ST. PATRICK'S DAY			18			19 FIRST DAY OF SPRING			20			21			22			23					
2:00p 2:00p 7:00p	Matinee Movie Guest Musical Performance Evening Movie	THR B THR	9:30a 10:00a 10:30a 1:30p 1:30p 3:30p 6:30p	Exercise with Jackie Coffee & Chat Bag Toss Game Shopping Bus-Outing Board Games Social Hour BINGO!	B B B OUT PAT B AR	9:30a 10:00a 10:30a 2:00p 3:30p 7:00p	Exercise with Maggie Coffee & Chat Balloon Volleyball Game Create-A-Word Game Social Hour Evening Movie	B B B B B THR	9:30a 10:00a 10:30a 1:30p 2:30p 3:30p 7:00p	Exercise with Maggie Coffee & Chat Bag Toss Game Shopping Bus-Outing Crossword with Maggie Social Hour Evening Movie	B B B OUT B B THR	9:30a 10:00a 10:00a 10:30a 10:30a 1:30p 2:00p 3:30p 7:00p	Open Exercise Coffee & Chat Catholic Church Service Balloon Volleyball Game Protestant Services BINGO! Documentary Film Social Hour Evening Movie	B B 4CM B THR AR THR B THR	9:30a 10:00a 10:30a 1:30p 2:00p 3:30p 7:00p	Exercise with Hilary Coffee & Chat Bag Toss Game Manicures with Carmen Matinee Movie Social Hour Evening Movie	B B B S THR B THR	10:00a 10:00a 1:30p 2:00p 3:30p 7:00p	Jazz & Coffee Coffee & Chat BINGO! Matinee Movie Social Hour Evening Movie	B B AR THR B THR			
24			25			26			27			28			29			30					
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31 EASTER			BIRTHDAYS															LOCATION KEY					
2:00p 2:00p 7:00p	Matinee Movie Guest Musical Performance Evening Movie	THR B THR				Ava Meader 3/2 (S) Tom Zopf- 3/6 (R) Sarah Gile 3/6 (S) Elaine Kasch -3/10 (R) Diane Stevens -3/11 (R) Maureen Caron -3/13 (R)	Cassidy Barcome 3/15 (S) Toni Olivo 3/19 (S) Eric Walther 3/20 (S) Kathryn Holt -3/21 (R) Sadie Guardino 3/23 (S) Emily Durham 3/24 (S)	Anna Curtis -3/26 (R) Millie Robinson 3/26 (S) Frank Collins -3/27 (R) Ronnie Witham 3/30 (S) Mary Ann Stein- 3/30 (R) Joyce Gruber-3/31 (R)	<div>4CM 4th Floor Community Room AR Activity Room B Bistro LIB Library OUT Outing</div> <div>O Outside PAT Patio S Salon THR Theater</div>														