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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

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.

MACEDONIA ASSISTED 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!

- Bingo w/ Amy on Mondays!
- Sip-N-Paint w/ Melinda
- "Women in History" w/ Susan C.
- Scenic Drive w/ Ice Cream
- Crafting Corner w/ Lauren
- Garden Club- 1st Meeting!
- Wonderland Family Event
- Happy Hour w/ LIVE Music
- DJ Big John LIVE
- Community Easter Egg Word Hunt

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					
												10:30a	Strengthening & Stretching	THR	10:00a	Puzzles & Ponderings	B			
												11:00a	Coffee & Chronicles	B	1:30p	Resident-Led Bingo!	DR			
												1:00p	Yahtzee	DR	2:00p	Open Art Studio	2FA			
												2:30p	Jerry Simmerer LIVE	DR	3:00p	Resident Card Club	B			
2:30p	Happy Hour!	DR																		
4:00p	Community Hangman	DR																		
03			04			05			06			07			08			09		
10:00a	Puzzles & Ponderings	B	10:45a	Balloon Volleyball!	THR	11:00a	Coffee & Chronicles	B	10:00a	Wellness U Health Talk	THR	10:30a	Move-N-Groove w/ Robin	MCL	10:30a	Strengthening & Stretching	THR	10:00a	Puzzles & Ponderings	B
1:00p	Bistro Board Games	B	11:00a	Coffee & Chronicles	B	1:45p	"Good Luck, Bad Luck"	3FA	10:30a	Stretching & Strengthening	THR	11:00a	Coffee & Chronicles	B	11:00a	Coffee & Chronicles	B	1:30p	Resident-Led Bingo!	DR
3:30p	Let's Play Pool!	BR	2:00p	Bingo!	DR	2:30p	Sip-N-Paint w/ Melinda	3FA	11:00a	Coffee & Chronicles	B	1:30p	<u>Weekly Shopping Trip</u>	OUT	1:00p	Yahtzee	DR	2:00p	Open Art Studio	2FA
			3:30p	Hangman	DR	4:00p	Fun Farming	DR	1:30p	Secret Quote Puzzle	B	2:00p	M.C. Craft Corner	MCA	2:30p	LIVE Music w/ John G.	DR	3:00p	Resident Card Club	B
			5:30p	Bistro Brain Teasers	B	6:00p	Resident Card Club	B	2:30p	Mid-Week Movie	THR	3:00p	Life Enrichment Chat	THR	2:30p	Happy Hour!	DR			
									4:00p	Secret March Message	DR	3:30p	Classical Colors	3FA	4:00p	Community Hangman	DR			
												5:30p	Scrabble Challenge	DR						
10			11			12			13			14			15			16		
DAYLIGHT SAVING TIME																				
10:00a	Puzzles & Ponderings	B	10:45a	Balloon Volleyball!	THR	10:00a	Music w/ Marlynda	MCL	10:30a	Stretching & Strengthening	THR	10:30a	Move-N-Groove w/ Robin	MCL	10:30a	Strengthening & Stretching	THR	10:00a	Puzzles & Ponderings	B
1:00p	Bistro Board Games	B	11:00a	Coffee & Chronicles	B	11:00a	Coffee & Chronicles	B	11:00a	Coffee & Chronicles	B	11:00a	Coffee & Chronicles	B	11:00a	Coffee & Chronicles	B	1:30p	Resident-Led Bingo!	DR
3:30p	Let's Play Pool!	BR	1:00p	Tech Talk- Sign Up	SUR	1:00p	Classical Colors	3FA	1:00p	"We're All Irish"	B	1:00p	<u>Weekly Shopping Trip</u>	OUT	1:30p	It Ain't Easy Being Green"	B	2:00p	Open Art Studio	2FA
			1:00p	Susan Cannavino Presents: "Women in History"	THR	1:30p	<u>Scenic Drive & Ice Cream!</u>	OUT	2:00p	Chef Chat	THR	1:00p	Open Art Studio	B	2:30p	ST. PATTY'S DAY H.H.!	DR	3:00p	Resident Card Club	B
			2:30p	Bingo!	DR	4:00p	Word Builder	B	2:30p	Craft Corner w/ Lauren	3FA	3:15p	Story of St. Patrick	THR	4:00p	"We're All Irish" Hangman	DR	4:00p	Funny Limerick	B
			3:30p	Hangman	DR	6:00p	Resident Card Club	B	4:00p	CHURN Categories	B	5:30p	Scrabble Challenge	DR						
			5:30p	Bistro Brain Teasers	B															
17			18			19			20			21			22			23		
ST. PATRICK'S DAY																				
10:00a	Puzzles & Ponderings	B	10:45a	Balloon Volleyball!	THR	11:00a	Coffee & Chronicles	B	10:30a	Stretching & Strengthening	THR	10:30a	Move-N-Groove w/ Robin	MCL	10:30a	Strengthening & Stretching	THR	10:00a	Puzzles & Ponderings	B
11:00a	St. Patty's Day Search	B	11:00a	Coffee & Chronicles	B	1:00p	TOWN HALL	DR	11:00a	Coffee & Chronicles	B	11:00a	Coffee & Chronicles	B	11:00a	Coffee & Chronicles	B	1:30p	Resident-Led Bingo!	DR
1:00p	Bistro Board Games	B	1:00p	"Saint" Categories	B	2:00p	HUNTS Category Puzzle	B	2:00p	Mid-Week Movie	THR	1:00p	<u>Weekly Shopping Trip</u>	OUT	2:30p	LIVE Music w/ Stevie	DR	2:00p	Open Art Studio	2FA
2:00p	A Celtic Match	B	2:00p	Bingo!	DR	2:45p	Garden Club	2FA	5:00p	Alice in Wonderland Family	DR	1:00p	Open Art Studio	B	2:30p	Happy Hour!	DR	3:00p	Resident Card Club	B
3:00p	M.C. Concert w/ Bud Courts		4:00p	March TV Trivia	DR	3:30p	Yahtzee	2FA	Event		DR	3:00p	Classical Colors	3FA	4:00p	Community Hangman	DR			
MCL			5:30p	Bistro Brain Teasers	B	6:00p	Resident Card Club	B	5:00p	Steppin' Out LIVE	DR	5:30p	Scrabble Challenge	DR						
3:30p	Let's Play Pool!	BR																		
24			25			26			27			28			29			30		
10:00a	Puzzles & Ponderings	B	10:45a	Balloon Volleyball!	THR	10:00a	Music w/ Marlynda	MCL	10:30a	Stretching & Strengthening	THR	10:30a	Tap Class w/ Robin	2FA	10:30a	Strengthening & Stretching	THR	10:00a	Puzzles & Ponderings	B
1:00p	Bistro Board Games	B	11:00a	Coffee & Chronicles	B	11:00a	Coffee & Chronicles	B	11:00a	Coffee & Chronicles	B	11:00a	Coffee & Chronicles	B	11:00a	Coffee & Chronicles	B	1:30p	Resident-Led Bingo!	DR
3:30p	Let's Play Pool!	BR	1:00p	Tech Talk- Sign Up	SUR	2:30p	DJ Big John LIVE	DR	1:00p	Wii Bowling	THR	1:00p	<u>Weekly Shopping Trip</u>	OUT	2:00p	Easter Mystery Word Hunt		2:00p	Open Art Studio	2FA
			1:15p	Cranium Crunches	THR	2:30p	Happy Hour!	DR	1:30p	AH Auction	DR	1:00p	Open Art Studio	B	LO			3:00p	Resident Card Club	B
			2:00p	Bingo!	DR	4:00p	Einstein TV Trivia	DR	2:30p	Craft Corner w/ Lauren	DR	3:30p	Yahtzee	DR	4:00p	Bunny Funnies!	DR			
			3:30p	Hangman	DR	6:00p	Resident Card Club	B				5:30p	Scrabble Challenge	DR						
			5:30p	Bistro Brain Teasers	B															
31			BIRTHDAYS																	
EASTER			LOCATION KEY																	
10:00a	Puzzles & Ponderings	B				Phyllis K. 3/12 Anne. M. 3/17									2FA 2 nd Floor Activity Room					
1:00p	Bistro Board Games	B													3FA 3 rd Floor Activity Room	LO Lobby	OUT Outing			
3:30p	Let's Play Pool!	BR													3BL 3 rd Floor Billiards	MC Memory Care	PAT Patio			
															B Bistro	MCA Memory Care	PUB Pub			
															BR Billiards Room	MCL Memory Care	SUR Sign Up Required			
															DR Dining Room		THR			
															LIB Library					