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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.

PETOSKEY

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!

- 3/7 Out To Lunch
- 3/11 Resident Birthday Event
- 3/13 Deputy Midyett & K9 Divot
- Casino Outing
- 3/15 St Patt's Day Happy Hour
- 3/20 Family Night
- 3/26 LTBHS Fur Friends
- 3/28 Farmer Greg
- 3/28 Resident Town Hall
- 3/31 Easter Dinner

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			
															8:00a 10:00a 11:15a 12:00p 2:00p 3:00p 4:00p 4:45p	Morning Coffee Bible Study with Tim & Jim Exercise & Strength Lunch Colossal Word Puzzle Happy Hour with Gene Warner Friends by the Fireplace Supper	DR LIB DR DR FIR DR DR DR	8:00a 10:30a 11:00a 11:15a 12:00p 2:00p 3:00p 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Lunch Saturday Trivia Pay to Play BINGO Supper	DR DR DR TV DR FIR DR DR	
03			04			05			06			07			08			09			
8:00a 10:30a 11:00a 11:15a 12:00p 2:00p 2:30p 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Lunch Board Games Church Service Supper	DR DR DR TV DR FIR DR DR	8:00a 9:00a 10:30a 11:00a 11:15a 12:00p 2:00p 3:00p 3:30p	Morning Coffee Open Transportation Exercise & Strength Rhythm & Groove Wii Bowling Lunch Adult Coloring Puzzles in the Library Walking Group: Inside	DR OUT DR DR TV DR LIB LIB DR	8:00a 9:30a 10:30a 11:00a 12:00p 2:00p 3:30p 4:45p	Morning Coffee Short Stories Exercise & Strength Rhythm & Groove Lunch Support Group with Advisa Care News & Views Supper	DR FIR DR DR DR DR FIR DR	8:00a 10:30a 11:00a 11:15a 12:00p 2:00p 3:30p	Morning Coffee Exercise & Strength Veterans Group Rhythm & Groove Wii Bowling Lunch Art & Design with The Care Team Let's Play Cards	DR DR LIB DR TV DR LIB LIB	8:00a 9:30a 10:30a 11:00a 12:00p 3:30p 4:45p	Morning Coffee Short Stories Exercise & Strength Rhythm & Groove Out to Lunch Uno Card Game Supper	DR FIR DR DR OUT LIB DR DR	8:00a 10:00a 10:30a 11:15a 12:00p 2:00p 3:00p 4:00p	Morning Coffee Bible Study with Tim & Jim One on One with Teresa Exercise & Strength Lunch Colossal Word Puzzle Happy Hour with Steel & Wood Friends by the Fireplace	DR LIB AO DR DR FIR DR DR	8:00a 10:30a 11:00a 11:15a 12:00p 2:00p 3:00p 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Lunch Saturday Trivia Pay to Play Bingo Supper	DR DR DR TV DR FIR DR DR	
10 DAYLIGHT SAVING TIME			11			12			13			14			15			16			
8:00a 10:30a 11:00a 11:15a 12:00p 2:00p 3:00p 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Lunch Brain Matters- Once Upon a Time Pay to Play BINGO Supper	DR DR DR TV DR FIR DR DR	8:00a 9:00a 10:30a 11:00a 11:15a 12:00p 2:00p 2:00p 3:00p	Morning Coffee Open Transportation Exercise & Strength Rhythm & Groove Wii Bowling Resident Birthday Event Lunch Adult Coloring Puzzles in the Library	DR OUT DR DR TV DR DR LIB LIB	8:00a 9:30a 10:30a 11:00a 12:00p 2:00p 3:30p 4:45p	Morning Coffee Brain Games Exercise & Strength Rhythm & Groove Lunch Sunshine Gardener's Club Group Karaoke Supper	DR FIR DR DR DR LIB TV DR	8:00a 9:30a 10:30a 11:00a 11:00a 11:15a 12:00p 2:00p 3:00p	Morning Coffee News & Views Exercise & Strength Veterans Group Rhythm & Groove Wii Bowling Lunch Puzzles in the Library K-9 Veterans Day/Deputy	DR FIR DR LIB DR TV DR LIB LIB	8:00a 9:45a 10:30a 11:00a 11:15a 12:00p 1:30p 4:45p	Morning Coffee Memory Game Exercise & Strength Rhythm & Groove Wii Bowling Lunch Casino Outing Supper	DR FIR DR DR DR DR OUT DR	8:00a 10:00a 10:30a 11:15a 12:00p 2:00p 3:00p 4:00p	Morning Coffee Bible Study with Tim & Jim One on One with Teresa Exercise & Strength Lunch Colossal Word Puzzle St. Patrick's Day Happy Hour Friends by the Fireplace	DR LIB AO DR DR FIR DR DR	8:00a 10:30a 11:00a 11:15a 12:00p 2:00p 3:00p 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Lunch Saturday Trivia Pay to Play Bingo Supper	DR DR DR TV DR FIR DR DR	
17 ST. PATRICK'S DAY			18			19 FIRST DAY OF SPRING			20			21			22			23			
8:00a 10:30a 11:00a 11:15a 12:00p 2:00p 3:00p 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling St. Patty's Day Traditional Corned Beef & Cabbage Board Games Pay to Play Bingo Supper	DR DR DR TV DR FIR DR DR	8:00a 9:00a 10:30a 11:00a 11:15a 12:00p 2:00p 3:00p 3:30p	Morning Coffee Open Transportation Exercise & Strength Rhythm & Groove Wii Bowling Lunch Adult Coloring Puzzles in the Library Walking Group: Inside	DR OUT DR DR TV DR LIB LIB DR	8:00a 10:30a 11:00a 11:15a 12:00p 1:30p 2:00p 3:30p	Morning Coffee Exercise & Strength Rhythm & Groove Tri-Ominos Lunch Movie & Popcorn-Alice in Wonderland 2010 PG 1h48m Crafting with McLaren Health Management Group	DR DR DR FIR DR TV LIB LIB LIB	8:00a 10:30a 11:00a 11:00a 11:15a 12:00p 2:00p 3:00p 5:00p	Morning Coffee Exercise & Strength Veterans Group Rhythm & Groove Wii Bowling Lunch Puzzles in the Library Adult Coloring Alice's Adventures in	DR DR LIB DR TV DR LIB LIB LIB	8:00a 9:30a 10:30a 11:00a 11:15a 12:00p 2:00p 2:00p 3:30p	Morning Coffee Fireplace Chatter Exercise & Strength Rhythm & Groove Tri-OminoS Lunch Wellness U with Affinity Home Care After school kids visit	DR FIR DR DR FIR DR DR DR DR	8:00a 10:00a 10:30a 11:15a 12:00p 2:00p 3:00p 4:00p	Morning Coffee Bible Study with Tim & Jim One on One with Teresa Exercise & Strength Lunch Colossal Word Puzzle Happy Hour with Brian Griffin Friends by the Fireplace	DR LIB AO DR DR FIR DR FIR	8:00a 10:00a 12:00p 2:00p 3:00p 4:00p 4:45p	Morning Coffee Easter Egg Hunt Lunch Saturday Trivia Pay to Play Bingo Wii Bowling Supper	DR PAT DR FIR DR TV DR	
24			25			26			27			28			29			30			
8:00a 10:30a 11:00a 11:15a 12:00p 3:00p 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Lunch Pay to Play Bingo Supper	DR DR DR TV DR DR DR	8:00a 9:00a 10:30a 11:00a 11:15a 12:00p 2:00p 3:00p 3:30p	Morning Coffee Open Transportation Exercise & Strength Rhythm & Groove Wii Bowling Lunch Adult Coloring Puzzles in the Library Walking Group: Inside	DR OUT DR DR TV DR LIB LIB DR	8:00a 10:30a 11:00a 12:00p 2:00p 3:00p 4:00p 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Lunch Poems in the Library LTBHS Fur Friends visit Sunshine Gardener's Club Supper	DR DR DR DR LIB FIR LIB DR	8:00a 9:30a 10:30a 11:00a 11:00a 11:15a 12:00p 2:00p 3:00p	Morning Coffee Adult Coloring Exercise & Strength Veterans Group Rhythm & Groove Wii Bowling Lunch Fairy Tale Trivia Blood Pressure Clinic with Bright	DR LIB DR LIB DR TV DR DR FIR	8:00a 10:30a 11:00a 11:15a 12:00p 2:00p 2:00p 3:00p 3:30p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Lunch Farmer Greg & Miss Minnie visit Cooking Demonstration Resident Town Hall	DR DR DR TV DR FIR DR DR DR	8:00a 10:00a 10:30a 11:15a 12:00p 2:00p 3:00p 4:00p	Morning Coffee Bible Study with Tim & Jim One on One with Teresa Exercise & Strength Lunch Colossal Word Puzzle New Resident Welcome Event Happy Hour with Pup's Friends by the Fireplace	DR LIB AO DR DR FIR DR DR FIR	8:00a 10:30a 11:00a 11:15a 12:00p 2:00p 3:00p 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Lunch Saturday Trivia Pay to Play Bingo Supper	DR DR DR TV DR FIR DR DR	
31 EASTER			BIRTHDAYS															LOCATION KEY			
8:00a 10:30a 11:00a 11:15a 12:00p 2:00p 3:00p 4:45p	Morning Coffee Exercise & Strength Rhythm & Groove Wii Bowling Traditional Easter Dinner Board Games Pay to Play Bingo Supper	DR DR DR TV DR FIR DR DR	<div>Happy Easter</div>			Randy M. 3/13 Maureen M. 3/18											AO Activities Office DR Dining Room FIR Fireplace HAL Hallway			LIB Library MT The Medical Team OUT Outing PAT Patio	S Salon SUR Sign Up Required TV TV Area