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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.

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# LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

STERLING WOODS

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!

- Art for All Ages 3/4
- Pawsome Bake Sale 3/5
- Lunch In- Big Boy 3/6
- Wellness U 3/11
- St. Patrick's Day Social 3/17

- Alice In Wonderland Event 3/20
- New Resident Social 3/21
- Resident Birthday Party 3/26
- Resident Council Mtg 3/27
- Cooking Demo 3/28

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 10:30a 11:00a 1:00p 2:00p 3:30p 6:00p	Rosary & Communion Bus to Walmart Music Conversations Daily Chronicle Happy Hour w/Gary W Songbook Sing-A-Long Game Night	CHP OUT CAF CAF DR LR THR	10:15a 11:00a 1:00p 3:00p 5:30p 6:30p	Bingo Board Games w/Friends Movie Matinee Bible Study W/ Brenda The Chosen Game Night	DR GR THR THR THR CAF						
03			04			05			06			07			08			09								
9:00a 9:30a 1:00p 2:00p 6:30p	Virtual Rosary St. Malachy Live Stream Popcorn & Movie Sunday Service W/ Ray Game Night	THR THR THR THR CAF	10:00a 11:00a 1:00p 2:00p 3:00p 4:00p 6:30p	Art for All Ages w/Steve Daily Chronicle Noodle Exercise Bingo Sing-along w/ Sarah EngagedSenior Game Night	CAF CAF CAF DR CAF CAF CAF	10:15a 12:30p 1:00p 2:00p 3:00p 3:30p 6:00p	Bingo Pawsome Bakesale Chair Exercise Wii Bowling Afternoon Movie Daily Chronicle Game Night	DR CAF LR THR THR CAF CAF THR	10:00a 11:00a 12:00p 1:00p 2:00p 3:30p 6:00p	Bodies in Motion 30 Days of Gratitude Lunch In- Big Boy Daily Chronicle Bingo Book Club Mtg Game Night	CAF CAF CAF CAF DR CAF CAF THR	10:30a 1:00p 1:30p 2:00p 3:00p 6:30p	Arts & Crafts Daily Chronicle Bus to Ollie's Coffee & Chat w/Friends Brain Matters-Word Scramble Game Night	CAF CAF OUT CAF CAF CAF	10:30a 10:30a 11:00a 1:00p 2:00p 3:30p 6:00p	Rosary & Communion Bus to Meijer FUNNY FRIDAY SHOP Music Conversations Happy Hour w/Chet P Songbook Sing-A-Long Game Night	CHP OUT THR CAF DR LR THR	10:15a 11:00a 1:00p 3:00p 5:30p 6:30p	Bingo Board Games w/Friends Movie Matinee Bible Study W/ Brenda The Chosen Game Night	DR GR THR THR THR CAF						
10 DAYLIGHT SAVING TIME			11			12			13			14			15			16								
9:00a 9:30a 1:00p 2:00p 6:30p	Virtual Rosary St. Malachy Live Stream Popcorn & Movie Prayer Time w/Brenda Game Night	THR THR THR THR CAF	10:00a 11:00a 1:00p 2:00p 3:00p 3:30p 6:30p	Fairytales & Frappuccino's Daily Chronicle Noodle Exercise Bingo Wellness U- Fall Prevention EngagedSenior Game Night	CAF CAF CAF DR CAF CAF CAF	10:15a 1:00p 2:00p 3:00p 3:30p 6:00p	Bingo Chair Exercise w/Linda Wii Bowling Afternoon Movie Daily Chronicle Game Night	DR CAF THR THR CAF CAF THR	10:00a 11:00a 1:00p 2:00p 3:30p 6:00p	Bodies in Motion Cookie Decorating Daily Chronicle Bingo A helping hand Game Night	CAF CAF CAF DR CAF CAF THR	10:00a 1:00p 2:00p 3:30p 6:30p	Bus to DIA & Lunch Daily Chronicle Coffee & Chat w/Friends Arts & Crafts Game Night	OUT CAF CAF CAF CAF	10:30a 10:30a 11:00a 1:00p 2:00p 3:30p 6:00p 6:00p Study	Rosary & Communion Bus to Dollar Tree Music Conversations Daily Chronicle Happy Hour w/Steve E Songbook Sing-A-Long Game Night Non-Denominational Bible	CHP OUT CAF CAF CAF DR LR THR CAF	10:15a 11:00a 1:00p 3:00p 5:30p 6:30p	Bingo Board Games w/Friends Movie Matinee Bible Study W/ Brenda The Chosen Game Night	DR GR THR THR THR CAF						
17 ST. PATRICK'S DAY			18			19 FIRST DAY OF SPRING			20			21			22			23								
9:00a 9:30a 11:00a 1:00p 2:00p 6:30p	Virtual Rosary St. Malachy Live Stream St. Patrick's Day Social Popcorn & Movie Sunday Service W/ Ray Game Night	THR THR CAF THR THR CAF	10:00a 10:30a 11:30a 1:00p 2:00p 3:00p 6:30p	Blood Pressure Checks Flower Arrangements Daily Chronicle Noodle Exercise Bingo EngagedSenior Game Night	THR CAF CAF CAF DR CAF CAF	10:15a 1:00p 1:30p 2:00p 3:00p 3:30p 6:00p	Bingo Chair Exercise Card Making Wii Bowling Afternoon Movie Daily Chronicle Game Night	DR LR CAF THR THR CAF THR	10:00a 10:15a 11:30a 1:00p 3:00p 5:00p 6:00p	Bodies in Motion Bingo 30 Days of Gratitude Daily Chronicle Film Feastivle: Alice and Wonderland Alice's Adventure in Wonderland Tea Party Game Night	CAF DR CAF CAF CAF THR DR THR	10:30a 11:30a 1:30p Store 2:00p 3:30p 6:30p	Art & Design Daily Chronicle Grace Center of Hope Thrift Coffee & Chat w/Friends New Resident Social Game Night	CAF CAF CAF OUT CAF CAF CAF CAF	10:30a 10:30a 11:00a 1:00p 2:00p 3:30p 6:00p	Rosary & Communion Bus to Aldi Music Conversations Daily Chronicle Happy Hour w/Frank T Songbook Sing-A-Long Game Night	CHP OUT CAF CAF CAF DR LR THR	10:15a 11:00a 1:00p 3:00p 5:30p 6:30p	Bingo Board Games w/Friends Movie Matinee Bible Study W/ Brenda The Chosen Game Night	DR GR THR THR THR CAF						
24			25			26			27			28			29			30								
9:00a 9:30a 1:00p 2:00p 6:30p	Virtual Rosary St. Malachy Live Stream Popcorn & Movie Prayer Time w/Brenda Game Night	THR THR THR THR CAF	10:00a 11:00a 1:00p 2:00p 3:00p 6:30p	Flower Arrangements Daily Chronicle Chair Exercise w/Linda Prize Bingo EngagedSenior Game Night	CAF CAF CAF DR CAF CAF	10:15a 11:30a 1:00p 2:00p 3:00p 6:00p	Bingo Daily Chronicle Chair Exercise Resident Birthday Party w/Chuck Afternoon Movie Game Night	DR CAF LR CAF CAF THR THR	10:00a 10:30a 1:00p 2:00p 3:00p 6:00p	Bodies in Motion Resident Council Mtg Daily Chronicle Bingo Ice Cream Social Game Night	CAF DR CAF DR CAF CAF THR	10:30a 11:30a Pub 2:00p 3:00p 6:30p	Arts & Crafts Brunch Bunch: Kay Jay's Irish Coffee & Chat w/Friends Cooking Demo Game Night	CAF OUT CAF DR CAF	10:30a 10:30a 11:00a 1:00p 2:00p 3:30p 6:00p	Rosary & Communion Bus to Meijer Music Conversations Daily Chronicle Happy Hour w/Phil D Songbook Sing-A-Long Game Night	CHP OUT CAF CAF CAF DR LR THR	10:15a 11:00a 1:00p 3:00p 5:30p 6:30p	Bingo Board Games w/Friends Movie Matinee Bible Study W/ Brenda The Chosen Game Night	DR GR THR THR THR CAF						
31 EASTER			BIRTHDAYS																							
9:00a 9:30a 1:00p 2:00p 6:30p	Virtual Rosary St. Malachy Live Stream Popcorn & Movie Sunday Service W/ Ray Game Night	THR THR THR THR CAF				Sylvia N. 3/1 Rita K. 3/10 Rowdena N. 3/14 Fahed B. 3/17 Pat C. 3/17 Frank J. 3/17										LOCATION KEY										
																	CAF Café CHP Chapel DR Dining Room GR Game Room					LR Living Room OUT Outing PAT Patio THR Theater				