

CONTACTS

Executive Director
MaryLyn Leavitt

Business Office Manager
Brenda Steinmeier

Life Enrichment Director
Terri Brown

Community Relations
Kristin Slabbekoorn

Maintenance Director
Lance Bowman

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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



**American House
Wyoming**
5812 Village Dr. S.W.
Wyoming | MI | 49519
616.421.2689
AmericanHouse.com



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.

WYOMING SENIOR 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!

- Resident Birthday Party
- New Resident Welcome Event
- Bus Trip
- Resident Town Hall
- Family Fun Night
- Bus Luncheon Trip
- K9 Dog Therapy
- St. Patrick's Day Celebration
- Cooking Demo

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 | Cardio Drumming | 2FL | 10:30a | Morning Yoga | 2FL |
| | | | | | | | | | | | | | | | 1:00p | PO*KE*NO! | B | 11:00a | Word Games | CVC |
| | | | | | | | | | | | | | | | 2:00p | St. Pat's Craft | B | 1:00p | Wii Bowling Fun! | THR |
| | | | | | | | | | | | | | | | 3:30p | Bingo Fun! | CVC | 2:00p | Movie & Popcorn | THR |
| 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | | | | | | | | | | | | | | | |
| 03 | | | 04 | | | 05 | | | 06 | | | 07 | | | 08 | | | 09 | | |
| 10:30a | Wake & Flex | 2FL | 10:30a | Stretch & Flex | 2FL | 10:30a | Donuts & Devotions | B | 10:30a | Stretch & Flex | 2FL | 10:30a | Chair Yoga | 2FL | 10:30a | Cardio Drumming | 2FL | 10:30a | Morning Yoga | 2FL |
| 11:00a | Crossword Fun! | CVC | 11:00a | Word Grid Fun | 2FL | 10:30a | Chair Yoga | 2FL | 11:00a | Communion | CHP | 11:00a | Walking Club | LO | 1:00p | PO*KE*NO! | B | 11:00a | Word Games | CVC |
| 1:00p | UNO! Card Games | B | 2:00p | Trivia & Scrambles | 2FL | 2:00p | Balloon Swat! | 2FL | 1:00p | Bus Trip! | LO | 2:00p | Needlepoint Nightingales | 2FL | 2:00p | Chris Sloan Live! | 2FL | 1:00p | Wii Bowling Fun! | THR |
| 2:00p | Sunday Movie | THR | 3:30p | Bingo Fun! | CVC | 3:30p | Uno! | B | 3:30p | Bingo Fun! | CVC | 3:30p | Wii Bowling Fun! | THR | 3:30p | Bingo Fun! | CVC | 2:00p | Movie & Popcorn | THR |
| 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC |
| 10 DAYLIGHT SAVING TIME | | | 11 | | | 12 | | | 13 | | | 14 | | | 15 | | | 16 | | |
| 10:30a | Wake & Flex | 2FL | 10:30a | Stretch & Flex | 2FL | 10:30a | Chair Yoga | 2FL | 10:30a | Stretch & Flex | 2FL | 10:30a | Chair Yoga | 2FL | 10:30a | Cardio Drumming | 2FL | 10:30a | Morning Yoga | 2FL |
| 11:00a | Crossword Fun! | CVC | 11:00a | Word Grid Fun | 2FL | 2:00p | Balloon Swat! | 2FL | 11:00a | Communion | CHP | 11:00a | Walking Club | LO | 1:00p | Bus Trip! | LO | 11:00a | Word Games | CVC |
| 1:00p | UNO! Card Games | B | 2:00p | Brandon Ward Live! | 2FL | 3:30p | Uno! | B | 2:00p | Manicures | 2FL | 2:00p | Needlepoint Nightingales | 2FL | 1:00p | RL: UNO! | B | 1:00p | Wii Bowling Fun! | THR |
| 2:00p | Sunday Movie | THR | 3:30p | Bingo Fun! | CVC | 4:00p | Resident Connections | EVC | 3:30p | Bingo Fun! | CVC | 3:30p | Wii Bowling Fun! | THR | 3:30p | Bingo Fun! | CVC | 2:00p | Movie & Popcorn | THR |
| 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 6:00p | WM Dog Therapy | CVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC |
| 17 ST. PATRICK'S DAY | | | 18 | | | 19 FIRST DAY OF SPRING | | | 20 | | | 21 | | | 22 | | | 23 | | |
| 10:30a | Wake & Flex | 2FL | 10:30a | Stretch & Flex | 2FL | 10:30a | Donuts & Devotions | B | 10:30a | Stretch & Flex | 2FL | 10:30a | Chair Yoga | 2FL | 10:30a | Cardio Drumming | 2FL | 10:30a | Morning Yoga | 2FL |
| 11:00a | Crossword Fun! | CVC | 11:00a | Word Grid Fun | 2FL | 10:30a | Chair Yoga | 2FL | 11:00a | Communion | CHP | 11:00a | Walking Club | LO | 1:30p | Happy Hour! | 2FL | 11:00a | Word Games | CVC |
| 1:00p | UNO! Card Games | B | 2:00p | New Resident Social! | 2FL | 2:00p | Balloon Swat! | 2FL | 2:00p | Hymns with Marion! | CHP | 2:00p | Easter Craft | B | 2:00p | Dennie Middleton Live! | 2FL | 1:00p | Wii Bowling Fun! | THR |
| 2:00p | Sunday Movie | THR | 3:30p | Bingo Fun! | CVC | 3:30p | Uno! | B | 3:30p | Bingo Fun! | CVC | 3:30p | Wii Bowling Fun! | THR | 3:30p | Bingo Fun! | CVC | 2:00p | Movie & Popcorn | THR |
| 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC |
| 24 | | | 25 | | | 26 | | | 27 | | | 28 | | | 29 | | | 30 | | |
| 10:30a | Wake & Flex | 2FL | 10:30a | Stretch & Flex | 2FL | 10:30a | Chair Yoga | 2FL | 10:30a | Stretch & Flex | 2FL | 10:30a | Chair Yoga | 2FL | 10:30a | Cardio Drumming | 2FL | 10:30a | Morning Yoga | 2FL |
| 11:00a | Crossword Fun! | CVC | 11:00a | Word Grid Fun | 2FL | 1:00p | Cooking Demo | CVC | 11:00a | Communion | CHP | 11:00a | Walking Club | LO | 12:00p | WC Pizza Party | B | 11:00a | Word Games | CVC |
| 1:00p | UNO! Card Games | B | 1:30p | Birthday Party Social! | 2FL | 2:00p | Balloon Swat! | 2FL | 2:00p | Town Hall Meeting | CVC | 2:00p | Needlepoint Nightingales | 2FL | 2:00p | Chris Sloan Live! | 2FL | 1:00p | Wii Bowling Fun! | THR |
| 2:00p | Sunday Movie | THR | 2:00p | Dusty Chaps Live! | 2FL | 3:30p | Uno! | B | 3:30p | Bingo Fun! | CVC | 3:30p | Wii Bowling Fun! | THR | 3:30p | Bingo Fun! | CVC | 2:00p | Movie & Popcorn | THR |
| 4:00p | Resident Connections | EVC | 3:30p | Bingo Fun! | CVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC | 4:00p | Resident Connections | EVC |
| 31 EASTER | | | BIRTHDAYS | | | | | | | | | | | | | | | | | |
| 10:30a | Wake & Flex | 2FL | <div>Happy Easter</div> | | | | | | Mary W. 3/6 Al R. 3/24 Ann C. 3/28 | | | | | | LOCATION KEY | | | | | |
| 11:00a | Crossword Fun! | CVC | | | | | | | | | | | | | | | | | | |
| 1:00p | UNO! Card Games | B | | | | | | | | | | | | | | | | | | |
| 2:00p | Sunday Movie | THR | | | | | | | | | | | | | | | | | | |
| 4:00p | Resident Connections | EVC | | | | | | | | | | | | | | | | | | |
| | | | 2FL 2 nd Floor | | | | | | CY Courtyard | | | | | | MCA Memory Care Activity Room | | | | | |
| | | | 2FA 2 nd Floor Activities Room | | | | | | DR Dining Room | | | | | | MCL Memory Care Living Room | | | | | |
| | | | 3FA 3 rd Floor Activities Room | | | | | | EVC Entire Village Community | | | | | | OUT Outing | | | | | |
| | | | ABC ABC Common Area | | | | | | FAM Family Room | | | | | | PAT Patio | | | | | |
| | | | B Bistro | | | | | | LR Living Room | | | | | | R2R Room to Room | | | | | |
| | | | CHP Chapel | | | | | | LO Lobby | | | | | | SP Screened Porch | | | | | |
| | | | CVC Civic Center | | | | | | MCD Memory Care | | | | | | THR Theater | | | | | |
| | | | 2FI 2 nd Floor Fitness Room | | | | | | Dining Room | | | | | | | | | | | |

All activities subject to change.