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National Suicide Hotline

Alzheimers Association 1-800-272-3900

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

### **American House Zephyrhills**

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AmericanHouse.com









DON'T BE AFRAID TO BE A FOOL.



## **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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**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!**

- 3/6-
- 3/12-Resident Town Hall
- 3/13-Live Music by Just Us
- 3/17-
- 3/20-Live Music by Geri B

- 3/20-Wonderland Family Night
- 3/22-Betmar Kitchen Band
- 3/27-Resident Bday Celebration
- 3/27-Live Music by John J
- 3/31-Easter

## NATIONAL WOMEN'S HISTORY MONTH

resolution designating March as 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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	M	arch 2024		1 1 1 1 2 6	P:30a Seated Exercise 3FL 10:00a Thrift Store Outing ME 10:00a Bible Study THR 12:00p Movie Matinee THR 2:00p \$\$ Dollar Bingo w/ Neal B 5:00p Poker 3FA 5:00p Movie THR	9:30a Seated Exercise 3FL 10:30a Minute Manicures AR 12:00p Movie Matinee THR 2:00p Root Beer Floats B 6:00p Movie THR
9:00a Church Service CMC 10:30a Coffee & Current Events 12:00p Movie Matinee THR 1:00p Bake Club AR 2:00p Mini Series THR 6:00p Movie THR	10:30a       Brain Matters       CMC         12:00p       Movie Matinee       THR         2:00p       \$\$ Dollar Bingo       E         6:00p       Poker       3FA	C       10:30a       Art & Design       AR         L       12:00p       Movie Matinee       THR         B       2:00p       \$\$ Dollar Bingo       B         L       6:00p       Hand & Foot       LIB	9:30a Seated Exercise 3FL 9 10:00a Catholic Communion 12:00p Movie Matinee THR 1 2:00p Happy Hour B 2 6:00p Poker 3FL 6	2:30a Seated Exercise 3FL 9: 0:30a Trivia Challenge CMC 11: 2:00p Movie Matinee THR 1: 2:00p \$\$ Dollar Bingo B 2: 0:00p Hand & Foot CMC 6:	0:30a Seated Exercise 3FL 10:00a Bible Study THR 12:00p Movie Matinee THR 2:00p \$\$ Dollar Bingo w/ Neal B 3:00p Poker 3FA 5:00p Movie THR	9:30a Seated Exercise 10:30a Family Feud Game 12:00p Movie Matinee 2:00p Ice Cream Sundaes 6:00p Movie  THR  THR
10 DAYLIGHT SAVING TIME  9:00a Virtual Church 12:00p Movie Matinee 1:00p Sit n' Sip 2:00p Mini Series 6:00p Movie  THR THR THR	10:00a New Res. OrientationCMC 12:00p Movie Matinee THR 2:00p \$\$ Dollar Bingo	C       10:30a       Craft Club       AR         A       12:00p       Movie Matinee       THR         B       1:00p       Resident Town Hall       B         A       2:00p       \$\$ Dollar Bingo       B	9:30a       Seated Exercise       3FL       9         10:30a       Songbook Singalong       CMC       1         12:00p       Movie Matinee       THR       1         2:00p       Happy Hour       B       1         6:00p       Poker       3FL       2         6:00p       Movie       THR       6	2:30a       Seated Exercise       3FL       9.         0:30a       Word Find       CMC       1.         2:00p       Movie Matinee       THR       1.         :00p       Cooking Demo       B       2.         ::00p       \$\$ Dollar Bingo       B       6.	2:30a Seated Exercise 3FL 10:00a Bible Study THR 12:00p Movie Matinee THR 2:00p \$\$ Dollar Bingo w/ Neal 6:00p Poker 3FA THR	9:30a Seated Exercise 3FL 10:30a Minute Manicures AR 12:00p Movie Matinee THR 2:00p Root Beer Floats B 6:00p Movie THR
12:00p Movie Matinee THR 1:00p Bake Club AR 2:00p Mini Series THR	9:30a Seated Exercise 10:30a Wellness U CMC 12:00p Movie Matinee 2:00p \$\$ Dollar Bingo 6:00p Poker 6:00p Movie THR	C       10:30a       Craft Club       AR         L       12:00p       Movie Matinee       THR         B       2:00p       \$\$ Dollar Bingo       B         C       6:00p       Hand & Foot       LIB	9:30a Seated Exercise 3FL 9 10:00a Catholic Communion CMC 1 12:00p Movie Matinee THR 1 2:00p Happy Hour B 2 5:00p Wonderland Fam Event A 6	2:30a Seated Exercise 0:30a Trivia Challenge 2:00p Movie Matinee 1:00p \$\$ Dollar Bingo 1:00p Hand & Foot 1:00p Movie	222  2:30a Seated Exercise 3FL 10:00a Bible Study THR 10:00a Betmar Kitchen Band A 11:00a Lunch Bunch Outing ME 12:00p Movie Matinee THR 2:00p \$\$ Dollar Bingo w/ Neal B 5:00p Poker 3FA 5:00p Movie THR	2:00p Ice Cream Sundaes <b>B</b>
9:00a Virtual Church 12:00p Movie Matinee 1:00p Sit n Sip SP 2:00p Mini Series THR 6:00p Movie THR	12:00p       Movie Matinee         2:00p       \$\$ Dollar Bingo         6:00p       Poker         3FA	A       10:30a       Craft Club       AR         B       12:00p       Movie Matinee       THR         A       2:00p       \$\$ Dollar Bingo       B	9:30a       Seated Exercise       3FL       9         10:30a       Music Trivia       CMC       1         12:00p       Movie Matinee       THR       1         2:00p       Bday Party       B       2         6:00p       Poker       3FL       6	2:30a       Seated Exercise       3FL       9         0:30a       Word Find       CMC       1         2:00p       Movie Matinee       THR       1         1:00p       \$\$ Dollar Bingo       B       2	P:30a Seated Exercise 3FL 10:00a Bible Study THR 12:00p Movie Matinee THR 2:00p \$\$ Dollar Bingo w/ Neal 6:00p Poker 3FA THR	9:30a Seated Exercise 10:30a Minute Manicures 12:00p Movie Matinee 2:00p Root Beer Floats 6:00p Movie  3FL AR THR THR
31 EASTER  10:30a Coffee & Current Events THR 12:00p Movie Matinee THR 1:00p Bake Club AR 2:00p Mini Series THR 6:00p Movie THR			′ 3/30	3	LOCATION  3FA 3rd Floor Activity Room B Bistry  3A 3rd Floor Atrium CR Card  3FL 3rd Floor CMC Com  AR Activity Room DR Dinir  A Atrium FIR Firep  BP Back Patio LIB Libra	ME Main Entrance d Room MC Memory Care nmunity Center SP Screened Porch ng Room THR Theater

All activities subject to change.