

Villas Monthly Activity Calendar - March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Peanut Butter Lovers Day	2	3	4	5	6
7	8 3PM Chair Yoga clubhouse	9	10 11:30am Meatball Day Meatball Subs Delivered 	11	12 Happy Birthday Pat McConnell!	13
14 Daylight Savings Time 	15 Potato Chip Day 	16	17 12PM St. Patrick's Day Delivery St Patrick's Day Delivery Happy Hour 	18	19	20 First Day of Spring 
21	22	23	24	25	26 9:30AM International Waffle Day delivery 	27
28 Palm Sunday	29	30 Waffle Day	31	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Working with Brenda Hamilton from B's Blooms on a Spring craft seminar, details to follow. Book Club details to follow.</p> </div> <div style="text-align: center;">  <p>Safety Inspection of Smoke Alarms/Furnance Filters this month.</p> </div> </div>		

Calendar subject to change





GIVE YOUR ENGINE THE RIGHT FUEL
 GOOD NUTRITION CAN BE A CHALLENGE FOR SENIORS

Cars run better with the right fuel in their tank. So do seniors. Eating the right foods fuel them with the protein, vitamins, minerals, fiber and water necessary for better health. However, getting the ideal octane to keep their engine humming may not be easy. With age, people typically slow down and burn less calories. Their appetite also diminishes. Yet they still must take in the necessary nutrients to maintain good health. And how many nutrients is ideal? The Recommended Daily Allowance (RDA's) categories for seniors are listed for men and for women. There are differences. And many experts feel that the nutritional needs of people in their 50's and 60's differ from those 70 and older. In addition, everyone seems to have an opinion...and a book. It's easy to get confused (or give up). That's why seniors should work with a doctor or nutritionist they trust to develop a personal nutrition program for their specific situation. And they should not wait until they feel bad to do it.

Benefits of Good Nutrition:

Eating is one of the joys of life. It provides both social and personal benefits. Isn't it great to savor your favorite recipe (cooked to perfection) while in the company of family and friends? For seniors, the advantages of nutritious meals go beyond taste and companionship.

Here's a list of other benefits that affect their daily lives:

- Raises the energy level.
- Protects against illness.
- Helps the body deal with existing illness.
- Quickens recovery.
- Keeps medical costs down.
- Keeps independence up.

Causes of Poor Nutrition:

There are numerous reasons why seniors may have difficulty maintaining a good nutritional regimen. Here is a list of some contributing factors:

- Loss of appetite.
- Chewing issues & swallowing problems.
- Decrease in the sense of taste & smell.
- Lack of knowledge.
- Loneliness.
- Depression.
- Illness & side effects of medications.
- Less mobility.
- Difficult to shop and/or cook.
- Limited income or frugal spending habits.



WHY NATIONAL WOMEN'S HISTORY MONTH IS IMPORTANT

**** We haven't given women their due attention**

For many years, women weren't acknowledged in historical texts. This isn't because women weren't in the midst of important discoveries or helping out with important conquests. It's mainly because men wrote the majority of historical documents for thousands of years. In March, we dig deep to uncover many of the important roles women have played throughout history.

**** Women are inspirational**

Learning about women who have stood up for their rights and fought for what they believe is fantastic motivation. We all have the power to influence the direction our world is headed in, and National Women's History Month reminds us of that.

**** It recognizes the strength and power of women**

It's easy to get caught up in the grind of daily life, but this month is an excellent opportunity to put a spotlight on all of the major things women accomplish each and every day. From domestic chores and carrying babies to fighting wars and governing countries, women are pretty darn amazing.