

# AVENIDA LIFE



## 5 Myths About Aging

We have all been exposed to myriad misconceptions and stereotypes about old age and the aging process. Popular culture often portrays seniors as frail, forgetful, or feeble individuals, while health-related news segments continuously remind us of the age-related ailments and limitations that await us in our senior years. However, the reality of aging is not always so dire. Our golden years can be filled with activity, happiness, and social connection, rather than life-limiting declines in health. By exposing five common myths about aging, we can change how we view the aging process and set ourselves up for a future filled with possibility and optimism.

**Myth #1: To be old is to be sick.** This myth centers around the belief that aging and disease go hand in hand, and individuals are destined to wind up in the nursing home or suffering from a catastrophic illness once they get older. While the prevalence of chronic diseases does increase as we age, many mature adults are healthy, active, and live their day-to-day lives without any significant functional limitations. Even in advanced old age, there are individuals that attain incredible heights of athleticism and fitness.

**Myth #2: You can't teach an old dog new tricks.** Many people wrongly believe that senility and dementia are a natural, and even inevitable, part of the aging process. However, recent evidence regarding brain plasticity proves that the human mind retains its ability to learn throughout a person's entire lifespan. In fact, declines in cognition are largely avoidable. There are many lifestyle behaviors—including physical activity levels, dietary choices, alcohol consumption, tobacco usage, and level of mental stimulation—that have been shown to be important factors in the degree of cognitive decline that occurs with advancing age.

(continued page 2)

Earn  
**\$1,500**  
For Referring New Residents

Invite your friends to join our community and earn \$1,500 for every referral.\*

\*Restrictions apply. See Leasing Team for more information.



## YOUR AVENIDA TEAM



**Ellen Baker**  
Executive Director



**Linda Deming**  
Sales & Marketing Director



**Jordan Booth**  
Resident Enrichment Director



**Thomas Shotwell**  
Maintenance Director



**Kasie Martin**  
Assistant Manager

## 5 Myths about Aging

*continued from cover*



### Myth #3: The horse is out of the barn.

It is often assumed that once an individual is older it is “too late” to reduce disease risk, increase health status, or become fit. There is an overwhelming amount of evidence to show that this is not true. The physiologic capacity for positive adaptation is not lost even in advanced age. For example, resistance exercise studies conducted on individuals in their 90’s found that skeletal muscle can still grow and become stronger. We now know that it is never too late to positively benefit from an exercise program.

### Myth #4: The secret to successful aging is to choose your parents wisely.

While genetics can strongly influence disease risk and longevity, their effects are grossly overestimated. There are some specific diseases that have strong hereditary components, such as some forms of cancer or familial hypercholesterolemia, and studies on centenarians show that there is a genetic influence on their longevity. However, the overall evidence is clear that the influence of lifestyle and environment are far more important factors in the determination of health and functional ability than genetics.

### Myth #5: Seniors don’t pull their own weight.

There seems to be a widespread belief that older adults are a burden to society and do not contribute to its continued success. The assumption is that a person is not pulling their own weight if they are not an active member of the workforce. This could not be further from the truth. Mature adults fill many important roles in society, often in unpaid situations. They represent one of the largest volunteer forces in the country, and many organizations depend heavily on their contributions of time and effort. In addition, they fulfill family responsibilities, such as caring for grandchildren so that parents can continue to work. Plus, the trend of seniors working past typical retirement age is increasing recently.

A recent study found that believing in negative myths about aging can actually have a negative impact on lifespan, creating a self-fulfilling prophecy where seniors accept the diminished life they believe is destined for them. But the study also found that replacing those negative myths with positive views of aging can increase our lifespan and promote a renewed sense of wellness. This serves as a good reminder to us all: we must challenge the myths and misconceptions about aging that we have been exposed to over the years, and focus instead on the wisdom, self-realization, and satisfaction that await us in our golden years.

## Groups and Clubs at Avenida

**Hand and Foot** | Hand and Foot is a popular variation from the rummy type card game of Canasta. Hand and Foot club meets every Tuesday at 6:30p in the Club Room. Contact Barbara Witthoft (901) 704.9612 for more information. Beginners welcomed!

**A Novel Idea** | Need more members! If you’re interested in joining a dynamic book club, see Jordan to sign up.

**Gardening** | Want to get your hands dirty in our community garden? The Gardening Club is developing an herb garden in our community! Call Bob Capkovic (901) 647.4371 for more information.

**Volunteer** | Have a giving heart? Join the Volunteer Group for monthly volunteer opportunities. Call Brenda Hoolihan (320) 293.7951 for more information.

**Walking Club** | Meet in the lobby to go on a leisure or brisk walk at noon everyday.

**Memphis Mavens** | With museums opening back up, if any of you would like to get together and visit some Memphis sights, let Jordan know and she can coordinate!

**Do you have a club idea? Would you like to lead a club?  
Visit Jordan at the front desk to let her know!  
Some ideas are Crockpot Cookers, Men’s Group, Fitness Friends, etc.**

## Committees at Avenida

**Welcome Committee** | The Welcome Chair organizes fresh baked goods and a welcoming attitude to the new resident within 3 days of their move in. They will help identify immediate needs (calendar, trash rooms, breakfast hours, etc.) the new resident may have questions about.

**Resident Engagement Committee** | The Resident Engagement Chair seeks to identify residents who are not fully engaged in programming and help those residents find their passions and help to provide an engaging social avenue for those individuals.

**Social Committee** | The Social Chair helps to identify resident run gatherings that would make for optimal socialization. Examples include New Years Eve Party, Superbowl Party, Potlucks, Holiday Celebrations.

**Club Committee** | The Club Chair seeks to help promote resident run clubs and organizations within the community.

**Sunshine Committee** | The Sunshine Chair helps provide for those who need additional help. Whether the identified neighbor needs help with transportation to doctor appointments or assistance with meals during a difficult time, the Sunshine Committee is there to bring joy and help.

**Volunteer Committee** | The Volunteer Chair helps to identify local organizations for the community to participate. They will seek to help those who want to be involved in volunteering within our community.

## Five to Thrive at Avenida

### Live Life

#### Art with Anita

Every Wednesday at 2:00 pm  
Join the hottest class at our community and see what all the buzz is about! Join Anita for a variety of art classes.

### Live & Learn

#### One Day University

Join us every Tuesday and Thursday at 3:00 pm for a live stream of the most fascinating lectures from the best professors across the country. This month's topics are the following:

Thursday, April 1: American Politics Today  
Tuesday, April 6: Ronald Reagan and the End of the Cold War  
Thursday, April 8: The Dead Sea Scrolls: Discovery and Decipherment  
Tuesday, April 13: Revisiting Thomas Jefferson  
Thursday, April 15: A Culinary History of the United States  
Tuesday, April 20: Virginia Woolf and the Birth of Modern Women's Fiction  
Thursday, April 22: Does Extinction Matter? The Environmental Consequences of Declining Biodiversity  
Tuesday, April 27: The Evolution of Religion: How It All Started and Why  
Thursday, April 29: Washington DC: What Really Happened in the Room Where It Happened

### Trivia

Every Thursday at 1:00 pm

### Documentaries

Every Wednesday at 12:30 pm  
April 7: *Jungle Nights*  
April 14: *Dark Tourism: Japan*  
April 21: *Take Your Pills*  
April 28: *Jackie, A Tale of Two Sisters*

### Live in Motion

#### Tai Chi with Richard

Every Monday at 2:00 pm.  
Did you know Richard is one of fifty-five Master Trainers in the world? Try one of his classes to see what Tai Chi is all about!

#### Fitness with Natalie (NEW TIME!)

Every Tuesday and Thursday at 2:15 pm.  
Join Natalie for a variety of workouts in the Fit Studio every week. She focuses on balance a stability in all her classes so be sure to check it out!

#### Weights with Alex (NEW!)

Want to get stronger? Join Alex in the Fit Studio on Mondays at 10:30 am to work on building muscle strength and tone. Great for beginners and body builders alike!

### Zumba

Join Christina every Friday at 10:30 am for this cardio burst of Colombian dance moves. A great exercise for your body and mind as you follow along these fun moves!

### Live Connected

#### Wine Down Wednesday

April 7: Vino & Van Gogh  
April 14: Art Gallery  
April 28: A Taste of France

### April Movies

In the theater on Mondays and Fridays at 4:00pm  
Friday, April 2: *Kon Tiki*  
Monday, April 5: *Double Jeopardy*  
Friday, April 9: *Dances with Wolves*  
Monday, April 12: *Rain Man*  
Friday, April 16: *Invictus*  
Monday, April 19: *The Pursuit of Happyness*  
Friday, April 23: *My Best Friend's Wedding*  
Monday, April 26: *Batman Begins*  
Friday, April 30: *Life of Pi* (Watch this in the courtyard with us on a big screen. Just like the drive-ins!)

### Sunday Nights

Join your neighbors for Sunday Evening Fire Pit and enjoy some time with each other! On April 11, visit the Salad Party (hosted by Kathy and Fern) at 5:30 pm prior to visiting the fire pits.

## COMMUNITY HIGHLIGHTS



### Technology with Kathy

Join your neighbor, Kathy, for bi-weekly technology classes! Bring your phone and/or laptop to these events so you can learn the following:  
Sagely: to RSVP for events, set up reminders for events, and receive messages from Jordan about upcoming events  
Resident Portal: to pay your rent and submit maintenance requests  
Butterfly MX: to let visitors enter the building from the comfort of your own apartment

### Earth Day

#### April 22

Join your neighbors for a group trip to the Memphis Botanic Gardens! You must RSVP by Monday, April 19 for us to purchase your ticket for you. Transportation will not be provided, so carpool with your friends.

### Vino & Van Gogh

#### April 7

Join Anita, our art instructor, as we paint during Wine Down Wednesday! Supplies are limited so RSVP by Monday, April 5.

### Finance Talks with Thomas Shelley

#### April 16

Thomas Shelley, with Edward Jones Investments will be discussing estate planning on Friday, April 16 at 1:30 pm.

### Travel to France!

Join Jordan in the theater to virtually visit France! We will learn all about France while enjoying some beautiful photos and videos of this enchanting country! If you've visited France and have photos, please send them to Jordan so she can add them to the presentation.

### Weights with Alex

We have added a weights class on Mondays at 10:30 am for you to learn how to build muscle strength and tone. Stop by and pump some iron with our new instructor!

### Art with Anita

April 7: Model Clay Sculpture  
April 14: Paper Mache Masks  
April 21: Paper Quilling Art  
April 28: Origami

### Art Exhibition

#### April 14

We are excited to announce our first art show featuring artwork by Avenida Watermarq residents! The art will be showcased during Wine Down Wednesday on April 14 from 4-5 pm. If you have participated in an art class and have art to show, please bring them to the Bistro by 2:30 pm day of.

**RSVP required for all events**

# April 2021 Program Calendar

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
 <p style="text-align: center;"><b>Location Keys</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Bistro</p> <p>Club Room</p> <p>Courtyard</p> <p>Creative Arts Studio</p> <p>Fitness Studio</p> <p>Lobby</p> <p>Theater</p> </div> <div style="width: 45%; text-align: right;"> <p>B</p> <p>CR</p> <p>CY</p> <p>CAS</p> <p>FS</p> <p>L</p> <p>T</p> </div> </div> <div style="margin-top: 20px;"> <p>Live Life</p> <p>Live Confidently</p> <p>Live in Motion</p> <p>Live &amp; Learn</p> <p>Live Connected</p> </div>						<p>8:00 Continental Breakfast [B] <b>1</b></p> <p>10:30 Wellbeats with Jordan [FS]</p> <p>12:00 Walking Club [L]</p> <p>1:00 Trivia [CR]</p> <p>3:00 One Day University: American Politics Today [T]</p>	<p>8:00 Continental Breakfast [B] <b>2</b></p> <p>10:30 Zumba [FS]</p> <p>12:00 Walking Club [L]</p> <p>3:00 Bingo [CR]</p> <p>4:00 Friday Night Movie: Kon Tiki [T]</p>	<p>9:00 Continental Breakfast [B] <b>3</b></p> <p>10:00 Chair Yoga [FS]</p>					
	<p><b>Easter</b></p> <p>6:00 Sunday Evening Fire Pit [CY]</p>	<b>4</b>	<p>12:00 Spring Into Fitness! <b>5</b></p> <p>8:00 Continental Breakfast [B]</p> <p>10:30 Weights with Alex [FS]</p> <p>12:00 Walking Club [L]</p> <p>2:00 Tai Chi [FS]</p> <p>4:00 Movie Monday: Double Jeopardy [T]</p>	<b>6</b>	<p>8:00 Continental Breakfast [B]</p> <p>9:00 Coffee &amp; Chat</p> <p>12:00 Walking Club [L]</p> <p>1:30 Fitness with Natalie [FS]</p> <p>3:00 One Day University: Ronald Reagan and the End of the Cold War [T]</p> <p>6:30 Hand and Foot Club [CR]</p>	<b>7</b>	<p>8:00 Continental Breakfast [B]</p> <p>11:00 Technology with Kathy [T]</p> <p>12:00 Walking Club [L]</p> <p>12:30 Documentary: Jungle Nights [T]</p> <p>2:00 Art Class: Model Clay Sculpture [CAS]</p> <p>4:00 Wine Down Wednesday - Vino &amp; Van Gogh [B]</p>	<b>8</b>	<p>8:00 Continental Breakfast [B]</p> <p>10:30 Wellbeats with Jordan [FS]</p> <p>12:00 Walking Club [L]</p> <p>1:00 Trivia [CR]</p> <p>3:00 One Day University: The Dead Sea Scrolls: Discovery and Decipherment [T]</p>	<b>9</b>	<p>8:00 Continental Breakfast [B]</p> <p>12:00 Walking Club [L]</p> <p>3:00 Bingo [CR]</p> <p>4:00 Friday Night Movie: Dances with Wolves [T]</p>	<b>10</b>	<p>9:00 Continental Breakfast [B]</p>
	<p>5:30 Salad Party [B]</p> <p>6:00 Sunday Evening Fire Pit [CY]</p>	<b>11</b>	<p>8:00 Continental Breakfast [B] <b>12</b></p> <p>10:30 Weights with Alex [FS]</p> <p>12:00 Walking Club [L]</p> <p>2:00 Tai Chi [FS]</p> <p>4:00 Movie Monday - Rain Man [T]</p>	<b>13</b>	<p>8:00 Continental Breakfast [B]</p> <p>9:00 Coffee &amp; Chat</p> <p>12:00 Walking Club [L]</p> <p>1:30 Fitness with Natalie [FS]</p> <p>3:00 One Day University: Revisiting Thomas Jefferson [T]</p> <p>6:30 Hand and Foot Club [CR]</p>	<b>14</b>	<p>8:00 Continental Breakfast [B]</p> <p>12:00 Walking Club [L]</p> <p>12:30 Documentary: Dark Tourism: Japan [T]</p> <p>2:00 Art Class: Paper Mache Masks [CAS]</p> <p>4:00 Wine Down Wednesday - Art Gallery Exhibition [B]</p>	<b>15</b>	<p>8:00 Continental Breakfast [B]</p> <p>10:30 Wellbeats with Jordan [FS]</p> <p>12:00 Walking Club [L]</p> <p>1:00 Trivia [CR]</p> <p>3:00 One Day University: A Culinary History of the United States [T]</p>	<b>16</b>	<p>8:00 Continental Breakfast [B]</p> <p>12:00 Walking Club [L]</p> <p>1:30 Finance Talks with Thomas Shelley [T]</p> <p>3:00 Bingo [CR]</p> <p>4:00 Friday Night Movie - Invictus [T]</p>	<b>17</b>	<p>9:00 Continental Breakfast [B]</p>
	<p>6:00 Sunday Evening Fire Pit [CY]</p>	<b>18</b>	<p>8:00 Continental Breakfast [B] <b>19</b></p> <p>10:30 Weights with Alex [FS]</p> <p>12:00 Walking Club [L]</p> <p>2:00 Tai Chi [FS]</p> <p>4:00 Movie Monday - The Pursuit of Happyness [T]</p>	<b>20</b>	<p>8:00 Continental Breakfast [B]</p> <p>9:00 Coffee &amp; Chat</p> <p>12:00 Walking Club [L]</p> <p>1:30 Fitness with Natalie [FS]</p> <p>3:00 One Day University: Virginia Woolf and the Birth of Modern Women's Fiction [T]</p> <p>6:30 Hand and Foot Club [CR]</p>	<b>21</b>	<p>8:00 Continental Breakfast [B]</p> <p>11:00 Technology with Kathy [T]</p> <p>12:00 Walking Club [L]</p> <p>12:30 Documentary: Take Your Pills [T]</p> <p>2:00 Art Class: Paper Quilling Art [CAS]</p> <p>4:00 Wine Down Wednesday [B]</p>	<b>22</b>	<p>8:00 Continental Breakfast [B]</p> <p>10:30 Wellbeats with Jordan [FS]</p> <p>12:00 Walking Club [L]</p> <p>1:00 Trip to Botanic Garden</p> <p>3:00 One Day University: Does Extinction Matter? The Environmental Consequences of Declining Biodiversity [T]</p>	<b>23</b>	<p>8:00 Continental Breakfast [B]</p> <p>12:00 Walking Club [L]</p> <p>3:00 Bingo [CR]</p> <p>4:00 Friday Night Movie - My Best Friend's Wedding [T]</p>	<b>24</b>	<p>9:00 Continental Breakfast [B]</p>
<p>6:00 Sunday Evening Fire Pit [CY]</p>	<b>25</b>	<p>8:00 Continental Breakfast [B] <b>26</b></p> <p>10:30 Weights with Alex [FS]</p> <p>12:00 Walking Club [L]</p> <p>2:00 Tai Chi [FS]</p> <p>4:00 Movie Monday - Batman Begins [T]</p>	<b>27</b>	<p>8:00 Continental Breakfast [B]</p> <p>9:00 Coffee &amp; Chat</p> <p>11:00 Arm Chair Traveler: France [T]</p> <p>12:00 Walking Club [L]</p> <p>1:30 Fitness with Natalie [FS]</p> <p>3:00 One Day University: The Evolution of Religion: How It All Started and Why [T]</p> <p>6:30 Hand and Foot Club [CR]</p>	<b>28</b>	<p>8:00 Continental Breakfast [B]</p> <p>12:00 Walking Club [L]</p> <p>12:30 Documentary: Jackie, A Tale of Two Sisters [T]</p> <p>2:00 Art Class: Origami [CAS]</p> <p>3:00 Town Hall</p> <p>4:00 Wine Down Wednesday - Travel to France [B]</p>	<b>29</b>	<p>8:00 Continental Breakfast [B]</p> <p>10:30 Wellbeats with Jordan [FS]</p> <p>12:00 Walking Club [L]</p> <p>1:00 Trivia [CR]</p> <p>3:00 One Day University: Washington DC : What Really Happened in the Room Where it Happened [T]</p>	<b>30</b>	<p>8:00 Continental Breakfast [B]</p> <p>12:00 Walking Club [L]</p> <p>3:00 Bingo [CR]</p> <p>4:00 Friday Night Drive-In Movie: Life of Pi [CY]</p>			