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National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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



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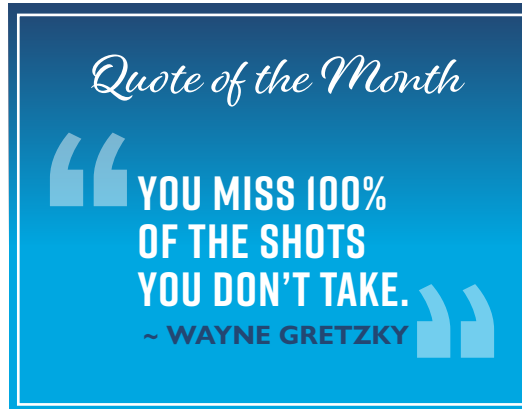


TECH-SAVVY SENIORS AND EMOJIS

An emoji is a “small digital image or icon used to express an idea or emotion in electronic communication.” They are now a crucial part of communication in texts and social media. With thousands of individual characters, our messages to one another include a ❤️, a 👍, or 🙏, to name just a few.

They were first created in Japan in the 1990s and spread very quickly. A recent survey found those 65 and above have mastered the art of an emoji-filled text message. In fact, one in three seniors now prefer texting to phone calls.

A few commonly misused emojis include the fire 🔥 emoji, which is not used to show something is literally hot, but more that something is amazing. Another is the laughing out loud 😂 face. This emoji represents someone laughing so hard they have tears of joys. But sometimes it's used as the exact opposite: a “crying” face. One hundred and eight new emojis are expected to arrive in our smartphones and computers in 2024. They include a phoenix, a lime and smiley faces shaking their heads up and down.



WHY WE WAKE UP EARLIER AS WE GET OLDER

There's a reason why older adults wake up earlier in the mornings: it's part of the natural aging process. As we age, our bodies change both internally and externally. Our brain becomes slightly less responsive to inputs that include the sunset, sunlight, meals, social cues and physical activity that help determine where we are in our day.

This is part of the reason older people tend to get tired before their children or grandchildren. And, as a result, they wake up fully rested and earlier than the rest of the world.

If you struggle with this problem, experts agree you should ignore the advice to put away the screens and instead expose yourself to bright light in the late evening. This means going for a walk outside before the sun sets, reading a book on a bright iPad, getting artificial lights for your home or watching TV on a bright screen. You should try these things 30 to 60 minutes before sunset. Changes in sleep patterns are a way of life, and you can counteract them with healthy habits so you can get your best rest.

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LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

HENDERSONVILLE

APRIL 2024

MEET THE 93-YEAR-OLD WORLD CHAMP OF ROWING

Richard Morgan, a onetime baker and battery maker with creaky knees, didn't take up regular exercise until he was 73. The Irishman is now 93 and a four-time world champion in indoor rowing, with the aerobic engine of a healthy 40-year-old and a body-fat percentage to match. Not bad for someone who trains in his backyard shed.

Richard has now rowed the equivalent of almost ten times around the globe. Many questions remain about the biology of aging, and whether the physical decline in muscle mass that typically occurs as we grow older is inevitable or perhaps, due to a lack of exercise.

Intrigued, researchers put Richard to a 2,000-meter time trial on a rowing machine and were amazed his heart rate peaked at 153 beats per minute, one of the highest peaks ever recorded for someone in their 90s. It meant his heart was able to rapidly supply his working muscles with oxygen and fuel. Perhaps more impressive, Richard achieved these results with a simple exercise routine that emphasized consistency and a high protein diet. The research team found that exercise helps maintain a strong, capable body, no matter our age. For Richard, it meant becoming a world champion.



APRIL 2024 EVENTS!

- Cooking Demo
- Happy Hour
- Main Event
- Art Classes
- Trivia
- Scenic Bus Ride
- Singfit Music Program

THE ORIGINS OF APRIL FOOLS' DAY

April Fools' Day has been celebrated for centuries by different cultures. Its traditions include playing hoaxes or practical jokes on others, often yelling “April Fools!” Though the origin of April Fools' Day is a mystery, many historians speculate it dates to 1582, when France switched from the Julian calendar to the Gregorian calendar. There's also a theory April Fools' Day was tied to the first day of spring in the Northern Hemisphere, when Mother Nature fooled people with unpredictable weather. No matter where it came from, April Fools' Day is here, so be ready for anything!



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April 2024



LOCATION KEY

AR Activity Room	LO Lobby	MCL Memory Care Living Room
AL Assisted Living	LIB Library	OUT Outing
ALD AL Dining	LR Living Room	O Outside
CY Courtyard	MC Memory Care	PRM Piano Room
DR Dining Room	MCA Memory Care Activity Room	PO Porch
HAL Hallway	MCD Memory Care Dining Room	APT Your Apartment

01 APRIL FOOLS' DAY 02 03 04 05 06



8:30a Coffee & News MCD	8:30a Coffee & News MCD	8:30a Coffee & News MCD	8:30a Coffee & News MCD	8:30a Coffee & News MCD	8:30a Coffee & News MCD
10:00a Worship Songs MCL	10:00a Worship Songs MCL	10:00a Worship Songs MCL	10:00a Worship Songs MCL	10:00a Worship Songs MCL	10:00a Worship Songs MCL
10:30a Seated Volleyball MCA	10:30a Seated Volleyball MCA	10:30a Seated Volleyball MCA	10:30a Seated Volleyball MCA	10:30a Seated Volleyball MCA	10:30a Seated Volleyball MCA
11:00a Guess 10 MCD	11:00a Guess 10 MCD	11:00a Guess 10 MCD	11:00a Guess 10 MCD	11:00a Guess 10 MCD	11:00a Guess 10 MCD
1:00p Balloon Toss MCA	12:00p National Peanut Butter and Jelly Day MCD	1:00p Balloon Toss MCA	1:00p Balloon Toss MCA	1:00p Balloon Toss MCA	1:00p Balloon Toss MCA
2:00p Sing Fit/Music with Wanda MCL	1:00p Hand Massage & Aromatherapy/ Guess in 10 and Name 10 MCD	2:00p Sing Fit/Music with Wanda MCL	3:00p WINE DOWN WEDNESDAY/ Snack & Movie of Choice	3:00p National Walking Day MCL	2:00p National Caramel Popcorn Day MCL
6:00p Movie Night with Snacks and Refreshments MC	3:00p TIC-TAC-TOE Cross & Animal			6:00p Movie Night with Snacks and Refreshments MC	4:00p Moving and Grooving to the Music MCL

07 08 09 10 11 12 13

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11:00a Guess 10 MCD	11:00a Guess 10 MCD	11:00a Guess 10 MCD	11:00a Guess 10 MCD	11:00a Guess 10 MCD	11:00a Guess 10 MCD	11:00a Guess 10 MCD
1:00p Church Services (Virtual) MCL	11:30a National Zoo Lovers Day MC	1:00p Hand Massage & Aromatherapy/ Guess in 10 and Name 10 MCD	1:00p Balloon Toss MCA	1:00p Balloon Toss MCA	1:00p Balloon Toss MCA	1:00p Balloon Toss MCA
1:00p Balloon Toss MCA	1:00p Balloon Toss MCA	1:00p Balloon Toss MCA	2:00p Sing Fit/Music with Wanda MCL	2:00p Arts and Craft (Flower Arrangement) MCA	2:00p Sing Fit/Music with Wanda MCL	2:00p Bible Trivia & Finish the Sentence MCL
3:00p Nail Care & Hand Massages & High or Low (Card Game)/ Bingo MCD	2:00p Sing Fit/Music with Wanda MCL	3:00p TIC-TAC-TOE Cross & Animal Trivia & Jenga MCL	3:00p Nail Care & Hand Massages & High or Low (Card Game)/ Bingo MCD	4:00p Magazines and Puzzle time/ What's in the News MCD	3:00p TIC-TAC-TOE Cross & Animal Trivia & Jenga MCL	4:00p Bingo with Friends MCA
	6:00p Movie Night with Snacks and Refreshments MC					4:30p National Scrabble Day MCA

14 15 TAX DAY | BOSTON MARATHON 16 17 18 19 20

8:30a Coffee & News MCD	8:30a Coffee & News MCD	8:30a Coffee & News MCD	8:30a Coffee & News MCD	8:30a Coffee & News MCD	8:30a Coffee & News MCD	8:30a Coffee & News MCD
10:00a Worship Songs MCL	10:00a Worship Songs MCL	10:00a Worship Songs MCL	10:00a Worship Songs MCL	10:00a Worship Songs MCL	10:00a Worship Songs MCL	10:00a Worship Songs MCL
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1:00p Church Services (Virtual) MCL	1:00p Balloon Toss MCA	1:00p Hand Massage & Aromatherapy/ Guess in 10 and Name 10 MCD	1:00p Balloon Toss MCA	1:00p Balloon Toss MCA	1:00p Balloon Toss MCA	1:00p Balloon Toss MCA
1:00p Balloon Toss MCA	2:00p April Birthday Social (Social) MCL	1:00p Balloon Toss MCA	2:00p Nail Care & Hand Massages & High or Low (Card Game)/ Bingo MCD	2:00p Nail Care & Hand Massages & High or Low (Card Game)/ Bingo MCD	2:00p Sing Fit/Music with Wanda MCL	2:00p Checker/ Bingo! MCD
3:00p Nail Care & Hand Massages & High or Low (Card Game)/ Bingo MCD	6:00p Movie Night with Snacks and Refreshments MC	3:00p TIC-TAC-TOE Cross & Animal Trivia & Jenga MCL	5:00p Main Event (Breakfast at Tiffany's Brunch) MCD	6:00p Movie Night with Snacks and Refreshments MC	4:00p TIC-TAC-TOE Cross & Animal Trivia & Jenga MCL	5:30p Animal Trivia & finish the Sentence MCD

21 22 EARTH DAY | PASSOVER BEGINS 23 24 ADMINISTRATIVE PROFESSIONALS DAY 25 26 ARBOR DAY 27

8:30a Coffee & News MCD	8:30a Coffee & News MCD	8:30a Coffee & News MCD	8:30a Coffee & News MCD	8:30a Coffee & News MCD	8:30a Coffee & News MCD	8:30a Coffee & News MCD
10:00a Worship Songs MCL	10:00a Worship Songs MCL	10:00a Worship Songs MCL	10:00a Worship Songs MCL	10:00a Worship Songs MCL	10:00a Worship Songs MCL	10:00a Worship Songs MCL
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1:00p Church Services (Virtual) MCL	1:00p Balloon Toss MCA	1:00p Hand Massage & Aromatherapy/ Guess in 10 and Name 10 MCD	1:00p Balloon Toss MCA	1:00p Balloon Toss MCA	1:00p Balloon Toss MCA	1:00p Balloon Toss MCA
1:00p Balloon Toss MCA	2:00p Sing Fit/Music with Wanda MCL	1:00p Balloon Toss MCA	2:00p Nail Care & Hand Massages & High or Low (Card Game)/ Bingo MCD	2:00p Scenic Bus Ride (Park) OUT	2:00p Sing Fit/Music with Wanda MCL	2:00p New Resident Social (Refreshment & Snack) MCD
2:00p National Chocolate Covered Cashews Day MC	4:00p Earth Day/ National Jellybean Day MC	3:00p TIC-TAC-TOE Cross & Animal Trivia & Jenga MCL	3:00p Nail Care & Hand Massages & High or Low (Card Game)/ Bingo MCD	6:00p Movie Night with Snacks and Refreshments MC	1:00p Balloon Toss MCA	3:00p National Babe Ruth Day MC
3:00p Nail Care & Hand Massages & High or Low (Card Game)/ Bingo MCD					2:00p Sing Fit/Music with Wanda MCL	4:00p 1950's Musical Movie (Prime Time) MC

28 29 30 PASSOVER ENDS BIRTHDAYS

8:30a Coffee & News MCD	8:30a Coffee & News MCD	8:30a Coffee & News MCD	<p>APRIL SHOWERS</p>	Ann. O 04/13
10:00a Worship Songs MCL	10:00a Worship Songs MCL	10:00a Worship Songs MCL		Annie. G 04/20
10:30a Seated Volleyball MCA	10:30a Seated Volleyball MCA	10:30a Seated Volleyball MCA		Sandra. C 04/25
11:00a Guess 10 MCD	11:00a Guess 10 MCD	11:00a Guess 10 MCD		
1:00p Church Services (Virtual) MCL	11:30a International Dance Day MCD	1:00p Hand Massage & Aromatherapy/ Guess in 10 and Name 10 MCD		
1:00p Balloon Toss MCA	1:00p Balloon Toss MCA	1:00p Balloon Toss MCA		
3:00p Nail Care & Hand Massages & High or Low (Card Game)/ Bingo MCD	2:00p Sing Fit/Music with Wanda MCL	3:00p TIC-TAC-TOE Cross & Animal Trivia & Jenga MCL		
4:30p National Superhero Day MC	6:00p Movie Night with Snacks and Refreshments MC			

All activities subject to change.