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National Suicide Hotline
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Alzheimer's Association
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Institute of Aging Friendship Line
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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.



WHAT'S YOUR STORY? TELL US
WITH OUR RESIDENT SURVEY!

Quote of the Month

“YOU MISS 100%
OF THE SHOTS
YOU DON'T TAKE.”
~ WAYNE GRETZKY

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.

JACKSON

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 with Drew
- Breakfast at Tiffany's Brunch
- National Picnic Day
- Day of Pink
- Plant Appreciation Day
- Anniversary of McDonalds
- Amanda/ Alz. Association

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
- ALD AL Dining
- ALL AL Living Room
- BCY Back Courtyard
- CY Courtyard
- DR Dining Room
- D2D Door to Door
- FPO Front Porch
- LR Living Room
- MCA Memory Care Activity Room
- MCD Memory Care Dining Room
- MCL Memory Care Living Room
- OUT Outing
- S Salon

01 APRIL FOOLS' DAY			02			03			04			05			06					
	10:00a	Moving to Music	MCA	10:00a	Fun with Fitness	MCA	10:00a	Walk About Wed	CY	10:00a	Grooving & Moving	MCA	10:00a	Fun Fitness Friday	MCA	10:00a	Reach & Stretch	AR		
	10:30a	Famous Sayings	MCA	10:30a	Conversation Starters	MCA	10:30a	Current Events	MCA	10:30a	Short Stories & Discussion	MCA	10:30a	Finish the Phrase	MCA	10:30a	Sorting Objects	MCD		
	1:00p	Trivia Teasers	MCA	1:00p	Find A Rainbow	MCA	1:00p	Crafty Corner	MCA	1:00p	Bingo for Prizes	MCA	1:00p	Bake With Me	MCA	1:00p	Trivia	AR		
	2:00p	Marvelous Monday Social		2:00p	Tuesday Treat Social	MCA	2:00p	Wacky Wednesday Social		2:00p	Thursdays Social	MCA	2:00p	TGIF Social	MCA	2:00p	Saturday Social	AR		
	MCA			6:00p	Songs with Friends	MCL	6:00p	Hand Massages with Lotion		4:00p	Melodies with Lisa	MCA	4:00p	SingFit	MCA	6:00p	Movie Mania	AR		
	6:00p	Memory Lane	MCA							5:30p	Smelling with The Senses		5:30p	Reminiscing	MCD					
07			08			09			10			11			12			13		
10:00a	Seniorcise	AR	10:00a	Moving to Music	MCA	10:00a	Fun with Fitness	MCA	10:00a	Walk About Wed	CY	10:00a	Zumba Chair Fitness	MCA	10:00a	Fun Fitness Friday	MCA	10:00a	Reach & Stretch	AR
10:30a	Hymnal Singing	MCD	10:30a	Famous Sayings	MCA	10:30a	Conversation Starters	MCA	10:30a	Current Events	MCA	10:30a	Short Stories & Discussion	MCA	10:30a	Finish the Phrase	MCA	10:30a	Sorting Objects	MCD
10:30a	Devotion	MCD	1:00p	Classic Film Trivia	MCA	11:00a	Pet Therapy/Simon	MCA	1:00p	Art & Design/ Hollywood		1:00p	Bake With Me	MCA	1:00p	Bake With Me	MCA	1:00p	Trivia	AR
1:00p	Trivia	MCA	2:00p	Marvelous Monday Social		1:00p	E-Z Junk Drawer Det.	MCA	2:00p	Walk of Fame	MCA	1:00p	Cooking Demo	MCD	2:00p	Ice Cream Sundae Social	MCA	2:00p	Saturday Social	AR
2:00p	Sunday Sweet Social	MCD	MCA			2:00p	Bingo Bash Social	MCA	2:00p	Macaroon Pairing	MCA	2:00p	Diner Theme Social	MCA	4:00p	SingFit	MCA	4:00p	Movie Mania	AR
5:30p	Sensory Boxes	MCD	6:00p	Memory Lane	MCA	6:00p	Songs with Friends	MCL	6:00p	Hand Massages with Lotion		6:00p	Melodies with Lisa	MCA	5:30p	Reminiscing	MCD			
14			15 TAX DAY BOSTON MARATHON			16			17			18			19			20		
10:00a	Seniorcise	AR	10:00a	Moving to Music	MCA	10:00a	Fun with Fitness	MCA	10:00a	Walk About Wed	CY	10:00a	Grooving & Moving	MCA	10:00a	Fun Fitness Friday	MCA	10:00a	Reach & Stretch	AR
10:30a	Hymnal Singing	MCD	10:30a	Famous Sayings	MCA	10:30a	Conversation Starters	MCA	10:30a	Current Events	MCA	10:30a	Short Stories & Discussion	MCA	10:30a	Finish the Phrase	MCA	10:30a	Sorting Objects	MCD
10:30a	Devotion	MCD	1:30p	Music with Marya	MCA	1:00p	Hollywood Stars; Guess Who?	MCA	1:00p	Touring the City	MCA	1:00p	Bingo for Prizes	MCA	1:00p	Bake With Me	MCA	1:00p	Trivia	AR
1:00p	Trivia	MCA	2:00p	Marvelous Monday Social		2:00p	Tuesday Treat Social	MCA	2:00p	Wacky Wednesday Social		2:00p	Thursdays Social	MCA	2:00p	TGIF Social	MCA	2:00p	Saturday Social	AR
2:00p	Sunday Sweet Social	MCD	MCA			2:00p	Songs with Friends	MCL	MCD	Hand Massages with Lotion		4:00p	Melodies with Lisa	MCA	4:00p	SingFit	MCA	6:00p	Movie Mania	AR
5:30p	Sensory Boxes	MCD	6:00p	Memory Lane	MCA	6:00p			6:00p			5:00p	Signature Event/Breakfast at Tiffany's	MCD						
21			22 EARTH DAY PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27		
10:00a	Seniorcise	AR	10:00a	Moving to Music	MCA	10:00a	Fun with Fitness	MCA	10:00a	Walk About Wed	CY	10:00a	Grooving & Moving	MCA	10:00a	Fun Fitness Friday	MCA	10:00a	Reach & Stretch	AR
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10:30a	Devotion	MCD	1:00p	Trivia Teasers	MCA	1:00p	Shirley Temple B/D	MCA	1:00p	Crafty Corner	MCA	1:00p	Bingo for Prizes	MCA	1:00p	Bake With Me	MCA	1:00p	Facts In Five	MCA
1:00p	Trivia	MCA	2:00p	Marvelous Monday Social		2:00p	Tuesday Treat Social	MCA	2:00p	Amanda/ALZ Association		2:00p	Thursdays Social	MCA	2:00p	TGIF Social/Monthly BD	MCA	1:00p	Trivia	AR
2:00p	Sunday Sweet Social	MCD	MCA			2:00p	Songs with Friends	MCL	MCA	Hand Massages with Lotion		2:00p	Melodies with Lisa	MCA	4:00p	SingFit	MCA	2:00p	Saturday Social	AR
5:30p	Sensory Boxes	MCD	6:00p	Memory Lane	MCA	6:00p			6:00p			5:30p	Smelling with The Senses		5:30p	Reminiscing	MCD	6:00p	Movie Mania	AR
28			29			30 PASSOVER ENDS			BIRTHDAYS											
10:00a	Seniorcise	AR	10:00a	Moving to Music	MCA	10:00a	Fun with Fitness	MCA				Virginia J. 4/08 Mya S. 4/20 Chasity W. 4/29								
10:30a	Hymnal Singing	MCD	10:30a	Famous Sayings	MCA	10:30a	Conversation Starters	MCA												
10:30a	Devotion	MCD	1:00p	Trivia Teasers	MCA	1:00p	Foods We Like	MCD												
1:00p	Trivia	MCA	2:00p	Marvelous Monday Social		2:00p	Tuesday Treat Social	MCA												
2:00p	Sunday Sweet Social	MCD	MCA			6:00p	Songs with Friends	MCL												
5:30p	Sensory Boxes	MCD	6:00p	Memory Lane	MCA															

All activities subject to change.