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Alzheimers Association 1-800-272-3900

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



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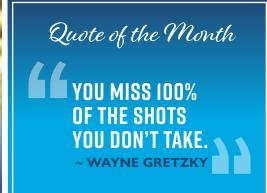
TECH-SAVVY SENIORS AND EMOJIS

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.



INSPIRING A HAPPIER, HEALTHIER YOU.

LEBANON MEMORY CARE

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.

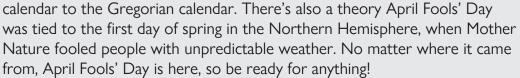


APRIL 2024 EVENTS!

- Breakfast at Tiffany's Event
- Drive in Movie
- Dance Class with Chelsea
- Music with Billy Tarkington
- Music with Tony Zain
- Jelly Bean Taste Test
- Hollywood Diva Word Search
- Cooking Pigs in a Blanket
- April Birthday Party

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







TUESDAY WEDNESDAY **THURSDAY** SUNDAY MONDAY **FRIDAY SATURDAY LOCATION KEY** April 2024 **GL** Gallery CA Common Area CY Courtyard LO Lobby **DR** Dining Room APRIL FOOLS' DAY 04 05 06 10:00a Morning Stretches 10:00a |azzercise- 80's music 10:30a Coffee and Snack 10:00a Morning Exercise 10:00a Seated Exercise 10:00a Moving and Grooving 10:30a SingFit 11:00a Morning Snack 10:30a SingFit 10:30a Toss N Talk 10:30a SingFit exercise 11:30a YouTube Music 11:30a Name 10 11:00a Find the Answer 10:30a StoryTellers 11:30a Classic Game Shows 1:30p Bingo with Staff 2:00p Hot Tea Social 2:00p Cinema Recall 2:00p Cooking Class- Oreo Dirt 11:30a ABĆ Game 2:00p Cooking Class- Caramel 2:30p Crosswords, Word Search, Apple Crescent Rolls 2:00p Thursday Trivia and Coloring Pages 3:00p Noodle Ball 3:00p Afternoon Bingo Pudding 3:00p YouTube Trivia 3:00p Afternoon Bingo 3:00p Afternoon Movie and 7:00p Evening Craft Popcorn 09 10 11 12 13 07 08 TV Church Service 10:00a Seated Exercise 10:00a Morning Stretches 10:30a Coffee and Snack 10:00a Morning Exercise 10:00a Moving and Grooving 10:00a Jazzercise- 80's music 11:00a Morning Snack 10:30a SingFit 10:30a Toss N Talk 10:30a SingFit 10:30a SingFit 11:00a Morning Snack exercise 1:30p Afternoon Snack 11:30a Name 10 11:00a Find the Answer 11:30a YouTube Music 10:30a StoryTellers 11:30a Walking Down Memory 1:30p Bingo with Staff 2:00p Cooking Class- Cinnamon 11:30a ABĆ Game 2:30p Crosswords, Word Search, 2:30p Afternoon Bingo 2:00p Ice Cream Social 2:00p Tuesday Trivia Lane Sugar Crescent Rolls and Coloring Pages 2:00p Drive in Movie Happy Hour 4:00p Evening Movie 3:00p Noodle Ball 3:00p Afternoon Bingo 2:00p 3:00p YouTube Trivia 3:00p Afternoon Movie and 7:00p Evening Craft 3:00p Afternoon Bingo Popcorn 15 TAX DAY | BOSTON MARATHON 18 20 16 10:00a Seated Exercise TV Church Service 10:00a Morning Exercise 10:00a Moving and Grooving 10:00a lazzercise- 80's music 10:00a Morning Stretches 10:30a Coffee and Snack 11:00a Morning Snack 10:30a SingFit 10:30a Toss N Talk 10:30a SingFit 10:30a SingFit 11:00a Morning Snack exercise Afternoon Snack 11:00a Find the Answer 11:30a YouTube Music 10:30a StoryTellers 11:30a Classic Game Shows 1:30p Bingo with Staff 1:30p 11:30a Name 10 11:30a ABĆ Game 2:00p Happy Hour 2:30p Crosswords, Word Search, 2:30p Afternoon Bingo 2:00p Hollywood Diva Word 2:00p Music with Billy 2:00p April Birthday Party 4:00p Evening Movie 3:00p Afternoon Bingo 3:00p YouTube Trivia 2:00p Music with Tony Zain 3:00p Afternoon Movie and and Coloring Pages Search 3:00p Noodle Ball 3:00p Afternoon Bingo Popcorn 7:00p Evening Craft Breakfast at Tiffany's Family 5:00p Night 22 EARTH DAY | PASSOVER BEGINS 23 24 ADMINISTRATIVE PROFESSIONALS DAY 25 26 **ARBOR DAY** 27 9:00a TV Church Service 10:00a Morning Exercise 10:00a Seated Exercise 10:00a Moving and Grooving 10:00a |azzercise- 80's music 10:00a Morning Stretches 10:30a Coffee and Snack 11:00a Morning Snack 10:30a SingFit 10:30a Toss N Talk 10:30a SingFit exercise 10:30a SingFit 11:00a Morning Snack 11:30a Walking Down Memory Afternoon Snack 10:30a StoryTellers 1:30p Bingo with Staff 11:30a Name 10 11:00a Find the Answer 11:30a YouTube Music 11:30a ABĆ Game 2:30p Crosswords, Word Search, Afternoon Bingo Jelly Belly Taste Test Culinary Cooking Demo 2:00p Cooking Class- Pigs in a 2:30p 2:00p 2:00p Lane 4:00p Evening Movie 3:00p Noodle Ball 3:00p Afternoon Bingo Blanket 2:00p Take a Walk Thursday Happy Hour and Coloring Pages 3:00p YouTube Trivia 3:00p Afternoon Bingo 3:00p Afternoon Movie and Soft 7:00p Evening Craft Pretzels 28 29 PASSOVER ENDS 30 **BIRTHDAYS** TV Church Service 10:00a Morning Exercise 10:00a Seated Exercise Elsie A. 4/6 11:00a Morning Snack 10:30a SingFit 10:30a Toss N Talk Vickie W. 4/18 1:30p Afternoon Snack 11:30a Name 10 11:00a Find the Answer Barbara H. 4/21 2:30p Afternoon Bingo 2:00p Monday Afternoon 2:00p Dance Class with Chelsea Dorothy M. 4/23 Sunshine 4:00p Evening Movie 3:00p Afternoon Bingo Rosa M. 4/29 3:00p Noodle Ball

All activities subject to change.