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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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SENIOR LIVING COMMUNITIES

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.

FOLLOW US ON FACEBOOK

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

MURFREESBORO 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!

- Live Music Thursday's at 3pm
- Beauty Shop open on Tuesday's
- Weekly Bus Outings
- Cooking Demo
- Art & Design
- Family Night
- Fun & Games
- Resident Spirit Week

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!

**LIVING WELL
IS BEING WELL.**
American House Senior Living Communities

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April 2024



LOCATION KEY

AR Activity Room
 DR Dining Room
 F Foyer
 LIB Library
 LO Lobby
 OUT Outing
 S Salon

01 APRIL FOOLS' DAY 02 03 04 05 06

	8:30a Spin Fun 10:00a April Fools Day!	8:30a Chair Yoga 10:00a Hand Massage & Aromatherapy 1:30p Patio Time 2:30p Pastor Jim 6:00p Movie Time	8:30a Dancing Fitness 10:30a Memory Matters! 1:30p Gardening In the Courtyard 2:00p Bingo 6:00p Movie Time	8:30a Morning Start UP 10:00a Gospel Gal 1:30p Patio Time 3:00p Bird Art 6:00p Movie Time	8:30a Jazzercise 10:00a Around the World 1:30p Patio Time 3:00p Mani & Massage 6:00p Movie Time	9:00a Balloon Toss 11:00a Buzzword 1:30p Patio Time 4:00p Sentimental Sing Along 6:00p Movie Time
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07 08 09 10 11 12 13

9:00a Weekend Workout 10:00a Music Madness 11:00a Coffee & Chronicles 1:30p Patio Time 6:00p Movie Time	7:30a Spirit Week: Great Eggspectations Breakfast DR 8:30a Spin Fun 10:00a Art With A Twist 1:30p Let's Take A Walk 2:00p Sing Fit 6:00p Movie Time	8:30a Chair Yoga 10:00a Classic Cinema: Sunshine, Lollipop And Rainbows 1:30p Patio Time 2:30p Pastor Jim 3:00p Spirit Week: Feedback Fiesta Bingo Bash! AR 6:00p Movie Time	8:30a Dancing Fitness 10:30a Memory Matters! 1:30p Patio Time 3:00p Sing Fit 3:00p Spirit Week: Pairings & Perspectives AR 6:00p Movie Time	8:30a Morning Start UP 10:00a Gospel Gal 1:30p Patio Time 3:00p Spirit Week: Diners & Drive-In Happy Hour with Music For Seniors LO 3:00p Live Entertainment! 6:00p Movie Time	8:30a Jazzercise 10:00a Around the World 1:30p Patio Time 3:00p Mani & Massage 3:00p Spirit Week: Cherry On Top Sundae Bar AR 6:00p Movie Time	9:00a Balloon Toss 11:00a Buzzword 1:30p Patio Time 4:00p Sentimental Sing Along 6:00p Movie Time
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14 15 TAX DAY | BOSTON MARATHON 16 17 18 19 20

9:00a Weekend Workout 10:00a Music Madness 11:00a Coffee & Chronicles 1:30p Patio Time 6:00p Movie Time	8:30a Spin Fun 10:00a Art With A Twist 1:30p Patio Time 2:00p Sing Fit 6:00p Movie Time	8:30a Chair Yoga 10:00a Hand Massage & Aromatherapy 1:00p Classic Cinema: Ice Cream/Caramel Day! 2:30p Pastor Jim 6:00p Movie Time	8:30a Dancing Fitness 10:30a Memory Matters! 1:30p Patio Time 2:00p Paint With A Twist 5:00p Family Night: Breakfast At Tiffany's Brunch DR 6:00p Movie Time	8:30a Morning Start UP 10:00a Gospel Gal 1:30p Patio Time 3:00p Live Entertainment! 6:00p Movie Time	8:30a Jazzercise 10:00a Classic Cinema: Cooking Demo 11:30a Lunch With Chef Darrell 1:30p Patio Time 3:00p Mani & Massage 6:00p Movie Time	9:00a Balloon Toss 11:00a Buzzword 1:30p Patio Time 4:00p Sentimental Sing Along 6:00p Movie Time
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21 22 EARTH DAY | PASSOVER BEGINS 23 24 ADMINISTRATIVE PROFESSIONALS DAY 25 26 ARBOR DAY 27

9:00a Weekend Workout 10:00a Music Madness 11:00a Coffee & Chronicles 1:30p Patio Time 6:00p Movie Time	8:30a Spin Fun 10:00a Art With A Twist 1:30p Patio Time 2:00p Sing Fit 6:00p Movie Time	8:30a Chair Yoga 10:00a Hand Massage & Aromatherapy 1:30p Patio Time 2:30p Pastor Jim 6:00p Movie Time	8:30a Dancing Fitness 10:30a Memory Matters! 1:30p Patio Time 2:30p Scenic Drive 6:00p Movie Time	8:30a Morning Start UP 10:00a Gospel Gal 1:00p Classic Cinema: Red Carpet Fashion Show 3:00p Live Entertainment! 6:00p Movie Time	8:30a Jazzercise 10:00a Around the World 1:30p Birthday Party!! 3:00p Classic Cinema: 6:00p Movie Time	9:00a Balloon Toss 11:00a Buzzword 1:30p Patio Time 4:00p Sentimental Sing Along 6:00p Movie Time
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28 29 30 PASSOVER ENDS BIRTHDAYS

9:00a Weekend Workout 10:00a Music Madness 11:00a Coffee & Chronicles 1:30p Patio Time 6:00p Movie Time	8:30a Spin Fun 10:00a Classic Cinema: Name That Character Movie Memory Game 1:30p Patio Time 2:00p Sing Fit 6:00p Movie Time	8:30a Chair Yoga 10:00a Hand Massage & Aromatherapy 1:30p Patio Time 2:30p Pastor Jim 6:00p Movie Time		BIRTHDAYS		
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All activities subject to change.