

CONTACTS

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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

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.



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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MACEDONIA 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!

- Tom Adams LIVE
- Exercise w/ Robin
- Happy Hour w/ Dan Elish
- Weekend Concert w/ Bud Coutts
- Crafting Corner w/ Lauren
- Music w/ Marlynda
- Moss Stanley LIVE
- Scenic Trip
- Tap Class w/ Robin
- Monthly 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 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!



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SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY								
<div><h1>April 2024</h1></div>															LOCATION KEY											
															2FA 2 nd Floor Activity Room 3FA 3 rd Floor Activity Room 3BL 3 rd Floor Billiards B Bistro BR Billiards Room DR Dining Room LIB Library	LO Lobby MC Memory Care MCA Memory Care Activity Room MCL Memory Care Living Room	OUT Outing PAT Patio PUB Pub SUR Sign Up Required Theater THR									
			01	APRIL FOOLS' DAY			02				03				04				05				06			
			10:00a 10:45a 1:00p 1:45p 3:00p 5:30p	Daily Chronicle Balloon Volleyball! Trivia Run the Alphabet Classical Colors I Love Lucy Comedy Hour	MCL THR MCL MCL MCA MCL	10:00a 10:30a 1:00p 2:00p 3:00p 6:00p	Daily Chronicle Up and At Em' Exercise Balloon Volleyball Painting Made Easy Brain Power Puzzles After Dinner Movie Feature	MCL MCL MCL MCA MCA MCL	10:00a 10:30a 1:00p 2:45p 6:00p	Daily Chronicle Stretching & Strengthening Walk for Wellness Mid-Week Social Hour Relaxing Reads	MCL THR HAL MCA MCL	10:00a 10:30a 1:00p 2:00p 3:30p 6:00p	Daily Chronicle Chair Yoga Chair Soccer Painting Made Easy Run The Alphabet Nature Documentary	MCL MCL MCL MCA MCA MCL	10:00a 10:30a 1:00p 2:30p 2:30p 2:30p 5:30p	Daily Chronicle Strengthening & Stretching Balloon Volleyball Classical Colors Tom Adams LIVE Happy Hour! Virtual Scenic Drive	MCL THR MCL MCA DR DR MCL	10:00a 1:00p 2:30p 6:00p	Balloon Volleyball Social Hour/Table Topics Brain Power Puzzles Weekend Wind Down-Nature Documentary	MCL MCA MCA MCL						
07			08			09			10			11			12			13								
10:30a 2:00p 3:00p	Weekend Workout Singin' with Susie Q Music & Manicures	MCL MCL MCL	10:00a 10:45a 1:00p 1:45p 5:30p	Daily Chronicle Balloon Volleyball! Trivia Run the Alphabet I Love Lucy Comedy Hour	MCL THR MCL MCL MCL	10:00a 10:00a 10:30a 1:00p 2:00p 3:00p 6:00p	Music w/ Marlynda Daily Chronicle Up and At Em' Exercise Balloon Volleyball Painting Made Easy Brain Power Puzzles After Dinner Movie Feature	MCL MCL MCL MCL MCA MCA MCL	10:00a 10:30a 1:00p 2:45p 6:00p	Daily Chronicle Stretching & Strengthening Walk for Wellness Mid-Week Social Hour Relaxing Reads	MCL THR HAL MCA MCL	10:00a 10:30a 1:00p 2:00p 3:30p 6:00p	Daily Chronicle Chair Yoga Chair Soccer Painting Made Easy Run The Alphabet Nature Documentary	MCL MCL MCL MCA MCA MCL	10:00a 10:30a 1:00p 2:30p 3:00p 3:00p 5:30p	Daily Chronicle Strengthening & Stretching Balloon Volleyball Classical Colors Dan Elish LIVE Happy Hour! Virtual Scenic Drive	MCL THR MCL MCA DR DR MCL	10:00a 1:00p 2:30p 6:00p	Balloon Volleyball Social Hour/Table Topics Brain Power Puzzles Weekend Wind Down-Nature Documentary	MCL MCA MCA MCL						
14			15 TAX DAY BOSTON MARATHON			16			17			18			19			20								
10:30a 2:00p 3:00p	Weekend Workout Singin' with Susie Q Bud Cout's LIVE	MCL MCL MCL	10:00a 10:45a 1:00p 1:45p 2:45p 5:30p	Daily Chronicle Balloon Volleyball! Trivia Run the Alphabet Classical Colors I Love Lucy Comedy Hour	MCL THR MCL MCL MCA MCL	10:00a 10:30a 1:00p 2:00p 3:00p 6:00p	Daily Chronicle Up and At Em' Exercise Balloon Volleyball Painting Made Easy Brain Power Puzzles After Dinner Movie Feature	MCL MCL MCL MCL MCA MCA MCL	10:00a 10:30a 1:00p 2:45p 6:00p	Daily Chronicle Stretching & Strengthening Walk for Wellness Mid-Week Social Hour Relaxing Reads	MCL THR HAL MCA MCL	10:00a 10:30a 1:00p 1:30p 3:30p 6:00p	Daily Chronicle Chair Yoga Chair Soccer Craft Corner w/ Lauren Hi-Lo Card Came Nature Documentary	MCL MCL MCL MCA MCL MCL	10:00a 10:30a 1:00p 2:30p 3:00p 3:00p	Daily Chronicle Strengthening & Stretching Scenic Drive Classical Colors Moss Stanley LIVE Happy Hour!	MCL THR OUT MCA DR DR	10:00a 1:00p 2:30p 6:00p	Balloon Volleyball Social Hour/Table Topics Brain Power Puzzles Weekend Wind Down-Nature Documentary	MCL MCA MCA MCL						
21			22 EARTH DAY PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27								
10:30a 2:00p 3:00p	Weekend Workout Singin' with Susie Q Music & Manicures	MCL MCL MCL	10:00a 10:45a 1:00p 3:15p 5:30p	Daily Chronicle Balloon Volleyball! Trivia Run the Alphabet I Love Lucy Comedy Hour	MCL THR MCL MCL MCL	10:00a 10:00a 10:30a 1:00p 2:00p 3:00p 6:00p	Music w/ Marlynda Daily Chronicle Up and At Em' Exercise Flower Arrangements Painting Made Easy Brain Power Puzzles After Dinner Movie Feature	MCL MCL MCL MCL MCA MCA MCL	10:00a 10:30a 1:00p 2:45p 6:00p	Daily Chronicle Stretching & Strengthening Walk for Wellness Mid-Week Social Hour Relaxing Reads	MCL THR HAL MCA MCL	10:00a 10:30a 10:30a 1:00p 2:00p 3:30p 6:00p	Daily Chronicle Tap Class w/ Robin Chair Yoga Chair Soccer Painting Made Easy Hi Lo Card Game Nature Documentary	MCL 2FA MCL MCL MCA MCA MCL	10:00a 10:30a 1:00p 2:30p 2:30p 2:30p 5:30p	Daily Chronicle Strengthening & Stretching Balloon Volleyball Classical Colors Monthly Birthday Party! John G. LIVE Virtual Scenic Drive	MCL THR MCL MCA DR DR MCL	10:00a 1:00p 2:30p 6:00p	Balloon Volleyball Social Hour/Table Topics Brain Power Puzzles Weekend Wind Down-Nature Documentary	MCL MCA MCA MCL						
28			29			30 PASSOVER ENDS			BIRTHDAYS																	
10:30a 2:00p 3:00p	Weekend Workout Singin' with Susie Q Music & Manicures	MCL MCL MCL	10:00a 10:45a 1:00p 1:45p 2:45p 5:30p	Daily Chronicle Balloon Volleyball! Trivia Run the Alphabet Classical Colors I Love Lucy Comedy Hour	MCL THR MCL MCL MCA MCL	10:00a 10:30a 1:00p 2:00p 3:00p 6:00p	Daily Chronicle Up and At Em' Exercise Balloon Volleyball Painting Made Easy Brain Power Puzzles After Dinner Movie Feature	MCL MCL MCL MCA MCA MCL																		

All activities subject to change.