

CONTACTS

Wellness Director

Christina Crossen
941-225-2682

Community Relations Director

Tammy Schieb
941-225-2682

Life Enrichment Director

Kelsey Olsen
941-225-2682

Memory Care Director

Ingrid Langley
941-225-2682

Life Enrichment Director

Kelsey Olsen
941-225-2682

Housekeeping Director

Melany Daga
941-377-0102

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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



American House Sarasota

4540 Bee Ridge Road
Sarasota | FL | 34233
941.225.2682

AmericanHouse.com

American House
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.

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

SARASOTA

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!

- Resident Birthdays
- Family Night!
- Cooking Demonstration
- Brad the Golfing Ranger
- Music With Alexandre
- April Joyride
- Earth Day

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!

Assisted Living Facility #5851

FOLLOW US ON FACEBOOK

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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April 2024

LOCATION KEY

IFL 1 st Floor	DR Dining Room	MTR Meeting Room
2A 2 nd Floor Atrium	EM Empower Me	NBR N. Breezeway
3A 3 rd Floor Atrium	FIT Fitness Center	OUT Outing
3CR 3 rd Floor Card Room	GA Garden Apartments	PL Pool
AR Activity Room	LG Lakeside Gazebo	SBR S. Breezeway
ALF AL Front Desk	LIB Library	TBL The Bistro Lounge
ART Art Studio	MCL MC Living Room	TGH The Great Hall
BG Butterfly Garden	MCD MC Dining Room	VIL Villas
CR Card Room		

01 APRIL FOOLS' DAY

02

03

04

05

06



12:00a **APRIL FOOLS DAY!!!!**
 10:00a Morning Stretch
 10:30a Arts And Crafts with Joan
 2:30p Brain Teasers
 3:30p Scenic Lake Drive
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
OUT
DR
AR

12:00a **National Peanut Butter & Jelly Day**
 10:00a Kickball
 10:30a Quiz Time
 2:00p Painting with Ingrid
 3:30p Walking Club
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
OUT
DR
AR

12:00a **National Chocolate Mousse Day**
 10:00a Balloon Toss
 10:30a Word Search
 2:00p B-I-N-G-O
 3:00p Drum Circle
 3:30p Wine Down Wednesday
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
AR
1ST
DR
AR

12:00a **National Walking Day**
 10:00a Up & At Em!
 10:30a ABC Game
 2:30p Quiz Time
 3:30p Music Circle
 7:00p Snack & Chat
 7:30p Wind Down
 7:30p Movie Night

AR
AR
AR
AR
DR
AR
AR

12:00a **National Caramel Day**
 10:00a Morning Dance Party!
 10:30a Trivia Time!
 3:00p SingFit Prime
 3:30p Join Us For Happy Hour!
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
1ST
DR
AR

12:00a **National Caramel Popcorn Day**
 10:00a Weekend Workout
 11:00a Bible Study with Rev. Richard
 1:00p BINGO
 2:30p Putt Putt Golf
 3:30p ABC Game
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
AR
AR
DR
AR

07

08

09

10

11

12

13

12:00a **World Health Day**
 10:00a Weekend Workout
 11:00a Bible Study with Rev. Richard
 1:00p BINGO
 2:30p Putt Putt Golf
 3:30p ABC Game
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
AR
AR
DR
AR

12:00a **National Empanada Day**
 10:00a Morning Stretch
 10:30a Watercolor Class with Carolyn
 2:30p Brain Teasers
 3:30p Scenic Lake Drive
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
OUT
DR
AR

12:00a **National Unicorn Day**
 10:00a Kickball
 10:30a Quiz Time
 2:00p Painting with Ingrid
 3:30p Walking Club
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
OUT
DR
AR

12:00a **National Hug Your Dog Day**
 10:00a Balloon Toss
 10:30a Word Search
 2:00p B-I-N-G-O
 2:30p **Music with Alexandre**
 3:00p Drum Circle
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
AR
AR
DR
AR

12:00a **National Cheese Fondue Day**
 10:00a Up & At Em!
 10:30a ABC Game
 2:30p **Birthday Party!**
 3:00p Quiz Time
 3:30p Music Circle
 7:00p Snack & Chat
 7:30p Wind Down
 7:30p Movie Night

AR
AR
AR
DR
AR
AR
DR
AR
AR

12:00a **National only Child Day**
 10:00a Morning Dance Party!
 10:30a Trivia Time!
 3:00p SingFit Prime
 3:30p Join Us For Happy Hour!
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
1ST
DR
AR

12:00a **National Scrabble Day**
 10:00a Weekend Workout
 11:00a Bible Study with Rev. Richard
 1:00p BINGO
 2:30p Putt Putt Golf
 3:30p ABC Game
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
AR
AR
DR
AR

14

15 TAX DAY | BOSTON MARATHON

16

17

18

19

20

12:00a **National Gardening Day**
 10:00a Weekend Workout
 11:00a Bible Study with Rev. Richard
 1:00p BINGO
 2:30p Putt Putt Golf
 3:30p ABC Game
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
AR
AR
DR
AR

12:00a **Tax Day**
 10:00a Morning Stretch
 10:30a Arts and Crafts with Joan
 2:30p Brain Teasers
 3:30p Scenic Lake Drive
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
OUT
DR
AR

12:00a **National Eggs Benedict Day**
 10:00a Kickball
 10:30a Quiz Time
 1:30p **Brad the Golfing Ranger**
 2:00p Painting with Ingrid
 3:30p Walking Club
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
AR
OUT
DR
AR

10:00a Balloon Toss
 10:30a Word Search
 2:00p B-I-N-G-O
 3:00p Drum Circle
 4:30p **Family Night - Breakfast At Tiffany's**
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
AR
AR
DR
AR

10:00a Up & At Em!
 10:30a ABC Game
 12:15p **Cooking Demonstration**
 2:30p Quiz Time
 3:30p Music Circle
 7:00p Snack & Chat
 7:30p Wind Down
 7:30p Movie Night

AR
AR
DR
AR
AR
DR
AR
AR

12:00a **National Garlic Day**
 10:00a Morning Dance Party!
 10:30a Trivia Time!
 3:00p SingFit Prime
 3:30p Join Us For Happy Hour!
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
1ST
DR
AR

12:00a **National Cheddar Fries Day**
 10:00a Weekend Workout
 11:00a Bible Study with Rev. Richard
 1:00p BINGO
 2:30p Putt Putt Golf
 3:30p ABC Game
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
AR
AR
DR
AR

21

22 EARTH DAY | PASSOVER BEGINS

23

24 ADMINISTRATIVE PROFESSIONALS DAY

25

26 ARBOR DAY

27

12:00a **Chocolate Covered Cashews Day**
 10:00a Weekend Workout
 11:00a Bible Study with Rev. Richard
 1:00p BINGO
 2:30p Putt Putt Golf
 3:30p ABC Game
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
AR
AR
DR
AR

12:00a **Earth Day**
 10:00a Morning Stretch
 10:30a Watercolor Class with Carolyn
 2:30p Brain Teasers
 3:30p Scenic Lake Drive
 7:00p Snack & Chat
 7:30p **Passover begins**
 7:30p Wind Down

AR
AR
AR
OUT
DR
AR

12:00a **National Picnic Day**
 10:00a Kickball
 10:30a Quiz Time
 2:00p Painting with Ingrid
 3:30p Walking Club
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
OUT
DR
AR

10:00a Balloon Toss
 10:30a Word Search
 11:00a **Joyride - Sign Up**
 2:00p B-I-N-G-O
 3:00p Drum Circle
 3:30p Wine Down Wednesday
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
OUT
AR
AR
1ST
DR
AR

12:00a **National Zucchini Bread Day**
 10:00a Up & At Em!
 10:30a ABC Game
 2:30p Quiz Time
 3:30p Music Circle
 7:00p Snack & Chat
 7:30p Wind Down
 7:30p Movie Night

AR
AR
AR
AR
AR
DR
AR
AR

12:00a **Arbor Day**
 10:00a Morning Dance Party!
 10:30a Trivia Time!
 3:00p SingFit Prime
 3:30p Join Us For Happy Hour!
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
1ST
DR
AR

12:00a **National Prime Rib Day**
 10:00a Weekend Workout
 11:00a Bible Study with Rev. Richard
 1:00p BINGO
 2:30p Putt Putt Golf
 3:30p ABC Game
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
AR
AR
DR
AR

28

29

30

PASSOVER ENDS

BIRTHDAYS

12:00a **National Blueberry Pie Day**
 10:00a Weekend Workout
 11:00a Bible Study with Rev. Richard
 1:00p BINGO
 2:30p Putt Putt Golf
 3:30p ABC Game
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
AR
AR
AR
DR
AR

12:00a **International Dance Day**
 10:00a Morning Stretch
 2:30p Brain Teasers
 3:30p Scenic Lake Drive
 7:00p Snack & Chat
 7:30p Wind Down

AR
AR
OUT
DR
AR

12:00a **International Jazz Day**
 10:00a Kickball
 10:30a Quiz Time
 2:00p Painting with Ingrid
 3:30p Walking Club
 7:00p Snack & Chat
 7:30p **Passover ends**
 7:30p Wind Down

AR
AR
AR
OUT
DR
AR



Becky M. 04/01
 Nancy T. 04/21
 Beverly B. 04/20