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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.

WEST KNOXVILLE

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!

- Family Night
- JJ and Friends
- No Name Band
- Zoo Outing
- New Resident Party
- Marc Beecher
- PJ Day
- Art With Sheryl

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	LIB Library	THR Theater
CHP Chapel	LO Lobby	
DR Dining Room	MC Memory Care	
FLR Florida Room	MCL Memory Care Living Room	
FD Front Desk	OUT Outing	
GR Game Room	O Outside	
LR Living Room	PAT Patio	

01 APRIL FOOLS' DAY 02 03 04 05 06

	9:00a April Fools Day! MC	9:00a National Autism Day MC	10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR
	10:00a Devotions AR	10:00a Devotions AR	11:00a Exercise W/ Brian AR	11:00a Catholic Communion PRM	11:00a Playing Catch with Friends MC	11:00a Sittercise MC	11:00a Sittercise MC
	11:00a Balloon Bop MC	11:00a Chair Yoga MC	1:00p Cooking with Hannah: Chocolate MC	11:30a Balloon Bop MC	12:00p National Carmel Day MC	1:00p Crafts with Alanna MC	1:00p Crafts with Alanna MC
	12:00p National Burrito Day! MC	12:00p Peanut Butter and Jelly Day! MC	Mouse Day MC	1:00p Spice Painting MC	1:00p Air Hockey GR	2:00p Music and Hydration MC	2:00p Music and Hydration MC
	1:00p Farkle AR	1:00p Manicures AR	2:00p Karaoke Hour LO	2:00p Spring Trivia MC	2:00p Marc Beecher LO	3:00p Puzzle Party MC	3:00p Puzzle Party MC
	2:00p Keep The Beat MC	2:00p Kick Ball MC	3:00p Bingo AR	3:00p Basketball Fun MC	3:00p Parachute Fun MC		
	3:00p Bingo AR	2:30p Word Scramble MC					
	3:00p Menu Chat DR						
	4:00p Movie: Breakfast at Tiffany's MCL						

07 08 09 10 11 12 13

10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR
11:00a Sunday Service on CW20 MC	11:00a Chair Zumba MC	11:00a Ring Toss MC	11:00a Exercise W/ Brian AR	11:00a Catholic Communion PRM	11:00a Kick Ball MC	11:00a Walking for Fitness MC	11:00a Walking for Fitness MC
1:00p Parachute Party MC	1:00p Race to the Finish! MC	1:00p Spice Painting MC	1:00p Farming with Friends: National MC	11:30a Balloon Bop MC	1:00p Keep The Beat MC	1:00p Music and Hydration MC	1:00p Music and Hydration MC
2:00p Music and Hydration MC	2:00p Cooking Demo MC	2:00p Volley Ball MC	1:30p Farm Animal day! MC	1:00p Jewelry Show! MC	2:00p Tic Tac Toe MC	2:00p Bingo MC	2:00p Bingo MC
3:00p Matching Game MC	3:00p Bingo AR	3:00p Menu Chat MC	1:30p Cooking With Hannah: National MC	2:00p Ping Pong with a Twist MC	3:00p Karaoke Hour MC	3:00p Puzzle Party MC	3:00p Puzzle Party MC
	4:00p Singfit MC		2:00p Cinnamon Croissant Day! MC	3:00p Singfit MC			
			3:00p Singfit AR				

14 15 TAX DAY | BOSTON MARATHON 16 17 18 19 20

10:00a Devotions AR	10:00a Devotions AR	9:00a National Pajama Day! MC	10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR
11:00a Chair Yoga MC	11:00a Ring Toss MC	10:00a Devotions AR	11:00a Exercise W/ Brian AR	10:30a Resident Council CHP	10:30a Resident Council CHP	11:00a Parachute Party MC	11:00a Parachute Party MC
1:00p Parachute Party MC	1:00p Whack a Mole! MC	11:00a Playing Catch MC	1:00p Cooking with Hannah: Cheese Ball MC	11:00a Catholic Communion PRM	1:00p Frank and Friends LO	1:00p Just a Roll Of The Dice! MC	1:00p Just a Roll Of The Dice! MC
2:00p Music and Hydration MC	2:00p Cooking With Jaime MC	1:00p Manicures MC	Day MC	11:30a Balloon Bop MC	2:00p Matching Game MC	2:00p Music and Hydration MC	2:00p Music and Hydration MC
3:00p Bingo MC	3:00p Bingo AR	2:00p Breakfast At Tiffany's Party MC	2:00p No Name Band: Resident Birthday MC	1:00p Sensory Hour MC	3:00p Volley Ball MC	3:00p Puzzle Party MC	3:00p Puzzle Party MC
		3:00p Menu Chat DR	3:00p Party MC	2:00p New Resident Party; Karaoke MC			
		3:30p Singfit MC	3:00p Bingo AR	5:00p Family Night: Breakfast at Tiffany's LO			

21 22 EARTH DAY | PASSOVER BEGINS 23 24 ADMINISTRATIVE PROFESSIONALS DAY 25 26 ARBOR DAY 27

10:00a Devotions AR	9:00a Earth Day! Dress like a Hippie MC	8:00a National Picnic Day! MC	10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR
11:00a Sunday Service on CW20 MC	10:00a Devotions AR	9:00a Devotions AR	11:00a Exercise W/ Brian AR	11:00a Catholic Communion PRM	11:00a Catholic Communion PRM	11:00a Ping Pong MC	11:00a Ping Pong MC
1:00p Sensory Hour MC	11:00a Playing Catch With our Friends MC	10:00a Visiting our Zoo Friends: Little OUT	1:00p Kick Ball MC	11:30a Balloon Bop MC	1:00p Balloon Bop MC	1:00p Music and Hydration MC	1:00p Music and Hydration MC
2:00p Ring Toss MC	1:00p Farkle MC	Ponderosa Zoo OUT	1:30p Art with Sheryl AR	1:00p Sensory Hour MC	1:00p Sensory Hour MC	2:00p Roll the Dice MC	2:00p Roll the Dice MC
3:00p Music and Hydration MC	2:00p Keep The Beat MC	3:00p Menu Chat MC	3:00p Bingo AR	2:00p Smokey Mountain Variety Show LO	2:00p Smokey Mountain Variety Show LO	3:00p Whack a Mole MC	3:00p Whack a Mole MC
	3:00p Bingo AR	3:30p Manicures MC		3:00p Word Scramble MC			
		4:00p Music and Hydration MC					

28 29 30 PASSOVER ENDS BIRTHDAYS

10:00a Devotions AR	10:00a Devotions AR	10:00a Devotions AR		Jeannine 4/28
11:00a Sunday Service on CW20 MC	11:00a Chair Zumba MC	11:00a Kick Ball MC		
1:00p Bowling MC	1:00p Farkle AR	1:00p Manicures MC		
2:00p Music and Hydration MC	2:00p Parachute Party MC	2:00p Basketball MC		
3:00p Puzzle Party MC	3:00p Bingo AR	3:00p Menu Chat DR		
		3:30p Air Hockey GR		

All activities subject to change.