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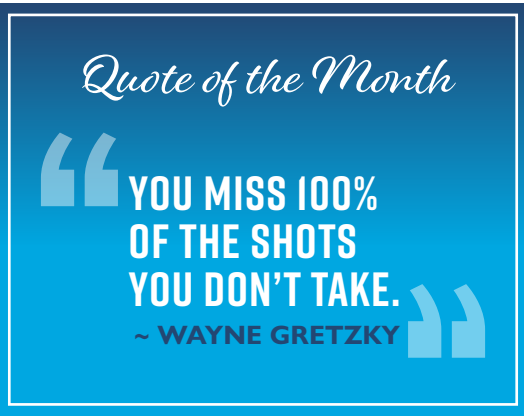


TECH-SAVVY SENIORS AND EMOJIS

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.

LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

BONITA SPRINGS

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!

- Happy Hour w/Lori Adams
- Happy Hour w/Robin Stasko
- Happy Hour w/James St. Amour
- Happy Hour w/Flash Forward Duo
- Breakfast at Tiffany's Event
- Lunch Trip to Outback
- Shopping Trip to Walmart
- Shopping Trip to Target
- Birdhouse Painting w/Pam

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!



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY									
<div><div></div><div>April 2024</div></div> <div></div>										LOCATION KEY											
										<div>1FL1st Floor</div> <div>1FA1st Floor Activity Room</div> <div>2FL2nd Floor</div> <div>2FR2nd Floor Family Room</div> <div>3FA3rd Floor Activity Room</div> <div>3FB3rd Floor Bar</div> <div>3FT3rd Floor Theater</div> <div>ARActivity Room</div> <div>ALAssisted Living</div>	<div>BRBilliards Room</div> <div>CAFCAFé</div> <div>CHPChapel</div> <div>DRDining Room</div> <div>FCYFront Courtyard</div> <div>FITFitness Center</div> <div>LRLiving Room</div> <div>LOLobby</div> <div>MCMemory Care</div>	<div>MCAMemory Care Activity Room</div> <div>MCLMemory Care Living Room</div> <div>OUTOuting</div> <div>OOutside</div> <div>PLPool</div> <div>R2RRoom to Room</div> <div>THRTheater</div>									
		01	APRIL FOOLS' DAY	02		03		04		05		06									
<div></div>		9:30a 10:00a 10:00a 10:30a 1:00p 3:00p 3:30p 5:30p	Walk Together Club Seated Yoga St. Leo's Communion Stretching Class BINGO Memory Matching Game Card Club Movie Night	<div>LO</div> <div>3FA</div> <div>AL</div> <div>3FA</div> <div>3FA</div> <div>1FA</div> <div>1FL</div> <div>3FT</div>	9:30a 10:00a 10:30a 1:00p 5:30p	Walk Together Club Solaris Exercise Class Bible Study with Pastor Chris BINGO Movie Night	<div>LO</div> <div>FIT</div> <div>3FA</div> <div>3FA</div> <div>3FT</div>	9:15a 9:30a 10:00a 10:00a 1:00p 2:00p 5:30p	Blood Pressure Clinic Walk Together Club CVS/Walgreens Cardio Drumming Card Club Publix/Dollar Tree Movie Night	<div>2FR</div> <div>LO</div> <div>LO</div> <div>1FA</div> <div>1FL</div> <div>O</div> <div>3FT</div>	9:30a 10:00a 10:30a 1:00p 5:30p	Walk Together Club Zumba Gold Chair Breathing Exercises BINGO Movie Night	<div>LO</div> <div>3FA</div> <div>3FA</div> <div>3FA</div> <div>3FT</div>	9:30a 10:00a 10:30a 1:00p 2:30p 5:30p	Walk Together Club Stretching Class Seated Yoga BINGO Happy Hour w/Lori Adams Movie Night	<div>LO</div> <div>3FA</div> <div>3FA</div> <div>3FA</div> <div>1ST</div> <div>3FT</div>	9:30a 10:00a 11:00a 1:00p 3:00p 5:30p	Walk Together Club Working out w/Ken Name That Tune BINGO Classic Cinema Trivia Movie Night	<div>LO</div> <div>FIT</div> <div>1FA</div> <div>3FA</div> <div>1FA</div> <div>3FT</div>		
07		08		09		10		11		12		13									
9:00a Leo's, Legacy of Life & Presbyterian 9:30a 10:30a 1:00p 2:30p 3:30p 5:30p		Church Services Transportation: St. Walk Together Club Wii Bowling BINGO Playing Billiards Together Broadcast Sports Movie Night	<div>O</div> <div>LO</div> <div>AR</div> <div>3FA</div> <div>BR</div> <div>1ST</div> <div>3FT</div>	9:30a 10:00a 10:00a 10:30a 1:00p 3:00p 3:30p 5:30p	Walk Together Club Seated Yoga St. Leo's Communion Stretching Class BINGO Memory Matching Game Card Club Movie Night	<div>LO</div> <div>3FA</div> <div>AL</div> <div>3FA</div> <div>3FA</div> <div>1FA</div> <div>1FL</div> <div>3FT</div>	9:30a 10:00a 10:30a 1:00p 2:00p 5:30p	Walk Together Club Solaris Exercise Class Bible Study with Pastor Chris BINGO Wellness U Movie Night	<div>LO</div> <div>FIT</div> <div>3FA</div> <div>3FA</div> <div>3FT</div>	9:15a 9:30a 10:00a 11:00a 1:00p 2:00p 5:30p	Blood Pressure Clinic Walk Together Club Cardio Drumming Lunch Trip to Outback Card Club Publix/Dollar Tree Movie Night	<div>2FR</div> <div>LO</div> <div>1FA</div> <div>O</div> <div>1FL</div> <div>O</div> <div>3FT</div>	9:30a 10:00a 10:30a 1:00p 5:30p	Walk Together Club Zumba Gold Chair Breathing Exercises BINGO Movie Night	<div>LO</div> <div>3FA</div> <div>3FA</div> <div>3FA</div> <div>3FT</div>	9:30a 10:00a 10:30a 1:00p 2:30p 5:30p	Walk Together Club Stretching Class Seated Yoga BINGO Happy Hour w/Robin Stasko Movie Night	<div>LO</div> <div>3FA</div> <div>3FA</div> <div>3FA</div> <div>1ST</div> <div>3FT</div>	9:30a 10:00a 11:00a 1:00p 3:00p 5:30p	Walk Together Club Working out w/Ken Classic Cine Name That Tune BINGO Trivia Movie Night	<div>LO</div> <div>FIT</div> <div>1FA</div> <div>3FA</div> <div>1FA</div> <div>3FT</div>
14		15 TAX DAY BOSTON MARATHON		16		17		18		19		20									
9:00a Leo's, Legacy of Life & Presbyterian 9:30a 10:30a 11:00a 1:00p 2:30p 3:30p 5:30p		Church Services Transportation: St. Walk Together Club Wii Bowling Shopping at Walmart BINGO Playing Billiards Together Broadcast Sports Movie Night	<div>O</div> <div>LO</div> <div>AR</div> <div>O</div> <div>3FA</div> <div>BR</div> <div>1ST</div> <div>3FT</div>	9:30a 10:00a 10:00a 10:30a 1:00p 3:00p 3:30p 5:30p	Walk Together Club Seated Yoga St. Leo's Communion Stretching Class BINGO Memory Matching Game Card Club Movie Night	<div>LO</div> <div>3FA</div> <div>AL</div> <div>3FA</div> <div>3FA</div> <div>1FA</div> <div>1FL</div> <div>3FT</div>	9:30a 10:00a 10:00a 10:30a 1:00p 5:30p	Walk Together Club Resident Council Meeting Solaris Exercise Class Bible Study with Pastor Chris BINGO Movie Night	<div>LO</div> <div>2FR</div> <div>FIT</div> <div>3FA</div> <div>3FA</div> <div>3FT</div>	9:15a 9:30a 10:00a 10:00a 1:00p 2:00p 5:00p 5:30p	Blood Pressure Clinic Walk Together Club CVS/Walgreens Cardio Drumming Card Club Publix/Dollar Tree <i>Breakfast at Tiffany's Event</i> Movie Night	<div>2FR</div> <div>LO</div> <div>O</div> <div>1FA</div> <div>1FL</div> <div>O</div> <div>1ST</div> <div>3FT</div>	9:30a 10:00a 10:30a 11:30a 1:00p 3:00p 5:30p	Walk Together Club Zumba Gold Chair Breathing Exercises Birthday Luncheon BINGO Lee Co. Library Discussion Movie Night	<div>LO</div> <div>3FA</div> <div>3FA</div> <div>DR</div> <div>3FA</div> <div>1FA</div> <div>3FT</div>	9:30a 10:00a 10:30a 1:00p 2:30p 5:30p	Walk Together Club Stretching Class Seated Yoga BINGO Happy Hour w/James St. A Movie Night	<div>LO</div> <div>3FA</div> <div>3FA</div> <div>3FA</div> <div>1ST</div> <div>3FT</div>	9:30a 10:00a 11:00a 1:00p 3:00p 5:30p	Walk Together Club Working out w/Ken Name That Tune BINGO Classic Cinema Trivia Movie Night	<div>LO</div> <div>FIT</div> <div>1FA</div> <div>3FA</div> <div>1FA</div> <div>3FT</div>
21		22 EARTH DAY PASSOVER BEGINS		23		24 ADMINISTRATIVE PROFESSIONALS DAY		25		26 ARBOR DAY		27									
9:00a Leo's, Legacy of Life & Presbyterian 9:30a 10:30a 11:00a 1:00p 2:30p 3:30p 5:30p		Church Services Transportation: St. Walk Together Club Wii Bowling Shopping at Target BINGO Playing Billiards Together Broadcast Sports Movie Night	<div>O</div> <div>LO</div> <div>AR</div> <div>O</div> <div>3FA</div> <div>BR</div> <div>1ST</div> <div>3FT</div>	9:30a 10:00a 10:00a 10:30a 1:00p 3:00p 3:30p 5:30p	Walk Together Club Seated Yoga St. Leo's Communion Stretching Class BINGO Memory Matching Game Card Club Movie Night	<div>LO</div> <div>3FA</div> <div>AL</div> <div>3FA</div> <div>3FA</div> <div>1FA</div> <div>1FL</div> <div>3FT</div>	9:30a 10:00a 10:30a 1:00p 5:30p	Walk Together Club Solaris Exercise Class Bible Study with Pastor Chris BINGO Movie Night	<div>LO</div> <div>FIT</div> <div>3FA</div> <div>3FA</div> <div>3FT</div>	9:15a 9:30a 10:00a 10:00a 1:00p 2:00p 2:00p 5:30p	Blood Pressure Clinic Walk Together Club Banks Cardio Drumming Card Club Publix/Dollar Tree Birdhouse Painting w/Pam Movie Night	<div>2FR</div> <div>LO</div> <div>O</div> <div>1FA</div> <div>1FL</div> <div>O</div> <div>3FA</div> <div>3FT</div>	9:30a 10:00a 10:30a 1:00p 5:30p	Walk Together Club Zumba Gold Chair Breathing Exercises BINGO Movie Night	<div>LO</div> <div>3FA</div> <div>3FA</div> <div>3FA</div> <div>3FT</div>	9:30a 10:00a 10:30a 1:00p 2:30p 5:30p	Walk Together Club Stretching Class Seated Yoga BINGO Happy Hour w/Flash Forward Movie Night	<div>LO</div> <div>3FA</div> <div>3FA</div> <div>3FA</div> <div>1ST</div> <div>3FT</div>	9:30a 10:00a 11:00a 1:00p 3:00p 5:30p	Walk Together Club Working out w/Ken Classic Cine Name That Tune BINGO Trivia Movie Night	<div>LO</div> <div>FIT</div> <div>1FA</div> <div>3FA</div> <div>1FA</div> <div>3FT</div>
28		29		30 PASSOVER ENDS				BIRTHDAYS													
9:00a Leo's, Legacy of Life & Presbyterian 9:30a 10:30a 11:00a 1:00p 2:30p 3:30p 5:30p		Church Services Transportation: St. Walk Together Club Wii Bowling Shopping at Target BINGO Playing Billiards Together Broadcast Sports Movie Night	<div>O</div> <div>LO</div> <div>AR</div> <div>O</div> <div>3FA</div> <div>BR</div> <div>1ST</div> <div>3FT</div>	9:30a 10:00a 10:00a 10:30a 1:00p 3:00p 3:30p 5:30p	Walk Together Club Seated Yoga St. Leo's Communion Stretching Class BINGO Memory Matching Game Card Club Movie Night	<div>LO</div> <div>3FA</div> <div>AL</div> <div>3FA</div> <div>3FA</div> <div>1FA</div> <div>1FL</div> <div>3FT</div>	9:30a 10:00a 10:30a 1:00p 5:30p	Walk Together Club Solaris Exercise Class Bible Study with Pastor Chris BINGO Movie Night	<div>LO</div> <div>FIT</div> <div>3FA</div> <div>3FA</div> <div>3FT</div>	<div></div>		William P. 4/8 Judy M. 4/17 Maribeth S. 4/18 Gale M. 4/16 Judy H. 4/24 Barbara M. 4/28		Florence A. 4/29							