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Institute of Aging Friendship Line
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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.

FOLLOW US ON FACEBOOK

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

BONITA SPRINGS III INDEPENDENT LIVING

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!

- Comfort Keepers Present. 4/2
- Balance Event w/Solaris 4/8
- Dermatologist Visit 4/9
- Cooking Demo w/Chef 4/11
- Dolly's Lunch Outing 4/12
- "Happy Notes" perform 4/17
- Classic Cinema Night 4/17
- New Resident Happy Hour 4/19
- Wine & Wellness w/Amy 4/22
- April Birthday Luncheon 4/25

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

1FA 1 st Floor Activity Room	3LG 3 rd Floor Lounge	LO Lobby
1FL 1 st Floor	B Bistro	LR Living Room
2FA 2 nd Floor Activity Room	BC Boccee Ball Court	PL Pool
2FL 2 nd Floor	CAF Café	PG Putting Green
2FI 2 nd Floor Fitness Room	DR Dining Room	
3FL 3 rd Floor	FD Front Desk	

01 APRIL FOOLS' DAY

10:00a	Mass with Communion - St Leo's Church 1st Floor	LR
11:15a	Beanbag Baseball 1st Floor	B
11:30a	Puzzle Palooza	3FL
1:00p	Choir practice	1FA
3:00p	Quarter Bingo	LR
4:00p	Ind Games: Cards, Sequence, and More! 1st Floor	LR

02

9:45a	Shuffleboard	1FA
10:45a	Weight Exercise w/ Solaris	2FI
12:00p	Scrabble Game, 1st Floor	LR
1:00p	Independent Golf putting practice	PG
2:30p	Happy Hour with Bridget from "Comfort Keepers" Meet & Greet	B

03

10:00a	Walgreens and CVS	LO
10:00a	Blood Pressure Screening	2FL
10:15a	Beanbag Baseball	CAF
11:00a	Communion with Nancy	3FL
11:30a	Stretch and Balance	2FI
1:30p	Publix Outing	FD
3:00p	Bingo	LR

04

10:00a	Shuffleboard	1FA
10:30a	Working on puzzles	3LG
11:00a	Scrabble Game 1st floor	LR
1:00p	Phase 10 Cards 1st Floor	LR
2:00p	Water Aerobics w/Solaris	PL
3:30p	Ambassador Meeting - Past, Present & Future!	3LG
6:00p	Independent Card Games	LR

05

10:00a	Bocce Ball	BC
11:00a	Wii Workout - Independent	1FA
1:00p	Left, Right, Center 1st Floor	LR
1:00p	Mahjongg with Jackie 1st Floor	LR
2:30p	Happy Hour with Zarita	B

06

10:15a	Beanbag Baseball	CAF
12:30p	"Why Knot Knit Club" 1st Floor	LR
1:00p	Bingo	LR
1:00p	Shuffleboard	1FA
2:00p	Soiree with Lois	LR
2:00p	Wii Bowling	1FA
3:00p	Sequence Game	LR

07

9:00a	Bus leaves for St Leo the Great	LO
9:30a	Service with Pastor Tim 1st Floor	LR
11:00a	Wii Workout - Independent	1FA
2:00p	BRAINIACS, Assorted Games and Challenges 1st Floor	LR
2:00p	Sunday Bingo	LR
3:00p	Sequence Game 1st Floor	LR
6:00p	Independent Card Games 1st Floor	

08

9:00a	Communion - St Leo's 1st Floor	LR
10:15a	Beanbag Baseball 1st Floor	CAF
11:30a	Puzzle Palooza	3FL
1:00p	Choir practice	1FA
2:00p	Balance Event w/Solaris	LR
3:00p	Quarter Bingo	LR
4:00p	Ind Games: Cards, Sequence, and More! 1st Floor	LR

09

12:00a	Dermatologist visit 1-3pm- Sign up!	
9:45a	Shuffleboard	1FA
10:45a	Weight Exercise w/ Solaris	2FI
12:00p	Scrabble Game, 1st Floor	LR
1:00p	Independent Golf putting practice	PG
2:30p	Happy Hour with Flash Forward	B

10

10:00a	Blood Pressure Screening	2FL
10:15a	Beanbag Baseball	CAF
11:30a	Stretch and Balance	2FI
1:30p	Publix Outing	FD
3:00p	Bingo	LR

11

10:00a	Shuffleboard	1FA
10:30a	Working on puzzles	3LG
11:00a	Scrabble Game 1st floor	LR
12:30p	Cooking Demo w/Chef	B
1:00p	Phase 10 Cards 1st Floor	LR
2:00p	Water Aerobics w/Solaris	PL
6:00p	Independent Card Games	LR

12

10:00a	Bocce Ball	BC
11:00a	Dolly's Lunch Outing	LO
11:00a	Wii Workout - Independent	1FA
1:00p	Left, Right, Center 1st Floor	LR
1:00p	Mahjongg with Jackie 1st Floor	LR
2:30p	Outdoor Happy Hour	DRP

13

10:15a	Beanbag Baseball	CAF
12:30p	"Why Knot Knit Club" 1st Floor	LR
1:00p	Bingo	LR
1:00p	Shuffleboard	1FA
2:00p	Soiree with Lois	LR
2:00p	Wii Bowling	1FA
3:00p	Sequence Game	LR

14

9:00a	Bus leaves for St Leo the Great	LO
9:30a	Service with Pastor Tim 1st Floor	LR
11:00a	Wii Workout - Independent	1FA
2:00p	BRAINIACS, Assorted Games and Challenges 1st Floor	LR
2:00p	Sunday Bingo	LR
3:00p	Sequence Game 1st Floor	LR
6:00p	Independent Card Games 1st Floor	

15 TAX DAY | BOSTON MARATHON

9:00a	Communion St Leo's - 1st Floor	LR
10:15a	Beanbag Baseball 1st Floor	CAF
11:30a	Puzzle Palooza	3FL
1:00p	Choir practice	1FA
3:00p	Quarter Bingo	LR
4:00p	Ind Games: Cards, Sequence, and More! 1st Floor	LR

16

9:45a	Shuffleboard	1FA
10:45a	Weight Exercise w/ Solaris	2FI
12:00p	Scrabble Game, 1st Floor	LR
1:00p	Independent Golf putting practice	PG
2:30p	Happy Hour with Tom	B

17

10:00a	Walgreens and CVS	LO
10:00a	Blood Pressure Screening	2FL
10:15a	Beanbag Baseball	CAF
11:30a	Stretch and Balance	2FI
1:30p	Publix Outing	FD
3:00p	Bingo	LR
3:30p	Our Choir, "The Happy Notes" performance	LR
5:00p	"Breakfast at Tiffany's" Family Night	

18

10:00a	Shuffleboard	1FA
10:30a	Working on puzzles	3LG
11:00a	Scrabble Game 1st floor	LR
1:00p	Phase 10 Cards 1st Floor	LR
2:00p	Water Aerobics w/Solaris	PL
6:00p	Independent Card Games	LR

19

10:00a	Bocce Ball	BC
11:00a	Wii Workout - Independent	1FA
1:00p	Left, Right, Center 1st Floor	LR
1:00p	Mahjongg with Jackie 1st Floor	LR
2:30p	New Resident Outdoor Happy Hour	DRP

20

10:15a	Beanbag Baseball	CAF
12:30p	"Why Knot Knit Club" 1st Floor	LR
1:00p	Bingo	LR
1:00p	Shuffleboard	1FA
2:00p	Soiree with Lois	LR
2:00p	Wii Bowling	1FA
3:00p	Sequence Game	LR

21

9:00a	Bus leaves for St Leo the Great	LO
9:30a	Service with Pastor Tim 1st Floor	LR
11:00a	Wii Workout - Independent	1FA
2:00p	BRAINIACS, Assorted Games and Challenges 1st Floor	LR
2:00p	Sunday Bingo	LR
3:00p	Sequence Game 1st Floor	LR
6:00p	Independent Card Games 1st Floor	

22 EARTH DAY | PASSOVER BEGINS

9:00a	Communion St Leo's - 1st Floor	LR
10:15a	Beanbag Baseball 1st Floor	CAF
11:30a	Puzzle Palooza	3FL
1:00p	Choir practice	1FA
2:00p	Wine & Wellness with Amy, 1st Floor	LR
3:00p	Quarter Bingo	LR
4:00p	Ind Games: Cards, Sequence, and More! 1st Floor	LR

23

9:45a	Shuffleboard	1FA
10:45a	Weight Exercise w/ Solaris	2FI
12:00p	Scrabble Game, 1st Floor	LR
1:00p	Independent Golf putting practice	PG
2:30p	Happy Hour	B

24 ADMINISTRATIVE PROFESSIONALS DAY

10:00a	Blood Pressure Screening	2FL
10:00a	Banks Outing	LO
10:15a	Beanbag Baseball	CAF
11:30a	Stretch and Balance	2FI
1:30p	Publix Outing	FD
3:00p	Bingo	LR

25

10:00a	Shuffleboard	1FA
10:30a	Working on puzzles	3LG
11:00a	Scrabble Game 1st floor	LR
12:30p	Birthday Luncheon	DR
1:00p	Phase 10 Cards 1st Floor	LR
2:00p	Water Aerobics w/Solaris	PL
6:00p	Independent Card Games	LR

26

10:00a	Bocce Ball	BC
11:00a	Wii Workout - Independent	1FA
1:00p	Left, Right, Center 1st Floor	LR
1:00p	Mahjongg with Jackie 1st Floor	LR
2:30p	Happy Hour w/Jim St Amour	B

27

10:15a	Beanbag Baseball	CAF
12:30p	"Why Knot Knit Club" 1st Floor	LR
1:00p	Bingo	LR
1:00p	Shuffleboard	1FA
2:00p	Soiree with Lois	LR
2:00p	Wii Bowling	1FA
3:00p	Sequence Game	LR

28

9:00a	Bus leaves for St Leo the Great	LO
9:30a	Service with Pastor Tim 1st Floor	LR
11:00a	Wii Workout - Independent	1FA
2:00p	BRAINIACS, Assorted Games and Challenges 1st Floor	LR
2:00p	Sunday Bingo	LR
3:00p	Sequence Game 1st Floor	LR
6:00p	Independent Card Games 1st Floor	

29

9:00a	Communion St Leo's - 1st Floor	LR
10:15a	Beanbag Baseball 1st Floor	CAF
11:30a	Puzzle Palooza	3FL
1:00p	Choir practice	1FA
3:00p	Quarter Bingo	LR
4:00p	Ind Games: Cards, Sequence, and More! 1st Floor	LR

30

9:45a	Shuffleboard	1FA
10:45a	Weight Exercise w/ Solaris	2FI
12:00p	Scrabble Game, 1st Floor	LR
1:00p	Independent Golf putting practice	PG
2:30p	Happy Hour	B



Patty M 4/5
Dot H 4/7
Louie C 4/13
Cathy D 4/19

BIRTHDAYS