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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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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.

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LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

BARTLETT

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!

- Tim Jazz Piano
- Driving Sideways Band
- Bingo
- Breakfast At Tiffany's
- Happy Hour
- Sit And Fit
- Cooking Demonstration

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

April 2024

LOCATION KEY

AR Activity Room	HW Health & Wellness	PLR Parlor
CE Chair Exercise Room	LR Living Room	PL Pool
DR Dining Room	LO Lobby	R2R Room to Room
FPO Front Porch	OUT Outing	THR Theater
HAL Hallway	O Outside	APT Your Apartment

01 APRIL FOOLS' DAY

10:30a Bible Study /Marvin N. **PLR**
 1:30p Sit and Fit **PLR**
 3:00p Diamond in the Rough **LO**
 5:00p Nightly News **PLR**
 6:00p A Tiffany's Walk **HAL**

02

10:00a Talking At Tiffany's **AR**
 11:00a A Taste AT Tiffany's / bake cookies **AR**
 2:00p Arts/ make eye masks **AR**
 3:00p Sit AND Fit **PLR**
 5:30p A Tiffany's Walk **HAL**

03

10:00a Tim Jazz Piano **PLR**
 11:00a Walking to Tiffany's **HAL**
 1:30p Mid Week Service / Linda **PLR**
 3:00p Classic T.V. Charades **LO**
 5:30p News **LO**

04

9:00a Seek and Find At Tiffany's **AR**
 10:00a Tiffany's Thursday Talk **AR**
 11:00a McDonalds **OUT**
 2:30p Tiffany's Classic Trivia **AR**
 5:30p Walk To Tiffany's **HAL**

05

10:30a Bingo **DR**
 2:00p Happy Hour **LO**
 3:00p Groove Music At Tiffany's **LO**
 4:00p Evening Walk **HAL**

06

9:30a Seek AND Find at Tiffany's **R2R**
 10:30a Sit and Fit **PLR**
 1:30p Movie/ Casablanca **PLR**
 3:30p Walking To Tiffany's **HAL**
 5:30p News **HAL**



07

9:30a sitterscise **PLR**
 10:30a Bellevue Church **PLR**
 1:30p A Walk to Tiffany's **HAL**
 3:00p Kane Singer **PLR**
 5:30p News you can use **PLR**

08

7:00a Breakfast Your Way **DR**
 9:30a Mash Up Game **AR**
 10:30a Bible Study / Marvin N. **PLR**
 1:30p A Tiffany's Show and Tell **AR**
 5:30p News At Tiffany's **PLR**

09

9:30a Sounds At Tiffany's **AR**
 10:30a **Bingo Bash** **DR**
 2:00p Let's Talk At Tiffany's **AR**
 3:00p A Tiffany's Walk **HAL**
 5:30p News At Tiffany's **PLR**

10

10:00a Sit And Fit **PLR**
 10:30a Macaroon Pairing / Linda **AR**
 1:30p Mid Week Service / Linda **PLR**
 2:00p Driving Side Ways Band **DR**
 5:30p News **LO**

11

10:00a A Talk At Tiffany's **AR**
 11:00a Remembering At Tiffany's **AR**
 2:00p A Tiffany's Happy Hour **LO**
 3:00p Tiffany's Classic Sounds **LO**
 5:30p Walk The Tiffany's Way **HAL**

12

10:30a Bible Study / A. Brooks **PLR**
 2:00p Karaoke At Tiffany's **DR**
 3:00p Ice Cream Sundae Bar At Tiffany's **DR**
 4:00p Show And Tell At Tiffany's **AR**
 5:30p Walking To Tiffany's **HAL**

13

9:30a Coloring At Tiffany's **AR**
 11:00a New Residents **AR**
 1:30p Sit And Fit **PLR**
 3:30p Mash Up Three Titles Game **LO**
 5:30p Walk with Me **HAL**

14

9:30a Mash Up **AR**
 10:30a Bellevue Church **PLR**
 1:30p Walk The Tiffany Way **HAL**
 3:30p Kane Singers **PLR**
 5:30p News **LO**

15 TAX DAY | BOSTON MARATHON

9:30a A Seat At Tiffany's **PLR**
 10:30a Bible Study / Marvin N. **PLR**
 2:00p The Pearl Game **AR**
 3:00p The Tiffany's Sounds **AR**
 5:30p A Walk To Tiffany's **HAL**

16

9:30a Walmart Trip **OUT**
 1:30p Wellness U / Lacresha **AR**
 2:30p Talking At Tiffany's **AR**
 3:30p A Walk To Tiffany's **HAL**
 5:30p News **LO**

17

10:30a Bingo **DR**
 2:00p Mid Week Service / Linda **PLR**
 3:00p Sit And Fit **PLR**
 4:00p Tiffany's Sounds **AR**
 5:30p Nightly News **LO**

18

10:00a Sit AND Fit **PLR**
 10:30a Tiffany's Sounds **AR**
 1:30p Talking At Tiffany's **AR**
 4:00p Happy Hour At Tiffany's **DR**
 4:30p A Tiffany's Event / Family Event **DR**

19

10:00a T. V. Charades **AR**
 11:30a Cooking Demo / Chef Quan **DR**
 2:30p A Tiffany To Remember **AR**
 3:30p Let's Groove To Tiffany's **AR**
 Sounds **AR**
 5:30p A Tiffany's Walk **HAL**

20

9:30a Sit AND Fit **DR**
 10:30a Bellevue High School Choir **DR**
 1:30p T.V. Charades **LO**
 3:00p Show Love At Tiffany's **AR**
 5:30p Walk Wit Me **HAL**

21

9:30a Sit and Fit **PLR**
 10:30a Bellevue Church **PLR**
 1:30p A Tiffany Walk **HAL**
 3:00p Kane Singers **PLR**
 5:30p News The Tiffany's Way **LO**

22 EARTH DAY | PASSOVER BEGINS

9:30a Memories At Tiffany's **AR**
 10:30a Bible Study / Marvin N. **PLR**
 2:00p Driving Side Ways Band **DR**
 4:00p Mash Up -Three Word Titles **AR**
 5:30p News At Tiffany's **LO**

23

10:00a Sit and Fit **PLR**
 11:00a A Walk Around Tiffany's **HAL**
 1:30p Movie Trivia / Breakfast at Tiffany's **AR**
 2:30p A Talk at Tiffany's **AR**
 5:30p News **LO**

24 ADMINISTRATIVE PROFESSIONALS DAY

9:30a Mid Week Service / Linda **AR**
 10:30a Bingo **DR**
 2:00p Bluff City Soup **OUT**
 4:00p Classic Tiffany's Sounds **AR**
 5:30p Walk The TIFFANY'S Way **HAL**

25

10:00a Sit and Fit **PLR**
 11:00a Classic Tiffany's Trivia **AR**
 2:00p Town Hall Meeting **DR**
 4:00p Thursday Talk / Thankful **AR**
 5:30p A Walk To Tiffany's **HAL**

26 ARBOR DAY

10:00a The Pearl Game **AR**
 11:00a A Tiffany's Trivia **AR**
 2:00p Job The Dog **LO**
 3:00p Happy Hour **LO**
 5:30p Let's Walk To Tiffany's **HAL**

27

9:30a Sit And Fit **R2R**
 11:00a Coloring at Tiffany's **AR**
 1:30p Walk This Way **HAL**
 3:30p Sounds At Tiffany's **AR**
 5:30p News **PLR**

28

9:30a Mash Up Game **AR**
 10:30a Bellevue Church **PLR**
 1:30p Sit And Fit **PLR**
 3:00p Kane Singers **PLR**
 5:30p A Tiffany Walk **HAL**

29

9:30a Tiffany's Word Trivia **AR**
 10:30a Bible Study / Marvin N. **PLR**
 2:00p Meet New Residents **AR**
 4:00p Sounds Of Tiffany's **AR**
 5:30p A Tiffany's Walk **HAL**

30

10:00a 2 Lie and 1 True Game **AR**
 11:00a Tuesday Tiffany's Talk **AR**
 12:00p Monthly Residents Birthday Party **DR**
 12:30p Time For Happy Hour **DR**
 3:30p Let's Walk The Tiffany's Way **DR**
 5:30p News **PLR**



Christine A. 4/3
 Dorothy M. 4/3
 William P. 4/8
 Emily A. 4/9
 Robert S, 4/25
 Elizabeth S. 4/26

BIRTHDAYS

Bonnie C. 4/29