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National Suicide Hotline
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Alzheimers Association
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Institute of Aging Friendship Line
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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.

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

BRISTOL

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 Spirit Week
- Super Spring PJ Party
- Drive-In Movie Day
- Classic Cinema Cooking Demo
- Breakfast At Tiffany's Dinner
- World Parkinson's Day
- Spring Picnic

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!



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SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
<div>April 2024</div>										LOCATION KEY					
										BAR Back Activity Room		FPO Front Porch		MCD Memory Care Dining	
										BCY Back Courtyard		LE Life Enrichment		MCL Memory Care Living Room	
DR Dining Room		LR Living Room		OUT Outing		FAR Front Activity Room		LO Lobby		MCC Memory Care Courtyard					
FCY Front Courtyard															
		01	APRIL FOOLS' DAY		02	03		04	05		06				
		10:00a LO	The Brew Crew Coffee Social		10:00a LO	Charlie Sams Fitness Class		10:00a LO	Chair Yoga		10:00a FPO	Front Porch Fridays			
		11:00a FAR	Crafts		10:20a LO	Hilda Heidelberg's Morning Devotion		11:00a LO	Checkers		10:30a FAR	Music by Raymond Akers			
		1:30p LO	Music by Justin Mychals		10:30a LO	Bible Study with Mark Morgan (Gentiva Hospice Chaplain)		1:30p LO	Spring Sundae Ice-cream Social		1:30p LO	Warmth & Wine Tasting			
		2:30p FPO	Lemonade On The Lawn		1:30p LO	Classic Cinema Cooking Demo		2:30p FAR	Book Lovers		2:30p LO	Who Am I? April Birthdays			
		3:30p LO	Tell A Joke - April Fools		2:30p FAR	Table Tennis		3:30p LO	Classic Cinema Hollywood Diva Word Search		3:30p LO	Dominoes			
07		08		09		10		11		12		13			
9:00a LO		10:00a LO		10:00a FAR		10:00a BCY		10:00a FPO		10:00a FPO		10:00a LO			
Sunday Morning Bible Study with Sister Brenda		Great Eggspectations Breakfast		Courtyard Cardio		Let's Walk		Dr. Akoury on Parkinson's Disease		Front Porch Fridays		Coffee Chronicles			
10:00a LO		11:00a FAR		11:00a FAR		10:30a FAR		10:30a LO		11:00a FPO		11:00a FAR			
Trivia		Crafts		Town Hall / Resident Council		Bingo with Josh & Friends		Pastries for Parkinson's		NewsBuzz		Puzzles			
11:00a LO		1:30p FAR		1:00p FAR		12:00p LO		12:00p FAR		1:30p LO		1:30p FAR			
Crossword Puzzles		Mondays & Mimosas Happy Hour		Feedback Fiesta Bingo		OUTING! Please speak with your Life Enrichment Director for details.		Men's Straw Hat Luncheon		Cherry On Top Sundae Bar		Axe Throwing			
1:30p FAR		2:30p LO		2:00p LO		3:00p LO		1:00p FAR		2:30p LO		2:30p FAR			
Black Jack		Mancala		April Birthday Party: Gay & Friends		Pairings & Perspectives Macaron Tasting		Diner's & Drive In's Happy Hour		Classic Cinema Drive-In Movie		Bean Bag Toss			
5:00p LO		4:00p LO		4:00p LO		4:00p LO		2:30p LO		4:00p LO		3:30p LO			
News Ninjas		Visit by Ziggy The Frenchton		Brenda Viar's Gospel Sing-Along		Classic Cinema Movie Title Mash-up		Bethel View Baptist Church		Popcorn Cart		Word Scrabble			
14		15 TAX DAY BOSTON MARATHON		16		17		18		19		20			
9:00a LO		10:00a LO		10:00a BCY		10:00a FPO		10:00a BAR		10:00a FPO		10:00a LO			
Sunday Morning Bible Study with Sister Brenda		The Brew Crew Coffee Social		Courtyard Cardio		Let's Walk		Chair Yoga		Front Porch Fridays		Coffee Chronicles			
10:00a FAR		11:00a FAR		10:30a LO		10:30a FAR		10:30a FAR		11:00a FPO		11:00a FAR			
Connect Four		Crafts		Bible Study with Greg Kain		Bingo with Josh & Friends		Bingo with Bree / Devine Home		NewsBuzz		Crossword Puzzles			
1:30p LO		1:30p LO		1:00p LO		12:00p LO		1:30p LO		1:30p LO		1:30p FAR			
Bible Study: David King		Veteran Social		Wellness U		OUTING! Please speak with your Life Enrichment Director for details.		Spring Picnic		Music by The SEV 7 ENS		Black Jack			
3:00p LO		2:30p FAR		1:30p LO		3:00p LO		2:30p LO		2:30p FAR		2:30p FAR			
Afternoon Church: Bro. JR		Card Making		Music by Curt Mathson & Fiddle Player Nate		Lemonade Stand		Name That Resident		Classic Cinema Treasure Of The Deep Pearl Party		Yahtzee			
5:00p LO		3:30p LO		2:30p LO		4:00p LO		3:30p LO		3:30p LO		3:30p FAR			
News Ninjas		Trivia		Super Spring PJ Party		Classic Cinema Audio Recall		Show & Tell		Spring Trivia		Chess			
21		22 EARTH DAY PASSOVER BEGINS		23		24 ADMINISTRATIVE PROFESSIONALS DAY		25		26 ARBOR DAY		27			
9:00a LO		10:00a LO		10:00a BCY		10:00a FPO		10:00a LO		10:00a FPO		10:00a LO			
Sunday Morning Bible Study with Sister Brenda		The Brew Crew Coffee Social		Courtyard Cardio		Let's Walk		Strength & Balance with Cherie		Front Porch Fridays		Coffee Chronicles			
10:00a LO		11:00a FAR		11:00a LO		10:30a FAR		10:30a LO		11:00a FPO		11:00a FAR			
Cup 2 Coffee Crew		Crafts		Music Trivia		Bingo with Josh & Friends		Courtyard Stroll		NewBuzz		Sudoku Puzzles			
11:00a LO		1:30p LO		1:30p LO		12:00p LO		1:30p LO		12:00p FAR		1:30p FAR			
Word Search		Music by Damascus Band		Music By Steel Creek Band		OUTING! Please speak with your Life Enrichment Director for details.		Movie Of The Day		Southern Belle's Luncheon		Charades			
3:00p LO		2:30p LO		2:30p FAR		3:00p LO		2:00p LO		2:00p LO		2:30p FAR			
Afternoon Church: Bro. Paul		New Resident Welcome Party		Cheers To Cherry Blossoms		Pigs In A Blanket		Breakfast At Tiffany's Signature Event		Pretzels & Pictionary		Slapjack Card Game			
5:00p LO		3:30p FAR		Happy Hour		Riddle Me This		Two Truths & A Lie		Two Truths & A Lie		3:30p FAR			
News Ninjas		Sunshine Gardeners Club		Brenda Viar's Gospel Sing-Along				Music By Jessica Lequieu				Riddles & Jokes			
28		29		30 PASSOVER ENDS				Bobby H. 4/14, Elizabeth R. 4/12, Doug F. 4/28, Nellie M. 4/29							
9:00a LO		10:00a LO		10:00a BCY											
Sunday Morning Bible Study with Sister Brenda		The Brew Crew Coffee Social		Courtyard Cardio											
10:00a LO		11:00a FAR		11:00a FAR											
Cup 2 Coffee Crew		Crafts		Nail Painting											
1:30p FAR		1:30p LO		1:00p FAR											
Word Search		Fondue & Friends		Activity Planning Committee											
3:00p LO		2:30p FAR		1:30p LO											
Afternoon Church: Bro. Paul		Spice Girls Cooking Club		Film FEASTival											
5:00p LO		3:30p LO		3:00p LO											
News Ninjas		Classic Movie Trivia		Popcorn Cart											

All activities subject to change.