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National Suicide Hotline
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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.

CHARLEVOIX 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!

- 4-01 Resident Meeting
- 4-01 Auction
- 4-02 Circle of Arts
- 4-05 Tigers Opening Game Day
- 4-10 Bingo Bash with Prizes
- 4-11 Walmart Trip
- 4-17 Breakfast at Tiffany's
- 4-19 Villager Pub for Lunch
- 4-22 Movie: James Bond Dr. No
- 4-30 Jazz Band Plays

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>April 2024</div>												LOCATION KEY														
												CAF Café CA Common Area DR Dining Room FIR Fireplace			LIB Library LR Living Room S Salon											
			01	APRIL FOOLS' DAY			02				03				04				05				06			
			8:00a 8:30a 9:00a 10:30a 11:00a 2:00p 3:00p	April Fools Day Morning Brew with You Open Transportation Exercise Engaged Senior Resident Meeting Auction	DR CAF DR DR LIB FIR FIR	8:30a 9:00a 10:30a 11:00a 2:00p 3:00p	Morning Brew with You Bagels in the Cafe Exercise String Sisters Circle of Arts - Quilting/Woodwork Black Jack	DR CAF DR FIR CAF	8:30a 9:00a 10:30a 11:00a 11:00a 2:30p	Morning Brew with You Open Transportation Exercise Veterans Meeting Spintopia Bingo	DR DR LIB CA CAF	8:30a 9:00a 9:30a 10:30a 11:00a 3:00p 3:00p 3:00p 4:00p	Morning Brew with You Bagels in the Cafe Beauty Shop Open Exercise Blood Pressure Clinic Resident Birthday Event Brian Griffin Ice Cream Social Engaged Senior B	DR CAF S DR LIB FIR FIR FIR LIB	8:30a 9:00a 10:30a 11:00a 1:00p 2:00p 3:30p	Morning Brew with You Manicures Exercise Wii Bowling Tigers Opening Day Game Fun And Games Social Hour	DR S DR LR CAF FIR FIR	8:30a 9:00a 10:30a 2:00p	Morning Brew with You Current Events Exercise Bingo	DR FIR DR DR						
07			08	09			10			11			12			13										
8:30a 10:30a 11:00a 2:30p 4:00p			Morning Brew with You Exercise Wii Bowling Bingo Church services	DR DR LR DR LIB	7:00a 8:00a 8:30a 9:00a 10:30a 11:00a 2:00p 3:00p	Spirit Week Special Breakfast Morning Brew with You Open Transportation Exercise Engaged Senior Bridge Street Bloom Brain Matters	DR CAF DR DR DR LIB CAF	8:30a 9:00a 10:30a 11:00a 1:30p 2:00p 3:00p	Morning Brew with You Bagels in the Cafe Exercise String Sisters Macaroon Pairing Art & Design: Classic Cinema Black Jack	DR CAF DR FIR CAF CAF CAF	8:30a 9:00a 10:30a 11:00a 11:00a 2:30p	Morning Brew with You Open Transportation Exercise Veterans Meeting Spintopia Bingo Bash with Prizes	DR CAF S DR LIB FIR DR LIB	8:30a 9:00a 9:30a 10:30a 11:00a 2:00p 3:00p 4:30p	Morning Brew with You Bagels in the Cafe Beauty Shop Open Exercise Blood Pressure Clinic New Resident Welcome Ice Cream Social: Sundae Bar Engaged Senior B	DR S DR LR CAF FIR FIR	8:30a 9:00a 10:30a 2:00p	Morning Brew with You Current Events Exercise Bingo	DR FIR DR DR							
14			15 TAX DAY BOSTON MARATHON			16			17			18			19			20								
8:30a 10:30a 11:00a 2:30p 4:00p			Morning Brew with You Exercise Wii Bowling Bingo Church services	DR DR LR DR LIB	8:30a 9:00a 10:30a 11:00a 2:00p 2:00p	Morning Brew with You Open Transportation Exercise Engaged Senior Movie: Breakfast at Tiffany's Walmart Trip	DR CAF DR LIB LR	8:30a 9:00a 10:30a 11:00a 2:00p 3:00p	Morning Brew with You Bagels in the Cafe Exercise String Sisters Tessa Mae Bakery- Decorate Cookies Black Jack	DR CAF DR FIR CAF DR	8:30a 9:00a 10:30a 11:00a 11:00a 2:30p 5:00p	Morning Brew with You Open Transportation Exercise Veterans Meeting Spintopia Bingo Family Event: Breakfast at Tiffany's	DR CAF S DR LIB CA CAF	8:30a 9:00a 9:30a 10:30a 11:00a 2:00p 3:00p 3:00p 4:30p	Morning Brew with You Bagels in the Cafe Beauty Shop Open Exercise Wellness U:Arthritis Yahtzee Peter Fettaers Ice Cream Social Engaged Senior B	DR S DR FIR CAF FIR DR LIB	8:30a 9:00a 10:30a 11:00a 2:00p 3:30p	Morning Brew with You Manicures Exercise Villager Pub for Lunch Wii Bowling Uno in the Cafe Social Hour	DR S DR LR CAF FIR	8:30a 9:00a 10:30a 2:00p	Morning Brew with You Current Events Exercise Bingo	DR FIR DR DR				
21			22 EARTH DAY PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27								
8:30a 10:30a 11:00a 2:30p 4:00p			Morning Brew with You Exercise Wii Bowling Bingo Church services	DR DR LR DR LIB	8:30a 9:00a 10:30a 11:00a 2:00p 2:00p	Morning Brew with You Open Transportation Exercise Engaged Senior Movie: James Bond Dr. No Cards in the Cafe'	DR CAF DR LIB LR CAF	8:30a 9:00a 10:30a 11:00a 2:00p 3:00p	Morning Brew with You Bagels in the Cafe Exercise String Sisters Garden Planning Meeting Black Jack	DR CAF DR FIR CAF	8:30a 9:00a 10:30a 11:00a 11:00a 2:30p	Morning Brew with You Open Transportation Exercise Veterans Meeting Spintopia Bingo	DR CAF S DR LIB CA CAF	8:30a 9:00a 9:30a 10:30a 11:00a 2:00p 3:00p 4:30p	Morning Brew with You Bagels in the Cafe Beauty Shop Open Exercise Blood Pressure Clinic Name That Tune Ice Cream Social Engaged Senior B	DR CAF S DR LIB FIR DR LIB	8:30a 9:00a 10:30a 11:00a 2:00p 3:30p	Morning Brew with You Manicures Exercise Wii Bowling Spintopia Social Hour	DR S DR LR LR FIR	8:30a 9:00a 10:30a 2:00p	Morning Brew with You Current Events Exercise Bingo	DR FIR DR DR				
28			29			30 PASSOVER ENDS			BIRTHDAYS																	
8:30a 10:30a 11:00a 2:30p 4:00p			Morning Brew with You Exercise Wii Bowling Bingo Church services	DR DR LR DR LIB	8:30a 9:00a 10:30a 11:00a 2:00p	Morning Brew with You Open Transportation Exercise Engaged Senior Painting Class	DR CAF DR LIB CAF	8:30a 9:00a 10:30a 11:00a 2:00p 3:00p 3:00p 3:00p	Morning Brew with You Bagels in the Cafe Exercise String Sisters National Oatmeal Raisin Cookie Day Black Jack International Jazz Day! Jazz Band	DR CAF DR FIR CAF CAF LR FIR			Happy Birthday Bruce 4-27 Bob 4-16 Robert S. 4-23													

All activities subject to change.