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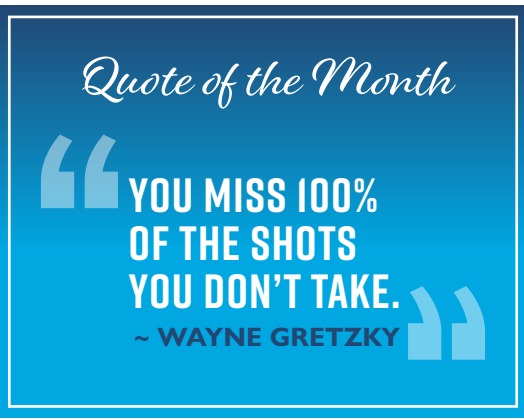
TECH-SAVVY SENIORS AND EMOJIS

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!



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.

GRAND BLANC

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!

- 1: New Resident Meet & Greet
- 5: Opening Day Tailgate
- 8: Pancakes & Parfaits
- 8: Total Eclipse Event
- 9: Bingo Bash
- 10: Ice Cream Sundae Bar
- 11: 1950's Bingo
- 12: Brunch Charcuterie Boards
- 17 Breakfast @ Tiffany's Event
- 23: Verna's 100th Birthday

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																				
												2FG 2 nd Floor Game Room AR Activity Room B Bistro CMR Community Room CY Courtyard DR Dining Room			FPA Front Patio LO Lobby OUT Outing PAT Patio SS Sundries Store																	
			01	APRIL FOOLS' DAY			02				03				04				05				06									
			9:30a 10:00a 10:30a LO 2:00p 3:00p 3:30p 7:00p	Online Shopping with Bry Sundries Store Open April Fools Day Around the World Wellness U: Dementia Sundaes on a Monday New Resident Meet & Greet Trivia Night		B SS OUT LO LO LO LO	9:15a 9:30a 1:45p 2:00p 3:00p 7:00p	Exercise w/ Brett PTA Medical Transportation Tuesday Snacks in the Lobby Chair Massage with Rae Bingo with Tim Euchre		B LO CMR AR AR	9:30a 10:00a 2:00p 3:00p 7:00p	Shopping at Walmart Sundries Store Open Stretch & Relax w Kim Ride in the Country Wii Games		OUT SS B OUT B	9:30a 10:30a 11:00a 2:00p 3:45p 6:45p	Fortune Roulette Tie Blanket Group Blood Pressure Checks Bingo Pray the Rosary Old Time TV Shows		CMR AR LO AR CMR CMR	9:30a 9:30a 10:30a 1:00p 2:30p 3:30p 7:00p	Avon Technology 101 with Bry Name that Tune Tiger's Opening Day Tailgate Gene Kelly Entertains Sundries Store Open Wii Games		B B LO B DR SS B	10:00a 11:00a 2:00p 3:30p 7:00p	Chair Zumba with Kim Coffee with Kim Bingo with Marty Games of Choice Movie: The Sunshine Boys		B B AR AR CMR						
			07			08			09			10			11			12			13											
			10:00a 11:00a 2:00p Communion 3:30p 7:00p			Live Mass on TV Daily Chronicle Protestant Church With Communion Adult Coloring Pages Billiard Club		CMR B CMR AR 2FG	8:00a 9:30a 10:00a 10:30a 2:30p 7:00p	Pancakes & Parfaits Online Shopping with Bry Sundries Store Open Star of the Month: Sean Connery Total Eclipse Event Trivia Night		DR B SS CMR FPA LO	9:15a 9:30a 1:45p 2:00p 3:30p 7:00p	Exercise w/ Brett PTA Medical Transportation Tuesday Snacks in the Lobby Bingo Bash Activity Council Meeting Euchre		B LO AR AR AR	9:30a 10:00a 2:00p 2:45p 3:00p 7:00p	Shopping at Meijer Sundries Store Open Stretch & Relax w Kim Ice Cream Sundae Bar Resident Townhall Meeting Wii Games		OUT SS B DR DR B	9:30a 10:30a 11:00a 2:00p 3:45p 6:45p	Friend Feud Tie Blanket Group Blood Pressure Checks 1950's Bingo Pray the Rosary Old Time TV Shows		CMR AR LO AR CMR CMR	9:30a 10:00a 11:30a 2:30p 3:30p 3:30p 7:00p	Technology 101 with Bry Brunch Charcuterie Boards Lunch at Cracker Barrel Travelogue: Scottish Highlands Sundries Store Open Music Conversations Wii Games		B B LO DR CMR SS LO B	10:00a 11:00a 2:00p 3:30p 7:00p	Chair Zumba with Kim Coffee with Kim Bingo with Marty Games of Choice Movie: Million Dollar Baby		B B AR AR CMR
			14			15 TAX DAY BOSTON MARATHON			16			17			18			19			20											
			10:00a 11:00a 2:00p Communion 3:30p 7:00p			Live Mass on TV Daily Chronicle Protestant Church With Communion Adult Coloring Pages Billiard Club		CMR B CMR AR 2FG	9:30a 10:00a 10:30a 11:00a 2:30p 7:00p	Online Shopping with Bry Sundries Store Open Movie Title Mashup Lunch at Culver's Elvis Entertains Trivia Night		B SS LO OUT DR LO	9:15a 9:30a 1:45p 2:00p 3:00p 7:00p	Exercise w/ Brett PTA Medical Transportation Tuesday Snacks in the Lobby Chair Massage with Rae Bingo with Tim Euchre		B LO CMR AR AR	9:30a 10:00a 2:00p 5:00p 7:00p	Shopping at Kroger Sundries Store Open Stretch & Relax w Kim Breakfast at Tiffany's Family Event Wii Games		OUT SS B B	9:30a 10:30a 11:00a 2:00p 3:45p 6:45p	Word Peck Tie Blanket Group Blood Pressure Checks Bingo Pray the Rosary Old Time TV Shows		CMR AR LO AR CMR CMR	9:30a 9:30a 10:00a 2:00p 3:30p 3:30p 7:00p	Avon Technology 101 with Bry Who, What, Where? Jeopardy Trivia Sundries Store Open The Longest Day: Milkshake Sale Wii Games		B B LO CMR SS LO B	10:00a 11:00a 2:00p 3:30p 7:00p	Chair Zumba with Kim Coffee with Kim Bingo with Marty Games of Choice Movie: On Golden Pond		B B AR AR CMR
			21			22 EARTH DAY PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27											
10:00a 11:00a 2:00p Communion 3:30p 7:00p			Live Mass on TV Daily Chronicle Protestant Church With Communion Adult Coloring Pages Billiard Club		CMR B CMR AR 2FG	9:30a 10:00a 10:30a 2:30p 7:00p	Online Shopping with Bry Sundries Store Open Planting Flowers Bob Lowe Entertains Trivia Night		B SS AR DR LO	9:15a 9:30a 1:45p 2:00p 3:30p 7:00p	Exercise w/ Brett PTA Medical Transportation Tuesday Snacks in the Lobby Bingo with Tim Verna's Birthday Party Euchre		B LO AR LO AR	9:30a 10:00a 2:00p 3:00p Hats 7:00p	Shopping at VG's Sundries Store Open Stretch & Relax w Kim Art & Design: Kentucky Derby Wii Games		OUT SS B AR B	9:30a 10:30a 11:00a 2:00p 3:45p 6:45p	Match Tie Blanket Group Blood Pressure Checks Bingo Pray the Rosary Old Time TV Shows		CMR AR LO AR CMR CMR	9:30a 10:30a 2:30p 3:30p 3:30p 7:00p	Technology 101 with Bry What Tree am I? Cooking Demo with Don Sundries Store Open Movie Poster Memory Game Wii Games		B LO DR SS LO B	10:00a 11:00a 2:00p 3:30p 7:00p	Chair Zumba with Kim Coffee with Kim Bingo with Marty Games of Choice Movie: Walking Ned Devine		B B AR AR CMR			
28			29			30 PASSOVER ENDS			BIRTHDAYS																							
10:00a 11:00a 2:00p Communion 3:30p 7:00p			Live Mass on TV Daily Chronicle Protestant Church With Communion Adult Coloring Pages Billiard Club		CMR B CMR AR 2FG	9:30a 10:00a 10:30a 2:30p 7:00p	Online Shopping with Bry Sundries Store Open Name that Character Birthday Party with Dan Hays Trivia Night		B SS LO DR LO	9:15a 9:30a 1:45p 2:00p 3:30p 7:00p	Exercise w/ Brett PTA Medical Transportation Tuesday Snacks in the Lobby Bingo with Tim Blanc Bucks Auction Euchre		B LO AR AR AR			Jerry M. 4/2 Kathy H. 4/3 Bonnie H. 4/12 Marilyn F. 4/ 13 Bert R. 4/18 Verna D. 4/23		Helena H. 4/23														

All activities subject to change.