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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.

LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

HALLS ASSISTED 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!

- Family Night
- Breakfast at Tiffanys
- Art & Crafts
- Silver Screen BINGO
- Cooking Demo w/Angie
- Spiritual Hwy
- No Name Band
- Music Therapy w/Erica
- April Bday Party
- Spirit Week

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											
										AR Activity Room CY Courtyard DR Dining Room FPO Front Porch		LR Living Room OUT Outing SP Screened Porch APT Your Apartment									
		01	APRIL FOOLS' DAY	02		03		04		05		06									
		8:00a 10:00a 11:00a 1:00p 2:30p 3:00p CY	Aprils Fools Day** Clear Springs Baptist Church Exercise with Monica Movie Posters Memory Game Movers & Groovers walking club Silver Screen BINGO	AR AR AR AR AR AR	10:00a 11:00a 1:00p 2:00p 3:00p 6:00p	Daily Devotionals Chair Yoga Front Porch Sitting National Peanut Butter & Jelly Day Silver Screen BINGO Games with Susie	AR AR FPO AR AR AR	10:00a 11:00a 2:00p 3:00p 4:30p	Daily Devotionals Workout with Monica No Name Band Performance Masterpieces with Monica Family Feud & popcorn	AR AR AR AR 2FA AR	10:00a 11:00a 1:30p 3:00p 4:00p	Daily Devotionals Workout with Monica Breakfast at Tiffanys movie April Birthday's Party Paul & Mona	AR AR AR AR AR AR	9:30a 11:00a 1:00p 2:00p 3:00p	Devotions with Spiritual Highway Sweating to the Oldies Town Hall Wellness U Centerwell Talk Name that Character	AR AR AR AR AR AR	9:30a 11:00a 2:00p 3:00p 4:00p	Gospel Hymns & Singalong Mover & Groovers Walking Club front porch sitting Cranium Cruches Adult Coloring	AR BP FPO AR AR		
07		08		09		10		11		12		13									
9:30a 11:00a BP 2:00p 3:00p		Coffee & Devotions Mover & Groovers Walking Club Temple Baptist Church Service Front Porch Sitting	AR AR AR FPO	9:00a 9:30a 10:00a 11:00a 1:00p 2:00p 3:00p	Spirit Week** Pajama Day Clear Springs Baptist Church Exercise with Monica Personalized Sleep Masks Steve Carr Performance Silver Screen BINGO	AR AR AR AR AR AR	10:00a 11:00a 1:00p 2:00p 3:00p 6:00p	Tea Party Tuesday Dress Daily Devotionals Exercise with Monica Spiritual Highway Tea Party Tuesday Silver Screen BINGO BASH Game Night with Susie	AR AR AR AR AR AR	9:00a 10:00a 11:00a 2:00p 3:00p 3:30p 4:00p	World Class Wednesday Health Checks by Centerwell Workout with Monica Moves & Groovers walking club Lucky Dip Game Game Shows & popcorn	AR AR AR CY AR AR	9:00a 10:00a 11:00a 2:00p 3:00p 3:30p 4:00p	Throwback Thursday Daily Devotionals Workout with Monica Front Porch Sitting Cornhole Practice Family feud Paul & Mona	AR AR FPO AR AR AR	9:00a 10:00a 11:00a 1:30p 2:30p Party 3:30p	Freaky Friday Devotions & Old Time Hymns Sweating to the Oldies Lounging & Lemonade Welcome to American House Ice Cream Sundae Bar	AR AR AR FPO AR AR	9:30a 11:00a BP 2:00p 3:00p 4:00p	Gospel Hymns & Singalong Mover & Groovers Walking Club Mindful Meditations Cranium Cruches Adult Coloring	AR AR BP AR AR AR
14		15	TAX DAY BOSTON MARATHON	16		17		18		19		20									
9:30a 11:00a BP 1:00p 2:00p 3:00p		Coffee & Devotions Mover & Groovers Walking Club Practice Cornhole Temple Baptist Church Service Game Shows	AR AR AR AR AR	10:00a 11:00a 1:00p 1:30p 3:00p	Clear Springs Baptist Church Exercise with Monica Back Patio Sitting Working in the Garden Day Silver Screen BINGO	AR AR CY CY AR	10:00a 11:00a 1:00p 2:00p 3:00p 6:00p	Daily Devotionals Exercise with Monica Making Fresh Lemonade & Art Classic Cinema Word Game Silver Screen BINGO Manicures with Susie	AR AR AR AR AR AR	9:00a 10:00a 11:00a 1:30p 2:00p 3:00p 4:00p 5:00p	Jacks Birthday Daily Devotionals Workout with Monica Nature Relaxation Super BINGO hosted by Farm Bureau National Pinata Day Paul & Mona Breakfast at Tiffany's Family	AR AR AR CY DR AR AR	10:00a 11:00a 1:00p 2:00p 3:30p	Devotions & Coffee w/Doughnuts Sweating to the Oldies National Hanging out Day Classic Cinema Social The Great Gatsby	AR AR FPO AR AR	9:30a 11:00a BP 2:00p 3:00p 4:00p	Gospel Hymns & Singalong Mover & Groovers Walking Club Front Porch Sitting Cranium Cruches Adult Coloring	AR AR BP FPO AR AR			
21		22	EARTH DAY PASSOVER BEGINS	23		24	ADMINISTRATIVE PROFESSIONALS DAY	25		26	ARBOR DAY	27									
10:00a 11:00a BP 1:00p 2:00p 3:00p		Coffee & Devotions Mover & Groovers Walking Club Bird Watching Temple Baptist Church Service Game Shows & popcorn	AR AR CY AR AR	9:00a 10:00a 11:00a 1:30p 2:00p 3:00p	National Jelly Bean Day Clear Springs Baptist Church Exercise with Monica National picnic day Picnic outside on the patio Silver Screen BINGO	AR AR AR SP CY AR	10:00a 11:00a 1:00p 1:30p 3:00p 6:00p	Daily Devotionals Exercise with Monica Cornhole practice Working in our garden Silver Screen BINGO Game Night with Susie	AR AR AR CY AR AR	10:00a 11:00a 1:00p FPO 1:30p 2:30p 4:00p	Daily Devotionals Chair Yoga w/Monica Relax & Re-set on the Front Porch LUEY Lucky Dip Game Classic Cinema Bash Paul & Mona	AR AR AR FPO AR AR AR	10:00a 11:00a 1:30p 2:30p 3:30p	Devotions & Old Time Hymns Sweating to the Oldies Classic Cinema Trivia Classic Cinema Games Great Gatsby Party	AR AR AR AR AR	9:30a 11:00a BP 2:00p 3:00p 4:00p	Gospel Hymns & Singalong Mover & Groovers Walking Club Relax & Re-set on the Front poorch Cranium Cruches Adult Coloring	AR AR BP FPO AR AR			
28		29		30	PASSOVER ENDS	BIRTHDAYS															
9:30a 11:00a BP 2:00p 3:00p 4:00p		Coffee & Devotions Mover & Groovers Walking Club Temple Baptist Church Service Family Feud Adult Coloring & Crosswords	AR AR AR AR AR	10:00a 11:00a 1:00p 2:00p 3:00p	Clear Springs Baptist Church Exercise with Monica Working in the Garden Day National International Dance Day Silver Screen BINGO	AR AR AR AR AR	9:00a 10:00a 11:00a 1:00p 2:00p 3:00p	Doris W Birthday Daily Devotionals Exercise with Monica Classic Cinema Movie & popcorn LUEY Pizza Party Silver Screen BINGO	AR AR AR AR AR AR												

All activities subject to change.