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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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**American
House** 
SENIOR LIVING COMMUNITIES

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.

 FOLLOW US ON FACEBOOK

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

HENDERSONVILLE

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!

- BREAKFAST AT TIFFANY'S
- COOKING DEMO (TIFFANY'S)
- TIFFANY'S FUN & GAMES
- TIFFANY'S ART & DESIGN
- TIFFANY'S BRAIN MATTER
- TIFFANY'S MOVIE NIGHT
- SCENIC BUS RIDE

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!

 **LIVING WELL
IS BEING WELL.**
American House Senior Living Communities

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April 2024

LOCATION KEY

AR Activity Room	LO Lobby	MCL Memory Care Living Room
AL Assisted Living	LIB Library	OUT Outing
ALD AL Dining	LR Living Room	O Outside
CY Courtyard	MC Memory Care	PRM Piano Room
DR Dining Room	MCA Memory Care Activity Room	PO Porch
HAL Hallway	MCD Memory Care Dining Room	APT Your Apartment

01 APRIL FOOLS' DAY 02 03 04 05 06



9:00a MEDITATION PRM 11:00a DAILEY CHRONICLES PRM 1:00p SODUKO AR 2:00p CANVAS PAINTING AR 3:00p SEWING CLASS AR	9:00a BIBLE STUDY PRM 10:00a TRIVIA PRM 11:00a WII GAMES PRM 1:00p BACKGAMMON GAME AR 2:30p NAIL AND HAND SPA AR	10:00a BEAN BAG TOSS PRM 12:30p BANANA GRAMS AR 2:00p TEA SOCIAL AR 2:30p MATH PROBLEMS AR 3:30p COLORAMA AR	9:00a KICKBALL (EXERCISE) PRM 10:00a BALLOON TOSS PRM 11:00a JACK GAME AR 1:00p BREAKFAST AT TIFFANY'S TRIVIA AR 3:00p UNSCRABLE WORDS AR	9:00a EXERCISE WITH WTS PRM 10:00a PRICE IS RIGHT APT 1:00p TIC TAC TOE AR 2:00p NEW RESIDENT EVENT PRM 3:30p PUZZLES AR	9:00a NU-STEP PRM 10:30a TABLE GAMES PRM 1:00p UNO CARD GAME AR 2:30p WORD SEARCH APT 3:00p Bingo AR 5:30p MOVIE NIGHT APT
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07 08 09 10 11 12 13

10:30a VIRTUAL CHURCH CBS 5 APT 11:00a Shake loose a memory AR 1:00p BEAN BAG TOSS AR 2:00p Word search APT 3:00p Hallmark movies APT	9:00a MEDITATION PRM 11:00a DAILEY CHRONICLES PRM 1:00p SODUKO AR 2:00p CANVAS PAINTING AR 3:00p SEWING CLASS AR	9:00a BIBLE STUDY PRM 10:00a TRIVIA PRM 11:00a WII GAMES PRM 1:00p BACKGAMMON GAME AR 2:30p NAIL AND HAND SPA AR	9:00a BINGO AR 10:00a BEAN BAG TOSS PRM 12:30p BANANA GRAMS AR 2:00p BADMINTON GAME AR 3:30p COLORAMA AR	9:00a BINGO AR 10:00a PENCIL COLOR AR 1:00p NAME THAT TUNE AR 2:00p COOKING DEMO (TIFFANY'S BRUNCH) ALD 3:30p SIP AND PAINT AR	9:00a BIBLE STUDY PRM 10:00a GOSEL MUSIC WITH WANDA AR 12:30p CROSSWORD PUZZLE AR 2:00p SPINTOPIA PRM 3:30p SPADE CARD GAME AR	9:00a NU-STEP PRM 10:30a TABLE GAMES PRM 1:00p UNO CARD GAME AR 2:30p WORD SEARCH APT 3:00p Bingo AR 5:30p MOVIE NIGHT APT
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14 15 TAX DAY | BOSTON MARATHON 16 17 18 19 20

10:30a VIRTUAL CHURCH CBS 5 APT 11:00a Shake loose a memory AR 1:00p BEAN BAG TOSS AR 2:00p Word search APT 3:00p Hallmark movies APT	9:00a MEDITATION PRM 11:00a DAILEY CHRONICLES PRM 1:00p SODUKO AR 2:00p CANVAS PAINTING AR 3:00p SEWING CLASS AR	9:00a BIBLE STUDY PRM 10:00a TRIVIA PRM 11:00a WII GAMES PRM 1:00p BACKGAMMON GAME AR 2:30p NAIL AND HAND SPA AR	10:00a BEAN BAG TOSS PRM 11:00a FARKLE DICE GAME AR 12:30p BANANA GRAMS AR 2:00p SINGFIT PRM 3:30p COLORAMA AR	9:00a JAZZERCISE PRM 10:00a TIFFANY'S ART & DESIGN AR 12:30p RESIDENT TOWN HALL AR 2:00p MONOPOLY GAME AR 5:00p MAIN EVENT (BREAKFAST AT TIFFANY'S BRUNCH) LO	9:00a BIBLE STUDY PRM 10:30a ROOK CARD GAME PRM 1:00p QUILTING AR 2:00p COKE AND A SMILE AR 3:30p TROUBLE GAME AR	9:00a NU-STEP PRM 10:30a TABLE GAMES PRM 1:00p UNO CARD GAME AR 2:30p WORD SEARCH APT 3:00p Bingo AR 5:30p MOVIE NIGHT APT
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21 22 EARTH DAY | PASSOVER BEGINS 23 24 ADMINISTRATIVE PROFESSIONALS DAY 25 26 ARBOR DAY 27

10:30a VIRTUAL CHURCH CBS 5 APT 11:00a Shake loose a memory AR 1:00p BEAN BAG TOSS AR 2:00p Word search APT 3:00p Hallmark movies APT	9:00a MEDITATION PRM 11:00a DAILEY CHRONICLES PRM 1:00p SODUKO AR 2:00p CANVAS PAINTING AR 3:00p SEWING CLASS AR	9:00a BIBLE STUDY PRM 10:00a TRIVIA PRM 11:00a WII GAMES PRM 1:00p BACKGAMMON GAME AR 2:30p NAIL AND HAND SPA AR	9:00a BINGO AR 10:00a BEAN BAG TOSS PRM 12:30p BANANA GRAMS AR 2:00p RESIDENT BIRTHDAY EVENT PRM 3:30p COLORAMA AR	9:00a COFFEE AND NEWS PRM 10:00a WORDLE (BRAIN) AR 1:00p ROCK PAINTING AR 2:00p JIGSAW PUZZLES AR 3:00p BRAIN FITNESS PRM	9:00a NU-STEP 10 MIN PRM 10:00a THE PRICE IS RIGHT PRM 12:30p CARD GAME AR 2:00p LET'S MAKE A DEAL PRM 3:30p CROSSWORD PUZZLE APT	9:00a NU-STEP PRM 10:30a TABLE GAMES PRM 1:00p UNO CARD GAME AR 2:30p WORD SEARCH APT 3:00p Bingo AR 5:30p MOVIE NIGHT APT
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28 29 30 PASSOVER ENDS BIRTHDAYS

10:30a VIRTUAL CHURCH CBS 5 APT 11:00a Shake loose a memory AR 1:00p BEAN BAG TOSS AR 2:00p Word search APT 3:00p Hallmark movies APT	9:00a MEDITATION PRM 11:00a DAILEY CHRONICLES PRM 1:00p SODUKO AR 2:00p CANVAS PAINTING AR 3:00p SEWING CLASS AR	9:00a BIBLE STUDY PRM 10:00a TRIVIA PRM 11:00a WII GAMES PRM 1:00p BACKGAMMON GAME AR 2:30p NAIL AND HAND SPA AR			Birthdays: Bonnie T 4/01	
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All activities subject to change.