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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.

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LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

JOHNSON CITY

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!

- Entertainment Weekly
- Art Classes with Ken
- Walmart Outing
- Lunch Outing
- Bible Study with Paul
- Sunday Church Services
- Family Night April 17 5-7
- Monthly Birthday Party
- Movies and Popcorn
- Brain Matters

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

April 2024



LOCATION KEY

- AR Activity Room
- CY Courtyard
- DR Dining Room
- FR Front Room
- HAL Hallway
- LIB Library
- LR Living Room
- LO Lobby
- MCA Memory Care Activity Room
- MCD Memory Care Dining Room
- OUT Outing

01 APRIL FOOLS' DAY **02** **03** **04** **05** **06**

	9:30a Daily Chronicles & Coffee AR 10:00a Daily Devotion's AR 10:30a Scrabble Words AR 11:00a Chair Exercise AR 1:30p Manicures AR 2:30p Bingo & Prizes AR	9:30a Daily Chronicles & Coffee AR 10:30a Bible Study with Paul AR 10:30a Word Search Puzzles AR 11:00a Walling Club HAL 11:00a Walking Club HAL 2:00p Ken with Art Class AR 3:00p Brain Matters AR 4:00p Singing with Brenda LO	9:30a Coffee & News Packet AR 11:00a Lunch Outing OUT 11:00a Walking Club HAL 1:30p Movie Star Trivia AR 2:00p Star of the Month AR 2:30p Mexican Dominoes AR	9:30a Hot Chocolate & Daily Chronicles AR 10:00a Daily Devotions AR 10:30a Word Search Puzzles AR 11:00a Chair Exercise AR 1:30p Stress Awareness Month AR 2:30p Bingo & Prizes AR	9:30a Daily Chronicles & Coffee AR 9:30a Daily Devotions AR 10:30a TV Games AR 11:00a Yogi AR 1:30p Movie Star Trivia AR 2:30p Classic Cinema Movie & Popcorn AR	9:30a News Views AR 10:30a Walking Club AR 11:30a Reminiscing LR 1:30p Hallmark Movie AR 2:30p Times Table Bingo AR
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07 **08** **09** **10** **11** **12** **13**

10:00a Daily Devotions AR 11:00a Church Services LO 1:30p Reminiscing LO 3:00p Movie Matinee LO 3:00p Evening Card Game AR 6:00p Checkers and Dominos Games AR	7:30a Special Breakfast DR 9:30a Daily Chronicles & Coffee AR 10:00a Daily Devotions AR 10:30a Word Search Puzzles AR 11:00a Resident Counsel AR 2:00p Singing with Roy Bennett LO 2:30p Bingo & Prizes AR	9:30a Daily Chronicles & Coffee AR 10:30a Bible Study with Paul AR 10:30a Word Search Puzzles AR 11:00a Walking Club HAL 1:30p Singing with Curt LO 2:00p Art Class with Ken AR 3:00p Brain Matters AR	9:30a Walmart Shopping OUT 9:30a Coffee & News Packet AR 10:00a Daily Devotions AR 11:00a Walking Club HAL 1:30p Macaroon AR 2:30p TV Games AR	9:30a Daily Devotions AR 9:30a Hot Chocolate & Daily Chronicles AR 10:30a April Table Tidbits AR 11:00a Walking club HAL 2:00p Musical Voices LO 3:00p Bingo with Katelin AR	9:30a Daily Chronicles & Coffee AR 9:30a Daily Devotions AR 10:30a TV Games AR 11:00a Yogi AR 1:30p Garden Month Flowers AR 2:30p Ice Cream Social AR	9:30a News Views AR 10:30a Walking Club AR 11:30a Reminiscing LR 1:30p Hallmark Movie AR 2:30p Times Table Bingo AR
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14 **15 TAX DAY | BOSTON MARATHON** **16** **17** **18** **19** **20**

11:00a Church Services LO 1:30p Reminiscing LO 3:00p Movie Matinee LO 3:00p Evening Card Game AR 6:00p Checkers and Dominos Games AR	9:30a Daily Chronicles & Coffee AR 10:00a Daily Devotions AR 10:30a Word Search Puzzles AR 11:00a Chair Exercise AR 1:30p Manicures AR 2:30p Bingo & Prizes AR	9:30a Daily Chronicles & Coffee AR 10:30a Bible Study with Paul AR 10:30a Word Search Puzzles AR 11:00a Walking Club HAL 2:00p Ken with Art Class AR 3:00p Brain Matters AR	9:30a Coffee & News Packet AR 11:00a Walking Club HAL 11:00a Food Counsel with Ida AR 1:30p Times Table Bingo AR 5:00p Family Night DR 6:00p Family Night Entertainment LO	9:30a Hot Chocolate & Daily Chronicles AR 10:00a Daily Devotions AR 10:30a Story Telling with Judy AR 11:00a Walking Club HAL 1:30p Wheel of Fortune LO 2:30p Bingo & Prizes AR	9:30a Daily Chronicles & Coffee AR 9:30a Daily Devotions AR 10:30a TV Games AR 11:00a Yogi AR 1:30p Uno Game AR 3:00p Yahtzee Game AR	9:30a News Views AR 10:30a Walking Club AR 11:30a Reminiscing LR 1:30p Hallmark Movie AR 1:30p Singing with Jessica LO
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21 **22 EARTH DAY | PASSOVER BEGINS** **23** **24 ADMINISTRATIVE PROFESSIONALS DAY** **25** **26 ARBOR DAY** **27**

11:00a Church Services LO 1:30p Reminiscing LO 3:00p Movie Matinee LO 3:00p Evening Card Game AR 6:00p Checkers and Dominos Games AR	9:30a Daily Chronicles & Coffee AR 10:00a Daily Devotions AR 10:30a Scrabble Words AR 11:00a Chair Exercise AR 1:30p Manicures AR 2:30p Bingo & Prizes AR	9:30a Daily Chronicles & Coffee AR 10:30a Bible Study with Paul AR 10:30a Word Search Puzzles AR 11:00a Walking Club HAL 2:00p Ken with Art Class AR 3:00p Brain Matters AR	9:30a Walmart Shopping OUT 9:30a Coffee & News Packet AR 11:00a Walking Club AR 1:30p Monopoly Deal Game AR 2:30p Who What Where AR 3:00p Name That Tune AR	9:30a Hot Chocolate & Daily Chronicles AR 10:00a Daily Devotions AR 10:30a Word Scrabble Words AR 11:00a Chair Exercise AR 2:00p Singing with Judy & Ralph LO 2:30p Bingo & Prizes AR	9:30a Daily Chronicles & Coffee AR 9:30a Daily Devotions AR 10:30a Entertainment Sing Raymond LO 11:00a Walking club HAL 1:30p Wellness U AR 2:30p Monthly Birthday Party AR 3:30p Humor & Jokes AR	9:30a News Views AR 10:30a Walking Club AR 11:30a Reminiscing LR 1:30p Hallmark Movie AR 2:30p Times Table Bingo AR
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28 **29** **30 PASSOVER ENDS** **BIRTHDAYS**

11:00a Church Services LO 1:30p Reminiscing LO 3:00p Movie Matinee LO 3:00p Evening Card Game AR 6:00p Checkers and Dominos Games AR	9:30a Daily Chronicles & Coffee AR 10:00a Daily Devotions AR 10:30a Scrabble Words AR 11:00a Chair Exercise AR 1:30p Manicures AR 2:30p Bingo & Prizes AR	9:30a Daily Chronicles & Coffee AR 10:30a Bible Study with Paul AR 10:30a Word Search Puzzles AR 11:00a Walking Club HAL 2:00p Pine Brook Singers LO 3:00p Brain Matters AR		Peggy F. 4/6 Randolph A. 4/10 Floyd G. 4/18 Pritchard R. 4/27 Earl G. 4/28
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All activities subject to change.