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National Suicide Hotline
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Alzheimer's Association
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Institute of Aging Friendship Line
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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.

JACKSON

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 Brunch
- Lunch Bunch Outing
- Cooking Demo w/ Drew
- National Picnic Day
- Monthly Birthday Celebration
- Welcome New Residents
- Anniversary of McDonalds

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
- ALD AL Dining
- ALL AL Living Room
- BCY Back Courtyard
- CY Courtyard
- DR Dining Room
- D2D Door to Door
- FPO Front Porch
- LR Living Room
- MCA Memory Care Activity Room
- MCD Memory Care Dining Room
- MCL Memory Care Living Room
- OUT Outing
- S Salon

01			02			03			04			05			06					
			10:00a	April Fools Trivia	ALL	9:30a	Stretch and Tone	LR	9:30a	Workout Wednesday	LR	10:00a	Four "Trivia"	AR	9:30a	Friday Fitness	LR	9:30a	Saturday Stretch	LR
			1:00p	Movin' to the Music	LR	10:00a	ABCit	ALL	10:00a	News & Views	LR	1:00p	Art Class	AR	10:00a	News & Views	AR	10:00a	Spring Word Search	AR
			1:30p	Audio Recall Movie Blurbs	AR	1:00p	Singfit	AR	1:00p	Bingo	AR	2:00p	Stretch and Tone	LR	1:00p	Uno Cards	AR	2:00p	Sister Missionaries	AR
			2:30p	Social Hour	AR	2:30p	National PB&J Day	AR	2:00p	Ice Cream Sundaes	AR	2:30p	Get Your Groove on Day	AR	3:00p	Happy Hour	LR	3:00p	Social Hour	LR
			5:30p	Bingo w/ Ladies Ministry	AR	6:00p	Beverly Hillbillies	LR	5:30p	Scrabble Night	AR	5:30p	Name that tune	LR	3:30p	Music with Gavin	LR	5:30p	Lemonade and Songs w/ Staff	LR
07			08			09			10			11			12			13		
9:30a	Morning Walk	AR	8:00a	Special Breakfast	ALD	9:00a	Resident Town Hall	AR	9:30a	Workout Wednesday	LR	10:00a	Zumba	AR	9:30a	Friday Fitness	LR	9:30a	Saturday Stretch	LR
10:00a	The Word Church	AR	10:00a	Name that Character	AR	9:30a	Therapy Dog/Simon	LR	10:00a	News & Views	LR	10:30a	Hollywood Star Craft	AR	11:00a	Longhorn Steakhouse	OUT	10:00a	The Lighthouse Church	AR
2:00p	Bible Study/Mr.Emrich	AR	1:00p	Movin' to the Music	LR	10:00a	Tuesday Trivia	LR	1:00p	Bingo	AR	1:00p	Cooking Demo w/ Drew	AR	1:00p	Uno Cards	AR	2:00p	Sister Missionaries	AR
3:00p	Sunday Social	AR	2:00p	Singing/Ken Mallard	ALL	1:00p	Stretch and Tone	ALL	2:00p	Macaroon Pairing	AR	2:00p	Diner Themed Happy Hour	AR	2:00p	Ice Cream Sundaes	AR	3:00p	Social Hour	LR
5:30p	Porch Chat	CY	6:00p	College Bball Championship	AR	2:00p	Bingo Bash	AR	5:30p	Scrabble Night	AR	3:30p	Music with Gavin	LR	3:30p	Music with Gavin	LR	5:30p	Lemonade and Songs w/ Staff	LR
14			15 TAX DAY BOSTON MARATHON			16			17			18			19			20		
9:30a	Weekend Workout	AR	10:00a	Movin' to the Music	LR	9:30a	Stretch and Tone	LR	9:30a	Workout Wednesday	LR	10:00a	Donuts and Conversation	AR	9:30a	Friday Fitness	LR	9:30a	Saturday Stretch	LR
10:00a	West Jackson Baptist Church/TV	ALL	10:30a	#42 Day/Name 42 Baseball Players	AR	10:00a	Tuesday Trivia	LR	10:00a	News & Views	LR	10:30a	Crafty Corner	AR	10:00a	Are You Smarter Than?	AR	10:00a	Hollywood Diva Word Search	AR
2:00p	Bible Study/Mr.Emrich	AR	1:00p	Silver Screen Bingo	AR	1:00p	Singfit	AR	1:00p	Bingo	AR	1:00p	Stretch and Tone	LR	1:00p	Uno Cards	AR	2:00p	Sister Missionaries	AR
3:00p	Sunday Social	AR	2:00p	Wellness U	AR	2:30p	Social Hour	AR	2:30p	Coke Float Wed	AR	2:30p	Welcome New Residents	AR	3:00p	Happy Hour	LR	3:00p	Social Hour	LR
5:30p	Evening Walk	CY	5:30p	Breakfast at Tiffany's/ Movie Night	ALL	6:00p	Wheel of Fortune	LR	5:30p	Rummikub	AR	5:00p	Breakfast at Tiffany's/Family Night	ALD	3:30p	Music with Gavin	LR	5:30p	Lemonade and Songs w/ Staff	AR
21			22 EARTH DAY PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27		
9:30a	Weekend Workout	AR	10:00a	Movin' to the Music	LR	9:30a	Stretch and Tone	LR	9:30a	Workout Wednesday	LR	10:00a	My Fair Lady Derby Hats	LR	9:30a	Friday Fitness	LR	9:30a	Saturday Stretch	LR
10:00a	Love and Truth/TV	ALL	10:30a	Hollywood Movie Trivia	AR	10:00a	Tuesday Trivia	LR	10:00a	News & Views	LR	1:00p	Stretch and Tone	AR	10:00a	Jeopardy!	AR	10:00a	Famous Sisters Trivia	AR
2:00p	Bible Study/Mr.Emrich	AR	1:00p	Plant a Flower Day	CY	11:00a	National Picnic Day	OUT	1:00p	Bingo	AR	1:30p	5 Seconds	ALL	1:00p	Uno Cards	AR	2:00p	Sister Missionaries	AR
3:00p	Sunday Social	AR	2:30p	Social Hour	AR	2:00p	Drive in Movie	AR	2:30p	Pigs in a blanket social	AR	2:30p	Monthly Birthday Celebration	AR	3:00p	Happy Hour	LR	3:00p	Social Hour	LR
5:30p	Evening Walk	CY	5:30p	Adapting a Classic/Documentary	ALL	6:00p	Wheel of Fortune	LR	5:30p	Scrabble Night	AR	5:30p	Name that tune	LR	3:30p	Music with Gavin	LR	5:30p	Lemonade and Songs w/ Staff	AR
28			29			30 PASSOVER ENDS			BIRTHDAYS											
9:30a	Morning Walk	AR	10:00a	Mystery Auction w/ Ms. Darlene	AR	9:30a	Stretch and Tone	LR				Kristie W. 4/2		Patsy S. 4/18						
10:00a	Love & Truth/TV	ALL	1:00p	Movin' to the Music	LR	10:00a	Tuesday Trivia	LR				Chelsey P. 4/5		Mya S. 4/20						
2:00p	Bible Study/Mr.Emrich	AR	1:30p	Hangman	ALL	1:00p	Singfit	AR				Betty S. 4/11		Chasity W. 4/29						
3:00p	Sunday Social	AR	2:30p	Social Hour	AR	2:30p	Social Hour	AR				Judy C. 4/13								
5:30p	Blueberry Pie Day	ALD	5:30p	Green Thumb Scramble	AR	6:00p	Wheel of Fortune	LR				Ravien C. 4/13								
												Bill S. 4/18								

All activities subject to change.