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National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

Institute of Aging Friendship Line
1-800-971-0016

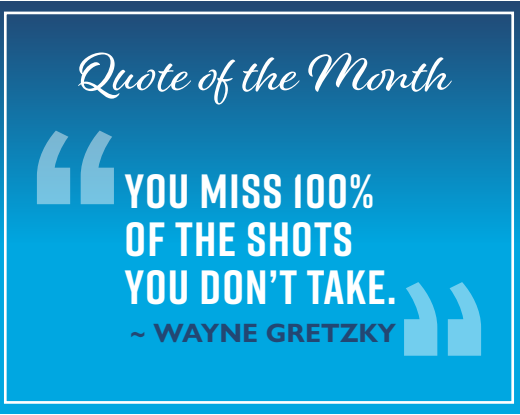
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TECH-SAVVY SENIORS AND EMOJIS

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.



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.

KEENE AMERICAN HOUSE KEENE

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!

- Common Man- 4/5
- Golden Karaoke -4/6
- Resident Spirit Week 4/8-4/12
- Alan Rumrill History- 4/16
- Family Night- 4/17
- KOTA Performance- 4/18
- Applebee's Outing- 4/19
- Nat. Movie Theatre Day-4/23
- Back to the Future Day- 4/24
- Ethan Stone -4/28

THE ORIGINS OF APRIL FOOLS’ DAY

March is behind us, and we can look forward to blooming flowers, and our garden club is starting up again. We will host our family night on April 17th and celebrate cinema classics throughout the month. Please remind your loved ones we would love for them to attend. Keep an eye out early this month for resident satisfaction surveys. We are hoping for a large response from you all. The full moon this month is on April 23rd and is known as the pink moon.



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SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div><div>April 2024</div><div></div></div>										LOCATION KEY			
										<div><div>4CM</div> 4th Floor Community Room</div>			
				<div><div>AR</div> Activity Room</div>				<div><div>PAT</div> Patio</div>					
				<div><div>B</div> Bistro</div>				<div><div>S</div> Salon</div>					
				<div><div>LIB</div> Library</div>				<div><div>THR</div> Theater</div>					
				<div><div>OUT</div> Outing</div>									

01		APRIL FOOLS' DAY		02		03		04		05		06	
<div></div>		9:30a Open Exercise B 10:00a Coffee & Chat B 10:30a Bag Toss Game B 1:30p Shopping Bus-Outing OUT 1:30p Board Games PAT 3:30p Social Hour B 6:30p BINGO! AR		9:30a Exercise with Maggie B 10:00a Coffee & Chat B 10:30a Balloon Volleyball Game B 2:00p Create-A-Word Game B 3:30p Social Hour B 7:00p Evening Movie THR		9:30a Exercise with Maggie B 10:00a Coffee & Chat B 10:30a Bag Toss Game B 1:30p Shopping Bus-Outing OUT 2:30p Crossword with Maggie B 3:30p Social Hour B 7:00p Evening Movie THR		9:30a Open Exercise B 10:00a Coffee & Chat B 10:00a Catholic Church Service 4CM 10:30a Balloon Volleyball Game B 10:30a Protestant Services THR 1:30p BINGO! AR 3:30p Social Hour B 7:00p Evening Movie THR		9:30a Exercise with Hilary B 10:00a Coffee & Chat B 10:30a Bag Toss Game B 1:30p Manicures with Carmen S 2:00p Matinee Movie THR 3:30p Social Hour B 7:00p Evening Movie THR		10:00a Golden Karaoke B 10:00a Jazz & Coffee B 10:00a Coffee & Chat B 1:30p BINGO! AR 2:00p Matinee Movie THR 3:30p Social Hour B 7:00p Evening Movie THR	
07		08		09		10		11		12		13	
10:30a Game B 2:00p Matinee Movie THR 2:00p Guest Musical Performance B 7:00p Evening Movie THR		9:30a Open Exercise B 10:00a Coffee & Chat B 10:30a Bag Toss Game B 1:30p Shopping Bus-Outing OUT 1:30p Board Games PAT 3:30p Social Hour B 6:30p BINGO! AR		9:30a Exercise with Maggie B 10:00a Coffee & Chat B 10:30a Balloon Volleyball Game B 2:00p Create-A-Word Game B 3:30p Social Hour B 7:00p Evening Movie THR		9:30a Exercise with Maggie B 10:00a Coffee & Chat B 10:30a Bag Toss Game B 1:30p Shopping Bus-Outing OUT 1:30p Attention! Game B 2:30p Crossword with Maggie B 3:30p Social Hour B 7:00p Evening Movie THR		9:30a Open Exercise B 10:00a Coffee & Chat B 10:00a Catholic Church Service 4CM 10:30a Balloon Volleyball Game B 10:30a Protestant Services THR 1:30p BINGO! AR 3:30p Social Hour B 7:00p Evening Movie THR		9:30a Exercise with Hilary B 10:00a Coffee & Chat B 10:30a Bag Toss Game B 1:30p Manicures with Carmen S 2:00p Matinee Movie THR 3:30p Social Hour B 7:00p Evening Movie THR		10:00a Jazz & Coffee B 10:00a Coffee & Chat B 1:30p BINGO! AR 2:00p Matinee Movie THR 3:30p Social Hour B 7:00p Evening Movie THR	
14		15 TAX DAY BOSTON MARATHON		16		17		18		19		20	
10:30a Big Team Trivia w/Eric B 2:00p Matinee Movie THR 2:00p Guest Musical Performance B 7:00p Evening Movie THR		9:30a Open Exercise B 10:00a Coffee & Chat B 10:30a Bag Toss Game B 1:30p Shopping Bus-Outing OUT 1:30p Board Games PAT 3:30p Social Hour B 6:30p BINGO! AR		9:30a Exercise with Maggie B 10:00a Coffee & Chat B 10:30a Balloon Volleyball Game B 2:00p Create-A-Word Game B 3:30p Social Hour B 7:00p Evening Movie THR		9:30a Exercise with Maggie B 10:00a Coffee & Chat B 10:30a Bag Toss Game B 1:30p Shopping Bus-Outing OUT 2:30p Crossword with Maggie B 3:30p Social Hour B 7:00p Evening Movie THR		9:30a Open Exercise B 10:00a Coffee & Chat B 10:00a Catholic Church Service 4CM 10:30a Balloon Volleyball Game B 10:30a Protestant Services THR 1:30p BINGO! AR 3:30p Social Hour B 7:00p Evening Movie THR		9:30a Exercise with Hilary B 10:00a Coffee & Chat B 10:30a Bag Toss Game B 1:30p Manicures with Carmen S 2:00p Matinee Movie THR 3:30p Social Hour B 7:00p Evening Movie THR		10:00a Jazz & Coffee B 10:00a Coffee & Chat B 10:30a MHS-Therapy Dogs B 1:30p BINGO! AR 2:00p Matinee Movie THR 3:30p Social Hour B 7:00p Evening Movie THR	
21		22 EARTH DAY PASSOVER BEGINS		23		24 ADMINISTRATIVE PROFESSIONALS DAY		25		26 ARBOR DAY		27	
10:30a Game B 2:00p Matinee Movie THR 2:00p Guest Musical Performance B 7:00p Evening Movie THR		9:30a Open Exercise B 10:00a Coffee & Chat B 10:30a Bag Toss Game B 1:30p Shopping Bus-Outing OUT 1:30p Board Games PAT 3:30p Social Hour B 6:30p BINGO! AR		9:30a Exercise with Maggie B 10:00a Coffee & Chat B 10:30a Balloon Volleyball Game B 2:00p Create-A-Word Game B 3:30p Social Hour B 7:00p Evening Movie THR		9:30a Exercise with Maggie B 10:00a Coffee & Chat B 10:30a Bag Toss Game B 1:30p Shopping Bus-Outing OUT 1:30p Attention! Game B 2:30p Crossword with Maggie B 3:30p Social Hour B 7:00p Evening Movie THR		9:30a Open Exercise B 10:00a Coffee & Chat B 10:00a Catholic Church Service 4CM 10:30a Balloon Volleyball Game B 10:30a Protestant Services THR 1:30p BINGO! AR 3:30p Social Hour B 7:00p Evening Movie THR		9:30a Exercise with Hilary B 10:00a Coffee & Chat B 10:30a Bag Toss Game B 1:30p Manicures with Carmen S 2:00p Matinee Movie THR 3:30p Social Hour B 7:00p Evening Movie THR		10:00a Jazz & Coffee B 10:00a Coffee & Chat B 1:30p BINGO! AR 2:00p Matinee Movie THR 3:30p Social Hour B 7:00p Evening Movie THR	
28		29		30 PASSOVER ENDS		<div></div>		BIRTHDAYS					
2:00p Matinee Movie THR 2:00p Guest Musical Performance B 7:00p Evening Movie THR		9:30a Open Exercise B 10:00a Coffee & Chat B 10:30a Bag Toss Game B 1:30p Shopping Bus-Outing OUT 1:30p Board Games PAT 3:30p Social Hour B 6:30p BINGO! AR		9:30a Exercise with Maggie B 10:00a Coffee & Chat B 10:30a Balloon Volleyball Game B 2:00p Create-A-Word Game B 3:30p Social Hour B 7:00p Evening Movie THR									

All activities subject to change.