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National Suicide Hotline
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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.

LIVONIA

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!

- Happy Hour Fridays @2pm
- Rosary & Mass 4/3 @1:30pm
- Garden Club 4/4 @2:30pm
- EGGSquite Breakfast 4/8 @ 8am
- Bingo Bash 4/9 @2:30pm
- Macarron & Coffee 4/10 @ 2:30
- Ice Cream Sundae Bar 4/11 2:30
- Happy Hour @Diner 4/12 @2:00pm
- Art For All Ages 4/12 @10am
- Family Night Event 4/17 @ 5:00

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														
												CAF Café DR Dining Room LO Lobby MT The Medical Team			OUT Outing O Outside APT Your Apartment											
			01	APRIL FOOLS' DAY			02				03				04				05				06			
			10:00a 10:30a 11:00a 1:30p 2:00p 3:30p 6:00p	Balloon Volleyball Coffee Club LUEY:Word Search Walking Club Current Events Book Club Evening Movie	LO DR DR O DR DR CAF	10:00a 10:30a 11:30a 1:30p 2:30p 3:30p 6:00p	Balloon Volleyball Coffee Club Golden Palace Buffet Walking Club Bingo Name 5 Board Games	LO DR OUT O DR DR CAF	10:00a 10:30a 1:30p 1:30p 2:00p 2:00p 3:30p 6:00p	Coffee Club Engaged Senior Rosary Walking Club Mass Evening Movie	CAF CAF DR O DR DR CAF	10:00a 10:00a 10:30a 2:00p 2:30p 3:30p 6:00p	BP Checks Balloon Volleyball Coffee Club Fresh Air Ride Garden Club Current Events Card Games	CAF LO DR OUT DR DR CAF	10:00a 10:30a 1:30p 2:00p 2:00p 3:30p 6:00p	Exercise w/Kaylin Coffee Club Walking Club New Resident Happy Hour Book Club Evening Movie	LO DR O DR DR DR CAF	9:30a 10:00a 10:30a 3:00p 6:00p	Meditation Time Walking Club News & Views Board Games Let's Talk	APT O CAF CAF LO						
07			08				09				10				11				12				13			
9:30a 10:30a 2:00p 3:00p 3:30p 6:30p			Meditation Time Coffee & Chat Bingo Communion Service Let's Talk Card Games	APT CAF DR LO LO CAF	8:00a 10:00a 10:00a 10:30a 1:30p 2:00p 6:00p	Simply EGGsquisite Breakfast Sing-A-Long w/Sara Coffee Club Walking Club Happy Hour Evening Movie	DR DR DR O DR CAF	10:00a 10:00a 10:30a 1:30p 2:30p 3:30p 6:00p	Walmart Shopping Balloon Volleyball Coffee Club Walking Club Bingo Bash Name 5 Board Games	OUT LO DR O DR DR CAF	10:00a 10:30a 1:30p 2:00p 2:00p 3:30p 6:00p	Coffee Club Engaged Senior Walking Club Macaroons & Coffee Happy Hour Book Club Evening Movie	CAF CAF O DR DR CAF	10:00a 10:00a 10:30a 1:30p 2:30p 3:30p 6:00p	BP Checks Wellness U Coffee Club Walking Club Ice Cream Sundae Bar Current Events Card Games	CAF DR DR O DR DR CAF	10:00a 10:30a 11:00a 1:30p 2:00p 3:30p 6:00p	Exercise w/Kaylin Coffee Club Music Conversation Walking Club Meet Me At The Diner Happy Hour Let's Talk Evening Movie	LO DR DR O DR DR CAF	9:30a 10:00a 10:30a 3:00p 6:00p	Meditation Time Walking Club News & Views Board Games Let's Talk	APT O CAF CAF LO				
14			15	TAX DAY BOSTON MARATHON			16				17				18				19				20			
9:30a 10:30a 2:00p 2:00p 3:00p 3:30p 6:30p			Meditation Time Coffee & Chat Bingo Happy Hour Communion Service Let's Talk Card Games	APT CAF DR DR LO LO CAF	10:00a 10:30a 11:00a 1:30p 2:00p 3:30p 6:00p	Balloon Volleyball Coffee Club LUEY: Word Search Walking Club Resident Birthday Celebration Book Club Evening Movie	LO DR DR O DR DR CAF	10:00a 10:30a 1:30p 2:00p 3:30p 6:00p	Coffee Club Music Therapy Walking Club Resident Meeting Name 5 Board Games	DR CAF O DR DR CAF	10:00a 10:30a 1:30p 2:00p 5:00p	Coffee Club Engaged Senior Walking Club Bingo Family Night "Breakfast at Tiffany's Brunch"	CAF CAF O DR DR	10:00a 10:00a 10:30a 1:30p 2:00p 3:30p 5:45p 6:00p	BP Checks Balloon Volleyball Coffee Club Walking Club Fresh Air Ride Current Events Amada Senior Care Event Card Games	CAF LO DR O OUT DR LO CAF	10:00a 10:00a 1:30p 2:00p 3:30p 6:00p	Art For All Ages Exercise w/Kaylin Walking Club Happy Hour Book Club Evening Movie	DR LO O DR DR CAF	9:30a 10:00a 10:30a 3:00p 6:00p	Meditation Time Walking Club News & Views Board Games Let's Talk	APT O CAF CAF LO				
21			22	EARTH DAY PASSOVER BEGINS			23				24	ADMINISTRATIVE PROFESSIONALS DAY			25				26	ARBOR DAY			27			
9:00a 9:30a 10:30a 2:00p 3:00p 3:30p 6:30p			Massages w/ Alan Meditation Time Coffee & Chat Bingo Communion Service Let's Talk Card Games	CAF APT CAF DR LO LO CAF	10:00a 10:30a 11:00a 1:30p 2:00p 3:30p 6:00p	Balloon Volleyball Coffee Club LUEY: Word Search Walking Club Happy Hour Book Club Evening Movie	LO DR DR O DR DR CAF	10:00a 10:30a 11:30a 1:30p 2:00p 3:30p 6:00p	Balloon Volleyball Coffee Club Famous Dave's Walking Club Bingo Name 5 Board Games	LO DR OUT O DR DR CAF	10:00a 10:30a 1:30p 2:00p 3:30p 6:00p	Coffee Club Engaged Senior Walking Club Food Committee Meeting Book Club Evening Movie	CAF CAF O DR DR CAF	10:00a 10:00a 10:00a 10:30a 1:30p 2:00p 3:30p 6:00p	Michael's Craft Store BP Checks Balloon Volleyball Coffee Club Walking Club Cooking Demo Current Events Card Games	OUT CAF LO DR O DR DR CAF	9:30a 10:00a 10:30a 1:30p 2:00p 3:30p 6:00p	MGM Casino Exercise w/Kaylin Coffee Club Walking Club Happy Hour Let's Talk Evening Movie	OUT LO DR O DR LO CAF	9:30a 10:00a 10:30a 3:00p 6:00p	Meditation Time Walking Club News & Views Board Games Let's Talk	APT O CAF CAF LO				
28			29				30	PASSOVER ENDS			BIRTHDAYS															
9:30a 10:30a 2:00p 3:00p 3:30p 6:30p			Meditation Time Coffee & Chat Bingo Communion Service Let's Talk Card Games	APT CAF DR LO LO CAF	10:00a 10:30a 11:00a 1:30p 2:00p 3:30p 6:00p	Balloon Volleyball Coffee Club LUEY: Word Search Walking Club Happy Hour Book Club Evening Movie	LO DR DR O DR DR CAF	10:00a 10:30a 1:30p 3:30p 6:00p	Balloon Volleyball Coffee Club Walking Club Name 5 Board Games	LO DR O DR CAF				Thomas H. 410 Eva K. 4/11 Gail D. 4/18 Barbara L. 4/24 Mary C. 4/24 Margaret B. 4/27									Lena D. 4/28			

All activities subject to change.