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Alzheimers Association
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Institute of Aging Friendship Line
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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.

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LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

MURFREESBORO ASSISTED LIVING

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.

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!



APRIL 2024 EVENTS!

- Live Music Thursday's at 3pm
- Beauty Shop open on Tuesday's
- Weekly Bus Outings
- Cooking Demo
- Art & Design
- Family Night
- Fun & Games
- Resident Spirit Week

 **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
 DR Dining Room OUT Outing
 F Foyer S Salon
 LIB Library

01	APRIL FOOLS' DAY	02	03	04	05	06
	10:00a Bus Outing! Wal-Mart OUT 10:30a Trivia-April IQ AR 1:30p Walk this Weigh! AR 2:00p Bingo S 3:00p Nail Care	10:00a Welcome to April AR 10:30a What Am I? AR 11:00a Garden Club AR 2:00p Spelling COIN COLLECTION AR 2:30p Pastor Jim LO	10:00a Sunshine, Lollipops and Rainbows AR 10:30a Superman Strength AR 11:00a Language of Fans AR 1:00p Chapel Service LIB 2:00p Bingo AR	10:00a Gospel Gal F 11:00a Get Your Groove On! AR 2:00p The Benefits of Dance Discussion AR 2:30p The Beatles Take Over AR 3:00p Happy Hour with music provided by Music For Seniors LO	10:00a Classic Cinema: Movie Poster Memory Game AR 10:30a Seated Yoga AR 11:00a Classic Cinema Book Club AR 2:00p Bingo AR 3:00p Word Peck AR	10:00a News & Coffee 11:00a Walk With Me! 2:00p Puzzling Times 4:00p Word Search & Crossword Challenge 5:00p ChitChat
07	08	09	10	11	12	13
10:00a News & Coffee 11:00a Walk With Me! 2:00p Puzzling Times 4:00p Word Search & Crossword Challenge 5:00p ChitChat	7:30a Spirit Week: Great Eggspectations Breakfast DR 10:00a Bus Outing! Wal-Mart OUT 10:30a Trivia AR 1:30p Walk this Weigh! AR 2:00p Bingo S 3:00p Nail Care	10:30a KITES Categories AR 11:00a Garden Club AR 2:00p Classic Cinema: Name That Character AR 2:30p Pastor Jim LO 3:00p Spirit Week: Feedback Fiesta Bingo Bash! AR	10:00a Famous Sisters Word Watch AR 10:30a Superman Strength AR 1:00p Chapel Service LIB 2:00p Classic Cinema: Silver Screen Bingo AR 3:00p Spirit Week: Pairings & Perspectives AR	10:00a Gospel Gal F 11:00a Country Store AR 2:00p Fire Safety Discussion AR 2:30p Kitchen Staples AR 3:00p Spirit Week: Diners & Drive-In Happy Hour with Music For Seniors LO	10:00a Bus Outing! Scenic Drive OUT 10:30a Seated Yoga AR 11:00a Classic Cinema Book Club AR 2:00p Bingo AR 3:00p Spirit Week: Cherry On Top Sundae Bar AR	10:00a News & Coffee 11:00a Walk With Me! 2:00p Puzzling Times 4:00p Word Search & Crossword Challenge 5:00p ChitChat
14	15 TAX DAY BOSTON MARATHON	16	17	18	19	20
10:00a News & Coffee 11:00a Walk With Me! 2:00p Puzzling Times 4:00p Word Search & Crossword Challenge 5:00p ChitChat	10:00a Bus Outing! Wal-Mart OUT 10:30a Trivia-Mixed up Titanic AR 1:30p Walk this Weigh! AR 2:00p Bingo S 3:00p Nail Care	10:00a Mindful Meditation AR 10:30a Orchid Trivia AR 11:00a Garden Club AR 2:00p Classic Cinema: Red Carpet Fashion Show AR 2:30p Pastor Jim LO	10:00a Superman Strength AR 10:30a Wellness U! AR 1:00p Chapel Service LIB 4:30p A Warm Welcome Social AR 5:00p Family Night: Breakfast At Tiffany's Brunch DR	10:00a Gospel Gal F 11:00a Who Am I? AR 2:00p <u>Mixed-Up Astronomy</u> AR 2:30p Loretta Lynn Reminiscing AR 3:00p Happy Hour with music provided by Music For Seniors LO	10:30a Seated Yoga AR 11:00a Classic Cinema Book Club AR 1:30p Classic Cinema: Cooking Demo AR 2:00p Bingo AR 3:00p Passport AR	10:00a News & Coffee 11:00a Walk With Me! 2:00p Puzzling Times 4:00p Word Search & Crossword Challenge 5:00p ChitChat
21	22 EARTH DAY PASSOVER BEGINS	23	24 ADMINISTRATIVE PROFESSIONALS DAY	25	26 ARBOR DAY	27
10:00a News & Coffee 11:00a Walk With Me! 2:00p Puzzling Times 4:00p Word Search & Crossword Challenge 5:00p ChitChat	10:00a Bus Outing! Wal-Mart OUT 10:30a Trivia-Hollywood Divas AR 1:30p Walk this Weigh! AR 2:00p Bingo S 3:00p Nail Care	10:00a "Heartbreak Hotel" Day AR 10:30a Great White Shark Word Mining AR 11:00a Garden Club AR 2:00p French Bulldogs AR 2:30p Pastor Jim LO	10:00a Administrative Professionals Day AR 10:30a Superman Strength AR 1:00p Chapel Service LIB 2:00p Birthday Bingo AR 3:00p Town Hall AR	10:00a Gospel Gal F 11:00a Country Store AR 2:00p Classic Cinema: Hollywood Star Craft AR 2:30p Cool Antarctica AR 3:00p Happy Hour with music provided by Tony Zain LO	10:00a Bus Outing! Scenic Drive OUT 10:30a Seated Yoga AR 11:00a Classic Cinema Book Club AR 2:00p Bingo AR 3:00p Match AR	10:00a News & Coffee 11:00a Walk With Me! 2:00p Puzzling Times 4:00p Word Search & Crossword Challenge 5:00p ChitChat
28	29	30 PASSOVER ENDS	BIRTHDAYS			
10:00a News & Coffee 11:00a Walk With Me! 2:00p Puzzling Times 4:00p Word Search & Crossword Challenge 5:00p ChitChat	10:00a Bus Outing! Wal-Mart OUT 10:30a Trivia-Spring Fever AR 1:30p Walk this Weigh! AR 2:00p Bingo S 3:00p Nail Care	10:00a Classic Cinema: Audio Recall Movie Blurbs AR 10:30a The Joy of Birds AR 11:00a Garden Club AR 2:00p Hairstyle History AR 2:30p Pastor Jim LO				

All activities subject to change.