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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.

LIVING WELL  
INSPIRING A HAPPIER, HEALTHIER YOU.

MACEDONIA 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.



APRIL 2024 EVENTS!

- Boggle & Garden Club Weekly!
- Tom Adams LIVE
- Team Bean Bag Toss
- Happy Hour w/ Dan Elish LIVE
- Music w/ Marlynda
- AH Auction
- Crafting Corner w/ Lauren
- Tap Class w/ Robin
- Monthly Birthday Party
- Scenic Trip- CVNP

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> </div>					<div>LOCATION KEY</div> <div> <div> 2FA 2<sup>nd</sup> Floor Activity Room  3FA 3<sup>rd</sup> Floor Activity Room  3BL 3<sup>rd</sup> Floor Billiards  B Bistro  BR Billiards Room  DR Dining Room  LIB Library </div> <div> LO Lobby  MC Memory Care  MCA Memory Care Activity Room  MCL Memory Care Living Room </div> <div> OUT Outing  PAT Patio  PUB Pub  SUR Sign Up Required Theater  THR </div> </div>	
	01	02	03	04	05	06
	10:45a Balloon Volleyball! <b>THR</b> 11:00a Coffee & Chronicles <b>B</b> 1:00p Practical Jokes Mining <b>B</b> 2:00p <b>Bingo!</b> <b>DR</b> 3:30p Pranks and Pranksters <b>DR</b> 5:30p Bistro Brain Teasers <b>B</b>	11:00a Coffee & Chronicles <b>B</b> 1:00p Garden Club <b>2FA</b> 2:00p <b>Crafting Corner w/ Lauren</b> 3:45p April TV Trivia <b>DR</b> 6:00p Resident Card Club <b>B</b>	10:00a Wellness U Health Talk <b>THR</b> 10:30a Stretching & Strengthening <b>THR</b> 11:00a Coffee & Chronicles <b>B</b> 1:00p <b>Bean Bag Toss</b> <b>DR</b> 2:00p <b>Mid-Week Movie</b> <b>THR</b>	11:00a Coffee & Chronicles <b>B</b> 1:00p <u>Weekly Shopping Trip</u> <b>OUT</b> 1:00p Open Art Studio <b>B</b> 3:30p <b>Life Enrichment Chat</b> <b>THR</b> 4:00p SNAIL Categories <b>DR</b> 5:30p Scrabble Challenge <b>DR</b>	10:30a Strengthening & Stretching <b>THR</b> 11:00a Coffee & Chronicles <b>B</b> 1:00p <b>Community Boggle!</b> <b>B</b> 2:30p <b>Tom Adams LIVE</b> <b>DR</b> 2:30p Happy Hour! <b>DR</b> 4:00p Opposites- Pass It On! <b>DR</b>	10:00a Puzzles & Ponderings <b>B</b> 1:30p <b>Resident-Led Bingo!</b> <b>DR</b> 2:00p Open Art Studio <b>2FA</b> 3:00p Resident Card Club <b>B</b>
07	08	09	10	11	12	13
10:00a Puzzles & Ponderings <b>B</b> 1:00p Bistro Board Games <b>B</b> 3:30p Let's Play Pool! <b>BR</b>	10:45a Balloon Volleyball! <b>THR</b> 11:00a Coffee & Chronicles <b>B</b> 1:00p Tech Talk- Sign Up <b>SUR</b> 2:00p <b>Bingo!</b> <b>DR</b> 3:30p Classical Colors <b>B</b> 5:30p Bistro Brain Teasers <b>B</b>	10:00a <b>Music w/ Marlynda</b> <b>MCL</b> 11:00a Coffee & Chronicles <b>B</b> 1:00p Garden Club <b>2FA</b> 2:00p Classical Colors <b>3FA</b> 4:00p Searching for April <b>DR</b> 5:00p PB & J Puzzle <b>DR</b> 6:00p Resident Card Club <b>B</b>	10:30a Stretching & Strengthening <b>THR</b> 11:00a Coffee & Chronicles <b>B</b> 1:00p Chef Chat <b>THR</b> 2:00p <b>Mid-Week Movie</b> <b>THR</b> 4:30p Secret Humorous Quote <b>DR</b>	11:00a Coffee & Chronicles <b>B</b> 1:00p <u>Weekly Shopping Trip</u> <b>OUT</b> 1:00p Open Art Studio <b>B</b> 3:30p <b>Boggle</b> <b>DR</b> 5:30p Scrabble Challenge <b>DR</b>	10:30a Strengthening & Stretching <b>THR</b> 11:00a Coffee & Chronicles <b>B</b> 1:00p Nature Documentary <b>THR</b> 3:00p <b>Dan Elish LIVE</b> <b>DR</b> 3:00p Happy Hour! <b>DR</b> 4:00p Sean Connery Search <b>DR</b>	10:00a Puzzles & Ponderings <b>B</b> 1:30p <b>Resident-Led Bingo!</b> <b>DR</b> 2:00p Open Art Studio <b>2FA</b> 3:00p Resident Card Club <b>B</b> 3:15p Scattergories <b>3FA</b>
14	15	16	17	18	19	20
10:00a Puzzles & Ponderings <b>B</b> 1:00p Bistro Board Games <b>B</b> 3:30p Let's Play Pool! <b>BR</b>	10:45a Balloon Volleyball! <b>THR</b> 11:00a Coffee & Chronicles <b>B</b> 1:00p <b>Bull's Eye Ball</b> <b>THR</b> 2:00p <b>Bingo!</b> <b>DR</b> 3:30p Hangman <b>DR</b> 5:30p Bistro Brain Teasers <b>B</b>	11:00a Coffee & Chronicles <b>B</b> 1:00p <b>TOWN HALL</b> <b>DR</b> 2:30p Garden Club <b>DR</b> 3:30p Green Thumb Scrabble <b>DR</b> 6:00p Resident Card Club <b>B</b>	10:30a Stretching & Strengthening <b>THR</b> 11:00a Coffee & Chronicles <b>B</b> 1:00p Brain Teasers <b>B</b> 2:00p <b>Mid-Week Movie</b> <b>THR</b>	11:00a Coffee & Chronicles <b>B</b> 1:00p <u>Weekly Shopping Trip</u> <b>OUT</b> 1:00p Open Art Studio <b>B</b> 3:30p <b>Community Boggle!</b> <b>B</b> 3:45p Run the Alphabet <b>THR</b> 5:30p Scrabble Challenge <b>DR</b>	10:30a Strengthening & Stretching <b>THR</b> 11:00a Coffee & Chronicles <b>B</b> 1:00p Classical Colors <b>B</b> 3:00p <b>Moss Stanley LIVE</b> <b>DR</b> 3:00p Happy Hour! <b>DR</b> 4:00p Earth Day Secret Quote <b>DR</b>	10:00a Puzzles & Ponderings <b>B</b> 1:30p <b>Resident-Led Bingo!</b> <b>DR</b> 2:00p Open Art Studio <b>2FA</b> 3:00p Resident Card Club <b>B</b>
21	22	23	24	25	26	27
10:00a Puzzles & Ponderings <b>B</b> 1:00p Bistro Board Games <b>B</b> 3:30p Let's Play Pool! <b>BR</b>	10:45a Balloon Volleyball! <b>THR</b> 11:00a Coffee & Chronicles <b>B</b> 1:00p Tech Talk- Sign Up <b>SUR</b> 1:00p Garden Club in Pub! <b>DR</b> 2:00p <b>Bingo!</b> <b>DR</b> 3:30p Hangman <b>DR</b> 5:30p Bistro Brain Teasers <b>B</b>	10:00a <b>Music w/ Marlynda</b> <b>MCL</b> 11:00a Coffee & Chronicles <b>B</b> 1:00p Garden Club <b>2FA</b> 2:00p Classical Colors <b>3FA</b> 3:30p Boggle <b>DR</b> 6:00p Resident Card Club <b>B</b>	10:30a Stretching & Strengthening <b>THR</b> 11:00a Coffee & Chronicles <b>B</b> 1:00p Wii Bowling <b>THR</b> 1:30p <b>AH Auction</b> <b>DR</b> 2:30p <b>Craft Corner w/ Lauren</b> <b>DR</b> 5:00p GROWL Categories <b>DR</b>	10:30a <b>Tap Class w/ Robin</b> <b>2FA</b> 11:00a Coffee & Chronicles <b>B</b> 1:00p <u>Weekly Shopping Trip</u> <b>OUT</b> 1:00p Open Art Studio <b>B</b> 3:30p <b>Community Boggle!</b> <b>B</b> 5:30p Scrabble Challenge <b>DR</b>	10:30a Strengthening & Stretching <b>THR</b> 11:00a Coffee & Chronicles <b>B</b> 1:00p Community Hangman <b>DR</b> 2:30p <b>Monthly Birthday Party!</b> <b>DR</b> 2:30p <b>John G. LIVE</b> <b>DR</b> 3:45p Famous April Birthdays <b>DR</b>	10:00a Puzzles & Ponderings <b>B</b> 1:30p <b>Resident-Led Bingo!</b> <b>DR</b> 2:00p Open Art Studio <b>2FA</b> 3:00p Resident Card Club <b>B</b>
28	29	30	BIRTHDAYS			
10:00a Puzzles & Ponderings <b>B</b> 1:00p Bistro Board Games <b>B</b> 3:30p Let's Play Pool! <b>BR</b>	10:45a Balloon Volleyball! <b>THR</b> 11:00a Coffee & Chronicles <b>B</b> 1:15p Cranium Crunches <b>THR</b> 2:00p <b>Bingo!</b> <b>DR</b> 3:30p Hangman <b>DR</b> 5:30p Bistro Brain Teasers <b>B</b>	11:00a Coffee & Chronicles <b>B</b> 1:30p <b>Scenic Trip- CVNP</b> <b>OUT</b> 3:30p Garden Club <b>DR</b> 6:00p Resident Card Club <b>B</b>	<div> </div> <div> Cookie 4/10  Joan T. 4/23  Robert D. 4/27  Carol P. 4/28 </div>			

All activities subject to change.