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TECH-SAVVY SENIORS AND EMOJIS

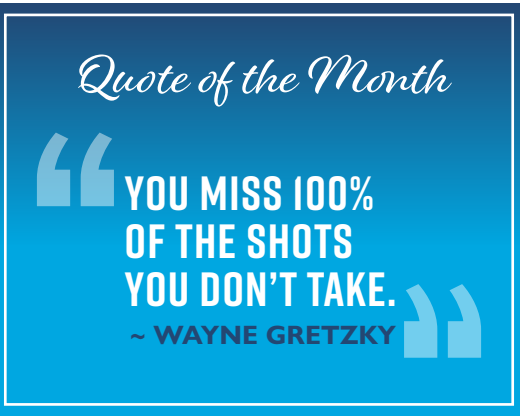
An emoji is a “small digital image or icon used to express an idea or emotion in electronic communication.” They are now a crucial part of communication in texts and social media. With thousands of individual characters, our messages to one another include a ❤️, a 👍, or 🙏, to name just a few.

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!



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.

MILFORD INDEPENDANT

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!

- Family Fun Night! w/Buddy Keys
- Weekly Shopping
- Weekly Happy Hour
- Six Exercise Classes Per week
- Spirit Week - Special Events
- Podiatry-South Lyon Podiatry
- Outings for Meals
- Pet Therapy w/Jasper
- Eclipse Watch Event
- Secretary of State Coming In

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
<div>  </div>				LOCATION KEY		
				<div> <div> <div>1FL</div> <div>1st Floor</div> </div> <div> <div>2FL</div> <div>2nd Floor</div> </div> <div> <div>2FA</div> <div>2nd Floor Activities</div> </div> <div> <div>2FT</div> <div>2nd Floor Theater</div> </div> <div> <div>3FL</div> <div>3rd Floor</div> </div> <div> <div>3FA</div> <div>3rd Floor Activities</div> </div> </div> <div> <div> <div>3FT</div> <div>3rd Floor Theater</div> </div> <div> <div>B</div> <div>Bistro</div> </div> <div> <div>PBL</div> <div>Back Parking Lot</div> </div> <div> <div>DR</div> <div>Dining Room</div> </div> <div> <div>CY</div> <div>Courtyard</div> </div> <div> <div>OUT</div> <div>Outing</div> </div> </div> <div> <div> <div>PAT</div> <div>Patio</div> </div> <div> <div>PD</div> <div>Private Dining</div> </div> <div> <div>S</div> <div>Salon</div> </div> <div> <div>THR</div> <div>Theater</div> </div> <div> <div>MT</div> <div>The Medical Team</div> </div> </div>		
01 APRIL FOOLS' DAY		02	03	04	05	06
<div>  </div>	10:00a Corn Hole 10:00a Yoga w/Bonita 1:00p Bounce Bowling (New) 2:15p Bingo for Prizes 4:00p Engaged Senior Event	9:30a Open Transport-Milford 10:30a Chair Yoga w/Bonita 2:15p Games, fun and conversation 2:30p Communion w/Theresa 7:00p Let's Play Pool!	9:30a Community Store-Ann Away 10:00a B/P Check 10:00a Exercise w/Kylie 1:00p Euchre 2:15p Scrabble with Pam 2:30p Resident Council 3:00p Reiki Meditation w/Cheyenne 6:30p Bible Study	9:00a Beauty Salon 10:00a Yoga w/Suzanne 11:00a Brain Matters 2:30p Happy Hour w/Scott Cummings 6:15p Bingo w/Nancy	9:00a Beauty Salon 10:15a Drums Alive w/Dawn 11:30a Dukes - Lunch Out 3:00p Musical Conversation 7:00p Let's Play Pool!	9:30a Color with Me 1:30p Bistro Games 2:00p Corn Hole 3:00p Games, fun and conversation 6:00p Movie-The Vow
07	08	09	10	11	12	13
9:30a Color with Me 10:30a Music w/Albums 2:00p Games, fun and conversation 3:00p Church Services 6:15p Bingo w/Nancy	10:00a Corn Hole 10:00a Yoga w/Bonita 11:00a Engaged Senior Event 12:30p Solar Eclipse Watch 1:00p Bounce Bowling (New) 2:30p Spirit Week-Ice Cream Social Sundae Bar 4:00p Resident Survey Assistance	9:30a Open Transport-WL 9:30a Jasper-Therapy Dog 10:30a Chair Yoga w/Bonita 2:00p St. Mary's Mass 2:15p Games, fun and conversation 2:30p Spirit Week-Bingo Bash 4:00p Resident Survey Assistance 7:00p Let's Play Pool!	9:30a Community Store 10:00a B/P Check 10:00a Cooking Demo 10:00a Exercise w/lvy or Kaylie 1:00p Euchre 2:15p Scrabble with Pam 2:30p Spirit Week-Cookie Pairings 3:00p Reiki Meditation w/Cheyenne 4:00p Resident Survey Assistance	9:00a Beauty Salon 10:00a Yoga w/Suzanne 10:45a Resident Survey Assistance 2:30p Spirit Week-Diner Themed HH w/Sam Ekstrom 6:15p Bingo w/Nancy	7:30a Spirit Week-Special Breakfast 9:00a Beauty Salon 10:15a Drums Alive w/Dawn 1:00p Fun and Games 2:30p Resident Survey Assistance 7:00p Let's Play Pool!	9:30a Color with Me 1:30p Bistro Games 2:00p Corn Hole 3:00p Games, fun and conversation 6:00p Movie-The Magic of Belle Isle
14	15 TAX DAY BOSTON MARATHON	16	17	18	19	20
9:30a Color with Me 10:30a Music w/Albums 2:00p Games, fun and conversation 2:00p Movie-Life as we know it. 6:15p Bingo w/Nancy	10:00a Corn Hole 10:00a Yoga w/Bonita 1:00p Bounce Bowling (New) 2:15p Bingo for Prizes 4:00p Engaged Senior Event	9:30a Open Transport-Milford 10:30a Chair Yoga w/Bonita 10:30a Chair Exercise w/lvy 2:15p Games, fun and conversation 2:30p Resident Birthday Party 7:00p Let's Play Pool!	9:30a Community Store 10:00a B/P Check 10:00a Exercise w/lvy or Kaylie 1:00p Euchre 2:15p Scrabble with Pam 3:00p Reiki Meditation w/Cheyenne 5:00p Family Fun Night! - Breakfast at Tiffany's 6:00p Entertainment w/Buddy Keys	9:00a Beauty Salon 10:00a Secretary of State 10:00a Food Committee 10:00a Yoga w/Suzanne 2:30p Happy Hour w/Scott C. (Country) 2:30p Communion w/Dana St. Mary's 6:15p Bingo w/Nancy	9:00a Beauty Salon 10:00a Drums Alive w/Dawn 10:45a Wellness U-TMT Speaker 11:30a Cracker Barrel 7:00p Let's Play Pool!	9:30a Color with Me 1:30p Bistro Games 2:00p Corn Hole 3:00p Games, fun and conversation 6:00p Movie-The Devil Wears Prada
21	22 EARTH DAY PASSOVER BEGINS	23	24 ADMINISTRATIVE PROFESSIONALS DAY	25	26 ARBOR DAY	27
9:30a Color with Me 10:30a Music w/Albums 2:00p Games, fun and conversation 2:00p Movie-About Time 6:15p Bingo w/Nancy	10:00a Corn Hole 10:00a Yoga w/Bonita 1:00p Bounce Bowling (New) 2:15p Bingo for Prizes 4:00p Engaged Senior Event	9:30a Open Transport-WL 9:30a Jasper-Therapy Dog 10:30a Chair Yoga w/Bonita 10:30a Chair Exercise w/lvy 2:15p Games, fun and conversation 7:00p Let's Play Pool!	9:30a Community Store 10:00a B/P Check 10:00a Cooking Demo 10:00a Exercise w/lvy or Kaylie 1:00p Euchre 2:15p Scrabble with Pam 3:00p Reiki Meditation w/Cheyenne 6:30p Bible Study	9:00a Beauty Salon 9:00a Podiatry 10:00a New Resident Coffee Welcome 10:00a Yoga w/Suzanne 2:30p Happy Hour 6:15p Bingo w/Nancy	9:00a Beauty Salon 10:15a Drums Alive w/Dawn 11:30a Volunteer Brunch 2:30p Art and Design 7:00p Let's Play Pool!	9:30a Color with Me 1:30p Bistro Games 2:00p Corn Hole 3:00p Games, fun and conversation 6:00p Movie-Field of Dreams
28	29	30 PASSOVER ENDS	BIRTHDAYS			
9:00a Give/Take Program 9:30a Color with Me 10:30a Music w/Albums 2:00p Games, fun and conversation 6:15p Bingo w/Nancy	10:00a Corn Hole 10:00a Yoga w/Bonita 1:00p Bounce Bowling (New) 2:15p Bingo for Prizes 4:00p Engaged Senior Event	9:30a Open Transport-Milford 10:30a Chair Yoga w/Bonita 10:30a Chair Exercise w/lvy 2:15p Games, fun and conversation 7:00p Let's Play Pool!	<div>  </div>			