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National Suicide Hotline  
988

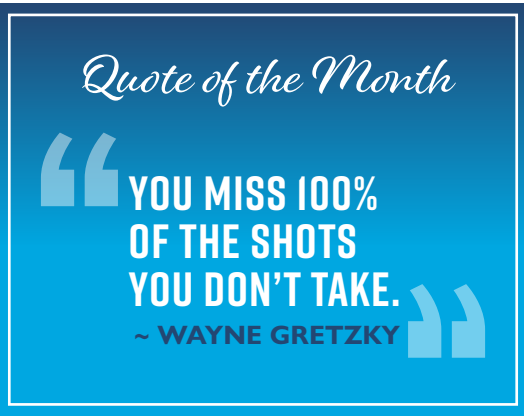
Alzheimers Association  
1-800-272-3900

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

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.

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SENIOR LIVING COMMUNITIES

LIVING WELL  
INSPIRING A HAPPIER, HEALTHIER YOU.

OAK PARK ASSISTED AND INDEPENDENT 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!

- 4/4 Stroll Around Oak
- 4/11 Tiffany's H"art"ful Momen
- 4/12 Outdoor Planting
- "Zen"ful Meditation Saturdays
- 4/18 Town Hall Meeting
- 4/1 AL Resident Council
- 4/2 IL Resident Council
- 1:30pm Saturday Concerts!
- 4/17 FAMILY NIGHT 5-7pm

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!

 **LIVING WELL**  
**IS BEING WELL.**  
American House Senior Living Communities

 FOLLOW US ON FACEBOOK

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
<div><div></div><div>April 2024</div></div>												LOCATION KEY								
												1HM Hemingway's			7FC 7 <sup>th</sup> Floor Fitness Center					
												2FF 2 <sup>nd</sup> Floor Flex Room			2DB Demo Bistro					
												2FR 2 <sup>nd</sup> Floor Family Room			ILD IL Dining					
												3AS 3 <sup>rd</sup> Floor Art Studio			LO Lobby					
4AR 4 <sup>th</sup> Floor Activity Room			MSL Madison Street Lounge																	
5LB 5 <sup>th</sup> Floor Library			TWP The Wright Place																	
6CR 6 <sup>th</sup> Floor Card Room																				
01			APRIL FOOLS' DAY			02			03			04			05			06		
			10:00a 11:00a 1:30p 3:00p 6:00p	Walk and Stroll Monday! Daily Chronicle AL RESIDENT COUNCIL Fame Center Gathering Movie: 27 Dresses	LO 2FR 2FL 2FR 2FT	10:00a 10:30a 11:00a 1:00p 2:00p 3:30p 6:00p	Fox Rehab Workout Unwind w/ YoYo Daily Chronicle IL Resident Council Short Story Readers P & B Tasting Movie: Unthinkable	2FR 2FR 2FR 1HM 5LB 2FR 1HM	12:00a 9:00a 10:00a 10:30a 1:00p 3:00p 6:00p	National Chocolate Mouse Day! Ascension Church Visit "Handy" Workout! CoCo Treats and Sweets w/ YoYo Scribblers Group Madison St. Wine Down Movie: Heart of the Hunter	2FF 2FR 2FR 2FR 2FL MSL 1HM	12:00a 10:00a 10:30a 11:00a 1:00p 2:15p 6:00p	National Walking Day Muscle Workout Breathing Exercise Chronicles and More! OUTING: Stroll Around Oak Serenading Seniors Movie: When We First Met	2FR 2FR 2FR 2FR 2FR 2FL 1HM	10:00a 10:30a 11:00a 1:00p 3:00p 6:00p	ABSolute Fitness Free Mind Fridays Daily News Rackem' Up! Madison Café Show! Movie: Murder Mystery	2FR 2FR 2FR 2FF ILD 2FR	10:00a 10:30a 11:00a 1:00p 1:30p 6:00p	Chair Yoga Zen Asana Saturdays! Daily Chronicles Wacky Wordies The Great Concert of Neil D Movie: Persuasion	2FR 2FR 2FR 2FR 1HM
07			08			09			10			11			12			13		
9:30a 10:00a 10:30a 1:30p 2:45p 6:00p	Sunday Morning Prayer Healthy workout News Views and "Brews" National Beer Day "You"Flix Choice Movie: Damsel	1HM 2FL 2FR 2FL 1HM 1FL	12:00a 10:00a 11:00a 1:30p 3:00p 6:00p	SPiRiT WEEK! Walk and Stroll Monday! Daily Chronicle Wheel of Fortune Showdown Zoo Trivia Movie: Alone	LO 2FR 2FR 2FF 2FI 2FA	10:00a 10:30a 11:00a 1:00p 2:00p 6:00p	Fox Rehab Workout Mindful Meditation Daily Chronicle Smoothie Sensation Demo! Short Story Readers Movie: Equalizer 3	2FR 2FR 2FR 2DB 5LB 1HM	12:00a 9:00a 10:00a 10:30a 11:00a 1:00p 3:00p 6:00p	National Hug Your Dog Day Ascension Church Visit Rock and Roll Workout Empowering Meditation Puppy Love! Scribblers Group Madison St. Wine Down Movie: Testament	2FF 2FR 2FR 2FR 2FR 2FL MSL 1HM	12:00a 10:00a 10:00a 10:00a 10:15a 10:30a 11:00a 2:15p 6:00p	National Pet Day Fox Therapy Workout! Move and Groove Workout! News and Views Peaceful Meditation "PAW"erful Moments Tiffany's H"art"ful Moments! Movie: It Can Happen to You	2FR 4FR 2FR 2FR 2FR 2FR 1HM	10:00a 10:30a 11:00a 1:00p 3:00p 6:00p	Morning Stretch Free Mind Fridays Daily News OUTING: Planting Trip Madison Café Show! Movie: Murder Mystery 2	2FR 2FR 2FR 2FF ILD 1HM	10:00a 10:30a 11:00a 1:30p 3:30p 6:00p	Noodling Workout Zen Asana Saturdays! Daily Chronicles The Seekers Concert Scrabble Movie: Pineapple Express	2FR 2FR 2FR 1HM 2FR 1HM
14			15 TAX DAY   BOSTON MARATHON			16			17			18			19			20		
9:30a 10:00a 10:30a 11:00a 1:30p 2:45p 6:00p	Sunday Morning Prayer Stretch and Shine workout News Views and "Brews" Name that state trivia Flower Power "You"Flix Choice Movie: Irish wish	1HM 2FL 2FR 2FL 2FL 1HM 1FL	10:00a 11:00a 1:30p 3:00p 6:00p	Walk and Stroll Monday! Daily Chronicle Tic Tax Toe FAME CENTER Movie: mother	LO 2FR 2FL 2FL 1FL	12:00a 10:00a 10:30a 11:00a 2:00p 3:30p 6:00p	National Pajama Day Fox Rehab Workout Peaceful Reflections Daily Chronicle Short Story Readers Pajama Party Movie: Unthinkable	2FR 2FR 2FR 2FR 5LB 2FR 1HM	9:00a 10:00a 10:30a 1:00p 5:00p	Ascension Church Visit Health KICK Workout Poetic Moments! Scribblers Group Breakfast At Tiffany's Event!	2FF 2FR 2FR 2FL 4FR	12:00a 10:00a 10:00a 10:00a 10:30a 11:00a 1:00p 2:15p 3:30p	National HIGH FIVE Day Fox Therapy Workout! Clap It Out Workout Giggles In the Garden Daily Chronicles Wellness U: Purposeful Activity Serenading Seniors Circle of Friends: Edible Treats	2FR 4FR 2FR 2FR 2FR 2FL 2FF	10:00a 10:30a 11:00a 1:00p 3:00p 6:00p	Muscle Up! Free Mind Fridays Daily News Rackem' Up! Madison Café Show! Movie: My Big Fat Greek Wedding	2FR 2FR 2FR 2FF ILD 1HM	10:00a 10:30a 11:00a 1:30p 3:30p 6:00p	Movement Revolution Zen Asana Saturdays! Daily Chronicles The Great Concert of Tom J "SOCK"ing Competition Movie: The Sleep Over	2FR 2FR 2FR 1HM 2FR 1HM
21			22 EARTH DAY   PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27		
9:30a 10:00a 10:30a 11:00a 1:30p 2:45p 6:00p	Sunday Morning Prayer Jump to the beat workout News Views and "Brews" Historic moments Cashews and Trivia "You"Flix Choice Movie: Shirley	1HM 2FL 2FR 2FL 2FL 1HM 1FL	10:00a 11:00a 1:30p 3:00p 6:00p	Walk and Stroll Monday! Daily Chronicle Jelly Bean Jamborie Ladder Ball Explosion Movie: Noah	LO 2FR 2FL 2FL 1FL	12:00a 10:00a 10:30a 11:00a 1:00p 2:00p 6:00p	National Picnic Day Fox Rehab Workout Meditative Thoughts Daily Chronicle Picnic Moments! Short Story Readers Movie: The Wave	2FR 2FR 2FR 2FR 2FR 5LB 1HM	12:00a 9:00a 10:00a 10:00a 10:30a 1:00p 3:00p 6:00p	Administrative Professional Day! Ascension Church Visit Shake Rattle n' Roll Workout Memory Lane! Scribblers Group Madison St. Wine Down Movie: Your Lucky Day	2FR 2FF 2FR 2FR 2FR 2FL MSL 2FR	10:00a 10:00a 10:30a 11:00a 2:15p 3:00p 6:00p	Fox Therapy Workout! Sit and Be Fit Name That Tune "FACE"ing the Celebrity Serenading Seniors Townhall Meeting Movie: The Outlaws	4FR 2FR 2FR 2FR 2FR 1HM 1HM	10:00a 10:30a 11:00a 1:00p 3:00p 6:00p	Healthy Vibes and Strives! Free Mind Fridays Daily News Rackem' Up! Madison Café Show: BDAY Movie: The Man From Toronto	2FR 2FR 2FR 2FF ILD 1HM	10:00a 10:30a 11:00a 1:30p	Sit and Be Fit Zen Asana Saturdays! Daily Chronicles The Concert of Olivia N	2FR 2FR 2FR 1HM
28			29			30			PASSOVER ENDS			BIRTHDAYS								
9:30a 10:00a 10:30a 11:00a 1:30p 2:45p 6:00p	Sunday Morning Prayer Power House workout News Views and "Brews" Name that heroic tune Super Hero "You"Flix Choice Movie: Justice League	1HM 2FL 2FR 2FL 2FL 1HM 1FL	10:00a 11:00a 1:30p 3:00p 6:00p	Walk and Stroll Monday! Daily Chronicle Get up and Dance a-thon Dancing through the ages (video) Movie: I wanna Dance with somebody	LO 2FR 2FL 2FL 1FL	12:00a 10:00a 10:30a 11:00a 2:00p 3:30p 6:00p	National Jazz/Oatmeal Cookie Day Fox Rehab Workout Serene Thoughts Daily Chronicle Short Story Readers Jazzy Notes and Oats! Movie: Legal Eagles	2FR 2FR 2FR 2FR 5LB 2FR 1HM												

All activities subject to change.