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Institute of Aging Friendship Line
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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.

PETOSKEY

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!

- 4/2 Voting Registration
- 4/3 Cooking Demo
- 4/3 Resident Town Hall
- 4/5 Foot Clinic
- 4/18 After School Kids Visit
- 4/19 New Resident Happy Hour
- 4/23 LTBHS Fur Friends
- 4/24 LTBHS Project
- 4/25 LTBHS Outing
- 4/30 Outing Crooked Tree Arts

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											
															AO	Activities Office	LIB	Library	S	Salon	DR	Dining Room	MT	The Medical Team	SUR	Sign Up Required
			01	APRIL FOOLS' DAY			02				03				04				05				06			
			9:00a	Open Transportation	OUT	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR			
			10:30a	Exercise & Strength	DR	9:30a	Fireplace Chatter	FIR	9:30a	Short Stories	FIR	10:00a	Game of Trimino's	FIR	9:00a	Foot Clinic w/Dr. Dekorte	S	10:30a	Exercise & Strength	DR	10:30a	Exercise & Strength	DR			
			11:00a	Rhythm & Groove	DR	10:30a	Exercise & Strength	DR	10:30a	Exercise & Strength	DR	10:30a	Exercise & Strength	DR	10:00a	Bible Study with Tim & Jim	LIB	11:00a	Rhythm & Groove	DR	11:00a	Rhythm & Groove	DR			
			11:15a	Wii Bowling	TV	11:00a	Rhythm & Groove	DR	11:00a	Veterans Group	LIB	11:00a	Rhythm & Groove	LIB	11:00a	Exercise & Strength	DR	11:15a	Wii Bowling	TV	11:15a	Wii Bowling	TV			
			12:00p	Resident Birthday Event	DR	11:30a	Voting Registration	LIB	11:00a	Rhythm & Groove	DR	11:00a	Rhythm & Groove	DR	2:00p	Movie & Popcorn-The Glass	DR	12:00p	Saturday Trivia	FIR	2:00p	Saturday Trivia	FIR			
			2:00p	April Fool's-Riddles & Giggles	DR	2:00p	Support GroupAdvisaCare	LIB	11:15a	Wii Bowling	TV	11:15a	Wii Bowling	TV	Bottom Boat (1966) 1h50m	LIB	2:00p	Pay to Play BINGO	DR	3:00p	Pay to Play BINGO	DR				
3:00p	Puzzles in the Library	LIB	3:00p	Group Karaoke	TV	11:15a	Art & DesignThe Care Team	LIB	11:15a	Art & DesignThe Care Team	LIB	4:00p	Let's play Cards	DR	2:00p	Supper	DR	3:00p	Supper	DR						
3:30p	Walking Group: Inside	DR	4:00p	Adult Coloring	LIB	3:15p	Cooking Demo w/ Tamie	DR	3:15p	Cooking Demo w/ Tamie	DR	4:45p	Supper	DR	4:00p	Friends by the Fireplace	FIR	4:45p	Supper	DR						
3:30p	Walking Group: Inside	DR	4:45p	Supper	DR	4:45p	Resident Town Hall	DR	4:45p	Resident Town Hall	DR															
07			08			09			10			11			12			13								
8:00a	Morning Coffee	DR	8:30a	Great Eggspectations Breakfast!	DR	8:00a	Morning Coffee	DR	9:30a	Morning News & Views	FIR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR						
10:30a	Exercise & Strength	DR	9:00a	Open Transportation	OUT	9:30a	One on One with Teresa	AO	10:30a	Exercise & Strength	DR	10:30a	Exercise & Strength	DR	10:00a	Bible Study with Tim & Jim	LIB	10:30a	Exercise & Strength	DR						
11:00a	Rhythm & Groove	DR	10:30a	Exercise & Strength	DR	10:30a	Exercise & Strength	DR	11:00a	Veterans Group	LIB	11:00a	Rhythm & Groove	DR	11:00a	Exercise & Strength	DR	11:00a	Rhythm & Groove	DR						
11:15a	Wii Bowling	TV	11:00a	Rhythm & Groove	DR	11:00a	Rhythm & Groove	DR	11:00a	Rhythm & Groove	DR	11:00a	Fun & Games- Movie Classics	FIR	2:00p	Colossal Word Puzzle	FIR	11:15a	Wii Bowling	TV						
2:00p	Board Games	FIR	11:15a	Wii Bowling	TV	2:00p	Game of Uno	LIB	11:15a	Wii Bowling	TV	2:00p	Wellness UAAffinity Home Care	DR	3:00p	Cherry On Top Sundae Bar-	DR	2:00p	Saturday Trivia	FIR						
2:45p	Church Service	DR	2:00p	Adult Coloring	LIB	2:00p	Fiesta Bingo!	DR	2:00p	Poetry in the Library	LIB	3:00p	Game of Cornhole	FIR	4:00p	Music by Steel & Wood	DR	3:00p	Pay to Play Bingo	DR						
4:45p	Supper	DR	3:00p	Puzzles in the Library	LIB	4:45p	Supper	DR	2:30p	Sunshine Gardener's Club	PAT	4:45p	Diners & Drive In's	DR	4:00p	Friends by the Fireplace	FIR	4:45p	Supper	DR						
4:45p	Supper	DR	3:30p	Walking Group: Inside	DR	4:45p	Supper	DR	4:00p	Pairings & Perspectives	FIR				4:45p	Supper	DR									
4:45p	Supper	DR	3:30p	Walking Group: Inside	DR	4:45p	Supper	DR	4:45p	Supper	DR															
14			15 TAX DAY BOSTON MARATHON			16			17			18			19			20								
8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR						
10:30a	Exercise & Strength	DR	9:00a	Open Transportation	OUT	9:30a	One on One with Teresa	AO	10:30a	Exercise & Strength	DR	9:30a	Morning News & Views	FIR	10:00a	Bible Study with Tim & Jim	LIB	10:30a	Exercise & Strength	DR						
11:00a	Rhythm & Groove	DR	10:30a	Exercise & Strength	DR	10:30a	Exercise & Strength	DR	11:00a	Veterans Group	LIB	10:30a	Exercise & Strength	DR	11:15a	Exercise & Strength	DR	11:00a	Rhythm & Groove	DR						
11:15a	Wii Bowling	TV	11:00a	Rhythm & Groove	DR	11:00a	Rhythm & Groove	DR	11:00a	Rhythm & Groove	DR	11:00a	Rhythm & Groove	DR	2:00p	Colossal Word Puzzle	FIR	11:15a	Wii Bowling	TV						
2:00p	Board Games	FIR	11:15a	Wii Bowling	TV	2:30p	Brain Games	FIR	11:00a	Rhythm & Groove	DR	11:00a	Word Search	FIR	3:00p	New Resident Welcome	DR	2:00p	Saturday Trivia	FIR						
3:00p	Pay to Play BINGO	DR	2:00p	Adult Coloring	LIB	3:30p	Crafting McLaren Health	LIB	11:15a	Wii Bowling	TV	1:30p	Word Search	FIR	3:00p	Event	DR	2:00p	Saturday Trivia	FIR						
4:45p	Supper	DR	3:00p	Puzzles in the Library	LIB	4:45p	Supper	DR	3:00p	Game of Trimino's	LIB	2:30p	Feel the Beat	FIR	3:00p	Happy Hour- Gene Warner	DR	3:00p	Pay to Play Bingo	DR						
4:45p	Supper	DR	3:30p	Walking Group: Inside	DR	4:45p	Supper	DR	5:00p	Breakfast at Tiffany's Family Night	DR	3:30p	After School Kids Visit	DR	4:00p	Friends by the Fireplace	FIR	4:45p	Supper	DR						
4:45p	Supper	DR	4:45p	Supper	DR	4:45p	Supper	DR	5:00p	Breakfast at Tiffany's Family Night	DR	4:45p	Supper	DR	4:45p	Supper	DR									
21			22 EARTH DAY PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27								
8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR						
10:30a	Exercise & Strength	DR	9:00a	Open Transportation	OUT	9:30a	One on One with Teresa	AO	9:00a	Dog/Cat Blanket Project	LIB	9:00a	One on One with Teresa	FIR	10:00a	Bible Study with Tim & Jim	LIB	10:30a	Exercise & Strength	DR						
11:00a	Rhythm & Groove	DR	10:30a	Exercise & Strength	DR	10:30a	Exercise & Strength	DR	10:30a	Exercise & Strength	DR	10:30a	Exercise & Strength	DR	10:30a	Exercise & Strength	DR	11:00a	Rhythm & Groove	DR						
11:15a	Wii Bowling	TV	11:00a	Rhythm & Groove	DR	11:00a	Rhythm & Groove	DR	11:00a	Veterans Group	LIB	11:00a	Rhythm & Groove	DR	11:00a	Rhythm & Groove	DR	11:15a	Wii Bowling	TV						
2:00p	Board Games	FIR	11:15a	Wii Bowling	TV	3:00p	LTBHS Fur Friends visit	LIB	11:00a	Rhythm & Groove	DR	2:00p	Outing to LTBHS	OUT	2:00p	National Pretzel Day Happy	DR	11:15a	Wii Bowling	TV						
3:00p	Pay to Play Bingo	DR	2:00p	Adult Coloring	LIB	4:00p	Sunshine Gardener's Club	LIB	11:15a	Wii Bowling	TV	3:30p	Word Search	FIR	Hour- Music by Brian Griffin	DR	2:00p	Saturday Trivia	FIR							
4:45p	Supper	DR	3:00p	Puzzles in the Library	LIB	4:45p	Supper	DR	2:00p	Doggie Bag Project	LIB	4:00p	Brain Matters	FIR	4:00p	Group Game by The Fire	FIR	3:00p	Pay to Play Bingo	DR						
4:45p	Supper	DR	3:30p	Walking Group: Inside	DR	4:45p	Supper	DR	3:00p	BP Clinic Bright Star Care	DR	4:00p	Supper	DR	4:45p	Supper	DR	4:45p	Supper	DR						
4:45p	Supper	DR	4:45p	Supper	DR	4:45p	Supper	DR	4:45p	Supper	DR	4:45p	Supper	DR	4:45p	Supper	DR									
28			29			30 PASSOVER ENDS						Toni L 4/6 Connie C. 4/6 Janet S. 4/14														
8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR	8:00a	Morning Coffee	DR																		
10:30a	Exercise & Strength	DR	9:00a	Open Transportation	OUT	9:30a	One on One with Teresa	AO																		
11:00a	Rhythm & Groove	DR	10:30a	Exercise & Strength	DR	10:30a	Exercise & Strength	DR																		
11:15a	Wii Bowling	TV	11:00a	Rhythm & Groove	DR	11:00a	Rhythm & Groove	DR																		
2:00p	Board Games	FIR	11:15a	Wii Bowling	TV	2:00p	Crooked Tree Arts Center	OUT																		
3:00p	Pay to Play Bingo	DR	1:00p	Super Hero Day w/ AdvisaCare	DR	2:00p	Youth Art Gallery	FIR																		
4:45p	Supper	DR	3:00p	Puzzles in the Library	LIB	4:00p	News & Views	DR																		
4:45p	Supper	DR	3:30p	Walking Group: Inside	DR	4:45p	Supper	DR																		

All activities subject to change.