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Theramax Rehab
Physical & Occupational Therapy
(248) 417-3646

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.

PARK PLACE

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!

- 4/8 "Eggs Your Way"
- 4/9 Bingo Bash
- 4/9 "Safe Lane" Theramax
- 4/10 Macaron Pairing Social
- 4/11 "The Diner" Happy Hour
- 4/12 Ice Cream Social Bar
- 4/17 Breakfast @ Tiffany's
- 4/19 Parkinson's Awareness Q&A
- 4/26 Craft & Vendor Show
- 4/26 Alzheimer's Family Bingo!

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							
															1FA	1 st Floor Activity Room	BR	Billiards Room	O	Outside		
															2FL	2 nd Floor	CAF	Café	OC	Outdoor Café		
															2FA	2 nd Floor Activity Room	CHP	Chapel	SUR	Sign Up Required		
															2FI	2 nd Floor Fitness Room	DR	Dining Room	SCP	South Carport		
2PT	2 nd Floor Physical Therapy Room	FIT	Fitness Center	THR	Theater																	
A	Atrium	HAL	Hallway	UL	Upstairs Lounge	LO	Lobby															
01			APRIL FOOLS' DAY			02			03			04			05			06				
			9:00a 9:30a 10:45a 2:00p 3:30p 6:00p 6:30p	Meijer Shopping Exercise w/ Janine Mystery Trip & Lunch \$ Euchre w/ Friends "Virgin River" Kings In The Corner Skipbo w/ Friends	SUR FIT SUR CAF THR 2FA UL	9:30a 10:30a 11:00a 1:30p 2:00p 2:30p 3:30p 6:30p	Exercise w/ Janine Spintopia Bible Sing-along Corner Store Open Scrabble Crazy Cards (.25) Penny Poker Left, Center, Right	FIT THR CHP CAF 2FA 2FA 2FA	9:00a 10:00a 10:45a 12:00p 2:00p 2:45p 3:30p 6:30p	BC: Old School Deli \$ Blood Pressure Checks_ Yoga w/ Lindsay April Birthday Party Resident Town Hall Name That Character Rosary Bingo w/ Alicia (\$0.25)	SUR 2FA A DR DR CAF CHP 2FA	9:30a 10:30a 11:45a 1:30p 2:30p 4:00p 6:30p	Exercise w/ Janine Silver Screen Bingo! Everyday Life Trivia Corner Store Open Happy Hour w/ Lukas S. Daily Chronicle Pickup Billiards w/ Friends	FIT 2FA LO A LO UL	7:30a 9:30a 9:30a 10:00a 10:30a 1:10p 2:00p 6:00p 6:30p	Waffle Station Pretty Nails w/ Wendy Exercise w/ Janine Brain Matters Games Rummikub Tigers Opening Day Food Forum w/ Chef "Nine's w/ Barb Pinochle w/ Friends	DR 2FA 2FI CAF UL THR DR 2FA UL	10:00a 10:45a 11:15a 1:30p 1:30p 1:30p 2:00p 2:45p 6:30p	Dominoes Chair Yoga DVD Word In a Word Scrabble New Neighbor Social Corner Store Open Wii Golf Crazy Cards (.25) Saturday Night Movie	UL FIT CAF 2FA CAF UL 2FA THR		
07			08			09			10			11			12			13				
9:30a 10:30a 11:00a 1:30p 2:00p 2:00p 2:30p 3:00p 6:30p	Mass Live Stream Wii Bowling Monthly Gazette Weekly Preview Pickup Methodist HC Service Catholic HC Service Rosary w/ Eqbal M. Bingo w/ Henry \$0.25 Sunday Night Movie	THR UL LO LO CHP DR CHP 2FA THR	7:30a 9:00a 9:30a 11:00a 12:00p 2:00p 2:30p 3:30p 6:00p	Eggs Your Way Meijer Shopping Exercise w/ Janine Fun & Games w/ Martha Universal Bowling \$ Euchre w/ Friends Five Crowns Cards "Virgin River" Kings In The Corner	DR SUR FIT 2FA SUR CAF 2FA THR 2FA	9:30a 10:30a 11:00a 1:30p 1:30p 3:00p 3:30p 6:30p	Exercise w/ Janine Spintopia Bible Sing-along Bingo Bash-Enhanced DR Corner Store Open "Safe Lane" Theramax Penny Poker Left, Center, Right	FIT THR CHP 2FA 2FA 2FA	9:00a 10:00a 10:45a 11:30a 1:45p 2:30p 3:30p 6:30p	Mass @ St. Marks Blood Pressure Checks_ Yoga w/ Lindsay Foxfire Fixin's \$ Movie Matinee Macaron Pairing Social Rosary Bingo w/ Alicia (\$0.25)	SUR 2FA A SUR THR 2FA CHP 2FA	9:30a 10:30a 11:45a 1:30p 2:00p 2:30p 4:00p 6:30p	Exercise w/ Janine Po-ke-no Bingo Finishing the Lyrics Corner Store Open Cooking Demo w/ CT "The Diner" Happy Hour Daily Chronicle Pickup Billiards w/ Friends	FIT 2FA LO CAF A LO UL	9:30a 9:30a 10:00a 10:30a 11:00a 1:30p 1:30p 2:30p 6:00p	Pretty Nails w/ Wendy Exercise w/ Janine Brain Games Rummikub Ice Cream Social Bar "Tune Up Day!" Music & Movement "Art for All Ages" "Nines" w/ Barb	2FA FIT CAF UL 2FA CAF A 2FA 2FA	10:00a 10:45a 11:15a 1:30p 1:30p 2:00p 2:45p 6:30p	Dominoes Chair Yoga DVD Word in a Word Scrabble w/ Nina Corner Store Open Wii Golf Crazy Cards (.25) Saturday Night Movie	UL FIT CAF 2FA UL 2FA THR		
14			15 TAX DAY BOSTON MARATHON			16			17			18			19			20				
9:30a 10:30a 11:00a 1:30p 2:00p 2:30p 3:00p 6:30p	Mass Live Stream Wii Bowling Daily Chronicle Weekly Preview Pickup Cath. Mass/Fr. Matthew Rosary w/ Eqbal M. Bingo w/ Henry \$0.25 Sunday Night Movie	THR UL LO LO DR CHP 2FA THR	9:00a 9:30a 10:30a 10:45a 2:00p 2:00p 3:30p 6:00p 6:30p	Meijer Shopping Exercise w/ Janine Five Crowns Cards Detroit Zoo \$ Euchre w/ Friends "Virgin River" Kings In The Corner Skipbo w/ Friends	SUR FIT 2FA SUR CAF THR 2FA UL	8:00a 9:30a 10:30a 11:00a 1:30p 2:00p 2:30p 3:30p 6:30p	Natl. wear your PJ's day Exercise w/ Janine Spintopia Bible Sing-along Corner Store Open Scrabble Fitness Trivia w/ Steve Penny Poker Left, Center, Right	FIT THR CHP CAF FIT 2FA 2FA	10:00a 10:45a 1:30p 1:45p 3:30p 5:00p	Blood Pressure Checks_ Yoga w/ Lindsay Dollar Tree Movie Matinee Rosary *Breakfast @ Tiffany's*	2FA A SUR THR CHP DR	9:30a 10:30a 11:45a 1:30p 2:30p 4:00p 6:30p	Exercise w/ Janine Mix & Mingle Bingo Finishing Words Corner Store Open Happy Hour w/ Kathy T. Daily Chronicle Pick up Billiards w/ Friends	FIT 2FA LO A LO UL	7:30a 9:30a 10:00a 10:30a 1:30p 6:00p 6:30p	Omelet Station Exercise w/ Janine Brain Matters Games Rummikub Parkinson's Q&A "Nine's" w/ Barb Pinochle w/ Friends	DR FIT CAF UL THR 2FA UL	10:00a 10:45a 11:15a 1:30p 1:30p 2:00p 6:30p	Dominoes Chair Yoga DVD Word in a Word Scrabble Corner Store Open Wii Golf Saturday Night Movie	UL FIT CAF 2FA UL THR		
21			22 EARTH DAY PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27				
9:30a 10:30a 11:00a 1:30p 2:00p 2:30p 3:00p 6:30p	Mass Live Stream Wii Bowling Daily Chronicle Weekly Preview Pickup Catholic HC Service Rosary w/ Eqbal M. Bingo w/ Henry \$0.25 Sunday Night Movie	THR UL LO LO DR CHP 2FA THR	9:00a 9:30a 10:45a 11:00a 2:00p 2:30p 3:30p 6:00p 6:30p	Meijer Shopping Exercise w/ Janine Golden Corral & Gabes \$ "Five Crowns" Cards Euchre w/ Friends Fun & Games w/ Martha "Virgin River" Kings In The Corner Skipbo w/ Friends	SUR FIT SUR 2FA CAF 2FA THR 2FA UL	9:30a 10:30a 11:00a 1:30p 2:00p 2:30p 3:30p 6:30p	Exercise w/ Janine Spintopia Bible Sing-along Corner Store Open Scrabble Crazy Cards (.25) Penny Poker LCR	FIT THR CHP CAF 2FA 2FA 2FA	9:00a 10:00a 10:45a 11:00a 1:45p 2:30p 3:30p 6:30p	Mass @ St. Marks Blood Pressure Checks_ Yoga w/ Lindsay IMAX Theater \$10 Movie Matinee In The Kitchen Rosary Bingo w/ Alicia (\$0.25)	SUR 2FA A SUR THR 2FA CHP 2FA	9:30a 10:30a 11:45a 1:30p 2:00p 2:30p 4:00p 6:30p	Exercise w/ Janine Mix & Mingle Bingo 30 Second Mysteries Corner Store Open Pre- Show Drinks Happy Hour w/ Joe A. Daily Chronicle Pick up Billiards w/ Friends	FIT 2FA LO CAF DR LO UL	9:30a 10:00a 10:30a 1:00p 1:30p 6:30p	Exercise w/ Janine Brain Games Rummikub Craft & Vendor Show Music & Movement Alzheimer's Bingo Night	2FI CAF UL A 2FI DR	10:00a 10:45a 11:15a 1:30p 1:30p 1:30p 2:00p 2:45p 6:30p	Dominoes Chair Yoga DVD Word in a Word Scrabble Movie Poster Memory Corner Store Open Wii Golf Crazy Cards (.25) Saturday Night Movie: "The	UL FIT CAF 2FA CAF UL 2FA		
28			29			30 PASSOVER ENDS			BIRTHDAYS													
9:30a 10:30a 11:00a 1:30p 2:00p 2:30p 3:00p 6:30p	Mass Live Stream Wii Bowling Daily Chronicle Weekly Preview Pickup Catholic HC Service Rosary w/ Eqbal M. Bingo w/ Henry \$0.25 Sunday Night Movie	THR UL LO LO DR CHP 2FA THR	9:00a 9:30a 10:45a 2:00p 2:30p 3:00p 6:00p 6:30p	Meijer Shopping Exercise w/ Janine Greektown Casino \$ Euchre w/ Friends "Five Crowns" Cards "Virgin River" Kings In The Corner Skipbo w/ Friends	SUR 2FI SUR CAF 2FA THR 2FA UL	9:30a 10:30a 11:00a 1:30p 2:00p 2:30p 3:30p 6:30p	Exercise w/ Janine Spintopia Bible Sing-along Corner Store Open Scrabble Crazy Cards (.25) Penny Poker Left, Center, Right	FIT THR CHP CAF 2FA 2FA 2FA					4/3 Bob E. 4/4 Denise M. 4/9 Wally C. 4/10 Helen P. 4/12 Lois W. 4/24 Carl T.							4/29 Herb J.		
Park Place																						

All activities subject to change.