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Alzheimers Association
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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.

SOUTHGATE

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!

- Spirit Week
- \$ 4 BINGO w/ Dean
- Town Hall
- Health Talk w/ Nurse Angie
- Music w/ Sarah TMT
- Family Night
- Wellness U: Tanya w/ TMT

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
				LOCATION KEY		
				<div> <div>CAF</div> <div>CHP</div> <div>CMR</div> <div>DR</div> <div>DRP</div> </div> <div> <div>Café</div> <div>Chapel</div> <div>Community Room</div> <div>Dining Room</div> <div>Dining Room Patio</div> </div> <div> <div>LO</div> <div>OUT</div> <div>S</div> <div>MT</div> <div>Lobby</div> <div>Outing</div> <div>Salon</div> <div>The Medical Team</div> </div>		
	01	02	03	04	05	06
	APRIL FOOLS' DAY 9:30a Hair Salon S 10:00a Chair Exercise CMR 1:00p \$4 BINGO w/ Dean CMR 1:30p Hangman CMR 3:30p Noodleball CMR	9:00a Smart Bus Shopping OUT 1:00p What Am I? CMR 2:30p Scrabble CMR 3:30p Lucky Dog CMR	10:30a AM Prayer Service CMR 1:00p Town Hall CMR 1:30p UPWORDS CMR 2:30p Music w/ Tom Birchler LO 5:30p Wii Bowling CMR	9:00a Smart Bus Shopping OUT 10:00a BP Checks/Ask a Nurse MT 11:00a Big Boy OUT 2:00p Crafting w/ Traci CMR 3:00p Engaged Senior Games CMR 7:00p Cards 31 CMR	9:00a Medical Appointments OUT 10:00a Chair Exercise CMR 1:30p BINGO CMR 3:00p Happy Hour CMR 5:30p Wii Bowling CMR	9:00a Coffee & News CAF 11:00a Noodleball CMR 2:00p Lucky Dog CMR 6:00p Pinochle/Euchre CMR 7:00p Cards 31 CMR
07	08	09	10	11	12	13
9:00a Coffee & News CAF 11:00a Noodleball CMR 2:00p Lucky Dog CMR 6:00p Pinochle/Euchre CMR 7:00p Cards 31 CMR	8:00a Spirit Week: Special Breakfast DR 9:30a Hair Salon S 10:00a Chair Exercise CMR 1:30p Hangman CMR 2:30p UPWORDS CMR 3:30p Noodleball CMR	9:00a Smart Bus Shopping OUT 1:00p What Am I? CMR 1:30p BINGO CMR 2:30p Scrabble CMR 2:30p Cooking Demo w/ Kim CAF 3:30p Lucky Dog CMR	10:30a AM Prayer Service CMR 1:00p PM Prayer Service CHP 1:30p UPWORDS CMR 2:00p Music w/ Kelly Miller w/ LO Macaroons 5:30p Wii Bowling CMR	9:00a Smart Bus Shopping OUT 10:00a BP Checks/Ask a Nurse MT 10:30a Health Talk w/ Angie CAF 11:00a Firehouse Pub OUT 11:30a Diner-themed Meal DR 3:00p Engaged Senior Games CMR 7:00p Cards 31 CMR	9:00a Medical Appointments OUT 10:00a Chair Exercise CMR 12:30p Ice Cream Sunday Bar CAF 1:30p BINGO CMR 3:00p Happy Hour CMR 5:30p Wii Bowling CMR	9:00a Coffee & News CAF 11:00a Noodleball CMR 2:00p Lucky Dog CMR 6:00p Pinochle/Euchre CMR 7:00p Cards 31 CMR
14	15	16	17	18	19	20
9:00a Coffee & News CAF 11:00a Noodleball CMR 2:00p Lucky Dog CMR 6:00p Pinochle/Euchre CMR 7:00p Cards 31 CMR	TAX DAY BOSTON MARATHON 9:30a Hair Salon S 10:00a Chair Exercise CMR 1:00p \$4 BINGO w/ Dean CMR 1:30p Hangman CMR 3:30p Noodleball CMR	9:00a Smart Bus Shopping OUT 10:30a Wellness U: Tanya w/ TMT CMR 1:00p What Am I? CMR 1:30p Music w/ Sarah TMT LO 2:30p Scrabble CMR 3:30p Lucky Dog CMR	10:30a AM Prayer Service CMR 1:30p UPWORDS CMR 3:00p Music w/ Billy Dixon LO 5:00p Breakfast At Tiffany's Family DR Night 5:30p Wii Bowling CMR	9:00a Smart Bus Shopping OUT 10:00a BP Checks/Ask a Nurse MT 11:00a Wheat & Rye OUT 2:00p Crafting w/ Traci CMR 3:00p Engaged Senior Games CMR 7:00p Cards 31 CMR	9:00a Medical Appointments OUT 10:00a Chair Exercise CMR 1:30p BINGO CMR 3:00p Birthday Happy Hour CMR 5:30p Wii Bowling CMR	9:00a Coffee & News CAF 11:00a Noodleball CMR 2:00p Lucky Dog CMR 6:00p Pinochle/Euchre CMR 7:00p Cards 31 CMR
21	22	23	24	25	26	27
9:00a Coffee & News CAF 11:00a Noodleball CMR 2:00p Lucky Dog CMR 6:00p Pinochle/Euchre CMR 7:00p Cards 31 CMR	EARTH DAY PASSOVER BEGINS 9:30a Hair Salon S 10:00a Chair Exercise CMR 1:30p Hangman CMR 2:30p UPWORDS CMR 3:30p Noodleball CMR	9:00a Smart Bus Shopping OUT 1:00p What Am I? CMR 1:30p BINGO CMR 2:30p Scrabble CMR 3:30p Lucky Dog CMR	10:30a AM Prayer Service CMR 1:00p PM Prayer Service CHP 1:30p UPWORDS CMR 3:00p Music w/ Sheila & Joe LO 5:30p Wii Bowling CMR	9:00a Smart Bus Shopping OUT 10:00a BP Checks/Ask a Nurse MT 11:00a J.P. McGuire's OUT 3:00p Engaged Senior Games CMR 7:00p Cards 31 CMR	9:00a Medical Appointments OUT 10:00a Chair Exercise CMR 1:30p BINGO CMR 3:00p Welcome New Residents Happy CMR Hour 5:30p Wii Bowling CMR	9:00a Coffee & News CAF 11:00a Noodleball CMR 2:00p Lucky Dog CMR 6:00p Pinochle/Euchre CMR 7:00p Cards 31 CMR
28	29	30	BIRTHDAYS			
9:00a Coffee & News CAF 11:00a Noodleball CMR 2:00p Lucky Dog CMR 6:00p Pinochle/Euchre CMR 7:00p Cards 31 CMR	9:30a Hair Salon S 10:00a Chair Exercise CMR 1:00p \$4 BINGO w/ Dean CMR 1:30p Hangman CMR 3:30p Noodleball CMR	9:00a Smart Bus Shopping OUT 1:00p What Am I? CMR 2:30p Scrabble CMR 3:30p Lucky Dog CMR			Lillian K. 4/7 Roland Y. 4/10 Cathy H. 4/15 Linda S. 4/29 Joyce L. 4/30	

All activities subject to change.