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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.

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INSPIRING A HAPPIER, HEALTHIER YOU.

STERLING MEADOWS STERLING MEADOWS

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.

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!



APRIL 2024 EVENTS!

- Music & Movement with Linda
- Ice Cream Sundae Bar
- New Resident Welcome Tea
- Tigers Opening Day Party
- Art & Design
- Breakfast at Tiffany's Event
- Cooking Demonstration
- Springtime Bingo Bash
- Resident Birthday Party
- Paint & Sip



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April 2024

LOCATION KEY

IFL 1st Floor CHP Chapel LO Lobby
 AR Activity Room DR Dining Room MPR Multipurpose Room
 AC Anytime Cafe FPA Front Patio O Outside
 CAF Café

01		APRIL FOOLS' DAY		02		03		04		05		06	
	9:30a Guaranteed Hearing 10:00a Chair Exercise 11:00a Movie Title Mash-Up 1:30p Welcome Tea 2:30p Wheel of Fortune 6:00p Rummikub 6:00p Euchre with Friends	AR MPR AC MPR MPR AC MPR	10:00a Chair Exercise 10:45a Lunch at World's End Burger 2:30p B.Trivia/Fitness w/Steve 6:00p Euchre with Friends 6:00p Rummikub 6:00p Euchre with Friends	MPR LO MPR MPR AC MPR	10:00a Chair Exercise 11:15a Wellness U: Stress 2:00p Wheel of Fortune 3:00p Bingo for Prizes 6:00p Movie Night 6:00p Rummikub 6:00p Euchre w/Friends	MPR AC MPR MPR MPR AC MPR	10:00a Chair Exercise 10:30a Coffee & Chat 2:00p Cooking Demo w/Morisa 6:00p Rummikub 6:00p Euchre with Friends	MPR AR DR AC MPR	10:00a Chair Exercise 11:00a Detroit Tiger Trivia 1:00p Tiger's Game Party! 4:00p Connect Four 6:00p Rummikub	MPR CAF MPR AC AC	10:00a Chair Exercise 11:00a Exercise with Carol 12:30p Aileen's S. Animal Raffle 1:00p Tiger Game 2:00p Saturday Social 4:00p Library/Kristen 6:00p Rummikub 6:00p Euchre with Friends	MPR MPR DR MPR 1FL 1FL AC AC	
07		08		09		10		11		12		13	
9:30a Mass & Com. 11:00a Word Puzzles 1:30p Entertainment with Phil 3:00p \$3 Bingo 3:30p Creative Coloring 6:00p Rummikub	MPR AC MPR MPR AC AC	8:00a Omelette Station Breakfast 10:00a Chair Exercise 11:00a Movie Title Mash-Up 1:30p Art & Design 2:30p Wheel of Fortune 6:00p Rummikub 6:00p Euchre with Friends	DR MPR AC MPR MPR AC MPR	10:00a Chair Exercise 1:30p Paint & Sip w/Dee 3:00p Music & Movement w/Linda 6:00p Euchre with Friends 6:00p Rummikub 6:00p Euchre with Friends	MPR MPR MPR MPR AC MPR	10:00a Chair Exercise 2:00p Wheel of Fortune 3:00p Springtime Bingo Bash 6:00p Movie Night 6:00p Rummikub 6:00p Euchre w/Friends	MPR MPR MPR MPR AC MPR	10:00a Chair Exercise 10:30a Coffee & Chat 2:00p Ice Cream Sundae Bar 6:00p Rummikub 6:00p Euchre with Friends	MPR AR DR AC MPR	9:30a Shopping at Meijer 10:00a Chair Exercise 11:15a Trivia 1:00p Euchre with Friends 2:00p Diner Happy Hour w/Bobby 4:00p Connect Four 6:00p Rummikub	LO MPR LO MPR DR AC AC	10:00a Chair Exercise 11:00a Exercise with Carol 12:30p Aileen's S. Animal Raffle 1:00p Tiger Game 2:00p Saturday Social 6:00p Rummikub 6:00p Euchre with Friends	MPR MPR DR MPR 1FL AC AC
14		15 TAX DAY BOSTON MARATHON		16		17		18		19		20	
9:30a Mass & Com. 11:00a Word Puzzles 1:30p Ice Cream Treats 3:00p \$3 Bingo 3:30p Creative Coloring 6:00p Rummikub	MPR AC AC MPR AC AC	9:00a News & Brews with Tammy 10:00a Chair Exercise 10:45a Theramax Speaker: Ambulatory Aids 11:15a Movie Title Memory Game 1:30p Movie: Breakfast at Tiffany's 6:00p Rummikub 6:00p Euchre with Friends	AC MPR MPR AC MPR AC MPR	10:00a Mystery Lunch Out 10:00a Chair Exercise 6:00p Euchre with Friends 6:00p Rummikub 6:00p Euchre with Friends	MPR MPR MPR AC MPR	10:00a Chair Exercise 10:30a Creative Coloring 11:00a Hollywood Diva word search 2:00p Wheel of Fortune 3:00p Silver Screen Bingo 5:00p "Breakfast at Tiffany's" Family Night	MPR AC AC MPR MPR DR	10:00a Chair Exercise 10:30a Coffee & Chat 1:30p Animal Cracker Day! 2:30p Spring Crafts 6:00p Rummikub 6:00p Euchre with Friends	MPR AR AC MPR AC MPR	10:00a Chair Exercise 11:15a Word Games 1:00p Euchre with Friends 2:00p Resident Birthday Party 4:00p Connect Four 6:00p Rummikub	MPR LO MPR MPR AC AC	10:00a Chair Exercise 11:00a Exercise with Carol 12:30p Aileen's S. Animal Raffle 2:00p Tiger Game 2:00p Saturday Social 4:00p Library/kristen 6:00p Rummikub 6:00p Euchre with Friends	MPR MPR DR MPR 1FL 1FL AC AC
21		22 EARTH DAY PASSOVER BEGINS		23		24 ADMINISTRATIVE PROFESSIONALS DAY		25		26 ARBOR DAY		27	
9:30a Mass & Com. 11:00a Word Puzzles 1:30p Entertainment with Suzi 3:00p \$3 Bingo 3:30p Creative Coloring 6:00p Rummikub 6:00p Euchre	MPR AC MPR MPR AC AC MPR	10:00a Chair Exercise 11:00a Movie Title Mash-Up 1:30p Earth Day Event 4:00p Word Puzzles 6:00p Rummikub 6:00p Euchre with Friends	MPR AC MPR AC AC MPR	10:00a Chair Exercise 3:00p Music & Movement w/Linda 6:00p Euchre with Friends 6:00p Rummikub 6:00p Euchre with Friends	MPR MPR MPR AC MPR	10:00a Chair Exercise 11:00a Tammy's Store 2:00p Wheel of Fortune 3:00p Bingo for Prizes 6:00p Movie Night 6:00p Rummikub 6:00p Euchre w/Friends	MPR MPR MPR MPR MPR AC MPR	10:00a Chair Exercise 10:30a Coffee & Chat 1:00p Euchre with Tammy 2:00p Paint & Sip 6:00p Rummikub 6:00p Euchre with Friends	MPR AR MPR MPR AC MPR	9:30a Shopping at Walmart 10:00a Chair Exercise 1:00p Euchre with Friends 2:00p Happy Hour w/Kathleen 4:00p Connect Four 6:00p Rummikub	LO MPR MPR AC AC AC	10:00a Chair Exercise 11:00a Exercise with Carol 12:30p Aileen's S. Animal Raffle 2:00p Saturday Social 3:30p Creative Coloring 6:00p Rummikub 6:00p Euchre with Friends	MPR MPR DR MPR 1FL 1FL AC AC
28		29		30 PASSOVER ENDS		APRIL SHOWERS		BIRTHDAYS					
9:30a Mass & Com. 11:00a Word Puzzles 1:30p Ice Cream Treats 3:00p \$3 Bingo 3:30p Creative Coloring	MPR AC AC MPR AC	10:00a Chair Exercise 11:15a Trivia 2:00p Resident Town Hall 3:00p Ice Cream Treats 6:00p Rummikub 6:00p Euchre with Friends	MPR 1FL DR 1FL AC MPR	10:00a Chair Exercise 11:15a Trivia 2:00p Games with Tammy 6:00p Euchre with Friends 6:00p Rummikub 6:00p Euchre with Friends	MPR 1FL MPR MPR AC MPR		Mina G. 4/3 Bruce E. 4/4 Cheryl B. 4/10 Michael D. 4/10 Lorraine C. 4/15 Sue F. 4/17	Marie J. 4/18 Patricia P. 4/19					

All activities subject to change.