

## CONTACTS

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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.

# LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

SARASOTA ASSISTED & 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!

- J.B. Carr 4/3/24 @ 3:45PM
- Jumpin' Joey 4/5/24 @ 3:45PM
- Jeopardy 4/6/24 @ 1:30PM
- Alexandre 4/10/24 @ 3:45PM
- DJ Pesí 4/12/24 @ 3:45PM
- Family Night 4/17/24 @ 5:00PM
- Alan Souza 4/19/24 @ 3:45PM
- Jeopardy 4/20/24 @ 1:30PM
- Just Us Duo 4/24/24 @ 3:45PM
- Barry Graham 4/26/24 @ 3:45PM

## 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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Assisted Living Facility #5851

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# April 2024

### LOCATION KEY

<b>IFL</b> 1 <sup>st</sup> Floor	<b>DR</b> Dining Room	<b>MTR</b> Meeting Room
<b>2A</b> 2 <sup>nd</sup> Floor Atrium	<b>EM</b> Empower Me	<b>NBR</b> N. Breezeway
<b>3A</b> 3 <sup>rd</sup> Floor Atrium	<b>FIT</b> Fitness Center	<b>OUT</b> Outing
<b>3CR</b> 3 <sup>rd</sup> Floor Card Room	<b>GA</b> Garden Apartments	<b>PL</b> Pool
<b>AR</b> Activity Room	<b>LG</b> Lakeside Gazebo	<b>SBR</b> S. Breezeway
<b>ALF</b> AL Front Desk	<b>LIB</b> Library	<b>TBL</b> The Bistro Lounge
<b>ART</b> Art Studio	<b>MCL</b> MC Living Room	<b>TGH</b> The Great Hall
<b>BG</b> Butterfly Garden	<b>MCD</b> MC Dining Room	<b>VIL</b> Villas
<b>CR</b> Card Room		

01 APRIL FOOLS' DAY			02			03			04			05			06					
	9:30a Veterans Club 10:30a Watercolors with Carolyn 11:15a Move It Monday Exercise 1:30p Corn Hole 2:00p Trivia 3:15p Prize Bingo 6:00p Monday Cinema	<b>CR</b> <b>ART</b> <b>MTR</b> <b>TGH</b> <b>MTR</b> <b>CR</b> <b>MTR</b>	10:30a Let Us Entertain You Trivia 11:15a EmpowerMe Exercise 1:30p Corn Hole 1:45p Activity & Events Meeting 3:15p Cash Bingo	<b>CR</b> <b>MTR</b> <b>TGH</b> <b>MTR</b> <b>CR</b>	9:30a Dollar Tree & Hobby Lobby 10:30a Jeopardy Trivia 11:00a New Resident Orientation 11:15a Workout Wednesday 1:30p Publix/Walgreens 2:00p Crafts with Lynne 3:45p Wine Down Wednesday with J.B. Carr	<b>OUT</b> <b>MTR</b> <b>ART</b> <b>MTR</b> <b>OUT</b> <b>ART</b> <b>TGH</b> <b>OUT</b>	10:15a News & Current Events 10:30a Advanced Trivia 11:15a Thursday Fitness 2:00p Foreign Affairs with Bob Clementis 3:15p Cash Bingo 4:30p Olive Garden Italian Restaurant	<b>TBL</b> <b>CR</b> <b>MTR</b> <b>MTR</b> <b>CR</b> <b>CR</b> <b>OUT</b>	9:00a Doctors Appointments 10:15a News & Current Events 10:30a Trivial Pursuit Game 11:15a Friday Fitness 12:30p Gulf Gate Library 1:30p Publix/Walgreens 3:45p Happy Hour with Jumpin' Joey 6:00p Friday Cinema	<b>OUT</b> <b>TBL</b> <b>CR</b> <b>MTR</b> <b>OUT</b> <b>OUT</b> <b>TGH</b> <b>MTR</b>	11:00a Rosary Group 11:15a Saturday Stretch 1:30p Jeopardy with the Aprils 1:30p Spa Day 3:15p Cash Bingo 6:00p Saturday Cinema	<b>CR</b> <b>MTR</b> <b>MTR</b> <b>TBL</b> <b>CR</b> <b>MTR</b>								
07			08			09			10			11			12			13		
8:30a Church Transportation 9:30a Church Transportation 10:30a Church Transportation 11:15a Sunday Stretch 6:00p Sunday Film Club	<b>OUT</b> <b>OUT</b> <b>OUT</b> <b>MTR</b> <b>MTR</b>	11:15a Move It Monday Exercise 1:30p Corn Hole 2:00p Trivia 3:15p Prize Bingo 6:00p Monday Cinema	<b>MTR</b> <b>TGH</b> <b>MTR</b> <b>CR</b> <b>MTR</b>	10:30a Let Us Entertain You Trivia 11:15a EmpowerMe Exercise 1:30p Corn Hole 1:45p Ambassador Meeting 2:00p Crafts with Joan 3:15p Cash Bingo	<b>CR</b> <b>MTR</b> <b>TGH</b> <b>MTR</b> <b>ART</b> <b>CR</b>	9:30a Publix/Walgreens 10:30a Jeopardy Trivia 11:00a Joy Ride with Derek 11:15a Workout Wednesday 1:30p Walmart 3:45p Wine Down Wednesday with Alexandre	<b>OUT</b> <b>MTR</b> <b>OUT</b> <b>MTR</b> <b>OUT</b> <b>OUT</b> <b>TGH</b>	10:15a News & Current Events 10:30a Advanced Trivia 11:15a Thursday Fitness 1:30p Learn to play Uno with Meghan 3:15p Cash Bingo	<b>TBL</b> <b>CR</b> <b>MTR</b> <b>CR</b>	9:30a Publix/Walgreens 10:15a News & Current Events 10:30a Trivial Pursuit Game 11:15a Friday Fitness 1:30p Trader Joe's 3:00p Swim Club 3:45p Happy Hour with DJ Pesí 6:00p Friday Cinema	<b>OUT</b> <b>TBL</b> <b>CR</b> <b>MTR</b> <b>OUT</b> <b>PL</b> <b>TGH</b> <b>MTR</b>	11:00a Rosary Group 11:15a Saturday Stretch 11:30a Brunch: Perkin's Family Restaurant & Bakery 1:30p Spa Day 3:15p Cash Bingo 6:00p Saturday Cinema	<b>CR</b> <b>MTR</b> <b>OUT</b> <b>TBL</b> <b>CR</b> <b>MTR</b>							
14			15 TAX DAY   BOSTON MARATHON			16			17			18			19			20		
8:30a Church Transportation 9:30a Church Transportation 10:30a Church Transportation 11:15a Sunday Stretch 6:00p Sunday Film Club	<b>OUT</b> <b>OUT</b> <b>OUT</b> <b>MTR</b> <b>MTR</b>	10:30a Watercolors with Carolyn 11:15a Move It Monday Exercise 1:30p Corn Hole 2:00p Trivia 3:15p Prize Bingo 6:00p Monday Cinema	<b>ART</b> <b>MTR</b> <b>TGH</b> <b>MTR</b> <b>CR</b> <b>MTR</b>	10:30a Let Us Entertain You Trivia 11:15a EmpowerMe Exercise 1:30p Book Club 1:30p Corn Hole 2:30p Golfing Rangers with Brad 3:15p Cash Bingo	<b>CR</b> <b>MTR</b> <b>CR</b> <b>TGH</b> <b>TGH</b> <b>CR</b>	9:30a Detwiler's 10:30a Jeopardy Trivia 11:15a Workout Wednesday 1:30p Publix/Walgreens 1:30p Sing A Long 2:00p Crafts with Lynne 5:00p Breakfast at Tiffany's Family Night	<b>OUT</b> <b>MTR</b> <b>MTR</b> <b>OUT</b> <b>MTR</b> <b>ART</b> <b>TGH</b>	10:15a News & Current Events 10:30a Advanced Trivia 11:15a Thursday Fitness 1:30p Breakfast at Tiffany's Cooking 2:00p Wellness U: Lenie's Lecture 3:15p Food for Thought 3:15p Cash Bingo 4:30p Madfish Grill	<b>TBL</b> <b>CR</b> <b>MTR</b> <b>TBL</b> <b>MTR</b> <b>TBL</b> <b>CR</b> <b>OUT</b>	9:00a Doctors Appointments 10:15a News & Current Events 10:30a Trivial Pursuit Game 11:15a Friday Fitness 1:30p Publix/Walgreens 3:00p Swim Club 3:45p Happy Hour with Alan Souza 6:00p Friday Cinema	<b>OUT</b> <b>TBL</b> <b>CR</b> <b>MTR</b> <b>OUT</b> <b>PL</b> <b>TGH</b> <b>MTR</b>	11:00a Rosary Group 11:15a Saturday Stretch 1:30p Spa Day 1:30p Jeopardy with the Aprils! 3:15p Cash Bingo 6:00p Saturday Cinema	<b>CR</b> <b>MTR</b> <b>TBL</b> <b>MTR</b> <b>CR</b> <b>MTR</b>							
21			22 EARTH DAY   PASSOVER BEGINS			23			24 ADMINISTRATIVE PROFESSIONALS DAY			25			26 ARBOR DAY			27		
8:30a Church Transportation 9:30a Church Transportation 10:30a Church Transportation 11:15a Sunday Stretch 6:00p Sunday Film Club	<b>OUT</b> <b>OUT</b> <b>OUT</b> <b>MTR</b> <b>MTR</b>	11:15a Move It Monday Exercise 1:30p Corn Hole 2:00p Trivia 3:15p Prize Bingo 6:00p Monday Cinema	<b>MTR</b> <b>TGH</b> <b>MTR</b> <b>CR</b> <b>MTR</b>	10:00a Classy Collections 10:30a Let Us Entertain You Trivia 11:15a EmpowerMe Exercise 1:30p Corn Hole 3:15p Cash Bingo	<b>TGH</b> <b>CR</b> <b>MTR</b> <b>TGH</b> <b>CR</b>	9:30a Publix/Walgreens 10:30a Jeopardy Trivia 11:15a Workout Wednesday 1:30p Dollar Tree & Target 1:30p Guess that Tune 3:45p Breakfast at Tiffany's with Just Us Duo	<b>OUT</b> <b>MTR</b> <b>MTR</b> <b>OUT</b> <b>MTR</b> <b>TGH</b>	10:15a News & Current Events 10:30a Advanced Trivia 11:15a Thursday Fitness 1:30p Seated Cardio with Meghan 3:15p Cash Bingo	<b>TBL</b> <b>CR</b> <b>MTR</b> <b>MTR</b> <b>CR</b>	9:30a Publix/Walgreens 10:15a News & Current Events 10:30a Trivial Pursuit Game 11:15a Friday Fitness 1:30p Goodwill 3:00p Swim Club 3:45p Happy Hour with Barry Graham 6:00p Friday Cinema	<b>OUT</b> <b>TBL</b> <b>CR</b> <b>MTR</b> <b>OUT</b> <b>PL</b> <b>TGH</b> <b>MTR</b>	11:00a Rosary Group 11:15a Saturday Stretch 1:30p Spa Day 3:15p Cash Bingo 6:00p Saturday Cinema	<b>CR</b> <b>MTR</b> <b>TBL</b> <b>CR</b> <b>MTR</b>							
28			29			30 PASSOVER ENDS			APRIL SHOWERS			BIRTHDAYS								
8:30a Church Transportation 9:30a Church Transportation 10:30a Church Transportation 11:15a Sunday Stretch 6:00p Sunday Film Club	<b>OUT</b> <b>OUT</b> <b>OUT</b> <b>MTR</b> <b>MTR</b>	11:15a Move It Monday Exercise 1:30p Corn Hole 2:00p Trivia 3:15p Prize Bingo 6:00p Monday Cinema	<b>MTR</b> <b>TGH</b> <b>MTR</b> <b>CR</b> <b>MTR</b>	10:30a Let Us Entertain You Trivia 11:15a EmpowerMe Exercise 1:30p Corn Hole 2:00p Classic Cinema Art & Design 3:15p Cash Bingo	<b>CR</b> <b>MTR</b> <b>TGH</b> <b>ART</b> <b>CR</b>		Residents Angie T. 4/2 Shirley A. 4/3 Barb B. 4/4 Donna B. 4/4 Jack B. 4/5	Sue M. 4/6 Eileen B. 4/9 Jim A. 4/11 Mary M. 4/20 Brian M. 4/24 John S. 4/29	Staff Mary R. 4/1 Lillian A. 4/4 Celestina 4/12 Lidiana C. 4/21											

All activities subject to change.