LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

STERLING WOODS | APRIL 2024

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SENIOR LIVING COMMUNITIES

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.

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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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!

- Art for All Ages 4/1
- Lunch In- House of Reuben 4/3
- Special Breakfast 4/8
- Bingo Bash 4/9
- Macaroon Pairing 4/10
- Diner Themed HH 4/11
- Ice Cream Sunday Bar HH 4/12
- Breakfast At Tiffany's FN 4/17
- Resident Council Mtg 4/24
- Resident Birthday Party 4/30

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!

LIVING WELL IS BEING WELL.
American House Senior Living Communities

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

LOCATION KEY

CAF	Café	LR	Living Room
CHP	Chapel	OUT	Outing
DR	Dining Room	PAT	Patio
GR	Game Room	THR	Theater

01 APRIL FOOLS' DAY

10:00a	Art for All Ages	CAF
11:00a	April Fools' Wordsearch	THR
1:00p	Chair Exercise	CAF
2:00p	Bingo	DR
3:00p	EngagedSenior	CAF
6:30p	Game Night	CAF

02

10:30a	Modern Jeopardy Trivia	CAF
1:00p	Chair Exercise w/Linda	CAF
2:00p	Bingo	DR
3:00p	Afternoon Movie	LR
3:00p	Wii Bowling	THR
6:00p	Game Night	THR

03

10:00a	Bodies in Motion	CAF
11:00a	30 Days of Gratitude	CAF
12:00p	Lunch In- House of Reuben	CAF
1:00p	Travelogue- Scottish Highlands	LR
2:00p	Bingo	DR
3:30p	Book Club Mtg	CAF
6:00p	Game Night	THR

04

10:00a	Brain Matters	CAF
11:00a	April Wordsearch	CAF
1:30p	Bus to Gabe's	OUT
2:00p	Coffee & Chat w/Friends	CAF
3:30p	Arts & Crafts	CAF
6:30p	Game Night	CAF

05

10:30a	Rosary & Communion	CHP
10:30a	Bus to Walmart	OUT
11:00a	Music Conversations	CAF
1:00p	Come Watch Opening Day	LR
2:00p	Happy Hour w/Billy D	DR
3:30p	Songbook Sing-A-Long	LR
6:00p	Game Night	THR

06

10:15a	Bingo	DR
11:00a	Board Games w/Friends	GR
1:00p	Movie Matinee	THR
3:00p	Bible Study W/ Brenda	THR
5:30p	The Chosen	THR
6:30p	Game Night	CAF

07

9:00a	Virtual Rosary	THR
9:30a	St. Malachy Live Stream	THR
1:00p	Popcorn & Movie	THR
2:00p	Prayer Time w/Brenda	THR
6:30p	Game Night	CAF

08

8:00a	Special Breakfast	DR
10:30a	Can You Picture This?	CAF
1:00p	Chair Exercise	LR
2:00p	Bingo	DR
3:00p	Wellness U	CAF
4:00p	EngagedSenior	CAF
6:30p	Game Night	CAF

09

10:15a	Bingo Bash	DR
11:00a	Wii Bowling	THR
1:00p	Sing-Along w/Sarah	CAF
2:00p	Movin' & Groovin' w/Kathleen	DR
3:00p	Afternoon Movie	LR
3:00p	Derby Horse Race Game	THR
6:00p	Game Night	THR

10

10:00a	Bodies in Motion	CAF
10:30a	Senior Bullying Talk	CAF
1:00p	Travelogue- Sahara Desert	LR
2:00p	Bingo	DR
3:30p	Macaroon Pairing	CAF
6:00p	Game Night	THR

11

10:30a	Coffee & Chat w/Friends	CAF
11:30a	Brunch Bunch: Angelo's Avenue Grille	OUT
1:00p	Hollywood Wordsearch	CAF
2:00p	Diner Themed Happy Hour	DR
3:30p	Arts & Crafts	CAF
6:30p	Game Night	CAF

12

10:30a	Rosary & Communion	CHP
10:30a	Bus to Meijer	OUT
11:00a	FUNNY FRIDAY SHOP	THR
1:00p	Music Conversations	CAF
2:00p	Sunday Bar Happy Hour w/Dorothy M	DR
3:30p	Songbook Sing-A-Long	LR
6:00p	Non-Denom Bible Study	CAF
6:00p	Game Night	THR

13

10:15a	Bingo	DR
11:00a	Board Games w/Friends	GR
1:00p	Movie Matinee	THR
3:00p	Bible Study W/ Brenda	THR
5:30p	The Chosen	THR
6:30p	Game Night	CAF

14

9:00a	Virtual Rosary	THR
9:30a	St. Malachy Live Stream	THR
1:00p	Popcorn & Movie	THR
2:00p	Sunday Service W/ Ray	THR
6:30p	Game Night	CAF

15 TAX DAY | BOSTON MARATHON

10:30a	Flower Arrangements	CAF
1:00p	Chair Exercise	LR
2:00p	Bingo	DR
3:00p	EngagedSenior	CAF
6:30p	Game Night	CAF

16

10:15a	Bingo	DR
11:00a	Wii Bowling	THR
1:00p	Chair Exercise w/Linda	CAF
2:00p	Music & Medicare Education	THR
3:00p	Afternoon Movie	LR
6:00p	Game Night	THR

17

10:00a	Bodies in Motion	CAF
10:15a	Bingo	DR
1:00p	30 Days of Gratitude	CAF
2:00p	Word Search	CAF
3:00p	Film Feastivle	THR
5:00p	FN: Breakfast at Tiffany's	DR
6:00p	Game Night	THR

18

10:30a	Art & Design	CAF
1:30p	Scenic Tour- St. Clair Shores	OUT
2:00p	Coffee & Chat w/Friends	CAF
3:30p	Who am I Game	CAF
6:30p	Game Night	CAF

19

10:30a	Rosary & Communion	CHP
10:30a	Bus to Dollar Tree	OUT
1:00p	Music Conversations	CAF
2:00p	Happy Hour w/Carl A	DR
3:30p	Songbook Sing-A-Long	LR
6:00p	Game Night	THR

20

10:15a	Bingo	DR
11:00a	Board Games w/Friends	GR
1:00p	Movie Matinee	THR
3:00p	Bible Study W/ Brenda	THR
5:30p	The Chosen	THR
6:30p	Game Night	CAF

21

9:00a	Virtual Rosary	THR
9:30a	St. Malachy Live Stream	THR
1:00p	Popcorn & Movie	THR
2:00p	Prayer Time w/Brenda	THR
6:30p	Game Night	CAF

22 EARTH DAY | PASSOVER BEGINS

10:00a	Giggles in the Garden	CAF
1:00p	Chair Exercise w/Linda	CAF
2:00p	Prize Bingo	DR
3:00p	EngagedSenior	CAF
6:30p	Game Night	CAF

23

10:15a	Bingo	DR
1:00p	Derby Horse Race Game	THR
2:00p	Movin' & Groovin' w/Kathleen	DR
3:00p	Afternoon Movie	LR
6:00p	Game Night	THR

24 ADMINISTRATIVE PROFESSIONALS DAY

10:00a	Bodies in Motion	CAF
1:00p	Resident Council Mtg	DR
2:00p	Drive-In Movie	THR
3:00p	New Resident Social	CAF
6:00p	Game Night	THR

25

10:30a	Arts & Crafts	CAF
1:00p	Coffee & Chat w/Friends	CAF
1:30p	Bus to Barnes & Noble	OUT
2:00p	Trivia	CAF
3:00p	Cooking Demo	DR
6:30p	Game Night	CAF

26 ARBOR DAY

10:30a	Rosary & Communion	CHP
10:30a	Bus to Aldi	OUT
1:00p	Music Conversations	CAF
2:00p	Happy Hour w/Frank T	DR
3:30p	Songbook Sing-A-Long	LR
6:00p	Game Night	THR

27

10:15a	Bingo	DR
11:00a	Board Games w/Friends	GR
1:00p	Movie Matinee	THR
3:00p	Bible Study W/ Brenda	THR
5:30p	The Chosen	THR
6:30p	Game Night	CAF

28

9:00a	Virtual Rosary	THR
9:30a	St. Malachy Live Stream	THR
1:00p	Popcorn & Movie	THR
2:00p	Sunday Service W/ Ray	THR
6:30p	Game Night	CAF

29

10:00a	Travelogue- Ontario Canada	LR
11:00a	Word Game	CAF
1:00p	Chair Exercise	LR
2:00p	Bingo	DR
3:00p	EngagedSenior	CAF
6:30p	Game Night	CAF

30 PASSOVER ENDS

10:15a	Bingo	DR
1:00p	Chair Exercise	LR
2:00p	Birthday Party w/Chuck S	DR
3:00p	Afternoon Movie	LR
6:00p	Game Night	THR

BIRTHDAYS

All activities subject to change.