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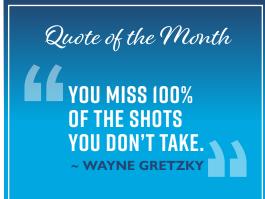
TECH-SAVVY SENIORS AND EMOJIS

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 , 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.





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.



TROY 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.

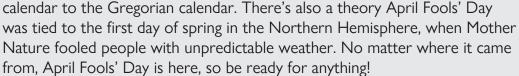


APRIL 2024 EVENTS!

- 4/1 April Fools' Day
- 4/4 National Walking Day
- 4/5 Detroit Tigers Opening Day
- 4/8 2024 Total Solar Eclipse
- 4/13 Girl Scouts Visits
- 4/13 National Scrabble Day
- 4/17 Family Night! 5:00 p.m.
- 4/18 Monthly Birthday Party
- 4/22 Earth Day
- 4/26 National Pretzel Day

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





TUESDAY WEDNESDAY **THURSDAY** SUNDAY MONDAY **FRIDAY SATURDAY LOCATION KEY** April 2024 **2FA** 2nd Floor Activity Room **OUT** Outing AC Anytime Cafe PAT Patio Dining Room THR Theater LR Living Room MT The Medical Team 01 APRIL FOOLS' DAY 03 04 05 06 8:30a Exercise 8:30a **DR** 8:30a 10:00a Wii Bowling THR DR 8:30a Exercise DR Exercise DR 8:30a Exercise Exercise DR Game - Spintopia 10:00a Bible Discussion 2FA 9:30a Dollar Tree Outing OUT 10:00a 9:30a **OUT** 10:00a THR 10:30a "Alexa" Music Hangman Kroger LR Snack Cart Scrabble 10:00a AC 11:30a Word Scramble 12:00_D THR 10:00a **AC** 1:00_D Tigers Opening Day Game **THR** 10:30a Rosary AR Trivia LR 2:00p Scrabble AR 2:30_D Move & Groove w/Susette DR 2:30p New Res. Meet & Greet AC 11:30a Walking Group PAT 2:30p **Bowling** AC 2:00p Euchre 2FA 2:00p Ent.: Red Barn Band 3:00p MT 2:00p **THR** Grief Support w/Gwen THR 2:30p Ice Cream Cones AC 2:30p DR Afternoon Movie 3:30p UNO AC **Blood Pressure Check** 3:00p DR Happy Hour DR 7:00p 2FA EngagedSenior Games THR Table Games / Cards 2FA 7:00p Bingo \$1 2:30p Bingo \$1 DR 6:00p Card Sharks 6:00p 7:00p DR 6:00p 2FA Bingo \$1 Blackjack 07 08 09 10 -11 12 13 Therapy in Color 8:30a Breakfast Bunch-Maple Leaf**OUT** Exercise 10:30a 2FA 8:30a Exercise DR 8:30a Exercise DR 8:30a Exercise 8:30a 10:00a Wii Bowling THR 10:30a 2FA 12:00_D Guitar & Sing w/Steve LR 10:00a Bible Discussion 9:00a Exercise Video **THR** 10:00a Words in a Word Game LR 9:30a Meijer OUT 10:00a Art & Design w/ Ann & Jan 2FA "Alexa" Music A.H. Mystery Book Club Crafts/Cookies w/Girl Scouts 1:00p Communion W/ John TV 10:00a (Classic Cinema Trivia) AC 10:00a AC 12:00p Snack Cart THR 10:00a Euchre 10:00a Game - Spintopia **THR** 10:30a AC "LUEY" Cooking Demo 2FA Entertainment- Dennis F. 2:00p Pinochle 10:00a Brain Matters-AC 2:30p DR 2:00p Blackiack AR 2:00_D AC 2:30p Bowling AC 2FA 2:30p Sunday Matinee TV 2:00p Scrabble AR 2:30p Happy Hour DR 2:30p **Devotions & Hymns** TV Blood Pressure Check 3:00p Card Sharks AC 3:00p MT 2:00p Euchre 6:00p **THR** Solar Eclipse Viewing Table Games / Cards 2FA Wii Games 2:00p **PAT** 6:00p 2FA 7:00p Bingo \$1 DR 6:00p Blackjack 7:00p Bingo \$1 DR 2:00p Afternoon Movie **THR** EngagedSenior Games THR Card Sharks 2FA 3:00p 6:00p 7:00p Bingo \$1 DR 15 TAX DAY | BOSTON MARATHON 16 17 18 19 20 Therapy in Color 10:30a 2FA 8:30a Exercise DR 8:30a Exercise DR 8:30a Resident Meeting **DR** 8:30a Exercise DR 8:30a Exercise DR 10:00a Wii Bowling **THR** Communion W/ John TV 10:00a Bible Discussion 2FA 10:00a Fun & Games-Classic Cinema **AC** 9:00a DR 9:30a Meijer OUT 10:00a Game - Spintopia THR 10:30a "Alexa" Music 1:00p Exercise LR 2FA 10:00a Lunch at Kwong Tung AR 2:00p Pinochle Trivia AC 11:00a OUT 10:00a Hangman LR 10:00a Trivia AC 2:30p **Bowling** AC 10:30a Rosary 2:30p Sunday Matinee TV Scrabble AR 2:30p DIA Guest Speaker DR 12:00p Snack Cart **THR** 2:30p Entertainment- Gary P. DR 3:00p Blood Pressure Check MT Euchre 2FA 2:00p 2:00p 6:00p Wii Games **THR** 2:00p Grief Support & Music THR 2:30p Topic- Picturing Music 2:30p Candy Bar / Chips Bingo **DR** 2:30_D Birthday Party! DR 7:00p Bingo \$1 DR 2:00p Afternoon Movie **THR** 3:00p EngagedSenior Games **THR** 6:00p Table Games / Cards 2FA 5:00p Family Night-B'fast at Tiffany's 2FA 6:00p Card Sharks 2FA DR Bingo \$1 DR 7:00p 5:00p Entertainment- Vanessa C DR 7:00p Bingo \$1 DR 23 24 ADMINISTRATIVE PROFESSIONALS DAY 25 27 22 EARTH DAY | PASSOVER BEGINS 26 **ARBOR DAY** 10:30a Therapy in Color 2FA 8:30a Exercise 8:30a Exercise DR 8:30a Exercise DR 8:30a Exercise DR 8:30a Exercise DR 10:00a Wii Bowling Guitar & Sing w/Steve LR 10:00a **THR** "Alexa" Music 10:00a Bible Discussion 2FA 10:00a Cornhole Game AC 10:00a Words in a Word Game AR 9:30a Meijer **OUT** Game - Spintopia 10:30a TV 2FA 10:00a 2:00p 2U Vision Store LR 12:00p **THR** 10:00a 2:30p Communion W/ John Trivia AC Snack Cart Conversation Cards LR Bowling AC 2:00p Euchre 2FA AR 2:30p Wellness U w/Jennie 2:30p DR 3:00p Blood Pressure Check **THR** 2:00p 2:00p Scrabble AC Entertainment- George S. DR 2:30p Entertainment- Kelly M. MT 2:00p Afternoon Movie Pinochle 2:30p 7:00p 2:30p Sunday Matinee TV 2:30p Sing Along w/ Sara AC Topic- Parkinson's AC 7:00p Bingo \$1 DR 2:30p Happy Hour DR Bingo \$1 DR 6:00p Card Sharks 2FA EngagedSenior Games THR **THR** 6:00p Table Games / Cards 2FA 2FA 6:00p Wii Games 3:00p 6:00p Blackjack 7:00p Bingo \$1 DR 28 29 30 PASSOVER ENDS **BIRTHDAYS** Therapy in Color 2FA 8:30a DR 8:30a DR Exercise Exercise 4/16 "Holly" M. 4/1 Patricia D. TV Communion W/ John 10:00a Bible Discussion 2FA 10:00a Reminisce & Cookies AC 4/28 Beverly J. 4/1 Carol C. 2FA 10:00a 11:00a Lunch at Esplendido Rest. **OUT** 2:00p Pinochle Trivia AC 2:30p Sunday Matinee TV 2:00p Scrabble AR 2:30p Entertainment- Kathleen T. DR 4/5 Timothy K. 6:00p Wii Games **THR** 2:00p Grief Support w/Gwen **THR** 2:30p Happy Hour DR 4/8 Loretta B. EngagedSenior Games 3:00p THR 6:00p Table Games / Cards 2FA 4/8 Earl E. 7:00p Bingo \$1 4/16 Barbara A. All activities subject to change