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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.



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.

Quote of the Month

“YOU MISS 100% OF THE SHOTS YOU DON’T TAKE.”

~ WAYNE GRETZKY

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

VILLAGE

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!

- Mobile Library (Mondays)
- Weekly Trivia Wind Down (Tues)
- Family Night! Breakfast at
- Tiffany's (4/19)
- Shopping Trip (Mondays)
- Chair Yoga w/Kathy (Wednesday)

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!



FOLLOW US ON FACEBOOK

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY							
<div><h1>April 2024</h1></div>										LOCATION KEY									
										ALM All Manors Residents Run BC Bocce Ball Court CP Carports EVC Entire Village Community M4 Manor 4 M4L Manor 4 Library		M4P Manor 4 Patio M5 Manor 5 M5A Manor 5 Art Room M5C Manor 5 Chapel M5L Manor 5 Library M5P Manor 5 Patio		M6 Manor 6 M6P Manor 6 Patio OUT Outing VIL Villas					
		01	APRIL FOOLS' DAY		02			03			04			05			06		
		9:30a Exercise M5 10:45a RHPL Mobile Library 11:00a Pray the Rosary M5C 1:00p Funday Game Time M4 2:00p Exercise M6 3:00p Big Winners \$2.25 Bingo M5 6:00p RR LCR for Nickels M6		9:15a Shopping Trip (Meijer)OUT 9:30a RR Exercise M5 10:45a Holy Communion M5C 1:00p RR Euchre M5 1:00p Exercise M4 2:00p Exercise M6 3:00p \$1.50 Bingo Happy Hour M4 5:45p Manor Movie Night M6		9:30a Exercise M5 1:00p RR LCR for Nickels M5 1:00p Exercise M4 3:00p Big Winners \$2.25 Bingo M6 5:45p RR Cross Talk Bible Study M6 6:00p RR LCR for Nickels M4 6:00p Chair Yoga w/ Kathy M5		8:30a Eggs Your Way Breakfast M5 9:30a RR Exercise M5 1:00p Exercise M4 2:00p Weekly Trivia Wine Down M6 3:00p Mystery Prize Bingo M4 4:00p History Hounds Virtual Lecture M6		9:30a Exercise M5 1:00p RR LCR for Nickels M5 3:30p Wine Down & LCR M4 5:45p Manor Movie Night M4 6:00p RR LCR for Nickels M6		9:30a RR Exercise M5 11:00a Literally Dead Book Club-YouTube M6 1:30p Saturday Cinema M4 2:00p Candy Bar Bingo M5 3:00p RR LCR for Nickels M5							
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9:30a RR Exercise M5 11:00a Tea Leaves Book Club-YouTube M6 1:00p Cyber Senior Series-YouTube M4 2:00p Sunday Cinema M5 5:45p Sharing Group M5		9:30a Exercise M5 10:45a RHPL Mobile Library 11:00a Pray the Rosary M5C 1:00p Funday Game Time M4 2:00p Exercise M6 3:00p Big Winners \$2.25 Bingo M5 6:00p RR LCR for Nickels M6		9:15a Shopping Trip (Meijer)OUT 9:30a RR Exercise M5 10:45a Holy Communion M5C 1:00p RR Euchre M5 1:00p Exercise M4 2:00p Exercise M6 3:00p \$1.50 Bingo Happy Hour M4 5:45p Manor Movie Night M6		9:30a Exercise M5 1:00p RR LCR for Nickels M5 1:00p Exercise M4 3:00p Big Winners \$2.25 Bingo M6 5:45p RR Cross Talk Bible Study M6 6:00p RR LCR for Nickels M4 6:00p Chair Yoga w/ Kathy M5		8:30a Eggs Your Way Breakfast M6 9:30a RR Exercise M5 1:00p Exercise M4 2:00p Weekly Trivia Wine Down M6 2:30p Sydfit Chair Exercise M5 3:00p Mystery Prize Bingo M4 4:00p History Hounds Virtual Lecture M6		9:30a Exercise M5 1:00p RR LCR for Nickels M5 3:30p Wine Down & LCR M4 5:45p Manor Movie Night M4 6:00p RR LCR for Nickels M6		9:30a RR Exercise M5 11:00a Literally Dead Book Club-YouTube M6 1:30p Saturday Cinema M4 2:00p Candy Bar Bingo M5 3:00p RR LCR for Nickels M5							
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28		29		30 PASSOVER ENDS				BIRTHDAYS											
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								Mary H. 4/28											

All activities subject to change.