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National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

Institute of Aging Friendship Line
1-800-971-0016

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.

 FOLLOW US ON FACEBOOK

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

VILLAGE AT BLOOMFIELD

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!

- Book Nook Open House (4/3)
- Senior Scams Seminar (4/8)
- Spring Fashion Show! (4/11)
- Family Night (4/17)
- Traveling Sales Gals (4/23)
- Resident Town Hall (4/25)
- Birthday Bash (4/26)
- Cardio Drumming (Tuesdays)

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



American House Village at Bloomfield

1957 S. Telegraph Rd
Bloomfield Hills | MI | 48302
248.213.8529

AmericanHouse.com

**American
House** 
SENIOR LIVING COMMUNITIES

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April 2024

LOCATION KEY

- 2FR 2nd Floor Family Room
- 2FI 2nd Floor Fitness Room
- 2PT 2nd Floor Physical Therapy
- 3FA 3rd Floor Activity Room
- 3FT 3rd Floor Theater
- B Bistro
- DR Dining Room
- GR Game Room
- LR Living Room
- OUT Outing
- O Outside
- PAT Patio

01		APRIL FOOLS' DAY		02		03		04		05		06	
		9:30a Morning Sing Along 10:00a Zen Coloring 10:30a Journaling 11:00a Bunco Game with Friends! 2:30p Bingo with Tom 5:00p Scrabble game	2FI 3FA 3FA 3FA DR B	9:30a Prayer with Deacon Mike 1:30p Trivial Pursuit 2:00p Lets play Uno! 3:00p Cardio Drumming w/ Amanda 5:00p Puzzle time with Friends	3FT 3FA 3FA 2FI B	9:30a Chair Exercise 10:00a Rummikub Game 11:00a Cranium Crunches 1:00p RR Bridge Anyone? 2:00p Letter Writing 3:00p Book Nook Open House 5:00p Kings in a corner	2FI 3FA B 3FA 3FA 2FR 3FA	9:30a Chair Yoga 10:00a Zen Coloring 10:30a Journaling 11:00a Art & Design 2:00p Movie Matinee-50's Classic 2:30p Prize Bingo with Tom 5:00p Scrabble Game	2FI 3FA 3FA 3FA 3FT DR B	9:30a Chair Exercise 11:00a Rummikub 1:00p Left Right Center 2:00p Kings in the Corner 2:30p Happy Hour - Jim Rice 5:00p RR Learn to Play Skip-Bo	2FI 3FA 3FA 3FA DR B	9:30a Daily Chronicle 10:00a Mindful Meditation 11:00a Weekend Documentary 11:00a Yahtzee anyone? 1:00p Trivia Pursuit 5:00p RR Euchre Card Club	B 2FI 3FT B B B
07		08		09		10		11		12		13	
10:00a Sunday Mass Live Stream 11:00a Wii Bowling 1:00p Dominoes 5:00p RR Left Right Center 6:00p Grateful Journaling	3FT B B B B	9:30a Morning Sing Along 10:00a Senior Scams Seminar 10:00a Zen Coloring 10:30a Journaling 11:00a Bunco Game with Friends! 2:30p Bingo with Tom 5:00p Scrabble game	2FI 3FT 3FA 3FA 3FA DR B	9:30a Prayer with Deacon Mike 11:00a Painting Class 1:30p Classic Cinema Trivia 3:00p Cardio Drumming W/ Amanda 5:00p Puzzle time with Friends	3FT 3FA 3FA 2FI B	9:30a Chair Exercise 10:00a Rummikub Game 11:00a Cranium Crunches - Classic Cinema 1:00p Manicures! 5:00p Kings in a corner	2FI 3FA B 3FA 3FA	9:30a Chair Yoga 10:00a Zen Coloring 10:30a Journaling 2:00p Movie Matinee- Breakfast at Tiffany's 2:30p Spring Fashion Show! 2:30p Prize Bingo with Tom 5:00p Scrabble Game	2FI 3FA 3FA 3FT 3FT DR B	9:30a Chair Exercise 11:00a Rummikub 1:00p Left Right Center 2:00p Kings in the Corner 2:30p Happy Hour - Lamar Woodall 5:00p RR Learn to Play Skip-Bo	2FI 3FA 3FA 3FA DR B	9:30a Daily Chronicle 10:00a Mindful Meditation 11:00a Weekend Documentary 11:00a Yahtzee anyone? 1:00p Trivia Pursuit 5:00p RR Euchre Card Club	B 2FI 3FT B B B
14		15 TAX DAY BOSTON MARATHON		16		17		18		19		20	
10:00a Sunday Mass Live Stream 11:00a Wii Bowling 1:00p Dominoes 5:00p RR Left Right Center 6:00p Grateful Journaling	3FT B B B B	9:30a Morning Sing Along 10:00a Zen Coloring 10:30a Journaling 11:00a Bunco Game with Friends! 2:30p Happy Hour -Billy Dixon 5:00p Scrabble game	2FI 3FA 3FA 3FA DR B	9:30a Prayer with Deacon Mike 11:00a Art & Design - Spring Decor 1:30p Lets play Uno! 3:00p Cardio Drumming w/ Amanda 5:00p Puzzle time with Friends	3FT 3FA 3FA 2FI B	9:30a Chair Exercise 10:00a Rummikub Game 11:00a Cranium Crunches 1:00p RR Bridge Anyone? 2:00p Letter Writing 5:00p Family Night - Breakfast at Tiffany's Brunch	2FI 3FA B 3FA 3FA DR	9:30a Chair Yoga 10:00a Zen Coloring 10:30a Journaling 2:00p Movie Matinee-70's Classic 2:30p Prize Bingo with Tom 5:00p Scrabble Game	2FI 3FA 3FA 3FT DR B	9:30a Chair Exercise 11:00a Rummikub 1:00p Left Right Center 2:30p Kings in the Corner 5:00p RR Learn to Play Skip-Bo	2FI 3FA 3FA 3FA B	9:30a Daily Chronicle 10:00a Mindful Meditation 11:00a Weekend Documentary 11:00a Yahtzee anyone? 1:00p Trivia Pursuit 5:00p RR Euchre Card Club	B 2FI 3FT B B B
21		22 EARTH DAY PASSOVER BEGINS		23		24 ADMINISTRATIVE PROFESSIONALS DAY		25		26 ARBOR DAY		27	
10:00a Sunday Mass Live Stream 11:00a Wii Bowling 1:00p Dominoes 5:00p RR Left Right Center 6:00p Grateful Journaling	3FT B B B B	9:30a Morning Sing Along 10:00a Zen Coloring 10:30a Journaling 11:00a Bunco Game with Friends! 2:30p Bingo with Tom 5:00p Scrabble game	2FI 3FA 3FA 3FA DR B	9:30a Prayer with Deacon Mike 1:00p Name That Show Tune 3:00p Cardio Drumming w/ Amanda 4:00p Traveling Sales Gals 5:00p Puzzle time with Friends	3FT 3FT 2FI LO B	9:30a Chair Exercise 10:00a Rummikub Game 11:00a Cranium Crunches 1:30p Bistro Book Club 5:00p Kings in a corner	2FI 3FA B B 3FA	9:30a Chair Yoga 10:00a Zen Coloring 10:30a Journaling 11:00a Resident Town Hall 2:00p Movie Matinee-80's Classic 2:30p Prize Bingo with Tom 5:00p Scrabble Game	2FI 3FA 3FA 3FT 3FT DR B	9:30a Chair Exercise 11:00a Rummikub 1:00p Left Right Center 2:30p Birthday Bash w/ Double Play Flute and Tuba 5:00p RR Learn to Play Skip-Bo	2FI 3FA 3FA 3FA DR B	9:30a Daily Chronicle 10:00a Mindful Meditation 11:00a Weekend Documentary 11:00a Yahtzee anyone? 1:00p Trivia Pursuit 5:00p RR Euchre Card Club	B 2FI 3FT B B B
28		29		30 PASSOVER ENDS		APRIL SHOWERS		BIRTHDAYS					
10:00a Sunday Mass Live Stream 11:00a Wii Bowling 1:00p Dominoes 5:00p RR Left Right Center 6:00p Grateful Journaling	3FT B B B B	9:30a Morning Sing Along 10:00a Zen Coloring 10:30a Journaling 11:00a Bunco Game with Friends! 2:30p Bingo with Tom 5:00p Scrabble game	2FI 3FA 3FA 3FA DR B	9:30a Prayer with Deacon Mike 1:30p Trivial Pursuit 2:00p Lets play Uno! 3:00p Cardio Drumming w/ Amanda 5:00p Puzzle time with Friends	3FT 3FA 3FA 2FI B			4/1 Lisa D. 4/3 Russel J. 4/6 Cyndra M. 4/7 Montaha K. 4/13 Patty W. 4/13 Patricia C.	4/13 Charlene H. 4/18 Carmen F.				

All activities subject to change.