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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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39201 Joy Rd  
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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.

WESTLAND JOY AMERICAN HOUSE JOY

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!

- ARTS FOR ALL AGES
- ICE CREAM BAR
- LIVE ENTERTAINMENT
- HAPPY HOUR
- RESIDENT SPIRIT SURVEY WEEK
- COOKING DEMO
- BIRTHDAY CELEBRATION
- FAMILY NIGHT

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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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <h1>April 2024</h1> </div>					LOCATION KEY	
					<div> <div>AR Activity Room</div> <div>CAF Café</div> <div>DR Dining Room</div> </div> <div> <div>LO Lobby</div> <div>APT Your Apartment</div> </div>	
	01 APRIL FOOLS' DAY	02	03	04	05	06
	9:00a Coffee & Chat 11:30a You Be the Judge 12:00p Fun Facts 2:00p Bingo 3:00p Bible Study 6:00p Coloring Sheets <div>LO CAF AR AR CAF</div>	8:30a Salon Open 10:00a Exercise with Brooke 2:00p Wheel of Fortune 4:00p John Williams Trivia 5:00p You Be the Judge 6:00p Independent Puzzles <div>1FL CAF CAF CAF CAF AR</div>	10:00a Moring Zumba 12:00p One on One with Keba 2:00p Bingo 3:00p Arts for All Ages 5:00p Funny Tv Themes <div>CAF AR AR AR</div>	8:30a Salon Open 10:00a Syd fit 2:00p Virtual Tour 3:00p Resident Survey - 4:00p Chicken Soup for the Soul <div>1FL AR CAF CAF LO</div>	9:30a Local Shopping 2:00p Live Entertainment 3:00p Ice Cream Social 5:00p Card Club 6:00p Comedy Hour <div>OUT CAF CAF CAF CAF</div>	10:00a Morning Tunes 11:00a Creative Colors 2:00p Bingo 3:00p Movie Matinee 6:00p Card Club <div>CAF CAF DR AR CAF</div>
07	08	09	10	11	12	13
10:00a Morning Tunes 11:00a Walk for Wellness 12:00p Mid-Day Documentary 1:00p March Coloring Sheets 6:00p Waling Club <div>AR LO CAF CAF CAF</div>	9:00a Kicking off Sprit Week 11:30a You Be the Judge 12:00p Fun Facts 2:00p Bingo 3:00p Bible Study 6:00p Coloring Sheets <div>LO CAF AR AR CAF</div>	8:30a Salon Open 10:00a Lunch Outing 2:00p Bingo Bash 3:00p Fancy Nails 4:00p Pop Cultural Videos/Trivia 4:30p Musical Jazz Appreciation 6:00p Independent Puzzles <div>1FL CAF CAF LO CAF AR</div>	9:30a One on One with Keba 10:00a Moring Zumba 2:00p Bingo 3:00p Jeopardy 4:00p Book Club Discussion <div>AR CAF AR CAF DR</div>	8:30a Salon Open 10:00a Syd Fit 11:00a Aroma Therapy 2:00p Virtual Tour 3:00p Game Show Hour 4:00p Chicken Soup for the Soul <div>1FL AR LO AR CAF LO</div>	9:30a Local Shopping 2:00p Live Entertainment 3:00p Ice Cream Bar 5:00p Card Club 6:00p Comedy Hour <div>OUT CAF CAF CAF CAF</div>	10:00a Morning Tunes 11:00a Creative Colors 2:00p Bingo 3:00p Movie Matinee 5:30p Funny Videos <div>CAF CAF DR AR CAF</div>
14	15 TAX DAY   BOSTON MARATHON	16	17	18	19	20
10:00a Morning Tunes 11:00a Walk for Wellness 12:00p Mid-Day Documentary 1:00p March Coloring Sheets 6:00p Waling Club <div>AR LO CAF CAF CAF</div>	9:00a Coffee & Chat 10:30a McDonald's outing 12:00p 60s Tunes 2:00p Bingo 3:00p Bible Study 6:00p Coloring Sheets <div>CAF AR AR CAF</div>	8:30a Salon Open 10:00a Exercise with Brooke 2:00p Wheel of Fortune 3:00p Brain Games 4:30p Musical Knock knock Jokes 6:00p Independent Puzzles <div>1FL LO CAF LO AR</div>	10:00a Moring Zumba 1:00p Welcome to Card Pal 2:00p Bingo 3:00p Nurse Talk 5:00p Family Night <div>CAF AR AR CAF</div>	8:30a Salon Open 10:00a Syd Fit 11:00a Aroma Therapy 2:00p Virtual Tour 3:00p Game Show/ Happy Hour 4:00p Chicken Soup for the Soul <div>1FL AR LO AR CAF LO</div>	9:30a Local shopping 2:00p Live Entertainment 3:00p Ice Cream Social 5:00p Card Club 6:00p Comedy Hour <div>OUT CAF CAF CAF CAF</div>	10:00a Morning Tunes 11:00a Creative Colors 2:00p Bingo 3:00p Movie Matinee 5:30p Funny Videos <div>CAF CAF DR AR CAF</div>
21	22 EARTH DAY   PASSOVER BEGINS	23	24 ADMINISTRATIVE PROFESSIONALS DAY	25	26 ARBOR DAY	27
10:00a Morning Tunes 11:00a Walk for Wellness 12:00p Mid-Day Documentary 2:00p Classic Movies 6:00p Waling Club <div>AR LO CAF CAF CAF</div>	9:00a Coffee & Chat 11:30a You Be the Judge 12:00p Volunteer's Recognition 2:00p Bingo 3:00p Bible Study 6:00p Coloring Sheets <div>LO CAF AR AR CAF</div>	8:30a Salon Open 2:00p Wheel of Fortune 3:00p Taste Challenge / Cooking Demo 4:30p Virtual Tour 6:00p Independent Puzzles <div>1FL CAF CAF CAF LO AR</div>	9:30a One on One with Keba 10:00a Moring Zumba 1:00p Resident Town Hall 2:00p Bingo 3:00p Virtual Zoo <div>AR CAF AR AR CAF</div>	8:30a Salon Open 11:00a Aroma Therapy 2:00p Virtual Tour 3:00p Birthday Celebration 4:00p Chicken Soup for the Soul <div>1FL LO AR CAF LO</div>	9:30a Local Shopping 2:00p Live Entertainment 3:00p Ice Cream Social 5:00p Card Club 6:00p Comedy Hour <div>OUT CAF CAF CAF CAF</div>	10:00a Morning Tunes 11:00a Creative Colors 2:00p Bingo 5:30p Funny Videos 6:00p Card Club <div>CAF CAF DR CAF CAF</div>
28	29	30 PASSOVER ENDS	BIRTHDAYS			
10:00a Morning Tunes 11:00a Walk for Wellness 12:00p Mid-Day Documentary 2:00p Classic Movies' 6:00p Waling Club <div>AR LO CAF CAF CAF</div>	9:00a Coffee & Chat 11:30a You Be the Judge 12:00p Fun Facts 2:00p Bingo 3:00p Bible Study 6:00p Coloring Sheets <div>LO CAF AR AR CAF</div>	8:30a Salon Open 10:00a Zumba 2:00p Wheel of Fortune 3:00p Taste Challenge /Game Show Hour 4:30p Virtual Tour 6:00p Independent Puzzles <div>1FL CAF CAF CAF LO AR</div>				Frank K. 4/2 Martha S. 4/8 Marion H .4/9 <div>Taheeda A. 4/15</div> <div>Nancy T. 4/17</div>

All activities subject to change.