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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.

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LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

JENISON LODGE

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!

- Tiger's first home game
- Resident Memorial
- Icecream Sundae bar
- Connection: Antique Roadshow
- Bus Trip: Veteran's Home
- Jenison Christian kids
- Bauerwood kids service project

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!



SUNDAY	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
<div>April 2024</div>								LOCATION KEY					
								<div>AR</div> Activity Room	<div>CW</div> Cottonwood	<div>OUT</div> Outing			
								<div>AMN</div> All Manors	<div>DR</div> Dining Room	<div>O</div> Outside			
								<div>AUD</div> Auditorium	<div>FIT</div> Fitness Center	<div>S</div> Salon			
								<div>BW</div> Beechwood	<div>GAZ</div> Gazebo	<div>SW</div> Sandalwood			
								<div>CIN</div> Cinema	<div>LIB</div> Library	<div>TLG</div> The Lodge			
01		APRIL FOOLS' DAY		02		03		04		05		06	
<div></div>		<div>9:00a</div> Men's Bible Group <div>AR</div> <div>11:00a</div> Chair Exercise (Move & Groove) <div>FIT</div> <div>1:30p</div> Bus Outing: Horrock's Market <div>OUT</div> <div>1:30p</div> Euchre <div>DR</div> <div>6:00p</div> Games <div>DR</div>		<div>10:00a</div> Bingo <div>AR</div> <div>11:00a</div> Chair Exercise <div>FIT</div> <div>1:00p</div> Beginner Wii Bowling <div>AR</div> <div>3:00p</div> Movie: True Spirit <div>CIN</div> <div>6:00p</div> Games <div>DR</div>		<div>1:00p</div> Qwirkle <div>DR</div> <div>1:30p</div> Meijer <div>OUT</div> <div>3:00p</div> Wine & New Resident Welcome (Everyone Welcome) <div>DR</div> <div>6:00p</div> Games <div>DR</div>		<div>10:00a</div> Bingo <div>AR</div> <div>11:00a</div> Chair Exercise <div>FIT</div> <div>2:00p</div> Wii Bowling <div>AR</div> <div>2:00p</div> Cooking Demo <div>DR</div> <div>3:00p</div> Resident Council Games <div>DR</div> <div>6:00p</div> Games <div>DR</div>		<div>10:00a</div> Bible Study <div>AR</div> <div>12:00p</div> Baseball themed lunch (Tiger's First Home game) <div>DR</div> <div>1:00p</div> Tiger's First Home game <div>CIN</div> <div>1:00p</div> Qwirkle <div>DR</div> <div>1:30p</div> Manicures <div>AR</div> <div>1:30p</div> Cribbage Group <div>DR</div> <div>6:00p</div> Euchre <div>DR</div>		<div>12:00p</div> Devotions <div>DR</div> <div>1:00p</div> Wii Bowling <div>AR</div> <div>2:30p</div> Corn Hole <div>DR</div> <div>3:30p</div> Coffee and Conversation Games <div>DR</div> <div>6:00p</div> Games <div>DR</div>	
07		08		09		10		11		12		13	
<div>11:00a</div> Coloring Pages/Crossword Puzzles/Word Search <div>AR</div> <div>12:00p</div> Devotions <div>DR</div> <div>3:00p</div> Church <div>DR</div> <div>4:00p</div> Coffee and Conversation <div>DR</div> <div>6:00p</div> Puzzles <div>AR</div>		<div>12:00a</div> March Madness Championship game <div>AR</div> <div>9:00a</div> Men's Bible Group <div>AR</div> <div>11:00a</div> Chair Exercise (Move & Groove) <div>FIT</div> <div>1:30p</div> Euchre <div>DR</div> <div>1:30p</div> Bus Outing: Dollar Store <div>OUT</div> <div>3:00p</div> Solar Eclipse viewing <div>O</div> <div>6:00p</div> Games <div>DR</div>		<div>11:00a</div> Chair Exercise <div>FIT</div> <div>1:00p</div> Beginner Wii Bowling <div>AR</div> <div>3:00p</div> BINGO BASH <div>DR</div> <div>6:00p</div> Games <div>DR</div>		<div>9:30a</div> Meijer <div>OUT</div> <div>1:00p</div> Qwirkle <div>DR</div> <div>1:30p</div> Hymn Sing with Connie <div>DR</div> <div>3:00p</div> Resident Memorial Games <div>DR</div> <div>6:00p</div> Games <div>DR</div>		<div>10:00a</div> Bingo <div>AR</div> <div>11:00a</div> Chair Exercise <div>FIT</div> <div>12:00p</div> Diner themed lunch <div>DR</div> <div>12:30p</div> Blood pressure checks <div>DR</div> <div>1:00p</div> Yarn Club <div>DR</div> <div>2:00p</div> Wii Bowling <div>AR</div> <div>4:00p</div> Fred Walker performance Games <div>DR</div> <div>6:00p</div> Games <div>DR</div>		<div>10:00a</div> Bible Study <div>AR</div> <div>1:00p</div> Qwirkle <div>DR</div> <div>1:30p</div> Manicures <div>AR</div> <div>1:30p</div> Cribbage Group <div>DR</div> <div>3:00p</div> Ice cream sundae social hour <div>DR</div> <div>6:00p</div> Euchre <div>DR</div>		<div>12:00p</div> Devotions <div>DR</div> <div>1:00p</div> Wii Bowling <div>AR</div> <div>2:30p</div> Corn Hole <div>DR</div> <div>3:30p</div> Coffee and Conversation Games <div>DR</div> <div>6:00p</div> Games <div>DR</div>	
14		15 TAX DAY BOSTON MARATHON		16		17		18		19		20	
<div>11:00a</div> Coloring Pages/Crossword Puzzles/Word Search <div>AR</div> <div>12:00p</div> Devotions <div>DR</div> <div>3:00p</div> Church <div>DR</div> <div>4:00p</div> Coffee and Conversation <div>DR</div> <div>6:00p</div> Puzzles <div>AR</div>		<div>9:00a</div> Men's Bible Group <div>AR</div> <div>11:00a</div> Chair Exercise (Move & Groove) <div>FIT</div> <div>11:30a</div> Bus Outing: Arrow (New Rainbow Grille) <div>OUT</div> <div>1:30p</div> Euchre <div>DR</div> <div>3:00p</div> Movie: I Can Only Imagine <div>CIN</div> <div>6:00p</div> Games <div>DR</div>		<div>12:00a</div> Massage Therapist Appt. Only <div>CIN</div> <div>10:00a</div> Bingo <div>AR</div> <div>11:00a</div> Chair Exercise <div>FIT</div> <div>1:00p</div> Beginner Wii Bowling <div>AR</div> <div>3:00p</div> Connection: Antique Roadshow <div>DR</div> <div>6:00p</div> Games <div>DR</div>		<div>1:00p</div> Qwirkle <div>DR</div> <div>1:30p</div> Meijer <div>OUT</div> <div>5:00p</div> Family Night: Breakfast at Tiffany's <div>AR</div> <div>6:00p</div> Games <div>AR</div>		<div>10:00a</div> Bingo <div>AR</div> <div>11:00a</div> Chair Exercise <div>FIT</div> <div>2:00p</div> Wii Bowling <div>AR</div> <div>3:00p</div> Veteran's Bus Trip <div>OUT</div> <div>6:00p</div> Games <div>DR</div>		<div>10:00a</div> Bible Study <div>AR</div> <div>1:00p</div> Qwirkle <div>DR</div> <div>1:30p</div> Manicures <div>AR</div> <div>1:30p</div> Cribbage Group <div>DR</div> <div>3:00p</div> Book Club <div>LIB</div> <div>5:00p</div> Resident Birthday Meals <div>DR</div> <div>6:00p</div> Euchre <div>DR</div>		<div>12:00p</div> Devotions <div>DR</div> <div>1:00p</div> Wii Bowling <div>AR</div> <div>2:30p</div> Corn Hole <div>DR</div> <div>3:30p</div> Coffee and Conversation Games <div>DR</div> <div>6:00p</div> Games <div>DR</div>	
21		22 EARTH DAY PASSOVER BEGINS		23		24 ADMINISTRATIVE PROFESSIONALS DAY		25		26 ARBOR DAY		27	
<div>11:00a</div> Coloring Pages/Crossword Puzzles/Word Search <div>AR</div> <div>12:00p</div> Devotions <div>DR</div> <div>3:00p</div> Church <div>DR</div> <div>4:00p</div> Coffee and Conversation <div>DR</div> <div>6:00p</div> Puzzles <div>AR</div>		<div>9:00a</div> Men's Bible Group <div>AR</div> <div>11:00a</div> Chair Exercise (Move & Groove) <div>FIT</div> <div>1:30p</div> Euchre <div>DR</div> <div>3:00p</div> Margarita Monday and Brain Matters Trivia <div>DR</div> <div>6:00p</div> Games <div>DR</div>		<div>10:00a</div> Bingo <div>AR</div> <div>10:30a</div> Bus Outing to Park Church: Music at Midday <div>OUT</div> <div>11:00a</div> Chair Exercise <div>FIT</div> <div>1:00p</div> Beginner Wii Bowling <div>AR</div> <div>6:00p</div> Games <div>DR</div>		<div>9:30a</div> Meijer <div>OUT</div> <div>1:00p</div> Qwirkle <div>DR</div> <div>1:30p</div> Hymn Sing with Connie <div>DR</div> <div>3:00p</div> Craft Corner <div>AR</div> <div>6:00p</div> Games <div>DR</div>		<div>10:00a</div> Bingo <div>AR</div> <div>11:00a</div> Chair Exercise <div>FIT</div> <div>12:30p</div> Blood Pressure Checks <div>DR</div> <div>1:30p</div> Jenison Christian kids: Spring Activity <div>DR</div> <div>2:00p</div> Wii Bowling <div>AR</div> <div>6:00p</div> Games <div>DR</div>		<div>10:00a</div> Bible Study <div>AR</div> <div>1:00p</div> Qwirkle <div>DR</div> <div>1:30p</div> Manicures <div>AR</div> <div>1:30p</div> Cribbage Group <div>DR</div> <div>3:00p</div> In Full Swing Band performance <div>DR</div> <div>5:00p</div> Pizza Party <div>DR</div> <div>6:00p</div> Euchre <div>DR</div>		<div>12:00p</div> Devotions <div>DR</div> <div>1:00p</div> Wii Bowling <div>AR</div> <div>2:30p</div> Corn Hole <div>DR</div> <div>3:30p</div> Coffee and Conversation Games <div>DR</div> <div>6:00p</div> Games <div>DR</div>	
28		29		30 PASSOVER ENDS		BIRTHDAYS							
<div>11:00a</div> Coloring Pages/Crossword Puzzles/Word Search <div>AR</div> <div>12:00p</div> Devotions <div>DR</div> <div>3:00p</div> Church <div>DR</div> <div>4:00p</div> Coffee and Conversation <div>DR</div> <div>6:00p</div> Puzzles <div>AR</div>		<div>9:00a</div> Men's Bible Group <div>AR</div> <div>9:15a</div> Service project with Bauerwood kids <div>DR</div> <div>11:00a</div> Chair Exercise (Move & Groove) <div>FIT</div> <div>1:30p</div> Euchre <div>DR</div> <div>6:00p</div> Games <div>DR</div>		<div>10:00a</div> Bingo <div>AR</div> <div>11:00a</div> Chair Exercise <div>FIT</div> <div>1:00p</div> Beginner Wii Bowling <div>AR</div> <div>3:00p</div> Movie: Saving Mr. Banks <div>CIN</div> <div>6:00p</div> Games <div>DR</div>		<div></div> <div>APRIL SHOWERS</div> <div>4/1 Mary T.</div> <div>4/2 Ron D.</div> <div>4/3 Carolyn S.</div> <div>4/4 Hugo V.</div> <div>4/9 Barb B.</div> <div>4/17 Bob W.</div> <div>4/20 Helen E.</div> <div>4/23 Hildred K.</div> <div>4/28 Claudia B.</div> <div>4/28 Cathie C.</div> <div>4/30 Peaches T.</div> <div>4/30 Jill L.</div>							

All activities subject to change.