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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.



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.

ST. PETERSBURG

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!

- Great Eggspectations Breakfast (4/8)
- Let Us Entertain You: Hollywood Divas Word Search (4/8)
- Feedback Fiesta BINGO Bash w/ Prizes (4/9)
- Pairing & Perspectives: Macaron Tasting (4/10)
- Diner's & Drive-in's Happy Hour (4/11)
- Cherry on Top Sundae Bar (4/12)

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



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House** 
SENIOR LIVING COMMUNITIES

| 01 | | APRIL FOOLS' DAY | | 02 | | 03 | | 04 | | 05 | | 06 | |
|---|-----|---|-----|---|-----|---|-----|--|-----|--|-----|-------------------------------------|-----|
|  | | 9:30 am Morning Stretches | MS | 9:30 am Get Moving w/Betsy | MS | 9:30 am Sing Fit | MS | 9:30 am Hunter's Music Experience | MS | 9:30 am Morning Moves w/Betsy | MS | 9:30 am Chair Exercise Video | MS |
| | | 10:00 am Tyrone Area Shopping | FD | 10:00 am Daily Chronicles | MS | 10:00 am The Daily Chronicle | MS | 10:30 am Morning Chair Exercises | MS | 10:00 am News Currents | MS | 10:00 am Shopping Trip: John's Pass | FD |
| | | 10:30 am Weekly Preview w/Shاون | MS | 10:30 am Stretching exercise w/Alex | MS | 11:00 am Bank & Pharmacy | FD | 11:00 am Daily Chronicle | MS | 12:30 pm Luey Walk of Fame Craft w/Linda | ART | 1:30 pm Quarter Bingo | MPR |
| | | 11:00 am Engaged Senior | MS | 1:00 pm Engaged Seniors: Matching | MS | 11:00 am Bible Study w/Jimmy | THR | 1:00 pm Engaged Senior: Wheel of Fortune | THR | 1:00 pm Rummikub | MPR | 2:00 pm Movie: The Circle | THR |
| | | 1:00 pm Prize Bingo | MPR | 2:00 pm Pretty Nails | MS | 1:00 pm Publix Trip | FD | 2:00 pm Movie: My Best Friends Wedding | THR | 2:00 pm Movie: Maestro | THR | 3:00 pm Card Games | MS |
| | | 2:00 pm Movie: Irish Wish | THR | 3:30 pm Sing-along w/Rick | MS | 2:00 pm Movie: High Plains Drifter | THR | 3:00 pm Nickle Left, Right, Center | ART | 2:30 pm Puzzle Pals | MS | 6:30 pm Movie: The Circle | THR |
| | | 2:00 pm Trivia | MPR | 6:30 pm Movie: A Walk in the Woods | THR | 3:00 pm Scenic Drive | FD | 4:00 pm Ted Talks: Artificial Skin | THR | 3:30 pm Bocce Ball | MS | | |
| | | | | | | | | | | | | | |
| 07 | | 08 | | 09 | | 10 | | 11 | | 12 | | 13 | |
| 9:00 am St. Jude's - Bus Run | FD | 8:00 am Great Eggspectations B-fast | DR | 9:30 am Get Moving w/Betsy | MS | 9:30 am Sing Fit | MS | 9:30 am Hunter's Music Experience | MS | 9:30 am Morning Moves w/Betsy | MS | 9:30 am Chair Exercise Video | MS |
| 10:00 am Church Service on TV | THR | 9:30 am Morning Stretches | MS | 10:00 am Daily Chronicles | MS | 10:00 am The Daily Chronicle | MS | 10:30 am Morning Chair Exercises | MS | 10:00 am News Currents | MS | 1:30 pm Quarter Bingo | MPR |
| 10:00 am 1 st Presbyterian - Bus Run | FD | 10:00 am Aldi/Winn Dixie | FD | 10:30 am Stretching Exercise w/Alex | MS | 11:00 am Bible Study w/Jimmy | THR | 11:00 am Daily Chronicle | MS | 12:30 pm Art w/Linda | ART | 2:00 pm Movie: First Knight | THR |
| 10:30 am Eucharist Distribution | THR | 10:00 am The Daily Chronicle | MS | 1:00 pm Engaged Senior: Matching | MS | 12:30 pm Flag Raising Ceremony | | 1:00 pm Engaged Senior: Wheel of Fortune | THR | 1:00 pm Rummikub | MPR | 3:00 pm Card Games | MS |
| 10:30 am Chair Exercises (Video) | MS | 10:30 am Weekly Preview w/Shاون | MS | 2:00 pm Movie: It's Complicated | THR | 1:00 pm Publix Trip | FD | 2:00 pm Movie: Moneyball | THR | 2:00 pm Movie: Call Me Kate | THR | 6:30 pm Movie: First Knight | THR |
| 1:00 pm Gospel Hymns | MS | 11:00 am Engaged Senior | MS | 2:30 pm Feedback Fiesta BINGO Bash w/Prizes | MPR | 2:00 pm Movie: Our Planet | THR | 3:00 pm Diners & Drive-ins Happy Hour | MS | 2:30 pm Puzzle Pals | MS | | |
| 1:30 pm Sports Sunday | L | 1:00 pm Prize Bingo | MPR | | | 3:00 pm Scenic Drive | FD | 3:00 pm Nickle Left, Right, Center | ART | 3:00 pm Cherry on Top Sundae Bar | MS | | |
| 3:30 pm Rummikub | ART | 2:30 pm LUEY Divas Wordsearch | MPR | | | 3:30 pm Macaron Tasting | THR | 4:00 pm Ted Talks | THR | 3:30 pm Bocce Ball | MS | | |
| | | | | | | | | | | | | | |
| 14 | | 15 TAX DAY BOSTON MARATHON | | 16 | | 17 | | 18 | | 19 | | 20 | |
| 9:00 am St. Jude's - Bus Run | FD | 9:30 am Morning Stretches | MS | 9:30 am Get Moving w/Betsy | MS | 9:30 am Sing Fit | MS | 9:30 am Hunter's Music Experience | MS | 9:30 am Morning Moves w/Betsy | MS | 9:30 am Chair Exercise Video | MS |
| 10:00 am Church Service on TV | THR | 10:00 am Tyrone Area Shopping | FD | 10:00 am Daily Chronicles | MS | 11:00 am Breakfast at Tiffany's Brunch | ILD | 10:30 am Morning Chair Exercises | MS | 10:00 am News Currents | MS | 1:30 pm Quarter Bingo | MPR |
| 10:00 am 1 st Presbyterian - Bus Run | FD | 10:00 am The Daily Chronicle | MS | 10:30 am Stretching Exercise w/Alex | MS | 11:00 am Bank & Pharmacy | FD | 11:00 am Daily Chronicle | MS | 12:30 pm Art w/Linda | ART | 2:00 pm Movie: 27 Dresses | THR |
| 10:30 am Eucharist Distribution | THR | 10:30 am Weekly Preview w/Shاون | MS | 1:00 pm Engaged Senior: Matching | MS | 11:00 am Bible Study w/Jimmy | THR | 1:00 pm Engaged Senior: Wheel of Fortune | THR | 1:00 pm Rummikub | MPR | 3:00 pm Card Games | MS |
| 10:30 am Chair Exercises (Video) | MS | 1:00 pm Prize Bingo | MPR | 1:30 pm Wellness U: Balance | THR | 1:00 pm Publix Trip | FD | 1:30 pm Open Bible Study | LIB | 2:00 pm Movie: A Man Called Otto | THR | 6:30 pm Movie: 27 Dresses | THR |
| 1:00 pm Gospel Hymns | MS | 2:00 pm Movie: Woman in Gold | THR | 2:00 pm Movie: Apollo 13 | THR | 2:00 pm Movie: Breakfast at Tiffany's | THR | 2:00 pm Movie: Something's Gotta Give | THR | 2:30 pm Puzzle Pals | MS | | |
| 1:30 pm Azalea Baptist Church Hymn | MS | 2:00 pm Birthday Karaoke Party | MPR | 2:00 pm Pretty Nails | MS | 3:00 pm Scenic Drive | FD | 3:00 pm Nickle Left, Right, Center | ART | 3:30 pm Bocce Ball | MS | | |
| 3:30 pm HH: Doug Karl Musical Performance | THR | 3:00 pm Trivia | MPR | 6:30 pm Movie: Apollo 13 | THR | 5:00 pm Breakfast at Tiffany's Dinner | DR | 4:00 pm Ted Talks | THR | 6:00 pm Christopher & Friends Pool | PL | | |
| | | | | | | | | | | | | | |
| 21 | | 22 EARTH DAY PASSOVER BEGINS | | 23 | | 24 ADMINISTRATIVE PROFESSIONALS DAY | | 25 | | 26 ARBOR DAY | | 27 | |
| 9:00 am St. Jude's - Bus Run | FD | 9:30 am Morning Stretches | MS | 9:30 am Get Moving w/Betsy | MS | 9:30 am Sing Fit | MS | 9:30 am Hunter's Music Experience | MS | 9:30 am Morning Moves w/Betsy | MS | 9:30 am Chair Exercise Video | MS |
| 10:00 am Church Service on TV | THR | 10:00 am Aldi/Winn Dixie | FD | 10:00 am Daily Chronicles | MS | 10:00 am The Daily Chronicle | MS | 10:30 am Morning Chair Exercises | MS | 10:00 am News Currents | MS | 1:30 pm Quarter Bingo | MPR |
| 10:00 am 1 st Presbyterian - Bus Run | FD | 10:00 am The Daily Chronicle | MS | 10:30 am Stretching Exercise w/Alex | MS | 11:00 am Bible Study w/Jimmy | THR | 11:00 am Daily Chronicle | MS | 12:30 pm Art w/Linda | ART | 2:00 pm Movie: The Great Gatsby | THR |
| 10:30 am Eucharist Distribution | THR | 10:30 am Weekly Preview w/Shاون | MS | 1:00 pm Engaged Senior: Matching | MS | 12:00 pm Avon w/Candace | L | 1:00 pm Engaged Senior: Wheel of Fortune | THR | 1:00 pm Rummikub | MPR | 3:00 pm Card Games | MS |
| 10:30 am Chair Exercises (Video) | MS | 11:00 pm Engaged Senior | MPR | 2:00 pm Movie: Erin Brokovich | THR | 1:00 pm Publix Trip | FD | 2:00 pm Movie: Walk the Line | THR | 2:00 pm Movie: The Laundromat | THR | 6:30 pm Movie: The Great Gatsby | THR |
| 1:00 pm Gospel Hymns | MS | 1:00 pm Let Us Entertain You | THR | 4:00 pm Happy Hour w/Singing by Stacy | THR | 2:30 pm Classic Cinema: Cooking Demo | MS | 3:00 pm Nickle Left, Right, Center | ART | 2:30 pm Puzzle Pals | MS | | |
| 1:30 pm Sports Sunday | L | 2:00 pm Movie: Tricky Dick and the Man in Black | MPR | 6:30 pm Movie: Erin Brokovich | THR | 3:00 pm Scenic Drive | FD | 4:00 pm Ted Talks | THR | 3:30 pm Bocce Ball | MS | | |
| 3:00 pm Rummikub | ART | | | | | | | | | | | | |
| 28 | | 29 | | 30 PASSOVER ENDS | | BIRTHDAYS | | | | | | | |
| 9:00 am St. Jude's - Bus Run | FD | 9:30 am Morning Stretches | MS | 9:30 am Get Moving w/Betsy | MS |  | | | | | | | |
| 10:00 am Church Service on TV | THR | 10:00 am Tyrone Area Shopping | FD | 10:00 am Daily Chronicles | MS | Peter S. (4/27) | | | | | | | |
| 10:00 am 1 st Presbyterian - Bus Run | FD | 10:00 am The Daily Chronicle | MS | 10:30 am Stretching Exercise w/Alex | MS | | | | | | | | |
| 10:30 am Eucharist Distribution | THR | 10:30 am Weekly Preview w/Shاون | MS | 1:00 pm Engaged Senior: Matching | MS | | | | | | | | |
| 10:30 am Chair Exercises (Video) | MS | 11:00 pm Engaged Senior | MPR | 2:00 pm Movie: The Crown | THR | | | | | | | | |
| 1:00 pm Gospel Hymns | MS | 1:00 pm Prize Bingo | THR | 2:00 pm Pretty Nails | MS | | | | | | | | |
| 1:30 pm Sports Sunday | L | 2:00 pm Trivia | MPR | 4:00 pm Wellness U: Benefits of Exercise | L | | | | | | | | |
| 3:00 pm Rummikub | ART | 3:30 pm HH w/John Rinnell | THR | | | | | | | | | | |