

Derby Days

This annual sporting event got its start in 1875 and occurs each year at Louisville, Kentucky's Churchill Downs track. The races have garnered more and more attention over the years, and have thus become a cultural event, not just a sporting event. Extravagant dinner parties, galas and other social gatherings are now characteristic of the Derby. But what do we know about the actual horse races? Here is some information that isn't so common:

- Although the Kentucky Derby is often referred to as "the most exciting two minutes in sports," only two horses have actually ever finished the race in that time limit: 1973's winner, Secretariat, and 2001's winner, Monarchos.
- Two of the first three Derby winners were former slaves.
- Six females have ridden in the race, with none finishing in the top 10.
- Posts 17 and 19 have never produced a winner.
- And lastly, 39 fillies have competed over the years and three of them have won: 1988's Winning Colors, 1980's Genuine Risk and 1915's Regret.

From the Baseball Diamond

With baseball season in full swing, these two true stories from the ballpark should bring a smile to any fan's face:

Casey Stengel. Giants catcher Phil Masi was catching in a game with pitcher Al Javery on the mound. The first three batters all got hits off of Javery's first pitch.

Disgusted, manager Casey Stengel called a conference on the mound. Masi joined Stengel and Javery.

"What kind of pitches has he been throwing?" Stengel asked the catcher.

"I don't know," Masi answered. "I haven't caught one yet."

Yogi Berra. A reporter was interviewing Yogi Berra about last night's game and asked about Berra's two hits. Berra immediately pointed out that he'd actually gotten three hits.

The reporter said, "I checked the box score, and it said you had two hits. But that must have been a typographical error, right?"

"Hell, no," Berra replied. "It was a clean single to left."



HarborChase
Assisted Living • Memory Care



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Auburn Hills Men's Cove 4

May 2018

Administrative List

Leonard Gibson
Executive Director

Jefferey Parrish
Director of Hospitality

Dhiya (Joe) Najim
Director of Maintenance

Linda Nelson
Director of Sales

Ronald Broquet
Business Office Manager

Thomas Davis
Director of Resident Care

Christine Watson
Director of LE-Activities

Happy Birthday!

Nick D..... 5/8
Bill B..... 5/11

Welcome New Residents!

Jerine P.	Mary F.
Edward C.	Christine F.
Dennis S.	John Michael S.
Richard F.	Therison B.

Memorial Day: May 28, 2018

This legal public holiday falls on the last Monday in May. Americans are encouraged to reserve this day for prayers for permanent peace as well as ceremonies and displays of respect for American war veterans, especially those who gave their lives in military conflicts.

Also called Decoration Day, after the tradition of decorating the graves of servicemen with flowers, the first documented observance dates back to Waterloo, N.Y., on May 5, 1865, during the Civil War.

Today, the holiday is marked by parades and other remembrances, including a Presidential request for flags to be flown at half-mast until noon. It is also regarded as the unofficial kickoff to the summer season.

To remind Americans of the true meaning of Memorial Day, the National Moment of Remembrance resolution was passed in December 2000 and asks all Americans at 3:00 p.m. local time "to voluntarily and informally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to Taps."

Happy Mother's Day - May 13

In the U.S., Mother's Day was first suggested in 1872 by Julia Ward Howe (who wrote the words to the Battle Hymn of the Republic) as a day dedicated to peace. Howe held organized Mother's Day meetings in Boston every year.

In 1907, Anna Jarvis from Philadelphia began a campaign to establish a national Mother's Day in May. In 1914, President Woodrow Wilson finally proclaimed Mother's Day a national holiday to be held each year on the second Sunday of May.

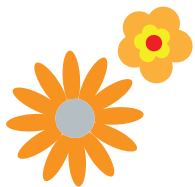
Here's a small list of our favorite "Mom-isms"

- "It's all fun and games until someone gets hurt."
- "If you don't have anything nice to say, don't say anything at all."
- "Close that door! Were you born in a barn?"
- "Don't put that in your mouth; you don't know where it's been!"
- "Just wait until your father gets home!"
- "Always wear good underwear; what if you're in an accident?"



HarborChase
Assisted Living • Memory Care

3033 North Squirrel Road
Auburn Hills, Michigan 48326
248-639-7848







HarborChase of Auburn Hills • The Men's Cove 4

May 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Flower Day 1 9:30 Art of the Master Tai Chi 10:30 In His Hands Bible Study 11:00 Let's Go A-Maying 1:30 Name That Flower 2:30 The Green Man Trail 3:30 May Day Sing-A-Long 6:30 TCM: 7:00 Name It X's 3!	9:30 Strength Training w/Resistance Bands 10:30 Ice Tea & Ice Breakers 11:00 Tender Hearts 1:30 We Praise Him Daily Devotional 2:30 Make It For The Win 3:30 Choices In A Jar 6:00 Scrambled Squares 7:00 Kick Back Hacky Sack	9:30 Fit For Life 10:30 Furry Friends: Lilly 11:00 What's Up Today? 1:30 Gnomes In The Garden 2:30 Match The Pair 3:30 Swingin' Good Golf 6:00 Nightly News 7:00 Soul Soothing Stretches	Cinco De Mayo 4 9:30 Do The Macarena 10:00 Battle of Puebla 1:30 Virtual Tour Through Mexico 2:30 Cinco De Mayo Party 3:30 HarborChase Facebook Review 6:00 Deal or No Deal! TV Show 7:00 Share Positive Vibes	Kentucky Derby 5 9:30 Stretch & Tone 10:30 Moments in Derby History 11:00 Traditions of the Derby 1:30 Run For The Roses Card Game 2:30 Koosh Catchin 3:30 Sudoku Mind Bend 6:30 I'm Puzzled? Puzzles 7:00 Wood Build Mind Bend
9:30 Sit Down to Tone Up 10:30 Sunny Inspirations 11:00 What's Your Favorite Sunday Funny? 1:15 How Sweet the Sound Hymns 2:30 Right Football Season 3:30 Scrambled Squares 6:00 Chicken Soup for the Soul 7:00 Vintage Stamp Chat	9:30 Stretchy Band Fitness 10:30 Daily Hope Devotional 11:00 Tender Hearts 1:30 Quarterback: Johnny Unita 2:30 Top 10 Quarterbacks 3:30 Mega Match Up 6:00 Local News Stories 7:00 Smokin' Aces Card Club	9:30 Art of the Master Tai Chi 10:30 In His Hands Bible Study 11:00 4-7-8 Breathing 1:30 Red Cross Movement 2:30 Red Eye 3:30 Who Wants To Be A Millionaire? 5:45 TCM:Random Harvest 7:00 Name It X's 3!	9:30 Strength Training w/Resistance Bands 10:30 Ice Tea & Ice Breakers 11:00 Tender Hearts 1:30 9 Skills of Athletes 2:30 Pancho Tennis Champ 3:30 Smokin' Aces Card Club 6:00 Nightly News 7:00 Kick Back Hacky Sack	9:30 Fit For Life 10:30 Furry Friends: Lilly 11:00 Four Corners Restaurant 1:30 Creatures of the Sea 2:30 Garden Thyme 3:30 Fast Pass Hot Potato 6:00 Nightly News 7:00 Soothing Soul Stretches	9:30 Flex & Reflect Yoga 10:00 Word of the Day 11:00 Daring Shark Facts 1:30 Sharks In The Food Chain 2:30 Fast Pass Hot Potato 3:00 HarborChase Facebook 6:30 Deal or No Deal! TV Show 7:00 Start Your Engines Racing	9:30 Surgin' Swing Challenge 10:30 Thought of the Day 11:00 Old Time Radio Show Titles 1:30 What's Your Favorite Sports Team? 2:00 Fur Angels 3:30 Sing Your Heart Out 6:00 I'm Puzzled? Puzzles 7:00 Wood Build Mind Bend
Mother's Day 13 9:30 Sit Down & Tone Up 10:30 Spirit Filled Devotions 11:00 Sunday Funnies 1:30 Motherly Humor 2:30 Poetry Dedicated to Mothers 3:30 Scrambled Squares 6:00 Chicken Soup For The Soul 7:00 Vintage Stamp Chat	9:30 Stretchy Band Fitness 11:00 Tender Hearts 1:30 Garden Thyme 2:30 Whole Lot of Dominoes 3:30 Edgar Allen Poe: The Raven 6:00 Daily Dose: How was your day? 7:00 Smokin' Aces Card Club	Ramadan Begins 15 9:30 Art of the Master Tai Chi 10:30 In His Hands Bible Study 11:00 Ramadan Traditions 1:30 Waxing,Waning or Gibbous? 2:30 Ramadan Lanterns 3:30 Towers of Hanoi 6:30 TCM: 7:00 Name It X's 3!	Play Ball Day 16 9:30 'Prop'ercise 10:30 This Day In History 11:00 Tender Hearts 1:30 Tigers Stats Review 2:30 Hey Batter, Batter! 3:30 Best Sports Idioms 6:30 Scrambled Squares 7:00 Kick Back Hacky Sack	9:30 Fit For Life 10:30 Furry Friends: Lilly 11:00 What's Up Today?! 1:30 St. Thomas Church & Craft 2:30 Start Your Engines! 3:30 Classic Car Show Reel 6:00 Nightly News 7:00 Soothing Soul Stretches	9:30 Roll The Dice Fitness Pals 10:00 Forrest Funnies 11:00 Once A-Pun A Time... 1:30 Every Laugh Matters 2:30 Punny Book Titles 3:15 HarborChase Facebook 5:00 Deal or No Deal! TV Show 7:00 Start Your Engines Racing	Armed Forces Day 19 9:30 Stretch & Tone 10:30 Hot Spot Coffee Cafe 11:30 What's Up Today?! 1:30 Armed Forces Tribute 2:30 Behind The Music:Military Songs 3:30 Disc Bocce 6:00 I'm Puzzled? Puzzles 7:00 Wood Build Mind Bend
9:30 Sit Down to Tone Up! 10:30 Sunday Morning Praise 11:00 News Currents 1:30 How Sweet The Sound Hymns 2:30 Whip 3 Toss Across 3:30 What Is The Difference? 6:30 Chicken Soup for the Soul 7:00 Vintage Stamp Chat	9:30 Stretchy Band Fitness 11:00 Tender Hearts 1:30 What Is Bitcoin? 2:30 Lastest News In Bitcoin 3:30 Auto Comparisons 6:00 Daily Dose: How Was Your Day? 7:00 Smokin' Aces Card Club	9:30 Rollin' The Dice Fitness 10:30 In His Hands Bible Study 11:00 Funny Golf 1 Liners 1:30 Senior PGA Champs 2:00 PGA Golf Course 3:30 Split Words Mix Up 6:00 TCM: 7:00 Name It X's 3!	9:30 'Prop'ercise 10:30 Ice Tea & Ice Breakers 11:00 Tender Hearts 1:30 Garden Thyme 2:30 Poe's Tale:The Raven 3:30 Smokin' Aces Card Club 6:30 Nightly News 7:00 Kick Back Hacky Sack	9:30 Fit For Life 10:30 Furry Friends: Lilly 11:00 Name That Tool 1:30 Koosh Catchin 2:30 3 Stooges Laugh Attack 3:30 What Did It Cost? 6:30 Nightly News 7:00 Soothing Soul Stretches	9:30 Roll The Dice Fitness 11:00 Greatest 45 Mins In Sports 1:00 Glass Blowing Greenfield Village 2:30 Winter Olympics Highlights 3:30 HarborChase Facebook in Review 6:00 Deal or No Deal! TV Show 7:00 Start Your Engines Racing	9:30 Stretch & Tone 10:30 Hot Spot Coffee Caf� 11:00 Wii Bowling 1:30 Funny Bones Trivia 2:30 Sing Your Heart Out 3:30 Smokin' Aces Card Club 6:30 I'm Puzzled? Puzzles 7:00 Wood Build Mind Bend
9:30 Sit Down & Tone Up 10:30 Sunday Morning Mass 1:30 How Sweet the Sound: Hymns 2:30 Catchin The Koosh 3:30 Up In The Air Tic Tac Toss 6:30 Chicken Soup for the Soul Reading 7:00 Vintage Stamp Chat	Memorial Day 28 9:30 Stretchy Hand Band Fitness 10:30 Daily Hope Devotional 11:00 Tender Hearts 1:30 Remembering Veterans 2:30 Memorial Concert 3:30 Pick Your Puzzle 6:00 Daily Dose:How Was Your Day? 7:00 Smokin' Aces Card Club	9:30 Rollin' The Dice Fitness 10:30 In His Hands Bible Study 11:00 What Is Tai Chi? 1:30 Star:Orson Welles 2:00 Help Me Rhonda Tops The Chart 3:30 Split Words Mix Up 6:00 TCM:Bhowani Junction 7:00 Name It X's 3!	Health & Wellness Day 30 9:30 'Prop'ercise 10:30 Ice Tea & Ice Breakers 11:00 Tender Hearts 1:30 Picture of Health 2:30 No Pain, No Gain 3:30 Smokin' Aces Card Club 6:30 Nightly News 7:00 Kick Back Hacky Sack	9:30 Fit For Life 10:30 Furry Friends: Lilly 11:00 Name That Tool 1:30 Football Hall Of Fame: Namath 2:30 Joe's Best Plays 3:30 Clint Eastwood's Movie List 6:30 Nightly News 7:00 Soothing Soul Stretches		

Happy Mother's Day

- ADORE
- AFFECTION
- APPRECIATION
- BAKING
- BEAUTY
- BREAKFAST IN BED
- CANDY
- CAKE
- CARDS
- CHERISH
- CHILDREN
- CHOCOLATE
- COOKIES
- CRAFTS
- FAMILY
- FLOWERS
- GRANDMOTHER
- HUGS
- LOVE
- MATERNAL
- MEMORIES
- MOM
- MOTHERHOOD
- TRADITION
- WARMTH
- WISDOM

A	C	M	F	T	C	R	A	E	T	A	L	O	C	A	H	C	F	D	D	E
M	H	E	N	T	F	O	H	B	L	O	V	E	W	O	B	A	K	I	N	G
N	E	C	R	S	E	I	K	O	O	C	R	A	C	T	M	I	B	R	D	R
K	D	M	M	O	S	F	L	O	W	W	G	R	E	N	N	I	O	C	C	
E	O	C	O	U	D	C	E	K	E	E	E	D	T	C	I	M	O	C	E	C
S	G	U	H	R	G	A	H	W	G	H	I	A	D	T	H	H	M	O	M	U
H	C	L	K	A	I	E	S	U	C	R	L	R	S	T	R	E	E	O	E	B
G	E	A	M	Y	K	I	I	E	O	O	A	A	A	U	T	M	R	R	C	F
O	O	N	M	A	N	U	R	E	C	E	F	N	H	S	A	E	O	I	H	I
T	Y	R	C	F	O	E	I	O	S	K	I	T	D	D	E	R	E	I	S	T
D	P	E	L	F	I	O	H	I	A	Y	A	K	S	M	R	K	L	I	A	H
C	D	T	W	L	T	C	C	E	Y	M	M	I	O	F	O	F	D	M	E	I
E	C	A	K	H	C	N	R	W	T	O	W	R	R	O	A	T	G	A	N	L
F	A	M	R	A	E	B	S	S	Y	D	M	A	E	A	C	M	H	E	L	R
O	R	L	K	H	F	E	E	O	D	S	M	Y	D	Y	F	E	I	E	O	E
S	D	W	L	C	F	T	D	S	H	I	C	T	D	D	Y	F	M	L	R	A
R	S	M	I	N	A	C	N	B	W	W	E	I	T	N	O	R	E	R	Y	E
E	U	C	S	N	O	I	T	I	D	E	R	T	I	H	A	F	A	C	M	E
W	R	T	R	A	D	I	T	I	O	N	I	A	A	L	N	C	I	W	T	D
O	A	B	R	E	A	K	F	A	S	T	I	N	B	E	D	S	L	A	S	I
L	S	U	A	P	P	R	E	C	I	A	T	I	O	N	E	F	I	R	V	B
F	K	E	H	T	O	M	D	N	A	R	G	O	W	I	R	A	O	M	R	O
O	P	C	N	I	O	I	Y	A	I	N	M	C	R	A	F	T	S	T	E	E
Y	R	U	K	A	T	T	M	I	H	N	Y	O	A	N	A	A	D	H	A	I
U	O	L	A	T	U	T	A	W	I	I	M	C	H	I	L	D	R	E	C	L
A	D	A	B	A	K	T	M	T	G	E	B	A	I	M	G	O	M	E	C	A
E	A	A	E	I	H	A	A	L	M	N	E	R	D	L	I	H	C	E	A	M
B	H	B	D	O	O	H	R	E	H	T	O	M	R	S	P	M	E	L	R	N
I	I	T	M	M	R	M	A	T	E	R	N	E	L	R	R	A	N	T	D	I
R	R	K	E	C	B	L	H	E	H	E	E	V	R	U	E	H	M	O	S	C

	7			5	1		8	3	
3	5	8	7	6		1	4		
9		2		4					
			1	7					2
	2	3	8	9	4				1
	4	5			6		9	7	
2	8	7					5		
			4	8	7	9	2	6	
	6	9	5						8

Easy

It may be possible to gild pure gold, but who can make his mother more beautiful?

-Mahatma Gandhi

			5						
9		1					8		
7							5		
		8	9	7	2				
		6			5				
	9		3					2	
1							6		
	6	9		8			7	4	
	4						9		

Medium

9	8	1						7	
				6					
2	3		4				8	9	
			5			9	2		
3	2	5	9	8		4			
1				3					
		1					5	8	
	8	2							
6									3

Difficult



The Bridge

Two brothers, William and Benton, were estranged. Neither one quite remembered what the original conflict had been about, but they'd barely spoken to each other for 20 years. Since their farms were right next to each other, separated by only a shallow creek, their relationship was tense and filled with anger.

One day a handyman came to William's farm and asked if he had any work. A few days before, some of Benton's cows had crossed the creek and gotten into William's crops. So William told him how he and his brother no longer had any relationship with each other, and asked the handyman to build a tall fence around his property so he'd never have to see Benton's farm again.

"I think I understand," the handyman said. "Let me get my tools and some lumber and I'll get to work."

William had to go out of town for a few days on business, and he returned home late at night, too late to check out his new fence in the darkness.

The next morning, he was stunned to see that, instead of a fence, the handyman had built a bridge across the creek. And to his surprise, his brother Benton was walking across it toward William's farmhouse.

William came out of his house and met Benton in the middle of the bridge. Benton offered his hand. "You're quite a brother to build a bridge between us after all this time."

They quickly renewed their relationship, and the years-long feud was over. When William went looking for the handyman to thank him, he found only a note: "I'm moving on—I have other bridges to build."

Behavior is Contagious

According to a story, researchers once staged an experiment in which a person stood by a flat tire by the side of a road with a spare tire leaning against her car's fender. Out of 2,000 passing cars, only 35 drivers stopped to help.

The same researchers staged a second simulation, with a person standing by their car watching another person change a tire. In that situation, 58 people stopped to help out.

What does the study imply? Humans like to imitate. That knowledge may come in handy when you want to persuade someone to support your goals.

Giving Flowers?

Know the messages they send! Here are a few to keep in mind.



Carnation
Constancy, Joy



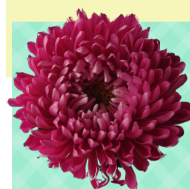
Gladiolus
Remembrance



Daisy
Purity, Innocence



Freesia
Trust



Chrysanthemum
Optimism, Happiness



Iris
Faith, Wisdom

Need a Little Exercise? Try Gardening!

Looking for a fulfilling activity that will not only improve your mood but reduce your waistline and fatten your wallet? Look no further than gardening. Keeping in shape and having a sound mind becomes increasingly important as we age. Gardening provides health benefits for older adults that can keep the mind sharp and the body healthy. Gardening is an easy way to remain active throughout life. The American Heart Association recommends 150 minutes of moderate exercise weekly, like gardening, to reduce the risk of cardiovascular issues. Planting, watering and tending to a garden is a great way to add activity to your daily routine and reduce the risks brought on by natural aging. The truth is, as we age, our likelihood of remaining active decreases and fatigue sets in. With daily exercise and a healthy diet, older adults can avoid losing energy and keep a sharp mind. Gardening provides many of these advantages and is an easy and enjoyable way to do so.

There are numerous benefits for starting your own garden.

- Not only is gardening a great physical exercise, but it's a great mental workout as well. It takes resourcefulness and imagination to tend to a garden.
- Gardeners experience feelings of accomplishment and creativity by producing something that they helped nurture for an extended period of time.
- Gardening allows time for meditation, personal reflection and daydreaming that can help reduce stress and anxiety.
- When gardening crops, keep in mind that eating organic produce is just plain good for you. Fresh produce is not only high in vitamins and minerals, but it is also low in calories.
- Benefits of being engaged in nature include better mood, sounder sleep, reduced risk of obesity and increased self-esteem through increased activity and decreased stress.
- Gardening is also a great activity to bring the family closer.

Try teaching a child or grandchild how to plant and water seeds in your garden. Time spent with family can be the best benefit of all.

