

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."

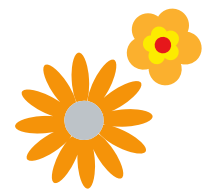
Yogi Berra. A reporter was interviewing Yogi Berra about last night's game and asked about Berra's two hits. Berra immediately pointed out that he'd actually gotten three hits.

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."



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Celebrating Senior Living

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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?"

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		9:30 Coffee and News 1 10:15 Senior Yoga 11:00 Bingo Hour 1:30 Making Derby Hats 2:30 Sweet Treat Break 3:30 Rocking and Reminiscing 4:00 Healing Hands Massage 6:00 Join Our Wii Team!	9:30 Coffee and News 2 10:15 Stretch and Tone 10:30 Lunch at La Fiesta 11:00 Bingo Challenge 1:30 Mexican Crafting 2:00 Publix Trip 3:00 Jazzy Polish Changes 4:00 Birdfeeder's Club 6:30 TCM-Four Mothers	9:30 Coffee and News 3 10:15 Resident Council Meeting 11:00 Chef Chat with Bobby 1:30 Black Jack for Kicks 2:30 Resident Birthday Party 3:00 Giant Jenga 3:30 Coffee on the Porch 4:00 Group Crossword 6:00 Wii Challenge Night	9:30 Coffee and News 4 10:15 Senior Tai Chi 11:00 Bingo Hour 1:30 Classic Movies 2:00 Tea and Treasures 2:30 Sweet Treat Break 3:00 Front Porch Reminiscing 3:00 Pick Your Horse! 4:00 Walking Club	9:30 Coffee and News 5 10:15 Latin Chair Dancing 11:00 Bingo Challenge 1:30 Giant Jenga 2:30 Frozen Margaritas! 3:00 Birdfeeders Club 3:00 Rocking and Talking 4:00 Winner's Circle Wine and Bonnets 6:30 Kentucky Derby	
	9:30 Coffee and News 6 10:15 Stretch and Tone 11:15 Bingo for Bucks 1:30 Group Crossword 1:30 Worship Service 2:00 Fresh Air Therapy! 3:00 Door D@cor and More! 4:00 Sweet Tea and Friends 6:00 TCM-Sunday in New York	9:30 Coffee and News 7 10:15 Zumba Silver 11:00 Bingo Bunch 1:30 What's Your Garden IQ? 1:30 Classic Movies 2:30 Sweet Treats 3:30 Fresh Air Therapy 4:00 Birdwatcher's Club 8:00 TCM-The Winslow Boy	10:00 Puzzlemania 8 10:00 Collective Goods Shopping 11:00 Table Games 1:30 Bingo Hour 1:30 Coffee with the Classics 3:00 Color Me Pretty 3:30 Rocking and Reminiscing 4:00 Healing Hands Massage 6:00 Wii Game Night!	9:30 Coffee and News 9 10:30 Lunch at Bahama Breeze 10:45 Stretch and Tone 11:15 Big Bingo Challenge! 1:30 Group Crossword 2:00 Publix Trip 3:00 Snacking Happy 4:00 Birdfeeders Club 7:00 MLB Tonight!	10:15 Morning Puzzlers 10 10:15 Stretch and Breathe 11:00 Bingo Hour 1:30 Classic Movies 1:30 Black Jack for Kicks 3:00 The Chill Zone 3:00 Relaxing Rockers 3:30 Crafting Corsages 4:30 Spiffing Up 5:30 Resident Prom!	9:30 Coffee and News 11 10:15 Morning Volley! 11:00 Bingo Bunch 1:30 Classic Movies 1:30 Wii Sports Games 3:00 Rock and Reminisce 3:00 Sundaes on Friday 3:30 Giant Jenga 4:30 Walking Club	9:30 Coffee and News 12 10:00 Wake Up to the Classics 10:00 Jim Seem on Guitar 11:00 Bingo Masters! 1:30 Color Me Pretty 2:00 Rocking and Relaxing 2:30 Sweet Treats 3:00 Healing Hands 3:30 Walking Club 4:30 Cool Down and Stretch!
	9:30 Coffee and News 13 10:15 Ladies Choice! 10:15 Wake Up to the Classics 11:00 Bingo Competition 1:30 Worship Service 2:30 Sundaes on Sunday 3:00 Mother's Day Gifts 4:00 Flower Crafts 5:30 I Remember Mama-Movie	9:30 Coffee and News 14 10:15 Flexible Seniors 11:00 Bingo Bash! 1:30 Black Jack for Bucks 1:30 Puzzlemania 3:00 Ice Cream Dreams 3:30 Walking Club 4:30 Cool Down Stretch 5:45 TCM-The Three Musketeers	10:00 Dear Abby..... 15 10:15 Zumba Silver 11:00 Bingo Challenge 1:30 Big Word, Little Words 1:30 Classic Movies 3:00 Lemonade and Cookies 3:30 Florida Gardening 4:30 Rocking and Reminiscing 6:00 Wii Competition!	9:30 Coffee and News Chat 16 10:15 Morning Volley 11:00 Bingo for Bucks 11:30 Lunch and Shop! 2:30 Grab a Sweet Treat! 3:00 Publix Trip 3:00 Front Porch Rockers 3:30 Black Jack Fun 6:30 TCM-Andy Hardy Comes Home	10:15 Wake Up with the Classics 17 10:15 Coffee with Janelle 11:00 Bingo Challenge 1:30 Black Jack for Bucks 2:30 Hot Cookie Club 3:00 Rocks for Smiles 3:30 Rocking and Reminiscing 4:00 Pub Games! 6:00 Wii are Champions	9:30 Coffee and News 18 10:15 Senior Tai Chi 11:00 Candy Bingo! 1:30 Puzzlers for You 1:30 Classic Movies 2:30 Shakes and Smoothies 3:00 Fresh Air Therapy 3:30 Giant Jenga 4:30 Wine Down with Happy Hour	9:30 Coffee and News 19 10:15 Morning Volley 11:00 Weekend Bingo 1:30 Black Jack Club 2:30 Sweet Treat Time 3:00 Group Crossword 3:00 Movie-The Thin Man 4:00 Wine Down with Smooth Jazz 6:15 TCM-Valley of the Kings
	9:30 Sunday Papers 20 10:15 Stretch It Out! 11:00 Bingo Hour 1:30 Painting Ceramics 1:30 Worship Service 2:30 Hot Cookie Club 3:00 Giant Jenga Challenge 4:00 Florida Garden Club 7:00 Masterpiece Mystery-PBS	9:30 Coffee and News 21 10:15 Sit and Be Fit! 11:00 Bingo for Bucks 1:30 Group Crossword 2:30 Sundaes on Monday 2:45 TCM-Trouble for Two 3:30 Rock and Reminisce 3:30 Splash of Nail Color 4:30 Wine Down with Classical Music	10:15 Coffee and News 22 10:15 Yoga for Seniors 11:00 Bingo Busters! 1:30 Birdfeeders Club 2:30 The Hot Cookie Club 3:00 Day Spa Fun 3:30 Fresh Air Therapy 4:00 Healing Hand Massages 6:00 Wii Warriors!	10:15 Word Puzzlers Challenge 23 10:15 Zumba Silver 10:30 Botanical Gardens 11:00 Bingo Champions 1:30 Group Crossword 2:00 Publix Trip 2:30 Take a Sweet Break 3:00 Matinee Movie 3:00 Rustic Beading 4:00 Beer and Pub Games	9:30 Coffee and News 24 10:15 Feel the Burn 11:00 Bingo Sharks 1:30 Painting Ceramics 2:30 Enjoy a Sweet Treat! 3:00 Dazzling Digits 3:30 Movie Matinee 4:00 Hot Tea Tasting 6:00 Wii Will Rock You!	9:30 Coffee and News 25 10:15 Morning Volley 11:00 Bingo for Bucks 1:30 Beading Earrings 2:30 Hot Cookie Club 3:30 Giant Jenga 4:00 Try a Frozen Drink! 4:00 Reminiscing Rockers 5:45 TCM-The Women	9:30 Coffee and News 26 10:15 Morning Volley 11:00 Weekend Bingo 1:30 Group Crossword 2:30 Savor the Flavors 3:00 Time for a Polish Change? 3:30 Fresh Air Therapy 4:00 Backyard Gardening 6:00 PBS-Lawrence Welk
9:30 Coffee and News 27 10:15 Stretch and Tone 11:00 Sunday Bingo 1:30 Walking Club 1:30 Worship Service 3:00 Movie Matinee 3:00 Spiritual Crafting 4:00 Rock and Remember 7:00 Masterpiece Mystery	Memorial Day 28 10:15 Wave Your Flag! 11:00 Bingo Bunch 1:30 Patriotic Beading 2:30 Sweet Afternoon Treats 3:00 Beach Volleyball 3:30 Reminiscing Porch Rockers 4:00 Walking Club 4:45 Cool Down and Stretch	9:30 Coffee and News 29 10:15 Yoga for Seniors 11:00 Bingo Busters! 1:30 Walking Club 2:30 The Hot Cookie Club 3:00 Black Jack 3:30 Fresh Air Therapy 4:00 Healing Hand Massages 6:00 Wii Warriors!	9:30 Coffee and News 30 10:15 Zumba Silver 10:30 Nail Salon Trip 11:00 Bingo Champions 1:30 Publix Trip 2:00 Take a Sweet Break 2:30 Matinee Movie 3:00 Rustic Beading 4:00 Beer and Pub Games	9:30 Coffee and News 31 10:15 Dancing with the Stars 11:00 Bingo Sharks 1:30 Baseball Trivia 2:30 Concession Stand 3:00 Batting Practice 3:30 Field of Dreams-Movie 4:00 Walking Club 6:00 Wii Will Rock You!			

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



Celebrating Senior Living!

HarborChase of Gainesville Celebrating Senior Living



On team day, we welcome all team colors!



But, this IS Gainesville!



We were inspired by the hula dancer at the luau!



A precious mother and daughter moment!



Charles heads to the porch with his ice cream cone!



Marge and Claire enjoy lunch at Olive Garden!



McDonald's in our bistro? Of course- it's McDonalds Day!



We celebrated Jean's birthday together!



Good friends and good times at our monthly family events!



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



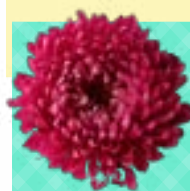
Gladiolus
Remembrance



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.

