

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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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!"


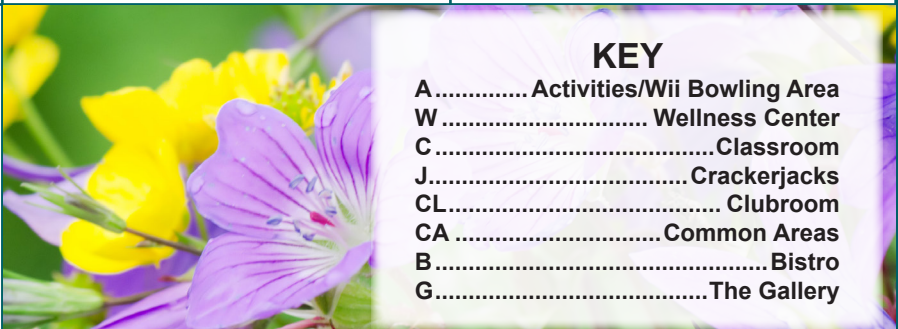
"Just wait until your father gets home!"

"Always wear good underwear; what if you're in an accident?"

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Sit & Stretch-W 10:00 Inspiring Quotes-B 11:00 I Had to Walk 10 Miles to School-C 1:30 Men's Club-A 3:00 Wii Exploring-W 4:00 Tuff Tuesday Trivia-J 6:30 Price is Right-C	9:30 News & Views-W 10:30 Word Wheel-A 11:00 Carrots and Vision-C 1:30 Long Grove Chocolate Outlet 3:00 Match IT-A 4:00 Wine Down Wednesday-J 6:30 Roy Rogers Show-A	9:30 Workout Madness-W 10:00 Tea for Two Trivia-B 11:00 Strike Out Alley-A 1:30 Radio Memories-C 3:00 Family Feud-C 4:00 Welcome Wagon-J 6:30 Travel to Japan-C	9:30 Core Strength-W 10:00 Smiley Faces-A 11:00 Cinco De Mayo History-C 1:30 Making Maracas-A 3:00 Spanish Music-J 4:00 Cinco De Mayo Celebration-J 6:00 Classic Cinema: Coco	9:30 Music in Motion-W 11:00 Exploring:Kentucky-C 1:20 Cinema: Secretariat-C 3:30 Astronaut Day: Neil Armstrong-C 4:00 Kentucky Derby Kick Off-J 6:30 And There Off! Kentucky Derby-A
	9:30 Sunday Stretch-W 10:00 Raise & Praise-C 11:00 Rummikub-A 1:30 Magnificent Wildflowers-C 3:00 Modern Art-A 4:00 Music Mystery-J 6:30 Puzzle Mania-A	9:30 Morning Stretch-W 10:00 Coffee Clutch-J 11:00 Gary Cooper's Famous Movie Roles-C 1:30 Cubs Key Chain Craft-A 3:00 Name that Spice-C 4:00 Mangia Monday-J 6:30 Classic Cinema: Sergeant York-C	9:30 Sit & B Fit-W 10:00 Tuesday Newsday-B 10:30 TJ Max/ Homegoods-B 1:30 Blessings Bags Club-A 3:00 Life on the Farm-C 4:00 Tranquility Tuesday-J 6:30 Western Cinema: Bonanza-C	9:30 Chair Chi-W 10:00 Readers Play Group-A 11:30 Hawthorn Woods Seniors Luncheon-G 1:00 Hawthorn Woods Senior Games-J 3:00 Visit with Kal-El-C 4:00 Lucky Wednesday-J 6:30 True or False-A	9:30 Fitness Fanatics-W 10:00 Letter Scramble-A 11:30 Bring May Flowers -C 1:00 Flower Arrangement Make and Take-C 3:00 Garden Stories-J 4:00 Dirt Cake Party-J 6:30 Kitten Shenanigans-C	9:30 Rise & Stretch-W 10:00 Bistro News-J 11:00 Sudoku Challenge-C 1:30 Tee Time/Wii Golf- A 3:00 Four Corners-C 4:00 Saturday Shenanegans-J 6:30 Hot Potato Showdown-A
	9:30 Wellness in the Morning-W 10:00 News in the Moring-C 11:00 Spiritual Readings 1:30 Armchair Travel-C 3:00 Poems & Quotes-C 4:00 Spring Fever Social-J 6:30 Cinema: Field of Dreams-C	9:30 Twist & Shout-W 10:00 Town Hall Meeting-C 11:00 Garden Club Tea-J 1:30 Garden Lantern Project-C 3:00 Scrabble Challenge-J 4:00 Heyday Monday-J 6:30 Wheel of Fortune-C	9:30 Movin-N Groovin-W 10:00 Thought for the Day-C 11:00 Hand Messages-S 1:30 Word Teasers-A 3:00 Ellis Island History-J 4:00 Brain Train-J 6:30 Hand and Foot-A	9:30 Music & Stretch-W 10:00 Hot off the Press-B 11:00 Making Bath Salts-J 1:30 Kisses with Kal- A 3:00 Price is Right-C 4:00 Fun Fanatics-J 6:30 Music Radio-C	9:30 Sit & B Well-W 10:00 News Flash-B 11:00 Famous Criminals-C 1:30 Bookworms Club-G 3:00 Knit-N For Kittens-A 4:00 It's 5:00 Somewhere-J 6:30 Penny Postcards-C	9:30 Peddle Pushers-W 10:00 Currently in the News-B 11:00 Relaxing Melodies-C 1:30 Favorite Hobbies- C 3:00 Postage Stamp-A 4:00 Best 'Buds' Day-J 6:30 Dog Shenanigans-C
	9:30 Reach & Stretch-W 10:00 Planet Earth-CL 11:00 Spiritual Quotes-C 12:10 Cubs VS Reds-C 3:00 Alley Pin-Mania-A 4:00 Buzz Me Up-J 6:30 Baseball Trivia -C	9:30 Motion Potion-W 10:00 Bagels and Brew-B 10:30 Target 11:00 Bistro in the Morning-B 1:30 Meet the Neighbors-C 3:00 The Book of Ruth-A 4:00 Jumbo Crosswords-J 6:30 Life Memories-J	9:30 Ageless Yoga-W 10:00 Sherlock Holmes Mysteries-C 11:00 Old Neighborhoods-C 1:30 Masterpiece Art Class-A 3:30 Comic Strip Nostalg-J 4:00 Poems and Poetry-J 6:30 Jumbo Crossword-A	9:30 Stretch With Me-W 10:00 Fireplace Stories-B 11:00 Fantastic Science-A 1:30 Writing Memoirs-A 3:00 Collage Creations-J 4:00 Jacks and Crackerjacks-J 6:30 Puzzle Madness-C	9:30 Core Balance -W 10:00 Bible Study-C 11:00 Paw Shakes with Kal-C 1:30 Brooklyn Bridge Opens-C 3:00 Nutrition 101-C 4:00 Sunshine Days-J 6:30 Brain Smart-C	9:30 Sittercise to Music-W 10:00 Morning Melodies-C 11:00 Healthy Brain-C 1:30 Social Butterfly Club-A 3:00 The Letter X-A 4:00 Saturday Social-J 6:30 New Cinema: Grumpy Old Men -C
9:30 Bike Peddlers-W 10:00 Singing Hymns-C 11:00 Bible Trivia-C 12:15 Indianapolis 500-C 3:00 Ring Toss-C 4:00 Birthday Bash-J 6:30 TV Classics-Andy Griffith-C	9:30 Tap to the Beat-W 10:00 Veteran's Trivia-C 11:00 News & Updates-B 1:00 Cinema: Memorial Day-C 3:00 Patriotic Music-C 4:00 Memorial Day Remembrance-J 6:30 Can You Only Eat One-C	9:30 Morning Exercise-W 10:00 Singing With Susie-C 11:00 Helping our Troops-A 1:30 Helping Hands Care Packages-A 3:00 What's That Smell?-J 4:00 Buzztime Poker-J 6:30 Word Builders-A	9:30 Stretch N Tone-W 10:00 Gentle Yoga-B 11:00 Pretty Nails-S 1:30 Spring Ride 3:00 Fishing Tales-C 4:00 Tell Me a Joke-J 6:05 Cubs vs Pirates-C	9:30 Balls & Bands-W 10:00 What's Happening 11:00 Crossword Puzzle-A 1:30 Tail Wagging with Kal-C 3:00 Word Bankers-A 4:00 Thirsty Thursday-J 6:30 Sunset Stroll	 <div>KEY A.....Activities/Wii Bowling Area W.....Wellness Center C.....Classroom J.....Crackerjacks CL.....Clubroom CA.....Common Areas B.....Bistro G.....The Gallery</div>	

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

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Difficult

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

-Mahatma Gandhi



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



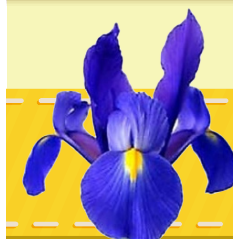
Daisy
Purity, Innocence



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.

