

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."

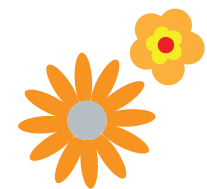
Yogi Berra. A reporter was interviewing Yogi Berra about last night's game and asked about Berra's two hits. Berra immediately pointed out that he'd actually gotten three hits.

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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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?"

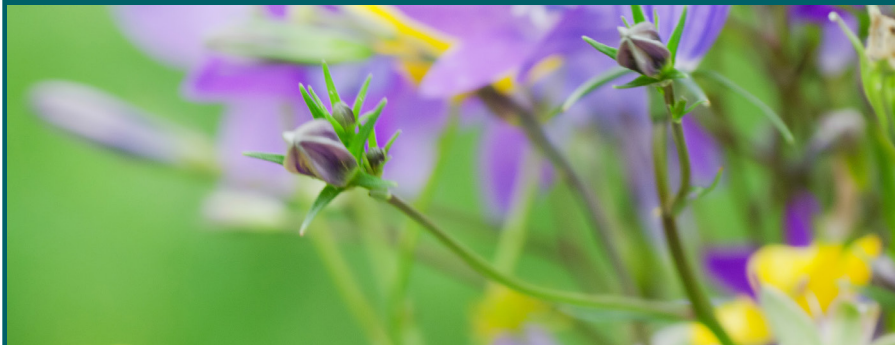
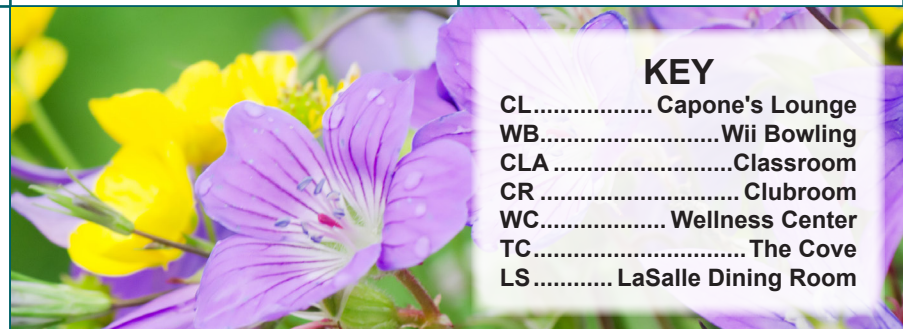
"Don't put that in your mouth; you don't know where it's been!"

"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
		May Day 1 9:30 Wake Up Riddles (B24) 10:30 Be Well Exercise (WC) 11:00 Crafty Creations: Suncatchers (WB) 2:00 Hospitality Meeting (CLA) 3:00 May Day Tea (CL) 3:00 Trip to Walgreens (Lobby) 4:00 Chinese Checker Challenge (CLA) 6:30 BINGO Blitz (CLA)	2 9:30 Remember When (B24) 10:00 Bible Talk (WB) 11:00 Walk it Out (Lobby) 2:00 Passport to London (CLA) 2:00 Trip to Target (Lobby) 3:00 Bunco Bonanza! (CL) 4:00 Jack Benny Comedy Hour (CLA) 6:30 Word Mining Mania(CLA)	3 9:30 Noteworthy News (B24) 10:30 Be Well Exercise (WC) 11:00 Documentary Feature: Joe DiMaggio? (CR) 11:00 Rummikub Club (CLA) 2:00 Cinco de Mayo Fiesta (CL) 3:00 Trivia VS Shorewood (CL) 4:00 Floral Design (CL) 6:30 Musical Feature: Jersey Boys (CLA)	4 9:30 Morning Chat (B24) 10:30 Catholic Communion 11:00 Morning Stretches (CLA) 11:00 Lunch at Fuddruckers 2:00 Culinary Kitchen: Pineapple Coconut Creations (CLA) 3:00 Jackpot Trivia Hour(CL) 4:00 It's 5:00 Somewhere! Mocktail Hour (CL) 6:30 Cinema Feature: My Fair Lady (CLA)	5 Kentucky Derby Day 9:30 Wake & Meditate (CLA) 10:00 Refreshing Exercise (CLA) 10:30 Love on a Leash (CLA) 11:00 Family Feud (CLA) 2:00 Derby Hat Creations (CLA) 3:00 History of the Kentucky Derby (CLA) 4:00 Uno Challenge (CLA) 6:30 Kentucky Derby Viewing Party (CLA)
	6 9:30 Sunday News (B24) 10:00 Rise & Praise (CLA) 11:00 Sunday Stretch (CLA) 2:00 Wii Bowling League (WB) 3:00 Artists' Corner: Bubble Art (CLA) 4:00 Karaoke Madness (CLA) 6:30 Cinema Feature: The Prize (CLA)	7 9:30 Who Am I? (B24) 10:00 Yoga Stretch (CLA) 11:00 Giggles & Guffaws (CLA) 2:00 Take Your Best Shot Photo Fun (CLA) 3:00 Plastic Canvas Club (CLA) 4:00 Kerplunk It! (CLA) 6:30 Musical Feature: Sunny Valley Serenade (CLA)	8 9:30 AM Puzzlers (B24) 10:30 Be Well Exercise (WC) 11:00 Teacher Appreciation (CLA) 2:00 Coconut Cream Pie Social (CL) 3:00 Travelin' Tunes (CLA) 3:30 Cranium Crunches (CLA) 4:00 Scrabble Scramble (CL) 6:30 Evening Cards (B24)	9 9:30 Remember When (B24) 10:00 Bible Talk (CLA) 11:00 Refreshing Exercise (CLA) 2:00 Life Enrichment Meeting (CLA) 3:00 Jenga Challenge (CLA) 3:00 Trip to Jewel 4:00 Jumbo Crosswords (CLA) 6:30 Cinema Feature: Vertigo (CLA)	10 9:30 Noteworthy News (CLA) 10:30 Be Well Exercise (WC) 11:00 Ocean Deep Trivia (CLA) 2:00 Movie Matinee: The Sky's the Limit (CLA) 2:00 Trip to Dollar Tree (Lobby) 3:00 Trivia VS Shorewood (CL) 3:30 Name That Tune! (CLA) 4:00 Floral Design (CLA) 6:00 Love on a Leash (B24)	11 Crosstown Classic 10:30 Catholic Communion (CLA) 11:00 Lunch Outing: MingHin 11:00 Wake & Stretch (CLA) 1:30 Crosstown Classic Showdown (CLA) 3:00 Take Me Out To the Ball Game (CL) 4:00 It's 5:00 Somewhere! (CL) 6:30 Cinema Feature: League of Their Own (CLA)
13 Mother's Day 9:30 Sunday News (B24) 10:00 Rise & Praise (CLA) 10:30 Mother's Day Brunch 11:00 Sunday Stretch (CLA) 2:00 Celebration of Mothers (CLA) 3:00 Mother's Day Trivia (CLA) 4:00 Mother's of Invention (CLA) 6:30 Cinema Feature: Mama Mia (CLA)	14 9:30 Who Am I? (B24) 10:00 Refreshing Exercises (CLA) 11:00 Crafty Creations: Art of Jewelry (CLA) 1:30 Drum Circle w/ Alex (TC) 3:00 Bingo Blitz (CLA) 4:00 Wellness Chat: Importance of Sleep (CLA) 6:30 Fireside Chats (Courtyard)	15 Spring Flower Day 9:30 Morning Riddles (B24) 10:30 Be Well Exercise (WC) 11:00 Crafty Creations: Polka Dot Vases (WB) 2:00 Spring Flower Tea (CL) 3:00 Green Thumb Gardening (Courtyard) 4:00 Merry Melodies (CLA) 6:30 New Resident Mingle (B24)	16 9:30 Remember When (B24) 10:00 Bible Talk (CLA) 11:00 Wake & Stretch (CLA) 2:00 Trip to Target 2:00 Kings in the Corner (CLA) 3:00 Did You Know? Historic Ballparks (CLA) 4:00 Dragnet Radio Hour (CLA) 6:30 Dynamic Dice Games (CLA)	17 9:30 Noteworthy News (B24) 10:30 Be Well Exercise (WC) 11:00 Lunch Outing: Outback Steakhouse (CLA) 2:00 Resident Council (CLA) 2:30 Very Berry Parfaits (CL) 3:00 Trivia VS HC Shorewood (CL) 4:00 Floral Design (CL) 6:30 Would You Rather? (B24)	18 9:30 Morning Chat (B24) 10:30 Catholic Communion 11:00 Chair Chi (CLA) 2:00 Crafty Creations: Sunglasses Fashion (CLA) 3:00 Pun-Off Championship (CLA) 4:00 It's 5:00 Somewhere! Rummikub Challenge (CL) 6:30 Classic TV: I Love Lucy (CLA)	19 Armed Forces Day 9:30 Wake & Meditate (CLA) 10:00 Stretch It Out (CLA) 11:00 Word Mining Mania (CLA) 2:00 Beachy Sand Art (CLA) 3:00 History of the Armed Forces (CLA) 4:00 Who Wants to be a Millionaire? (CLA) 6:00 Off to the Races: 143rd Preakness (CLA)
20 9:30 Sunday News (B24) 10:00 Rise & Praise (CLA) 11:00 Sunday Stretch (CLA) 2:00 Crafty Creations: Poppy Pins (CLA) 3:00 Karaoke Madness! (CLA) 4:00 Volleyball Challenge (CLA) 6:30 Cinema Feature: The Greatest Show on Earth (CLA)	21 9:30 Who Am I? (B24) 10:00 Morning Stretch (CLA) 11:00 Jumbo Crosswords (CLA) 2:00 Backyard Games Party (Courtyard) 3:00 Wii Bowling League (WB) 4:00 Crafty Creations: Beaded Bookmarks(CLA) 6:30 Jeopardy (WB)	22 9:30 Wake Up Riddles (B24) 10:30 Be Well Exercise(WC) 11:00 Uno Challenge (CLA) 2:00 Pedal Pusher Tea (CL) 3:00 Lock Box Challenge(CLA) 4:00 Just for Laughs: Videos to Make You Smile (CLA) 6:30 A Game of Cards (B24)	23 9:30 Remember When (CL) 10:00 Bible Talk (CLA) 11:00 Refreshing Exercises (CLA) 2:00 Penny for Your Thoughts (CLA) 2:00 Trip to Casey's (Lobby) 3:00 All that Jazz (CLA) 4:00 Rosemary Clooney Listening Party (CLA) 6:30 Rummikub Club (CLA)	24 Red Nose Day 9:30 Noteworthy News (CLA) 10:30 Be Well Exercise (WC) 11:00 All About Red Nose Day (CLA) 1:00 Trip to Peck's Butterfly House (Lobby) 2:00 Kings in the Corner (CLA) 3:00 Trivia VS HC Shorewood 4:00 Floral Design (CLA) 6:30 Would You Rather? (B24)	25 9:30 Morning Chat (B24) 10:30 Catholic Communion (CLA) 11:00 Lunch at Houlihan's (Lobby) 11:00 Refreshing Exercise(CLA) 2:00 Greatest 45 Minutes in Sports (CLA) 3:00 Jumbo Crosswords (CL) 3:30 Senior Prom (LaSalle) 6:30 Cinema Feature: The Little Colonel (CLA)	26 The Duke's Day 9:30 Wake and Meditate (CLA) 10:00 American Legion (CLA) 10:30 Love On A Leash (B24) 11:00 Rise & Stretch(CLA) 2:00 Wii Tennis Challenge (WB) 3:00 All About John Wayne (CLA) 4:00 Cranium Crunches (CLA) 6:30 Cinema Feature: True Grit
27 9:30 Sunday News (B24) 10:00 Rise & Praise (CLA) 11:00 Sunday Stretch (CLA) 2:00 Kazoo Chorus (CLA) 3:00 Wii Bowling League(WB) 4:00 Plastic Canvas Club (CLA) 4:30 Table Talk (B24) 6:30 Musical Feature: Thin Man (CLA)	28 Memorial Day 9:30 Who Am I? (B24) 10:00 Morning Stretch (CLA) 11:00 Puzzling Puzzlers (CLA) 2:00 Memorial Day Program (CLA) 3:00 Afternoon Matinee: The Longest Day (CLA) 4:00 Family Feud (WB) 5:00 Memorial Day Picnic 6:30 Scrabble Scramble (CLA)	29 9:30 Granger Middle School Singers (B24) 10:30 Be Well Exercise(WC) 11:00 Did You Know? Rosie the Riveter(CLA) 2:00 Beach Boys Listening Party (CLA) 3:00 Kerplunk It! (CLA) 4:00 Paperclip Trivia (CLA) 6:30 A Game of Cards (B24)	30 9:30 Remember When (CL) 10:00 Bible Talk (CLA) 11:00 Refreshing Exercises (CLA) 2:00 Culinary Kitchen: Ice Cream Sundae Bar (CLA) 2:00 Trip to Casey's (Lobby) 3:00 Swinging to the Oldies! (CLA) 4:00 Spell It! (CLA) 6:30 Rummikub Club (CLA)	31 9:30 Noteworthy News (CLA) 10:30 Be Well Exercise (WC) 11:00 Artists' Corner: Watercolor Art (CLA) 2:00 Music with Tim Wilsey (CLA) 3:00 Trivia VS HC Shorewood (CL) 4:00 Floral Design (CLA) 6:30 Cinema Feature: The Good, the Bad, & the Ugly	 <div>KEY CL..... Capone's Lounge WB..... Wii Bowling CLAClassroom CR Clubroom WC..... Wellness Center TC..... The Cove LS..... LaSalle Dining Room</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



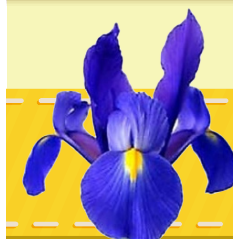
Daisy
Purity, Innocence



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.

