

HAPPY BIRTHDAY!

May Birthdays

Madelyn Morocco..... 1st
 Zach Meltzer..... 7th
 Joe VanNice..... 16th
 Jack Scholl..... 16th
 Mimi Kahn..... 20th
 Ted Bendeck..... 21st
 Lillian ODonnel..... 29th

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.

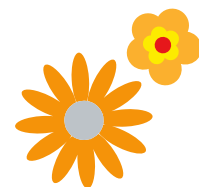
"I don't know," Masi answered. "I haven't caught one yet."

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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May 2018

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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?"



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<div>May Day! 1</div> <div>10:00 Today's News 11:00 Coffee and Conversation in the Garden 1:00 Chair Yoga Yogi's 2:00 Word Searchers 3:00 Sing along with Susie! 4:00 Hangman Challenge 6:00 How is our Garden Growing?</div>	<div>2</div> <div>10:00 Todays News 11:00 Picnic Lunch at Jupiter Inlet Park 1:00 Conductorcise 2:00 Margaritas, Chips and Salsa! 3:00 'Cinco de Mayo' with Lauren 4:00 Card Sharks 6:00 Hand Massage and Manicures</div>	<div>3</div> <div>National Dayof Prayer 10:00 Today's News 11:00 Card Makers Club - Nurses Day! 1:00 Dancing to the Oldies 2:00 Word Searchers 3:00 Country Music Sing-Along 4:00 Bible Study in the Garden</div>	<div>4</div> <div>10:00 Chair Yoga Yogi's 11:00 Painting on Canvas to Music 1:00 Derby Hat Makers! 2:00 Scrapbook Scrappers 3:00 Music with Laurie 4:00 History Club - John Tyler 6:00 Sidewalk Strollers</div>	<div>5</div> <div>Cinco De Mayo 1:00 Kentucky Derby 11:00 Simon Says...Exercise! 1:00 Canvas Painters 2:00 Bingo BLITZ 3:00 'Ketucky Derby Tunes' with John Lobosco 4:00 Mint Juleps, Fancy Hats and the Kentucky Derby Race! 6:00 Green Thumb</div>	
	<div>6</div> <div>9:00 Bible Study 10:00 Bend and Stretch 11:00 Rosary - Ascension 1:00 Outdoor Golfers 3:00 Classic Radio 'The Bob Hope Show' 4:00 Hangman Hackers 6:00 Relax in the Garden</div>	<div>7</div> <div>National Nurses Day 10:00 Todays News 11:00 Movie Critics Outing 1:00 Let's Dance 2:00 Celebrate Nurses! 3:00 Crazy Commercials 4:00 Happy Hour - Silly Sing-Along 6:00 Tour the USA - Colorado</div>	<div>8</div> <div>10:00 Simon Says...Exercise! 11:00 Scrapbook Scrappers 1:00 Green Thumb Club 2:00 Learning about Psalms 3:00 Sing along with Susie! 4:00 Jenga Junkies 6:00 'Fried Green Tomatoes' - Netflix</div>	<div>9</div> <div>10:00 Todays News 11:00 Conductorcise 1:00 Watercolor Butterflies 2:00 Corn Hole in the Garden 3:00 Opera-Kadabra Magical Music 3:30 Ice Cream Social 4:00 Card Sharks 6:00 Green Thumb Club</div>	<div>10</div> <div>10:00 Chair Yoga Yogi's 11:00 Puppy Love with Rascal 1:00 Craft Room Craziness 2:00 Hangman Challenge 3:00 Today's News 4:00 Name that Sound 6:00 Walk and Talk in the Garden 7:00 Hand Massage and Manicures</div>	<div>11</div> <div>10:00 Today's News 11:00 Simon Says 'Exercise' 1:00 Creative Coloring 2:00 Scenic Rio Grande Train Ride 3:00 Music with Julie 4:00 History Club - James K. Polk 6:00 Relax with Nature</div>	<div>12</div> <div>10:00 Silly Seniors 11:00 Simon Says 'Exercise' 1:00 Classic Radio - The Bob Hope Show 2:00 Bingo Blitz 3:00 Green Thumb Gardeners 4:00 Hula Hoopers 6:00 Movie Night</div>
	<div>13</div> <div>Mother's Day 10:00 Sunday Funnies 11:00 All about my MOM 11:30 Mother's Day Luncheon Cruise - Delray Yacht Cruises 1:00 Relax with Nature 2:00 Creative Coloring 3:00 Golf Hackers 4:00 Green Thumb Club 6:00 'Steel Magnolias'</div>	<div>14</div> <div>10:00 Coffee and Conversation 11:00 Green Thumb Club 1:00 Sports Trivia 2:00 Card Games 3:00 Sit and Be Fit 4:00 Hangman Challenge 6:00 Tour the USA - Connecticut</div>	<div>15</div> <div>10:00 Today's News 11:00 Word Search Wizards 1:00 Hangman Challenge 2:00 Adult Creative Coloring 3:00 Bend and Stretch 4:00 Corn Hole in the Garden 6:00 Hand Massage and Manicures</div>	<div>16</div> <div>10:00 Simon Says 'Exercise' 11:00 Word Searchers 1:00 Corn Hole in the Garden! 2:00 National Monument Day - Let's go on a Tour! 3:00 Music with Don 4:00 Dancing to the Oldies 6:00 Women's History Trivia</div>	<div>17</div> <div>10:00 Today's News 11:00 Puppy Love with Rascal 1:00 Artist Studio - Colorful Creations 2:00 Golf Trivia 3:00 Walk in the Garden 4:00 Hidden Words 6:00 Reminisce with Paul Harvey</div>	<div>18</div> <div>10:00 Today's News 11:00 Lunch Bunch 1:00 Dancing to the Oldies 2:00 Card Sharks 3:00 Music with Carl 4:00 History Club - Zachary Taylor 6:00 Let's take a walk in the Garden</div>	<div>19</div> <div>10:00 Today's News 11:00 Golf Course Hackers 1:00 Adult Creative Coloring 2:00 Bingo Blitz! 3:00 Jenga Junkies 4:00 Classic TV Show - Dragnet 6:00 Green Thumb Club</div>
	<div>20</div> <div>Shavuot 9:00 Bible Study 10:00 Bend and Stretch 1:00 Golf Hackers 2:00 Ahhh...Spa Day 3:00 Animal Trivia 4:00 Sit and Sip in the Garden 6:00 The Book of Ruth</div>	<div>21</div> <div>10:00 Simon Says 'Exercise' 11:00 Chef Club - Cookie Monsters 1:00 Puzzlers Challenge 2:00 Silly Seniors 3:00 Family Fun Day - 'Play Ball' wear your Baseball Team's Colors! 4:00 Word Search Wizards 6:00 Tour the USA - Delaware</div>	<div>22</div> <div>10:00 Today's News 11:00 Let's FLY A KITE at the beach! 1:00 Classic Radio Shows 2:00 Green Thumb Club 3:00 Short Stories - Mysteries 4:00 Game On - Checkers 6:00 Warm Towel Hand Massage</div>	<div>23</div> <div>10:00 Simon Says...Exercise 11:00 Brain Fitness 1:00 Sing along with Susie 2:00 Hidden Words 3:00 BIRTHDAY PARTY with Jacky 4:00 Time Lapse Travelers 6:00 'Titanic' - Netflix</div>	<div>24</div> <div>10:00 Coffee and Conversation 11:00 Bend and Stretch 1:00 Hangman Challenge 2:00 Green Thumb Gardeners 3:00 Dancing to the Oldies 4:00 Crazy Crosswords 6:00 Movie Night</div>	<div>25</div> <div>10:00 Bend and Stretch 11:00 Chef Club - Sugar Cookies 1:00 Word Puzzlers 2:00 Hangman Challenge 3:00 Music with Phil 4:00 History Club - Millard Fillmore 6:00 Book Nook - Chicken Soup for the Soul</div>	<div>26</div> <div>10:00 Chair Yoga Yogi's 11:00 Artists Corner - Watercolors 1:00 Hed Bandz Fun 2:00 Bingo BLITZ 3:00 Walk in the Garden 4:00 Hangman Challenge 6:00 Classic TV</div>
<div>27</div> <div>Indy 500 Race Day 10:00 Sunday Funnies 11:00 Bible Study 12:20 102nd Indianapolis 500 1:00 Painting to Classical Music 2:00 Game On - War 3:00 Inspiration - Art Class 4:00 Happy Hour on the Golf Course 6:00 Memory Bio - Favorite Cars</div>	<div>28</div> <div>Memorial Day 10:00 Simon Says - Exercise! 11:00 Memorial Day - Netflix 1:00 Word Seekers 2:00 Visiting Arlington National Cemetery 3:00 Honoring our Veterans.... 4:00 Karaoke Kraziness - Patriotic Songs 6:00 Tour the USA - Florida</div>	<div>29</div> <div>10:00 Today's News 11:00 Chair Yoga Yogi's 1:00 Classic Radio Shows 2:00 Green Thumb Club 3:00 Short Stories - Mysteries 4:00 Game On - Checkers 6:00 'Breakfast at Tiffany's' - Netflix</div>	<div>30</div> <div>10:00 Tai Chi Stress Busters 11:00 Brain Fitness 1:00 Adult Coloring Corner 2:00 Sit and Sip in the Garden 3:00 Hula Hoopers 4:00 Time Lapse Travelers 6:30 Campfire Sing-A-Long at Fireplace</div>	<div>31</div> <div>10:00 Bend and Stretch 11:00 Puppy Love with Rascal 1:00 Book Nook - Chicken Soup for the Soup 2:00 Chef Club - Fruit Salad 3:00 'Lullaby of Broadway' with Nanci 4:00 Hangman's Challenge 6:00 Hand Massage and Manicures</div>	<div><div>Color Code:</div><div><div>Brown.....Outings</div><div>Blue.....Activities</div><div>Red.....Entertainment</div><div>Green.....Fitness</div><div>Purple.....IN2L</div></div></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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Celebrating Senior Living!



HC PALM HARBOR



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



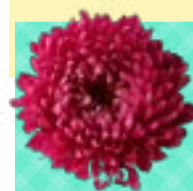
Gladiolus
Remembrance



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.

