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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May 2018

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Director of Life Enrichment

Dawn Kasper
Director of Memory Care

Ke'o Velasquez
Director of Hospitality

Deirdre Young
Business Office Manager

Chris Summers
Director of Maintenance

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 of Park Cities AL

May 2018

HarborChase

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 Work it Out 11:00 History of the Pony Express 1:30 Maria Callas' Best Performances 3:00 Afternoon Tea & Scones **4:00 'Welcome Home' New Resident Social** 6:30 Pinochle Players 8:00 Sleepless Scrabble	2 9:30 Treadmill Warriors 10:30 Proficient Pictionary **11:00 Beautiful Botanicals-Arboretum Outing** 1:30 Play on Words 3:00 Austen or Bronte 4:00 Classic Croons and Cocktails Hour 6:30 Wheel of Fortune 8:00 Mindful Meditation	3 9:30 Cardio Corner **10:00 Shopping Excursion: Whole Foods** 1:30 Music & Memories 3:00 Where in the World 4:00 Songs You Love Karaoke 6:30 Popular Playwrights 'Tennessee Williams' 8:00 Evening Stretches	4 9:30 Stevens Park Golfers 10:30 Latin Art Influences 1:30 Around The world 3:00 Language Lexicon **4:00 Cinco De Mayo Fiesta** 6:30 Oscar Winner 'Frida' 8:00 Cranium Crunches	5 9:00 Daily Devotional w/ Brooke 10:30 Crosswords & Coffee Bar 1:30 Avant-Garde Artists 3:00 Bocce Ball Bandits 4:00 Mint Julep Happy Hour 6:30 Kentucky Derby Watchparty 8:00 Evening Sudoku
6 9:30 Park Cities Baptist 11:00 PGA's Proudest Moments 1:30 Understanding the Dow Jones 3:00 Holistic Remedies 4:00 The Best of Cheers w/ Beers 6:30 Google Earth Bora Bora 8:00 Table Games	7 9:30 Walk with Me 10:30 Wet Your Whistle Word Games 11:00 Rustic Restoration 1:30 Love on a Leash 3:00 Resident Council Meeting 4:00 Cocktails For A Cause 6:30 Writing Club Outlines 8:00 Let Joyce Meyer Inspire You	8 9:30 Lets Pedal 10:30 Creative Crafts Domino Clocks **11:30 Out On The Town-Bucca Di Beppo** 1:30 Bridge For Beginners 3:00 Notable Quotable 4:00 Trivia Tuesday 6:30 All the Presidents Wives 8:00 Car Talk	9 9:30 Chair Pilates 10:00 DIY Home Project 11:00 Famous One-liners **1:00 Play Ball: Texas Rangers Game Outing!** 3:00 Silent Film Pioneers Chaplin & Pickford 4:00 Ante Up: Virtual Hold Em Tournament 6:30 Rockin Rummikub 8:00 Best of Bocelli	10 9:30 Stretch with Me **10:00 Shopping Excursion: Barnes & Nobles** 1:30 Arts a Blaze Pottery Class 3:00 What's in a Name? 4:00 Joy of Percussion 6:30 Bridge Refresher Class 8:00 CNN News Recap 10:30 Million Dollar Coins	11 9:30 Swing & Sing 10:00 Park Cities Gourmet Cheese Shop 11:00 Art History- Italian Renaissance 1:30 Scrabble Anyone? 3:00 Shabbat Services 4:00 Jazz Jingles & Jokes 6:30 Crossword Countdown 8:00 Classic Cinema 'Duck Soup'	12 9:30 News & Views 10:30 Photography Club 1:30 HarborChase Players 3:00 'Food for Thought' Brain Healthy Snacks 4:00 Name that Tune Piano Renditions 6:00 Sunset Gardening 8:00 What's Your Move? Checkers Champions
13 9:30 Joy Fellowship Worship **10:30 Mothers Day Champagne Brunch** 1:30 Gem & Jewelry Show 3:00 Life Long Learning-Computer Classes 4:00 Wine & Cheese Cocktail Hour 6:30 News Currents Discussion Group 8:00 Side Walk Astronomy	14 9:30 Let's Stroll 11:00 Fashion Faux Pas 1:30 Classical Ballet and Romantic Stories 3:00 Radio Classics Burns & Allen 4:00 'Old Blue Eyes' Newman or Sinatra-Trivia 6:30 Sentence Sequence 8:00 Pondering Puzzles	15 9:30 Conductersize 11:00 The Works of Homer **11:00 Out On The Town- Mi Cocina** 1:30 Walden Woods Legacy 3:00 Young Readers after School Reading Group 4:00 Chopin Classics 6:30 Calling all Black Jack Players 8:00 Meditation Circle	16 9:30 Loca-Motion 10:30 On The Green Wii Golfing **11:00 Studio Movie Grill Outing** 1:30 Cappuccino Corner 3:00 Davinci's Demons 4:00 Sassy Serenades and Sangrias 6:30 Call my Bluff Poker 8:00 Classics in the Courtyard	17 9:30 Senior Boot Camp **10:00 Shopping Excursion: World Market** 10:30 On This Day 1:30 Cooking Corner: Vegan Treats 3:00 Men's Corner: War Planes 4:00 Jukebox Heros 6:30 Letters to Vets 8:00 Stress Busters	18 9:30 Reflex Challenge 11:00 Museums & Monuments 1:30 Sushi Making Demo 3:00 Rockefellers Secrets 4:00 Famous Folk Tunes: Mitchell & Dylan 6:30 Casino Royal at Park Cities 8:00 Night Caps & Chats	19 9:30 Bagels & Brew 10:00 Park Cities Book Fair 11:00 Genealogy Lecture 'Who Are You'? 1:30 Painting Instruction Water Color Blending 3:00 Courtyard Croquet 4:00 Lounge Lyrics 6:30 New Release: The Darkest Hour 8:00 Card Sharks
20 9:30 Holy Trinity Church 10:00 Gourmet Coffee & Patisserie 11:00 Meaningful Mosaics **1:00 Playbill Features: 'The Humans' at Winspear Opera House** 3:00 Strikes! Wii Bowling 4:00 Brainbuzz Countdown 6:30 Mahjong Masters 8:00 Musical: Ziegfeld Girl	21 9:30 Mindful Movements 11:00 Behind the Music is the Maestro 1:30 Famous Texans 3:00 Woodshop Creations 4:00 Cocktails and Cadenzas 6:30 New York Times Headlines 8:00 Team Scrabble	22 9:30 Core Workout 10:30 DIY Home Projects **11:30 Out on the Town-Nick & Sams Grill** 1:30 You Be The Judge Debate 3:00 Bit Of Birdie 4:00 Courtyard Cornhole & Cocktails 6:30 Into The Cosmos 8:00 Gin Rummy Challenge	23 9:30 Stretch It Out 10:30 Expressive Painting Van Gogh Adaptations 1:30 Boogie Woogie Biography 3:00 Know Your Notes: Jazz Edition **4:00 Jazz It Up Extravganza** 6:30 Mind Joggers 8:00 Best of Jimmy Fallon	24 9:30 Come Pedal **10:00 Shopping Excursion: Northpark** 10:30 Master Gardens of the South 1:30 Battle of the Sexes 3:00 Bocce Ball Bandits 4:00 Harmonizing Barbershop Quartet 6:30 Checkers Champions 8:00 Joel Olsten TV Evangelist	25 9:30 Ageless Fitness 11:00 The Art of Leather Stamping 1:30 Tennis Greats of the 20th Century 3:00 The World of Marvel Comics 4:00 Roy Rogers Comes to Life 6:30 Evening Prayer Group 8:00 New Release 'Wind River'	26 9:30 Botanical Garden Stroll 11:00 Who's Line is it Anyway 1:30 Military Milestones 3:00 Virtual Tour of Italy 4:00 Jives & Jingles w/ Barry 6:30 Cannoli Bar Create your Own 8:00 Classic 'Butch Cassidy & the Sundance Kid'
27 9:30 Park Cities Baptist 10:00 Morning Chats w/ Mimosa's 11:00 Fancy Faces Estee Lauder Makeup Tips 1:30 Garden Club Trim your Bonsai 3:00 'Johnny & June Cash 4:00 Grand Ole Opry Classics 6:30 Suduku Showdown 8:00 Canasta Corner	28 9:30 Laughing Yoga 11:00 Nature Art w/ Local Foliage 1:30 Sequence Saga 3:00 Recipe Roundup 4:00 Family Feud Team Playoffs **5:00 Red, White & Blue BBQ** **6:00 Memorial Day Celebration**	29 9:30 Put a Spring in Your Step 10:00 Great Destinations **11:30 Out on the Town Bistro 31** 1:30 Welcome to Ellis Island 3:00 Stain Glass Gala 4:00 Trivia Tuesday 6:30 Violin Virtuoso's 8:00 Gin Rummy Challenge	30 9:30 Core Workout 10:30 Jewelry Making **1:30 Antiquing Outing** 3:00 Politics & Propaganda 4:00 Rat Pack Renditions & Rum Runners 6:30 Music & Memories 8:00 Poetry Exchange	31 9:30 Tai Chi **10:00 Shopping Excursion:Celebration Market** 10:30 Tech Time: You & Youtube 1:30 Jeopardy 3:00 Food For Thought-Smart Smoothies 4:00 Mocktail Happy Hour 6:30 Rummicub Rumble 8:00 Clay Crafting		

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All programs are subject to change due to circumstances beyond our control. Thank you for your understanding.

Happy Mother's Day

ADORE
AFFECTION
APPRECIATION
BAKING
BEAUTY
BREAKFAST IN BED
CANDY
CAKE
CARDS
CHERISH
CHILDREN
CHOCOLATE
COOKIES
CRAFTS
FAMILY
FLOWERS
GRANDMOTHER
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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

Gladiola
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.