



Assisted Living Birthdays

Bob C	May 9
Marie W	May 9
Arlene H	May 10
Chris F	May 14
Jane B	May 14
Marion K	May 15
Kathy Z	May 26
June M	May 29
Myrtle M	May 31

Cove Birthdays

Glen K	May 5
John G	May 12

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.”

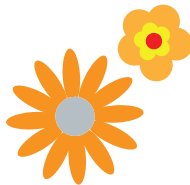
Yogi Berra. A reporter was interviewing Yogi Berra about last night’s game and asked about Berra’s two hits. Berra immediately pointed out that he’d actually gotten three hits.

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

The HarborChase Wire: A Monthly Publication of HarborChase Plainfield MC

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

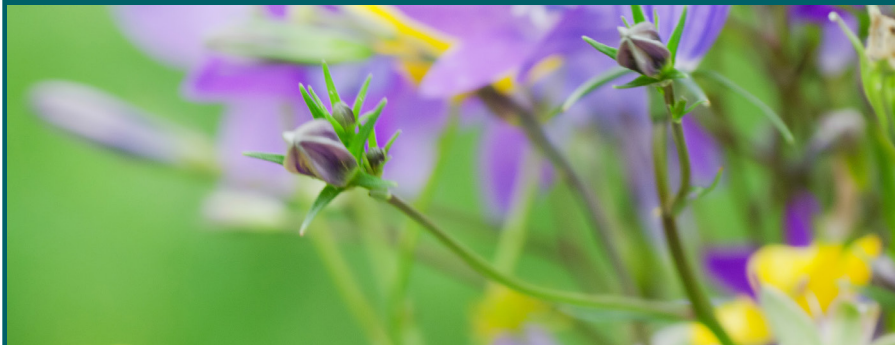
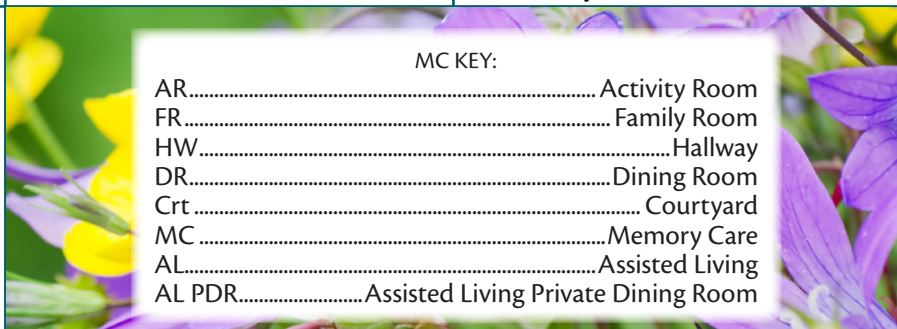
In the U.S., Mother’s Day was first suggested in 1872 by Julia Ward Howe (who wrote the words to the Battle Hymn of the Republic) as a day dedicated to peace. Howe held organized Mother’s Day meetings in Boston every year.

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								
		9:30 In Today's News:FR 10:00 Merry Month of May!:FR 11:00 Mixed Up May Day:FR 1:00 Keep it Up-Balloon Volleyball:FR 3:00 Color Me Calm-May Flowers:AR 3:30 Peanut Butter Bird Feeders:HW 6:30 Now Showing-Maytime in Mayfair:FR	1	9:30 Fit as a Fiddle:FR 10:00 What Am I?:FR 10:30 The Jack Benny Show:FR 1:00 Energizing Afternoon Stretches:FR 1:30 Just Dandy Word Mining:FR 3:00 Pokeno Pals:AR 3:30 Would You Rather?:FR 6:00 Pages of Poetry:FR 6:30 Must Watch Musicals:FR	2	9:30 Rise & Shine Stretches:FR 10:00 Today's Fun Facts:FR 10:30 My Little Margie:FR 1:00 Seasonal Scategories:FR 2:00 Afternoon Stroll 3:00 Ready for the Races-Derby Hats:AR 6:00 Chicken Soup for the Gardener's Soul:FR 6:30 Aromatherapy-Lavender:FR	3	10:00 Aerobic Chair Dancing:FR 11:00 Horse Racing History:AR 1:00 Baking Buddies-Kentucky Derby Pie:AR 1:30 Mental Floss-Derby Unscramble:AR 3:00 Place Your Bets-Run for the Roses:AR 6:30 Now Showing-The Derby Stallion:FR	4	9:30 Move to Mariachi Music:FR 10:00 Brain Teaser Fiesta:AR 1:00 Natural Wonders of Mexico:FR 2:00 Waffle Iron Quesadillas:AR 2:30 Crafters Corner-Mexican Tin Art:AR 3:00 Kentucky Derby Viewing:FR 6:30 Gunfighters of Casa Grande:FR	5			
	9:00 St. Mary Communion 10:00 Sit & Be Fit:FR 10:30 Sunday at the Memories:FR 1:00 1940's Flashback:FR 2:00 Nurses Who Changed History:FR 3:00 Cranium Crunches-Nurse Category Puzzle:FR 6:30 Citizen Kane:FR	6	9:30 Fit Xpress:FR 10:00 Name That Glenn Miller Tune:FR 2:00 Spice of Life-All About Herbs:AR 2:30 Freshly Popped Herbed Popcorn:AR 3:00 Indoor Herb Gardening:AR 6:00 Chicken Soup for the Gardener's Soul:FR 6:30 Juliette of the Herbs:FR	7	9:30 Sit & Be Fit:FR 10:00 Travelin' Tunes Sing Along:FR 1:00 Word Grid Challenge:FR 2:00 Aprons On-Banana & Honey Rice Pudding:AR 3:00 Innovative Inventors:AR 6:00 Fill-in-the-Blank Puzzle:FR 6:30 National Parks Series:FR	8	9:30 Fit as a Fiddle:FR 10:00 Today's Fun Facts:FR 1:00 Glorious Gardens Crossword:FR 2:30 Stir it Up-Berry Chill Ice Tea:AR 3:00 Blooming Bingo:AR 3:30 Serene Scenes-Flower Gardens:FR 6:00 Name Ten If You Can:FR 6:30 Ma & Pa Kettle:FR	9	9:30 Fit Xpress:FR 10:00 Ocean Blue Facts & Trivia:FR 1:00 Train Travel Crossword:FR 2:30 Serving Up Root Beer Floats:AR 3:00 Crafters Corner-Mason Rim Sun Catchers:AR 3:30 Radio Show Classics:FR 6:00 Relax & Reminisce:FR 6:30 Laugh Along with Lucy:FR	10	9:30 Rise & Shine Stretches:FR 10:00 Golden Greats- Irving Berlin:FR 1:00 In Full Bloom Hangman:FR 2:30 I Spy May Flowers Drive 3:00 Book Circle- A Country Woman's Year:FR 6:00 Can You Picture This?:FR 6:30 Alexander's Ragtime Band:FR	11	9:30 Sit & Be Fit:FR 10:00 Mother's Day Manicures & Mimosas:AR 11:00 Today's Fun Facts:FR 1:30 Cubs vs. White Sox:Den 2:30 Just for a Laugh-America's Funniest Kids:FR 3:00 Mental Floss-Mom Category Puzzles:FR 6:30 Mildred Pierce:FR	12
	Mother's Day 9:00 St. Mary Communion 10:00 Mother's Day Musings:FR 1:00 Shake, Rattle & Roll:FR 2:00 Golden Girls:FR 3:00 Famous Mothers Match Up:FR 3:30 Chicken Soup for the Mother's Soul:FR 6:30 Now Showing- The Blind Side:FR	13	9:30 Sit & Be Fit:FR 10:00 Songs of Yesteryear:FR 11:00 Daily Chronicle:FR 1:00 It's Time to Play Family Feud:FR 2:00 Furry Friends-Zooley 2:30 Mix it Up-Fruit Smoothies:AR 3:00 Shake Loose a Memory:AR 6:30 Actress Spotlight-Cate Blanchett:FR	14	9:30 Sit & Be Fit:FR 10:00 Baking Buddies-Chocolate Chip Banana Muffins:AR 11:00 Today's Fun Facts:AR 1:00 Musical Notes-Eddy Arnold:FR 2:00 Word Mining Challenge:FR 3:00 Springtime Jingo:AR 6:00 Remember When:FR 6:30 TV Classics-The Dick Van Dyke Show:FR	15	9:30 Today in History:AR 10:00 Keep It Up! Balloon Volleyball:FR 10:30 Hits of the 50's:FR 2:00 Waffle Iron Wednesday-Pizza Pockets:AR 3:00 Rhyme Time Bingo:AR 3:30 Best of the Ed Sullivan Show:FR 6:00 Evening Stretches:FR 6:30 National Park Series:FR	16	9:30 Fit Xpress:FR 10:30 Today's Fun Facts:AR 2:30 Serving Up Strawberry Shortcake:AR 3:00 Ice Cream Shoppe A-Z:AR 3:30 Walk Down Memory Lane:FR 6:00 Book Circle-A Country Woman's Year:FR 6:30 Aromatherapy-Juniper Berry:FR	17	10:00 Sit & Be Fit:FR 11:30 Lunch Bunch- CiCi's 1:00 Songs of Yesteryear:FR 2:30 Tea on the Terrace:Patio 3:00 Afternoon Chat- British Royals Fascination:Patio 3:30 Tea Party Detective:FR 6:00 Which Queen Am I?:FR 6:30 Remembering Diana:FR	18	9:30 Move to the Music:FR 10:00 Holy Spirit Communion 10:30 Today in History:FR 1:00 The Dick Van Dyke Show:FR 2:00 In the Garden Sing Along:FR 3:00 Flowers & Trees Hangman:FR 3:30 Afternoon Stretches:FR 6:30 Must Watch Musicals:FR	19
	9:00 St. Mary Communion 10:00 Aerobic Chair Dancing:FR 11:00 Daily Dose of Trivia:FR 1:00 Ed Sullivan Pet Performances:FR 2:00 All Over the Globe Crossword:FR 3:00 Toss Up-Ring Toss Challenge:FR 6:30 Actor Spotlight-Jimmy Stewart:FR	20	9:30 Rise & Shine Stretches:FR 10:00 Today's Fun Facts:AR 1:00 Classic Country Sing Along:FR 2:00 List it Trivia:FR 3:00 Shake it Up-Bunco:AR 3:30 The Voice of the Violin:FR 6:00 Massage & Manicures:FR 6:30 Laugh Along With The Lucy Show:FR	21	9:30 Fit Xpress:FR 10:00 Aprons On-Banana Cream Pie Bars:AR 11:00 Daily Chronicle:FR 1:00 Chain Reaction Trivia:FR 2:00 Music & Memories-Days of the Rat Pack:AR 3:00 Toss Across Challenge:AR 6:30 TV Classics-The Honeymooners:FR	22	9:30 Move to the Music:FR 10:00 Happy Birthday Bob Dylan:FR 1:00 Seasonal Scategories:FR 2:30 Herbal Tea Hour-Berry Bliss:AR 3:00 Inner Artist-Water Color Painting:AR 3:30 Ragtime Piano Tunes:FR 6:00 Remember When:FR 6:30 TV Classics-MASH:FR	23	9:30 Fit as a Fiddle:FR 10:00 Book Circle-Greatest Sports Feats:FR 10:30 Rat Pack Radio:FR 1:30 Sentimental Sing Along:FR 2:30 Mix it Up-Dill Dip:AR 3:00 Delicious Dill Word Game:AR 6:00 Relax & Reminisce:FR 6:30 Now Showing-The Little Colonel:FR	24	9:30 Sit & Be Fit:FR 10:00 Today in History:FR 10:30 Sunday at the Memories:FR 1:00 The Jack Benny Show:FR 1:30 Jeopardy Trivia:FR 2:30 Treasure Chest of Memories:FR 3:00 Songs of Yesteryear:FR 3:30 Serene Scenes:Den 6:30 Actor Spotlight-John Wayne:FR	25		
	9:00 St. Mary Communion 10:00 Golden Greats-Frank Sinatra:FR 1:00 Energizing Afternoon Stretches:FR 1:30 Gaither Gospel Series:FR 2:00 Hangman Challenge:FR 3:00 Strike Zone-Wii Bowling :FR 6:30 TV Classics-The Honeymooners:FR	26	Memorial Day 9:30 March On Exercises:FR 10:00 Memorial Day History & Prayer:FR 1:00 Songs of Patriotic Pride:FR 1:30 Bob Hope-USO Shows:FR 2:00 Furry Friends-Zooley 2:30 Red, White & Blue Brain Teasers:FR 3:00 Cornhole Tournament:FR 6:30 Yankee Doodle Dandy:FR	27	9:30 Fit Xpress:FR 10:00 Do you know Daisy Bell?:FR 11:00 Daily Chronicle:FR 1:00 Daily Dose of Trivia:FR 2:30 Bingo & Popcorn:AR 3:00 Reminisce Road Trip:FR 3:30 You be the Judge:AR 6:30 Must Watch Musicals:FR	28	9:30 Sit & Be Fit:FR 10:00 Armchair Travel-Lincoln Memorial:FR 1:00 Word Grid Challenge:FR 2:30 Country Roads Scenic Drive 3:00 America's Most Scenic Drives:AR 3:30 Color Me Calm-Happy Hummingbird:HW 6:30 TV Classics-The Golden Girls:FR	29	9:30 Rise & Shine Stretches:FR 10:00 Musical Notes-Peter, Paul & Mary:FR 11:00 Daily Dose of Trivia:FR 1:00 Giant Crossword Challenge:FR 2:00 Short Stories of Hope:FR 3:00 Pokeno Pals:AR 6:00 Massage & Manicures:FR 6:30 TV Classics-Bewitched:FR	30	 <div>MC KEY: AR..... Activity Room FR..... Family Room HW..... Hallway DR..... Dining Room Crt..... Courtyard MCMemory Care AL..... Assisted Living AL PDR..... Assisted Living Private Dining Room</div>			

MC KEY:

AR.....Activity Room
FR.....Family Room
HW.....Hallway
DR.....Dining Room
Crt.....Courtroom
MC.....Memory Care
AL.....Assisted Living
AL PDR.....Assisted Living Private Dining Room

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

A	C	M	F	T	C	R	A	E	T	A	L	O	C	A	H	C	F	D	D	E
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Celebrating Senior Living!

Our HarborChase Family



Art Gallery Day with Cheryl!



Janet has an 'in' with the Easter Bunny



Shall we say family resemblance?



Making Birthday Cards for a 100 year old HarborChase resident



Creating Spring Wreaths



Beauty AND Talent!



Crafting at the Nature Center



Jaclyn is determined to see Spring Flowers



Miracle Grow?

HC PLAINFIELD



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



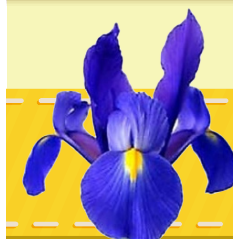
Daisy
Purity, Innocence



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.

