

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.

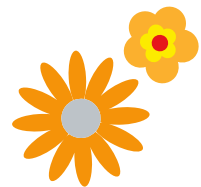
"I don't know," Masi answered. "I haven't caught one yet."

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?"



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|---|--|
|  | | 9:00 Current Events 1 10:00 Work-Out w/ Chet 11:00 Memories in the Making 1:00 Inspirational Stories 2:00 Fashionable Hat Making 3:00 All About Mayflowers 3:00 Wii Bowling 4:00 Crossword Puzzles 6:00 Meditations In Color | 9:00 Sudoku Showdown 2 10:00 Go For Life 11:00 Monopoly Day: Game on!! 12:00 Resident Lunch Outing 1:00 Mahjong Madness 1:00 News and Views 2:00 Cooking Corner: Orange Cake 3:00 Tea Time Social 4:00 Wine Down Wednesday 7:00 Classic Twilight Zone | 9:00 News & Views 3 10:00 Sit and Be Fit w/ Trania 11:00 Share a Smile 1:00 May IQ 1:00 Tech Time 2:00 Book Nook Readers 3:00 Baseball Trivia 4:00 Happy Hour 6:00 Car Talk 7:00 Inspirational Stories | 9:00 Pilates 4 10:00 Puzzle Me This 11:00 Friday Funnies 1:00 Current Events 2:00 Mexican Culture & Heritage Talk 3:00 Battle of Puebla Trivia 4:00 Cinco de Mayo Celebration 7:00 McKinney Performing Arts Center Concert | 9:00 Dancercise 5 10:00 Writing Club 11:00 Watercolor Creations 1:00 Piano W/ Richard 2:00 Aces Wii Golf 2:00 TED Talks 3:00 Rummikub Rumble 4:00 Wait, Wait Don't Tell Me 6:00 Ante Up Poker 6:30 Kentucky Derby Watch Party |
| | 9:00 Morning Edition 6 10:00 Nurse Appreciation Day 11:00 Collage Creations 1:00 Game On! Trivial Pursuit 1:00 SATM Radio 2:00 Bingo Bonanza!! 3:30 Praise & Worship 4:00 Hugs for Health Happy Hour! 4:00 IN2L Karaoke 6:00 Library Humor Sharing | 9:00 Sit and Be Fit 7 10:00 Arts & Crafts: Paint a Tulip 11:00 History of National Nurses Week 1:00 Antiques Roadshow 2:00 Meandering Monday Outing 3:00 Cool Collections 4:00 Giggles & Guffaws! 6:00 At the Movies! 6:30 StoryTelling | 9:00 Core Workout 8 9:30 Harbor Chase Health Chat 10:00 Rough Riders Opening Game 11:00 Still Life Sketching 1:00 Charades/Wii Bowling 2:00 Cooking: Coconut Cream Pie 3:00 High Tea Time 4:00 Game on! Trivial Pursuit 6:00 Meditations In Color | 9:00 Go For Life 9 10:00 Successful Athletes Talk 11:00 Rugby House Pub Resident & Family 12:00 Lunch Outing 1:00 Mahjong Madness 1:00 News and Views 2:00 Cooking Corner: 3:00 Tea Time Social 4:00 Wine Down Day 6:30 Classic Twilight Zone | 9:00 Rise & Shine Exercise 10 10:00 Arboretum Botanical Garden Trip 11:00 Hugs/Kisses for the Nurses 1:00 Game On!Chinese Checkers 1:00 NewsCurrents 2:00 Wii Tennis 3:00 Door Decor 4:00 Happy Hour 6:30 Online Games | 9:00 Wii Fit 11 10:00 Animal Puzzlers 11:00 Studio Movie Grill Outing 11:00 What Did It Cost 1:00 Junk Drawer Detective 2:00 Baking: Cup Cakes 3:00 Let's Play Scrabble!! 3:00 Movie Matinee: The Twins 6:00 Rummikub Rumble 6:00 Travel Destination: Minnesota |
| | 9:00 Pilates 13 10:00 Crossword Club/Resident Recipes 11:00 Collage Creations 1:00 Game On! Yahtzee 1:00 Paper Mache Crafting 2:00 Snack Mix Making 3:30 Praise & Worship 4:00 Finish The Phrase 6:00 30 for 30 7:00 The music of Richie Valens | 9:00 Tai Chi 14 10:00 Puzzlers Club 11:00 Herb Garland Making 1:00 Where In The World 2:00 Crystal Lab 2:00 Etiquette Features 3:00 Hummus Tasting Day 4:00 Wheel Of Fortune 6:00 I Have A Dream 7:00 Inspirational Stories | 9:00 Stretch & Tone 15 10:00 Serves Up-Chair Volleyball 10:00 Senior's Citizen Day 10:30 Memories in the Making 11:00 Lucky Strikes Bowling 1:00 Paper Tulip Making 1:00 Tulips from Holland 2:00 Cooking Corner 3:00 Car Talk 4:00 May Birthday Bash 6:30 Classic Dick Van Dyke | 9:00 Strength Training 16 10:00 Word Puzzle Wednesday 11:00 Leaf Collage craft 12:00 Resident Lunch Outing 1:00 Dominoes Duel 1:00 Wait, Wait Don't Tell Me 2:00 Book Nook Readers 3:00 Pictionary 4:00 Spring Happy Hour 6:00 Bible Stories | 9:00 Rise & Shine Exercise 17 9:30 Cooper Clinic Healthy Lifestyle Talk 10:00 Junk Drawer Detective 1:00 Game On! Spades 2:00 Pack Rats Sharing Treasures 3:00 Floral Arrangement 4:00 Movie Trivia Happy Hour 6:00 Common Bonds Support Group | 9:00 Core Workout 18 10:00 Puzzlers Club 11:00 Cool Collections 1:00 In Search of Endangered Wildlife 1:00 Planet Earth: Wildlife 2:00 Sunglasses Craft/Fashion Show 3:00 Sequence Game 4:00 Happy Day Happy Hour 6:00 Ante Up Poker |
| | 9:00 Go For Life 20 10:00 Puzzlers Club 11:00 Crafty Corner 1:00 Ask Me Another 2:00 Lucky Strikes Wii Bowling 3:00 Ice Cream Creations 3:30 Praise & Worship 4:00 Finish The Phrase 6:00 Sunset Stroll | 9:00 Sit and Be Fit 21 10:00 A Thing or 2 About Twins 11:00 Paper Mache Making 1:00 Daily Chronicle 2:00 Meandering Monday Outing 3:00 Flower Arrangement Contest 4:00 Name That Tune 5:00 Think & Grow Rich 7:00 Antiques Roadshow | 9:00 Yoga 22 10:00 Morning Madlibs 10:30 Chef Chat 11:00 Crafty Corner Bookmarks 1:00 Daily Devotional 1:00 Senior PGA Championship Watch Party 2:00 Cooking Corner 3:00 Charade/Pictionary 4:00 HB Happy Hour!!! 6:00 Armchair Concert | 9:00 Wii Fit 23 10:00 Share a Smile with Marvis 11:00 Calligraphy 101 12:00 Resident Lunch Outing w/ Marvis 1:00 Sequence game w/ Marvis 2:00 G.O.L.F. Club 3:00 Jazz History Quiz 4:00 Wine Down w/ Marvis 6:00 TED Talks 7:00 Scentsations | 9:00 Rise & Shine Exercise 24 9:30 Red Nose Day 10:00 You be the Judge 1:00 NewsCurrents 1:00 Writing Club 2:00 Watercolor Creations 2:30 High Tea Time!! 3:00 Fabulous Fashions 4:00 Jeopardy 5:00 HB Family Night | 9:00 Tai Chi 25 9:30 Crossword Competition 10:00 All About Jessie Owens 11:00 Crafty Corner Red Hat 1:00 At The Movies- Race 1:00 Meditations In Color 2:00 Resident Council 3:00 Friday Funnies 4:00 Family Feud 6:00 Aces Wii Golf |
| 9:00 Stretch & Tone 27 10:00 What Did It Cost 11:00 This Old House 1:00 Ping Pong Players 2:00 Jewelry Making 2:00 Starbucks Walk 3:00 Clay Crafting 3:30 Praise & Worship 4:00 Smarter Then A Fifth Grader 6:00 Biography | 9:00 Brain Game 28 10:00 Jazzercise 11:00 Honoring Servicemen & Women/Balloon Release 12:00 Memorial Barbacue Party 1:00 Entertainment w/ Red/White/Blue Margaritas 3:00 Memorial Day Trivia 4:00 Happy Hour 6:00 At The Movie- | 9:00 Yoga 29 9:30 Breakfast & Bingo w/ Celebration Magazine 10:30 Chef Chat 11:00 Crafty Corner: Paper clips 1:00 Armchair Concert 1:00 Daily Devotional 2:00 Cooking Corner 3:00 Storpcorp Interviews 4:00 Comedy Happy Hour 6:00 Classic Commercials | 9:00 Wii Fit 30 10:00 Spelling Bee 12:00 New Resident Luncheon 12:00 Resident Lunch Outing 1:00 BBC World News 1:00 Timber Giant Jenga 2:00 Ice Cream Sundae/Trivia 3:00 Heads Up 4:00 Wine Down Wednesday 6:30 Into the Cosmos! | 9:00 Pilates 31 10:00 Ask Abby 1:00 NewsCurrents 1:00 Gardening Club 2:00 Mahjong Craze 2:00 Woodworking 3:00 National Parks Series 4:00 Ante Up Poker 6:30 Inspirational Stories |  | |

Happy Mother's Day

ADORE
AFFECTION
APPRECIATION
BAKING
BEAUTY
BREAKFAST IN BED
CANDY
CAKE
CARDS
CHERISH
CHILDREN
CHOCOLATE
COOKIES
CRAFTS
FAMILY
FLOWERS
GRANDMOTHER
HUGS
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Celebrating Senior Living!

HC PLANO



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



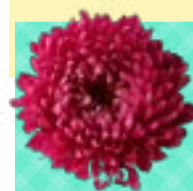
Gladiolus
Remembrance



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.

