

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."



HarborChase
Assisted Living • Memory Care



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Shorewood MC

May 2018

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May Birthdays!

Betty Wengler 5/3
Louise Crumpler 5/3
Mona Bahrke 5/10
Peggy Britton 5/16
Estelle Scheffrin 5/18
Barbara Schunk 5/21



Harbor Chase Happenings!

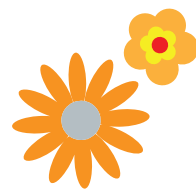
All residents must sign in and out when leaving the building.
Family members please sign out your loved one when leaving the building.
Reminder: Please sign up for all outings at the front desk.

May 1st Walgreens Trip
May 1st English Tea Party
May 2nd Cinco De Mayo Fiesta
May 4th Kohl's Trip
May 5th Kentucky Derby Best in Show
May 8th Dollar Store Trip
May 9th Live Entertainment Ukaladies
May 10th Shorewood Library Trip
May 11th Metro Mart Trip
May 11th Bingo-A-Thon
May 13th Mother's Day Celebration Brunch
May 15th Boston Store Trip
May 16th Church Service
May 17th Milwaukee Art Museum
May 18th TJ Maxx Trip
May 22nd Target Trip
May 23rd Live Entertainment m- The Harmony Group
May 24th Milwaukee Domes
May 25th Goodwill Trip
May 25th Festival Of Flowers Event
May 25th Live Entertainment: Piano with Carolyn
May 28th Veterans Lunch & Pinning Ceremony
May 29th Pick & Save Trip
May 29th Waggin' Tails Dog Performance
May 30th Brewers Game





HarborChase
Assisted Living • Memory Care

1111 E. Capitol Drive
Shorewood, WI 53211
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:45 Walgreens Shoppers 1 10:00 UWM Time Slip Workshop 11:00 Remember When... 1:30 Sit Down Dancing 2:30 What Am I? 3:00 The Wildflower Center History 6:00 Wonderful Wildflower Facts 7:00 Mindful Meditation	2 9:45 Daily Chronicle Discussion 10:00 Sugar Skull Art Project 11:00 Let's Get Fit! 1:30 Stone Cactus Art Project 2:30 Cooking Demo /w Chef 3:30 Cinco de Mayo Celebration 6:00 The History of Cinco de Mayo 7:30 Soothing Musical Melodies	3 9:30 Let's Talk About May! 9:45 Pabst Mansion Tour 10:00 Think Fast! Trivia 11:00 Tai Chi Masters 1:30 Benefits of Gardening 2:00 Mindful Garden Meditation 3:00 Story Behind the Garden Gnome 4:00 Memory Therapy /w Tiffany 6:15 Gentle Hand Massages	4 9:45 Kohl's Shoppers 10:00 Exercise Therapy /w Amanda 11:00 Fact or Fiction? 1:30 History on Flowers in Art 3:00 Famous Flowers Discussion 3:30 Flower Inspired Collage 4:00 Afternoon Stroll to Bistro 6:00 Relaxing Hand Massages 7:00 Full Cups and Friends	5 9:45 Wake Up Your Brain 10:00 Kentucky Derby Horse Decoration 11:00 Sit & Be Fit 1:30 Card Creation Club 2:30 HarborChase Songbirds 3:00 Kentucky Derby Happy Hour 4:30 Best in Show Crowning 5:00 Showing of the Kentucky Derby 6:15 Walk It Off Evening Stroll
6 9:30 Coffee Clutch Clique 10:30 Tulip Time Talk 11:30 Early Bird Bingo 1:30 Gentle Tai Chi 3:00 Sundaes on Sunday 6:00 Sliver Sneaker Club 7:00 Evening News Tunes	7 9:45 Fit Brain Games 10:00 Creating Herbal Tea Cards 11:00 Sit & Be Fit 1:30 Daily Devotions ~ 2nd Floor 2:00 Exercise Therapy w/Paxxon 3:30 Memories in The Making 6:15 National Herb Week Trivia 7:00 Spiritual Music For Relaxing	8 9:45 Dollar Store Shoppers 10:00 UWM Time Slip Workshop 11:00 Remember When... 1:30 Cue Card Fitness 2:00 Love on a Leash/Therapy Dogs 2:30 Hand Massages and Manicures 6:00 Which War Was It? Trivia 7:00 Today in Military History	9 9:45 Daily Chronicle Discussion 10:00 Biggest Little City in the World 10:30 Fun Reno Facts! 10:30 Scenic Tour: Downtown 1:00 Live Entertainment: The Ukeladies 3:00 Come & Create Art Project 6:00 Deep Breathing Exercise 7:30 Casino Card Games	10 9:45 Shorewood News Talk 10:00 Surprising Ocean Facts 10:30 Creatures of the Ocean 11:00 Gentle Yoga Fitness 1:30 Deep Blue Trivia 3:00 Kitchen Creation Club 4:00 Memory Therapy /w Tiffany 6:15 Keeping Our Oceans Clean 7:00 Planet Earth: Ocean Deep	11 9:30 Today In History 9:45 Metro Mart Shoppers 10:00 Exercise Therapy /w Amanda 11:00 The Life of Irving Berlin 1:30 Simple Soothing Stretches 2:00 Bingo-a-thon 3:30 Name 10 Game 6:15 Irving Berlin Sing a Long 7:00 Finish the Line!	12 9:45 The Daily Chronicle 10:00 Who Was Florence Nightingale? 11:00 Sit Down Dancing 1:30 Stamp It Out Card Creation Club 2:30 HarborChase Songbirds 3:30 Bistro Bingo Bash 6:15 Walk It Off Evening Stroll 7:00 Let's Reminisce: Nurses
13 8:15 St. Roberts Church Visit 9:00 Mother's Day Brunch 10:00 Mother's Day Poetry Reading 11:00 Early Bird Bingo 1:30 Mother's Day Manicures 2:30 Memories About Mom 3:00 Sundaes on Sunday 6:00 Silver Sneakers Club 7:00 Mandala Art for the Soul	14 9:45 Daily Chronicle Discussion 10:00 The History of WAAC 11:00 Sit & Be Fit 1:30 Share a Prayer 2:00 Exercise Therapy /w Paxxon 3:30 Memories in The Making 6:15 Stories of Women in the Military 7:00 Soothing Musical Melodies	15 9:45 Boston Store Shoppers 10:00 UWM Time Slip Workshop 11:00 Remember When... 1:30 Sit Down Dancing 3:00 Gentlemen's Club /w Russ 3:30 Rock n' Roll Karaoke 6:15 History of the Department of Agriculture	16 9:30 Today In History 10:15 Church Service /w Deacon Gary 11:30 Lunch Bunch Outing! 1:30 Work With Watercolor 2:30 Cooking Demo /w Chef 2:30 Keep Our Forests Green 3:00 Come & Create Art Project 6:00 Getting to the Root of Tree Poems 7:00 Evening News Talk	17 9:45 Milwaukee Art Museum 10:30 Famous Opera Facts 11:00 Tai Chi Masters 1:30 The History of The Opera 3:00 Kitchen Creations Club 4:00 Memory Therapy /w Tiffany 6:15 Opening Night Trivia 7:00 Relaxing Opera Music	18 9:45 TJ Maxx Shoppers 10:00 Exercise Therapy /w Amanda 11:00 Memory Streets Trivia 1:30 Species Under Threat Trivia 2:30 Helping Protect Endangered Species 3:30 Live Entertainment: Groovy 6:00 I Love Lucy Show 7:00 Reminisce: Wild Animals	19 9:45 Wake Up Your Brain 10:00 The History of Armed Forces Day 11:00 Let's Get Fit! 1:30 Stamp it Out Card Creation Club 2:30 HarborChase Songbirds 3:30 Bistro Bingo Bash 6:15 Walk It Off Evening Stroll 7:00 Armed Forces Facts
20 9:45 Coffee Clutch Clique 10:30 Geo Bee Challenge 11:30 Early Bird Bingo 1:30 Gentle Tai Chi 3:00 Sundaes on Sunday 6:00 Silver Sneakers Club 7:00 All Over The World Puzzle	21 9:45 Fit Brain Games 10:00 Who Am I? 11:00 Sit & Be Fit 1:30 Daily Devotions ~ 2nd Floor 2:00 Exercise Therapy /w Paxxon 3:30 Memories in The Making 6:15 The Life of Queen Victoria 7:00 Fill Up Your Cup! Table Talk	22 9:45 Target Shoppers 10:00 UWM TimeSlip Workshop 11:00 Remember When... 1:30 Cue Card Fitness 2:00 Love on a Leash/Therapy Dogs 2:30 Hand Massages and Manicures 3:30 Round Up Ring Toss 6:15 Memory Streets Trivia 7:00 Race to the Top!	23 9:45 Wake Up Your Brain! 10:00 Slowest Animals in the World 11:00 Let's Get Fit! 1:30 Work With Watercolor 3:00 Come & Create Art Project 4:00 All About Turtles 6:00 Hand Massages and Manicures 7:00 Mindful Meditation	24 9:30 Fit Brain Games 9:45 Milwaukee Domes Trip 11:00 Gentle Yoga Fitness 1:30 History of Fleet Week 2:30 Art Project: A Parade of Ships 3:00 Kitchen Creations Club 4:00 Memory Therapy /w Tiffany 6:15 Fun Navy Facts	25 9:45 Goodwill Shoppers 10:00 Exercise Therapy /w Amanda 11:00 Who Am I? 1:30 Simple Soothing Stretches 2:00 The Art of the Bouquet 2:30 Build a Bouquet 3:30 Tea and Piano /w Caroline 6:15 Evening Stroll to Bistro 7:00 The Best of Tap	26 9:45 The Daily Chronicle 10:00 Life of 'The Duke' 11:00 Sit Down Dancing 1:30 Stamp It Out Card Creation Club 2:30 John Wayne Trivia 4:00 Bistro Bingo Bash 6:15 Walk It Off Evening Stroll 7:00 Country Music Karaoke
27 8:15 St. Roberts Church Service 9:45 Sunday Funnies ~ Humor 10:00 Hand Massages & Manicures 11:00 Early Bird Bingo 1:30 Soothing Stretches 2:30 Color Me Calm 3:00 Sundaes on Sunday 6:00 Silver Sneakers Club 7:00 Benny Goodman Tunes	28 9:45 The Daily Chronicle 10:00 Remembering Our War Correspondants 11:00 Operation Gratitude 1:30 Veteran Pinning Ceremony 2:30 Soothing Stretching 3:00 Moment of Remembrance 6:15 The History of Memorial Day 7:00 Color Me Calm: Memorial Day	29 9:45 Pick n Save Shoppers 10:00 UWM TimeSlip Workshop 11:00 Remember When... 1:30 Sit Down Dancing 2:30 Fact or Fiction? 3:30 What Did It Cost? 6:15 Who Was Rosie the Riveter? 7:00 Stories of Real Rosie the Riveters	30 9:45 Wake Up Your Brain! 10:00 Tissue Paper College Art 11:00 Let's Get Fit! 12:10 Brewers Tailgate Party 1:30 Work With Watercolor 3:00 Come & Create With Clay! 4:00 Think Fast Trivia! 6:00 Color Me Calm Mandala Art 7:00 Night Owls Karaoke	31 9:30 Today In History 10:30 Famous Books Trivia 11:00 Tai Chi Masters 1:30 Historic Milwaukee Central Library 2:30 Profound Passages in Literature 3:00 Kitchen Creations Club 4:00 Memory Therapy /w Tiffany 6:15 Whitman Poetry Reading		

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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R R K E C B L H E H E E V R U E H M O S C

Celebrating Senior Living!

Our Family Photo Album!





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



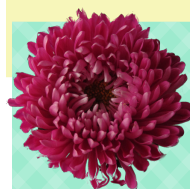
Gladiolus
Remembrance



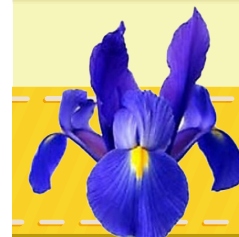
Daisy
Purity, Innocence



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.

