

## 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*

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May 2018

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## Welcome

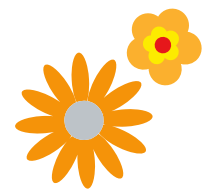
Tom M.  
Karen I.

## Birthdays

Barbara F. .... 5/14  
Annette T. .... 5/17  
Gene B. .... 5/28



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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?"



[www.HarborChase.com/Tallahassee.htm](http://www.HarborChase.com/Tallahassee.htm)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>9:30 History Of The May Day Baskets <b>1</b></p> <p>10:00 Sittercise</p> <p>10:30 Bringing In The May Scavenger Hunt</p> <p>1:30 May IQ</p> <p>2:00 May Day Bingo Buccaneers</p> <p><b>3:00 Colorado Wildflower Tour</b></p> <p>4:15 Brain Gym</p> <p>6:30 Gospel Sing Alongs</p>	<p>9:30 Pick Up Sticks <b>2</b></p> <p>10:00 Macarena Exercise!</p> <p>10:30 Skeetball Shenanigans</p> <p>11:00 What Am I?</p> <p>1:30 Dandelion Tea Word Mining</p> <p><b>3:00 Wine Tasting &amp; Relaxation Social</b></p> <p>4:15 Brain Gym: Culture Trivia</p> <p><b>6:00 Children's Cello Recital-HarborRoom</b></p>	<p>9:30 100 Years of Dresses <b>3</b></p> <p><b>10:30 Life Long Learning Class w/Tina</b></p> <p>11:00 Chatters on the Front Porch</p> <p>1:30 Constitution Day in Japan</p> <p>2:00 Bingo Bash!</p> <p>3:00 Family Feud Challenge</p> <p>4:15 April IQ Brain Gym</p> <p>6:30 Jigsaw Geniuses</p>	<p>9:30 Searching For Mexican Cuisine <b>4</b></p> <p>10:00 Macarena Exercise</p> <p><b>10:00 Wal-Mart Shopping</b></p> <p>11:00 What Am I?</p> <p>1:30 Cinco Creative Coloring</p> <p><b>3:00 Cinco Fiesta w/Live Music &amp; Margaritas!</b></p> <p>4:00 Brain Gym: Culture Trivia</p> <p>6:15 Mayo Secret Quotes</p>	<p><b>Kentucky Derby</b> <b>5</b></p> <p>10:00 Galloping Exercise</p> <p>10:30 Dicey Horse Races</p> <p>11:00 Creative Crafters: Hats, Hats, Hats!</p> <p>1:30 History Of The Derby</p> <p><b>3:00 Mint Julep's &amp; Bourbon Balls: Place Your Bets Social</b></p> <p><b>4:00 Kentucky Derby Begins!</b></p> <p>6:30 Crazy Brain Teasers</p>
<p>9:30 Hugs For Health <b>6</b></p> <p>10:00 Light &amp; Lively Exercise</p> <p>10:30 History Of Nurses &amp; Cards</p> <p>11:00 25 Places To Visit</p> <p>1:30 HC Post Collection</p> <p><b>2:00 Sunday Service w/Piedmont Church</b></p> <p><b>3:00 Crafting &amp; Coffee Fellowship</b></p> <p>4:00 Brain Drain Games</p> <p>6:30 Prayer Circle</p>	<p>9:30 Glorious Garden Crossword <b>7</b></p> <p>10:00 Zumba Chair Dance</p> <p>10:30 Knitting, Crochet, &amp; Needlework</p> <p><b>10:30 Watercolors w/Sheila</b></p> <p>1:30 Is That The Chattanooga Choo Choo?</p> <p><b>2:00 Posh &amp; Polish Manicures</b></p> <p>4:15 Milky Way Trivia Challenge</p> <p>6:15 Musical Mix Up</p>	<p>9:30 Which War Was It Trivia <b>8</b></p> <p>10:00 Sittercise</p> <p>10:30 Bocce Ball Challenge</p> <p>1:30 FETCH Categories Puzzles</p> <p>2:00 Bingo Buccaneers</p> <p><b>3:00 Travel'n Tunes Tuesday</b></p> <p>4:15 Brain Gym</p> <p>6:30 Gospel Sing Alongs</p>	<p>9:30 Morning Mystery <b>9</b></p> <p>10:00 Fun &amp; Fit</p> <p>10:30 Party Planners: Cream Cheese Shrimp Dip</p> <p>11:00 Virtual Travels: Phuket</p> <p>1:30 Mental Skills Of Successful Athletes</p> <p><b>3:00 Wine Down Bash</b></p> <p>4:15 Brain Gym &amp; Trivia</p> <p>6:30 Royal Horse Show</p>	<p>9:30 Café and Coffee <b>10</b></p> <p>10:30 Jeopardy Challenge!</p> <p><b>11:00 Food Glorious Food Lunch Outing</b></p> <p>1:30 Anniversary of the First Mothers Day</p> <p>2:00 BINGO BASH</p> <p>3:00 20 Questions Card Game</p> <p>4:00 Brainy Hour</p> <p>6:00 Fun Adult Coloring</p>	<p>9:30 Minnesota On The Map <b>11</b></p> <p>10:00 Fit &amp; Flexible Exercise</p> <p><b>10:00 Wal-Mart Shopping</b></p> <p>10:30 Bowling Over Pins</p> <p>1:30 Hostess Cupcakes Origin</p> <p><b>3:00 Topple Tower Happy Hour!</b></p> <p>4:15 Brainy For Trivia</p> <p>6:30 Historical Happenings: Evolving Sharks</p>	<p>9:30 Cafe Coffee &amp; Chuckles: Punny Names <b>12</b></p> <p>10:00 Fit &amp; Flexible</p> <p>10:30 Hilarious Target Practice</p> <p>1:30 Horse Terms Quiz</p> <p>3:00 Dandelion Word Challenge: Begins with D, Ends with N</p> <p>4:15 Hilarious Brain Gym Trivia</p> <p>6:30 Mixed Up Bird Puzzle</p>
<p><b>Mother's Day</b> <b>13</b></p> <p>10:00 Light &amp; Lively</p> <p>10:30 Mum's The Word</p> <p><b>2:30 Mother's Day Brunch &amp; Mimosas Social 2:30-4:00</b></p> <p><b>3:00 Sunday Service w/Christian Heritage Church</b></p> <p>4:15 Battle Of The Brains: Mother's Sudoku</p> <p>6:30 Mother, May I?</p>	<p>9:30 Cranium Crunches <b>14</b></p> <p>10:00 Zumba Chair Exercise</p> <p><b>10:30 Acrylic Painting w/Sheila</b></p> <p>10:30 Creative Crafters: Kite Bookmarks</p> <p>11:00 Miss Manners: All About Etiquette</p> <p><b>2:00 Perfect Polish Manicures</b></p> <p>3:00 Happy Birthday FB Founder</p> <p>6:30 Share A Story</p>	<p>9:30 Tiptoe Through The Tulips <b>15</b></p> <p>10:00 Zumba Dancercise</p> <p>10:30 Dominoes Days</p> <p>11:00 Scrabble Scouts</p> <p>1:30 Deep Discussions: History Of Tulips</p> <p>2:00 Tulip Bingo Bash</p> <p>3:00 Fishing Fanatics</p> <p>4:15 Brainy For Brain Gym</p> <p>6:30 Good Samaritan Circle</p>	<p>9:30 Morning Mystery <b>16</b></p> <p>10:00 Fun &amp; Fit Exercise</p> <p>10:30 Head Banz Game</p> <p>11:00 National Geographic Documentary</p> <p>1:30 Billy Martin</p> <p>2:00 Jazz &amp; Jigsaws</p> <p><b>3:00 Wine &amp; Design</b></p> <p>6:30 Common Clues</p>	<p><b>9:00 Driver Safety Presentation w/Katrina Smart Driver Safety</b> <b>17</b></p> <p>10:00 Sit &amp; Fit Morning Exercise</p> <p><b>10:30 Life Long Learning w/Tina</b></p> <p>2:00 Bingo Bash!</p> <p>3:00 Penny Ante</p> <p>4:15 Genius Hour</p> <p>6:30 Deep Discussions: Bringing FASHION Back!</p>	<p><b>8:00 1st Annual Spring Flower Show</b> <b>18</b></p> <p>9:30 Entering Flowers</p> <p><b>10:00 Browsing Walmart</b></p> <p>10:30 Arranging Competition</p> <p>11:00 Flower Arranging: Japanese Docume.</p> <p><b>3:00 Flower Show &amp; Happy Hour w/DJ Dave</b></p> <p>6:30 How Gardening Can Benefit YOU</p>	<p><b>Let's Play Ball!</b> <b>19</b></p> <p>10:00 20 Minute Ball Game Exercise</p> <p><b>10:30 BACKYARD BASEBALL BASH! Family, Residents, and Associates</b></p> <p><b>12:00 Take Me Out To The Ballgame Luncheon</b></p> <p>3:00 Ballgame Jeopardy</p> <p>4:00 Trivia Baseball</p>
<p>9:30 All About Jimmy Stewart <b>20</b></p> <p>10:30 National Geographic Bee</p> <p>11:00 Sunday Fun Day</p> <p>1:30 All Over The World Crossword</p> <p><b>2:00 Sunday Service w/Faith Presbyterian</b></p> <p><b>3:00 Children's Flute Recital</b></p> <p>4:15 Brain Gym</p> <p>6:30 Prayer Circle</p>	<p>9:30 Backyard Games Week <b>21</b></p> <p>10:00 Fun &amp; Fit</p> <p><b>10:30 Fantastic Art w/Sheila</b></p> <p>11:00 Front Porch Putt Putt</p> <p>1:30 Bridge Players</p> <p><b>2:00 Pamper &amp; Polish</b></p> <p>3:00 Bunco Dice</p> <p>4:15 Brain Gym Trivia</p> <p>6:30 Circle of Humor</p>	<p>9:30 Senior PGA Championship Begins <b>22</b></p> <p>10:00 Sittercise</p> <p>10:30 Bunco &amp; Brews</p> <p>1:30 Deep Discussions: Pedal Pushers</p> <p>2:00 GOLF Bingo</p> <p>3:00 Putt Putt Competition</p> <p>4:15 Brain Gym Trivia</p> <p>6:30 Written Puzzles</p>	<p>9:30 Frenchy Facts <b>23</b></p> <p>10:00 Zumba Exercises</p> <p><b>10:30 Woodville 5th Graders Visit!</b></p> <p>11:00 Life &amp; Strange Adventures Of Robinson Crusoe</p> <p>1:30 Perfect Poetry</p> <p><b>3:00 Creative Minds Wine Down Social</b></p> <p>4:15 Greatest Minds Brain Gym</p> <p>6:30 Word Unscrambles</p>	<p>9:30 What is Red Nose Day? <b>24</b></p> <p>10:00 Fun &amp; Fit Sittercise</p> <p><b>10:00 Walk &amp; Talk Red Nose Day @ Lake Ella</b></p> <p>10:30 Red Nose Bean Bag Toss</p> <p>11:30 Show Your Nose Photo Booth</p> <p>2:00 Bingo &amp; Beer</p> <p>4:15 Trivia Fun</p> <p>6:00 Settling Down on the Front Porch</p>	<p>9:30 All About May <b>25</b></p> <p>10:00 Fun &amp; Fit</p> <p><b>10:00 Walmart Shopping Trip</b></p> <p>10:30 Birthday Balloon Bash</p> <p>11:00 Black Jack &amp; Bets</p> <p>1:30 Conjoined Twins Through History</p> <p><b>3:00 Happy May Birthday Happy Hour!</b></p> <p>6:30 Birthday Word Search</p>	<p>9:30 Lindy Hop Bop <b>26</b></p> <p>10:00 Galloping Exercise</p> <p>10:30 Front Porch Travelers</p> <p>1:30 Now Playing: The Dukes Best Matinees!</p> <p>1:30 Happy Birthday John Wayne! Target Practice</p> <p>4:15 Never-Ending Trivia</p> <p>6:00 Jazz &amp; Jigsaws</p>
<p>9:30 Mixed Up Tennis Puzzle <b>27</b></p> <p>10:00 Light &amp; Lively</p> <p>10:30 Table Tennis Competition</p> <p>11:00 The RMS Queen Mary</p> <p><b>2:00 Sunday Service w/Christian Heritage</b></p> <p>3:00 Indy 500: Car Racing Social</p> <p>4:15 Brain Gym</p> <p>6:30 Relax &amp; Reminisce</p>	<p><b>Memorial Day</b> <b>28</b></p> <p>9:30 God Bless America</p> <p><b>10:30 Patriotic Brush Strokes w/Sheila</b></p> <p>11:00 Memorial Day Tribute</p> <p>1:30 Poppy Collection Coloring</p> <p><b>3:00 Moment Of Silence &amp; Special Program</b></p> <p>4:15 What War Was It? Brain Gym</p> <p>6:30 Relax &amp; Reminisce</p>	<p>9:30 Help Me Rhonda! <b>29</b></p> <p>10:00 Sittercise</p> <p>10:30 Alphabet Tile Soup</p> <p>1:30 Deep Discussions: Flower Moon Day</p> <p>2:00 Bingo Buccaneers</p> <p>3:00 Jeopardy Jam!</p> <p>4:15 Brain Gym &amp; History Of Paperclip</p> <p>6:30 Written Puzzles</p>	<p>9:30 Did You Know? <b>30</b></p> <p>10:30 Party Planners:Rolling Ice Cream</p> <p>11:00 Talks at the Gazebo</p> <p>1:30 Deep Discussions: Ice Cream Machine</p> <p><b>3:00 Strawberry Ice Cream Wine Down</b></p> <p><b>4:00 Normal Aging?Memory Seminar w/PHD Meghan</b></p> <p>6:30 Crossword Puzzles</p>	<p><b>10:00 Cascades Park Exploration</b> <b>31</b></p> <p>10:00 Sittercise Exercise</p> <p>10:30 Morning Crafters: Paper Hyacinths</p> <p>11:30 Puzzle Fun</p> <p>1:30 Beautiful Landscape Puzzle</p> <p>2:00 Beer &amp; Bingo</p> <p>4:15 Brain Gym</p> <p>6:00 Adult Coloring</p>	<p><b>LOCATION KEY</b></p> <p>HR.....Harbor Room</p> <p>NH.....Neighborhood</p> <p>TR.....Tea Room</p> <p>LB.....Library</p> <p>DR.....Dining Room</p> <p>MC.....Memory Care</p> <p>FL.....Front Lobby</p> <p>C.....Cafe</p> <p>Exercise Programs/10am Brain Gym Everyday/4:15pm Wal-Mart Every Tuesday Bank &amp; Errands Every Fri.</p>	

# 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



## Celebrating Senior Living!

### Our Family Photo Album!



Thing One & Thing 2!



Pudding Flower Cups



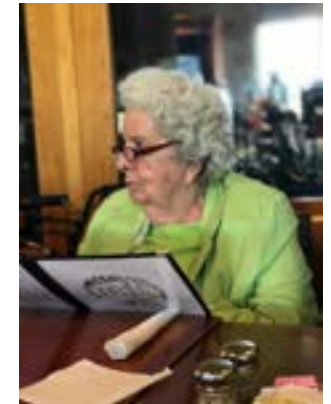
Meet Jazz!



Gingerbread Preschool



One Fish, Two Fish!



AL Lunch Outing to Southwood Golf Course



Creative Crafters Easter Sock Bunnies



Happy Hour w/Dave!



Cat In The Hat!



## 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



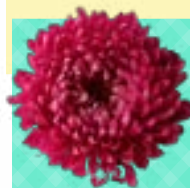
**Gladiolus**  
Remembrance



**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.

