

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."

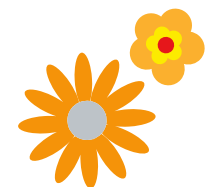
Yogi Berra. A reporter was interviewing Yogi Berra about last night's game and asked about Berra's two hits. Berra immediately pointed out that he'd actually gotten three hits.

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
		MAY DAY 1 10:00 Enjoyable Movement-Let's Go A-Maying 10:45 Courtyard Corn Hole Challenge 10:45 Cove Crafters-May Day Baskets 1:30 Giving Back Outing-Delivering May Baskets 3:00 May Flowers Magazine Scavenger Hunt	Family Fitness Fair 2 9:00 Strong & Mighty Family Photo Booth 10:00 Getting Fit w/Aegis 10:45 Family Funday Gameday 10:45 Steps to Wellness w/Home Healths 1:30 Family Prayer Hour 3:00 Wining & Singing Oldie Goldie's w/Lisa on Guitar 5:30 Family 'Pot Luck' Dinner	Gaming Station & Jazz 3 9:30 Remember When! 10:00 Light & Lively 10:45 Paw-rific Playtime w/Susie Q & Friends 1:30 Gabbing@The Gazebo 3:00 Cove Crafter's-Design Derby Hats 6:00 Beethoven Bernie@Music Lifescape	CINCO DE MAYO 4 9:00 Armchair Travels to MEXICO! 10:00 FIESTA TIME! Moving & Grooving 10:30 Mexican Tin ART w/Sheila 10:45 Cove Crafter's: DIY Pinta's 1:30 Maracas & Music w/The Lina Beans 3:00 Margaritas & Senoritas Happy Hour w/DJ Dave	KENTUCKY DERBY 5 9:30 Decades of the Derby 10:00 Galloping Exercises 10:45 BETS ON! HarborChase Horse Race 10:45 Derby Fashion@Vintage Lifescape 3:00 Backyard Derby Party w/Live Entertainment 6:00 Drive N Movies 'The Story of Seabiscuit'
	10:00 Morning Glory Grooving 6 10:45 Alive Inside@Music Lifescape 10:45 Courtyard Cruising-Share Your Passport 1:30 Bible Trivia@School Lifescape 2:00 Piedmont Alliance Church 3:00 Courtyard Social-Lemonade Mint Juleps & Dessert	Marvelous MOM Monday 7 9:30 All About MOMS 10:00 Srcaves in Motion 10:00 Stretch & Stroll 10:45 Dart Challenge 10:45 Mary Kay Beauty Tips & Mimosa's for MOM 3:00 Satin Hands Spa for MOM 3:00 Tabletop Bowling 6:00 Massages for MOM	Thank You MOM Tuesday 8 10:00 Singing & Strolling 10:45 Tabletop Pool 11:30 Lunch Appreciation w/MOM@Food Glorious Food 2:00 Rodger Serenade's the MOMS 3:00 Thank You MOM Gratitude Exhibition 6:00 Now Showing 'Mama Mia'	Wacky MOM Wednesday 9 9:00 All About Glenda 10:00 Music in Motion 10:45 Stirring Up Memories-Cake in a Mug 10:45 Wacky Tacky Fashion Show w/MOM 1:30 Reading Circle w/Glenda 3:00 Clowning & Wining Around w/MOM & Lisa on Guitar	Talented MOM Thursday 10 10:45 Cooking@Home Lifescape 10:45 DIY Crafting@ART Lifescape 1:30 Sewing & Stories@Vintage Lifescape 3:00 Breezeway Gardening@Garden Lifescape 3:00 Making Music@Music Lifescape	Social MOM Saturday 12 9:30 Cafe Conversation 10:00 Fun & Fit w/YouTube 10:30 Glamour Shots w/MOM 1:30 Pondering Puzzles 1:30 What's Trending on Social media 3:00 Ice Cream Social w/MOM 6:00 Hostess with Mostess
	HAPPY MOTHER'S DAY 13 9:30 News & Devotion 10:00 Jazzercise 10:45 All About Our Mothers 1:30 Mom-isms & Laughter 2:00 Christian Heritage Church Service 2:30 Mother's Day Garden Tea 'Jazz on the Grass' 6:00 Now Showing-In The Good Old Sumertime	9:30 On this Date in History 14 10:00 Chair Yoga 10:45 Flower Jingo w/a Twist 10:45 Making SENSE of Gardening 10:45 Water Bottle Shoot Off 1:30 Afternoon Scroll 3:00 Gardening Gals & Gents 6:00 Cove Comedy Classic	9:30 Courtyard Chatter 15 10:00 Outdoor Exercise 10:30 Nursery Tour & Picnic@Dorothy B. Oven Park 10:45 Making SENSE of GARDENING 3:00 Green Thumb Gardner's: Courtyard Gardening 6:00 Clue Trivia	SHAVOUT 16 9:00 Interesting Facts About 'Shavout' 10:00 Book of Psalms-Devotion & Dance 10:45 Stirring Up Shavout Traditons 10:45 DAIRY Bingo w/a Twist 1:30 Pondering Shavout Puzzles 3:00 A Shavout Celebration 6:00 YouTube-The Story of David	9:30 On this Date in News 17 10:00 Sittercise 10:45 Spa On Wheels 10:45 The Cove Live Gaming Station 1:30 Pondering Puzzles 2:00 Tea & Trivia at Two 3:00 Interactive Life Skills 3:00 What's in the Bag? 6:00 Sentimental Sing-Along	Let's Play BALL! 19 9:30 All About Baseball 10:00 Ball Game Exercise 10:30 BACKYARD BASEBALL BASH! Family, Residents, and Associates 12:00 Take Me Out To the Ballgame Luncheon 3:00 BATTER UP!! Backyard Games 4:00 Teen Enrie on Piano
	9:30 News & Devotion 20 10:00 Sittercise 10:45 Rack Up the Points! Ring Toss Tournament 10:45 Satin Hands Spa 2:00 Grace Lutheran Church Service 3:00 Courtyard Social-Strawberry Mint Julep & Strawberry Dessert 6:00 Clue Trivia	9:30 Remember When 21 10:00 Fit & Flexible 10:00 Morning Glory Walk 10:45 Kicking Around Memories@Gazebo 10:45 Tabletop Memory Games 1:30 Words with Friends 3:00 Gardening Gals & Gents-Gourmet Gardening 3:00 Spa on Wheels 6:00 Cove Comedy Classic	9:30 What's Happening? 22 10:00 Movement & Music 10:45 Golfing@Gazebo 10:45 Name That Tune@Music Lifescape 2:00 Music & Laughter w/Rodger One Man band 3:00 Golf Ball Toss 3:00 Jigsaws & Jazz 6:00 A Cove Classic-Lawrence Welk Show	SPRINGTIME IN ENGLAND 23 9:00 Courtyard Cruising-England 10:45 English Card Games 10:45 London Scavenger Hunt 1:30 Bird Collage@ART Lifescape 1:30 Gnomes in the Garden@Garden Lifescape 3:00 High Tea w/Guitar Music by Lisa 6:00 British Comedy Lingo	RED NOSE DAY 24 9:00 Hot RED Photo Booth 10:00 Fun & Fit 10:00 Red Nose Clown Show w/Gingerbread Kids 1:30 Nose to Nose Challenge 3:00 Red Nose Happy Hour-Shirley Temples 9:30 Headline New-Red Nose	Celebrating MAY! 25 9:30 All About MAY 10:00 Fun & Fit 10:45 Birthday Balloon Bash 10:45 Party Games Galore 1:30 Singing & Dancing w/Lina Beans 3:00 May Birthday Party 6:30 Famous May Birthdays
	9:30 Interesting Facts 27 10:00 Raceathon 10:45 Musical Hat Racing Game 10:45 Winner Takes ALL-Remote Control Car Race 1:30 Conquer the Cones 2:00 Grace Lutheran Church Service-AL 3:00 A Race to the MILKSHAKES! 6:00 A Decade of Race Cars	MEMORIAL DAY 28 9:00 In Remembrance Of-Patriotic Pinwheel Celebration 10:00 Flags in Motion 10:45 Flags & Targets 10:45 Stirring Up Patriotic Memories 3:00 Patriotic Party 6:00 YouTube-National Memorial Day Concert	9:05 Wakulla Springs Boat Tour 29 9:30 Highlights of the Day 10:00 Dancercise 10:45 Battle of the Balloons 10:45 Bowling Buddies 1:00 Sewing & Stories w/Angela 3:00 Kicking Around Memories 6:00 Toss & Talk	ALOHA! 30 9:00 All About Vi 9:30 Cafe Conversation 10:00 Gospel Grooving 10:45 Courtyard Cruising-Hawaii 10:45 Stirring Up Vi Favorites@Home Lifescape 1:30 Front Porch Reminiscing 3:00 LUAU Glamping w/Lisa on Guitar 6:00 Now Showing- Oklahoma	9:30 A Blast From the Past 31 10:00 Ball Exercise 10:45 Paw-rific Playtime@Gazebo 10:45 Volleyball Spike Down 1:30 Name That Game 3:00 Table Tennis Tournament 6:00 A Cove Classic-Shirley Temple	

Sip & Snack..... 10:30
Sip & Snack.....2:30
Sip & Snack..... 7:00
Hand Massages 11:30/4:30

LOCATION KEY

MC Memory Care
AL Assisted Living


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 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!

HC TALLAHASSEE



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



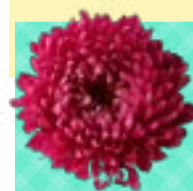
Gladiolus
Remembrance



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.

