

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."

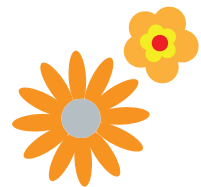
Yogi Berra. A reporter was interviewing Yogi Berra about last night's game and asked about Berra's two hits. Berra immediately pointed out that he'd actually gotten three hits.

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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Senior Living*

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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?"

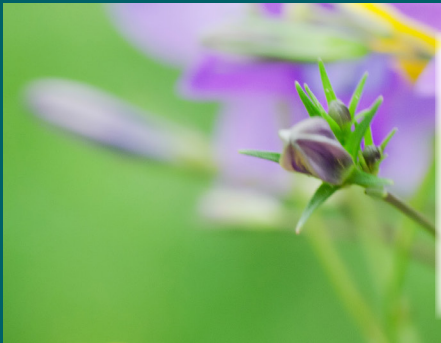

"Don't put that in your mouth; you don't know where it's been!"

"Just wait until your father gets home!"

"Always wear good underwear; what if you're in an accident?"

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>LE.....Life Enrichment L.....Library B.....Bistro FP.....Front Porch BT.....Bus Trip C.....Community PDR.....Private Dining Room DR.....Dining Room</div>		9:15 Let's Rub Elbows 1 10:00 Lei In Hawaii 11:00 Words Of Worship-Pastor Josh 1:30 Mahjong Battle 2:30 French Class With Ghyslaine 3:30 Don Juan Tunes By Peter 4:00 Pina Colada & Photo Op 6:30 Open Mic With Lou 7:00 Cinema: Hawaii Five-O	9:15 Walk With Friends 2 10:00 Who's Who - Baby Picture 11:00 Tai Chi Workout 1:30 Bridge Tournament 2:00 Truth Or Consequence 3:00 Norway's Pristine Beauty 4:00 Hat Decorating Party 6:15 Canasta Tips 7:00 Childhood Stories	9:15 World Press Freedom 3 10:15 Holy Sacrament With St. Helen's 11:00 Genesis Dance Steps 1:30 Floral Club Meets 2:00 Woman's Touch Decorating 3:00 Learn Pokeno 4:00 Two Colored Shoes Social 7:00 Classic Movie: Moonstruck	9:15 Wall Street Journal 4 10:00 Cranium Fitness 11:00 Stretch Bandz 1:30 Scrabble Tournament 2:00 Puzzlemania With Ruth 3:00 Little Known Facts: Outer Space 4:00 Pre-Cinco De Mayo Social 7:00 Movie Classic: Lassie	9:15 Walking Warriors 5 10:00 Cartoons: The Yellow Kid 1895 11:00 Gentle Chair Yoga 1:30 American Astronauts 2:00 Kentucky Derby History 3:00 Derby Hat Parade 4:00 Kentucky Derby Race Viewing & Mint Julep Social 7:00 Movie Hour: Three Amigos
9:15 Hymns Of Praise 6 10:00 Gratitude & Grace 10:30 Our Savior Bible Study 11:00 Crossfit Exercise 1:00 Water-Coloring 2:00 Choral Sing-A-Long 3:00 Nurses Appreciation Card-Making 4:00 Smooth Jazz Social 7:00 Meditation Circle	9:15 Power Walkers 7 10:00 Motion To Motion With Janet 10:30 Bealls Outlet Shopping 11:00 Shake It Off Fitness 1:30 Scrabble Contest 2:00 Health Talk: Fall Prevention 3:00 Apple Trivia-Name Them 4:00 State Nicknames 7:00 Poetry Reading	9:15 Red Crescent Day 8 10:00 Jewelry Making With Fran 11:00 Faith & Revival Hour 11:00 Lunch : Bamboo Court 2:30 Virtual Tour: The Netherlands 3:30 New Resident Cocktail Party 4:00 Baseball Trivia 6:30 Jazz It Up With Lou 7:00 Backgammon Anyone?	9:15 Stock Market Report 9 10:00 Concierge Appreciation 11:00 Stretch & Be Fit 1:30 Duplicate Bridge 2:00 Bus Ride To The Vero Beach Library 2:30 Flower Appreciation 3:00 Bracelet Designing 4:00 Bocce Ball Battle 7:15 Baseball: NY Mets v Cincinnati Reds	9:15 Power Walkers 10 10:15 Ascension Service 10:30 Amazing Shrimp Recipes 11:00 Genesis Fitness 12:00 Men's Lunch Outing: Bobbi's 1:30 Jokeapedia Laughs 2:30 Scrapbooking 4:00 Shrimp Cocktail Social 7:00 Orioles VS National	10:00 Celebrate Military Spouses 11 11:00 Build Muscle 1:30 Scrabble Battle 2:00 Hibiscus House Community Outreach: Child Care Provider 3:00 Patio Charades 4:00 Forties Trivia 7:00 Cinema: Twilight Zone	9:30 Saturday Comics 12 10:00 Train Facts & Trivia 11:00 Cardio Fitness 1:30 Watercolor Painting 2:30 Chicken Soup For The Soul 3:00 Hole In One Mini Golf 4:00 Inspirational Music With Denise 7:00 The Lawrence Welk Show
Mother's Day 13 9:15 Mother Knows Best 10:00 Praise And Worship 10:30 Worship Hour With Chaplain Ken 12:00 Mother's Day Luncheon 2:00 Tea 4 Two 3:00 Apron To Apron Recipes 4:00 Entertainment With Celeste 7:00 Movie Special: Mrs. Doubtfire	9:15 Stars And Stripes Forever 14 10:00 Keep Moving With Janet 10:30 Walmart Shopping 11:00 Orchid Planting With Ruth 1:00 Pet Detective Visits 1:30 Scrabble Battle 2:00 Health Talk: Hydration 3:00 Duplicate Bridge 4:00 Choral Rehearsal 7:00 Proficient Pictionary	9:15 Every Step Counts 15 10:00 Discussion: Rockefeller Center 11:00 Tuesday Prayer 1:30 Peace Officer Appreciation 2:00 Bean Bag Toss Battle 3:00 Drum Circle With Ken 3:30 Peter Tickles The Ivories 4:00 Ripley's Believe Or Not 7:00 Silver Screen: Robocop	9:15 Dear Abby Columns 16 10:00 Outing - Naval Museum 11:00 Head To Toe Movements 1:30 Patio Laughs 2:00 Birthday Trivia With Jackie 3:00 Hug A Tree 4:00 Birthday Bash-Just Me 2 6:15 Wear Purple For Peace 7:30 Hit It Big	9:15 Work Up A Sweat 17 10:00 Rosary Service 10:30 Little Known Facts: Benefits of Garlic 11:00 Dumbbell Workout With Genesis 1:30 Mad About Bridge 2:00 Travel Talk: Paris 3:00 Walk With Friends 4:00 Knitting With Terry 7:00 Let's Google Earth	9:15 English Tea & News 18 10:00 Creative Word Making 11:00 50's Workout Magic 1:30 Card-Making 2:00 Family Talk- Skype 4 Laughs 3:00 IN2L: Basic French 4:00 Cookies & Iced-Tea Social 7:00 Movie: The Great Gatsby	9:15 Vero News And Review 19 10:00 Super Strange Trivia 11:00 IN2L: Celebrate Spring Astronomy 1:30 Art Design With Joan 2:00 Remember Your Favorite Teacher 3:00 Billiards Tournament 4:00 Preakness Stakes Viewing Social 7:00 Comedy: M.A.S.H.
9:15 Pencil Artistry 20 10:00 Songs Of Worship 10:30 Scripture Reading With Ken 1:30 Shout It Out Trivia 2:30 WOK This Way 3:00 If You Were A Millionaire 4:00 Hit Me 21 7:00 Silver Screen: Home Alone	9:15 New York Times Report 21 10:00 Constitutional Workout With Janet 10:30 Fresh Market Shopping Spree 1:30 Picnic Word Search 2:30 Bowling For Dollars 3:00 Rhythm Bells 4:00 Fascinating Places 7:00 Comedy Movie: Golden Girls	9:15 Step And Stride 22 10:00 Central American Geography 10:30 Finish The Pair 11:00 Upper Room Devotions 1:30 Smartphone Know-How 2:00 Busy Bee Center Visit 3:00 Well Known Sports Trivia 4:00 Colored Troops Founders 7:00 Card Sharks	9:15 A Short Stride Outdoors 23 10:00 Zumba Movement 10:30 Breathtaking Beach Ride 1:30 Blooming For Flowers 2:00 What Did A Penny Buy You? 3:00 Remembering Your Best Friend 4:00 Basic Internet Surfing 6:15 What's The Buzz? 7:30 Cardinals VS Dodgers	9:15 Current Events 24 10:15 St. Helen's Visits 10:30 Words To Live By 11:00 Workout With Genesis 1:30 Tune Up Your Voice 2:00 Resident Auction Going Once, Going Twice, Sold 3:00 Who's Who: Johnny Carson? 4:00 Broadway Tunes By Julie 7:00 Padres VS Mets	9:15 Walk and Talk 25 10:00 Let's Make Up 11:00 Body Sculpting 1:30 Garden Club Green Thumbs 1:30 Scrabble Challenge 3:00 Famous Tap Dancers 4:00 Let's Stroll 7:00 Easy Listening: By The Rat Pack	9:15 Name Your Military hero 26 10:00 Facts & Movie: National Parks Adventure 11:00 Tai Chi Warm Up 1:30 Famous Male Athletes 2:00 Test Your Stroke Of Luck 3:00 Popular Professions 4:00 Remembering The Lindy Hop With Sass and Brass 7:00 Movie Flashback : Annie
9:15 What Does Your Sign Say? 27 10:00 Praise Hour 10:30 Bible Study With Pastor Ken 11:00 Spiritual Sing-A-Long 1:30 Sunday Workout 2:30 Armed Forces Tribute By Cash Adams 3:30 Fascinating Photography 4:00 Beethoven Classics 7:00 Sunday Night Funnies	Memorial Day 28 10:00 Sharpen Up Movements 11:00 Casualties Of War 12:00 Family Luncheon With Tunes By Amy 1:30 Scrabble Challenge 2:00 Fact Or Fiction 3:00 Let's Be Honest 4:00 Patriotic Tunes By Lou 7:00 Blockbuster: Barbarella	8:00 Omelette Mania 29 10:00 Creative Writing 10:30 Say Yes To The Stretch 11:00 Upper Room Devotions 11:30 Taste Of The Town: Station 49 2:00 Posh Nail Design 3:00 Dynamite Sequencing 3:30 Classical Tunes By Peter 4:00 Rehearse These Lines 7:00 Blind Wine Tasting	9:15 Power Walk Outdoors 30 10:00 Town Hall Meeting 10:30 Spanish Club With Mady 1:30 Just Us And Flowers 2:00 Bocce Ball Action 3:00 Remembering Thomas Edison 4:00 Spring Kite Making 6:15 Family Night: Spring Fling With Jay Miller Band 7:00 Cinematastic: Mabry R.F.D.	9:15 Current Events 31 10:15 Holy Communion 10:30 Unscramble This 11:00 Workout With Genesis 1:30 Tune Up Your Voice 2:00 Ancient Stuff 3:00 Sense Of Hearing 4:00 Finish The Phrase 7:00 Movie Classic: James Bond: Dr. No		

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

Happy Mother's Day

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Celebrating Senior Living!

Special Moments at HarborChase of Vero Beach



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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



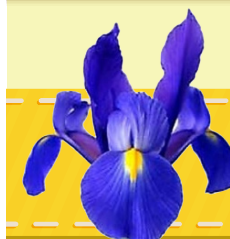
Daisy
Purity, Innocence



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.

