Birthdays

Dennis Hardcastle 05/03
Patricia Longworth 05/07
Louise Soowal 05/08
Evelyn Leonard 05/09
Terry Terrence 05/11
Nancy Skelley 5/18
Neva Crosby 5/19
Peter Ritchie 05/22
Patricia Richards 5/25
Mary Gorman 05/27

May

Welcome New Residents

Carson & MaryAnne Smith
Pete & Sandra Thames
Glen & Patricia Haggerty
Nancy Marquardt
Judy Livingston

Regency Park
Independent Living

910 Regency Square
Vero Beach, FL 32967
772-202-9055

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Regency Park
Independent Living

The HarborChase Wire: A Monthly Publication of Regency Park IL
May 2018

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Director of Sales

Anthony Polito
Director Hospitality

Kellie Clark
Business Office Manager

Thomas Rockwood
Director of Maintenance

Carrie Jones
Director of Life Enrichment

Deborah Hollenbach
Executive Director

Council Board

Catherine Williams.....217-313
Board Chairman

Neva Crosby.....772-696-4490
Treasurer

Audrey Wyma.....770-4555
Co-Chair Ambassador

Robbie Broeffle.....231-5868
Co-Chair Ambassador

Connie Hall.....999-5423
Co-Chair Campus & Grounds

Nancy Wittrock.....999-5420
Co-Chair Campus & Grounds

Marjorie Albertson.....234-8889
Chairman Of Life Enrichment

Ruth Anderson.....569-8129
Chairman For Food/Dining

Roy Herndon.....217-8207
Chairman for Health & Fitness

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?"

Regency Park Activity Calendar

May 2018

Regency Park Independent Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 The Morning Edition 10:00 Say Yes To The Stretch 11:00 Qi Gong 1:30 Pinochle Challenge 2:00 Ideal Tripoley 3:00 Women's Tall Tales 4:00 Swinging Melodies With Peter Utz 7:15 Crossword Puzzle Challenge	2 9:30 News Currents 10:00 Stretch & Be Fit 10:30 Be Tech Savy - Hype Of Skype 12:30 Duplicate Bridge 2:00 Riddles & Mysteries 2:30 Ask An Attorney Event 3:00 Dynamic Sequencing 4:00 Musical Hits With Phil Adams 7:15 Reaction Word Challenge	3 9:00 Thought Of The Day 10:00 Cardio Moves Exercise 10:30 St. Helen's Communion 11:00 Aquacise 1:30 Mad About Mahjong 3:00 Wine & Test Your Knowledge Trivia 4:00 A Taste Of Cinco De Mayo 7:15 What's All That Buzz	4 9:30 Millionaire Trivia 10:00 Stretch & Tone 11:00 Cardio Aquacise 11:30 Lunch at Olive Garden 12:00 Men's Tell A Tale Time 2:00 Luck Of The Draw 3:00 Open Art Studio All Levels 4:00 Life Of Willie Mays 7:30 Comedy Presents- The Terminal	5 9:00 Front Page Press 11:00 Poi Spinning Functional Exercise 1:00 The Life Of: The American Princess 2:00 Triple Crown Bingo 3:30 Card Sharks **4:00 Kentucky Derby Viewing Party** **7:15 Swinging Melodies With Sally & Marshall**
6 10:30 Christ Church Service 1:30 Rockin Rummikub 2:00 Social Bridge 2:30 Casino Game-Deuces are Wild 4:00 Bingo Exchange 7:30 Classic Cinema-Summertime	7 9:00 Treadmill Warriors 10:00 Fit For Life 10:45 Words of Inspiration Study 11:00 Aquasise 1:30 News Currents 2:00 Say The Word & Win 3:00 The Surprising Solution To Ocean Plastic 4:00 Hit It Big 7:30 Dark Cranium Challenge	8 9:30 Dear Abby Archives 10:00 Move & Groove Exercise 11:00 Qi Gong 1:30 Pinochle Players 2:00 Slow Cooker Strawberry Crisp 3:00 Challenging The Odds 4:00 Mixology Strawberry Daiquiris 7:15 Too Tabu 4 U!	9 9:30 Neighborhood Calisthenics 10:00 Forever Fit 12:30 Duplicate Bridge 2:00 Riddles & Mysteries 2:30 Ask An Attorney Event 3:00 Challenge The Odds 4:00 Imagine The Win 7:15 Reaction Word Challenge	10 9:45 Tour - Piper Aircraft & Lunch At CJ Cannons 10:00 Cardio Moves Exercise 10:30 St. Helen's Communion 11:00 Aquacise 1:30 Mad About Mahjong 2:00 Rockin Rummikub 3:00 Never Ending Trivia 4:00 What Are The Odds 6:30 The Fantasticks Theater Guild	11 9:30 Friday Funnies 10:00 Move & Groove 11:00 Cardio Aquatics 11:30 Viera Shopping Trip 2:00 Let's Chance It 3:00 Open Art Studio All Levels 4:00 2 for 1 Happy Hour 7:15 Proficient Pictionary	12 9:00 Meet Me At Scrabble **11:00 Ocean Strings Studio Recital** 1:00 Busy Beads 2:00 Name Your Game 3:00 Dynamic Sequencing 3:30 Ante Up **7:15 Piano Melodies With Celeste**
13 10:30 Christ Church Service 1:30 Jamestown Settlers Arrive 2:00 Social Bridge 2:30 Casino Challenge 3:00 The Game of Chance 4:00 Hit It Big **5:00 Elegant Mother's Day Dinner** 7:00 Masterpiece Series-Cash McCall	14 9:00 A Taboo Challenge 10:00 Cardio Corner 10:45 Upper Room Devotions 11:00 Aquacise 2:00 A Game Of Chance 3:00 Dueling Dominoes 4:15 Rosewood Chorus Performance 7:30 Guess That Gesture	15 9:00 Treadmill Warriors 10:00 Forever Fit Exercise 11:00 Qi Gong 1:00 Pinochle Challenge 2:00 The Story Behind The Mars Rovers 3:00 Super Strange Brain Trivia 4:00 Piano Classics By Peter Utz 7:15 NetFlix Presents- A New Kind Of Love	16 9:30 Pace Yourself 10:00 Stretch & Be Fit 12:00 Lunch & Book Arthur Scott Greenberg 12:30 Duplicate Bridge 1:30 Canasta Mania 2:30 Ask An Attorney 3:00 Crock Pot Smores Lava Cake 7:15 Catch Phrase	17 9:30 Tricky Taboo 10:00 Dumbbell Workout 11:00 Cardio Aquatics 1:00 Mahjong Matriarchs 2:00 Competition Tripoley 3:00 Battle Of The Brains 4:00 Resident Council Meeting 7:30 What's All That Buzz	18 10:00 Fit For Life 11:30 Cardio Aquatics 12:00 McKee Botanical Gardens and Lunch 12:15 Men's Book, Meet & Eat Club 2:00 It's A Gamble Of Fun 3:00 Open Art Studio All Levels 4:00 Casino Challenge 7:15 Cinematastic- Moonstruck	19 9:00 News Currents 11:00 Poi Spinning Functional Exercise 1:00 Feng Shui Design 2:00 Bingo Buccaneers 3:30 Hit It Big- Deuces Wild 4:00 Documentary- Spanish Armada **7:15 Dance Party With Julie Lendonstone**
20 10:30 Christ Church Service 1:00 Gemstone Jewelry 2:00 Social Bridge 2:30 Casino Challenge 3:00 Scrabble Competition 4:00 Bingo Jingo 7:00 Classic Cinema-Lullaby Of Broadway	21 9:00 Walking Marathon 10:00 Fit For Life 10:45 Words of Inspiration 11:00 Power House Aquatics 1:30 Thirteen Card Challenge 2:00 Jackpot Bingo 3:00 Meet Me At Scrabble 4:00 American Red Cross Founded 7:15 Shuffle This Way	22 9:15 T.V. Newscasters 10:00 Say Yes To The Stretch 11:00 Qi Gong 1:30 Pinochle Challenge 2:00 The Game of Mad Gab 3:00 Stroke Of Luck - Card Challenge 4:00 Fact or Fiction -Apple Mules 7:30 Jeopardy Battles	23 9:00 Wordy Wednesday Boggle Challenge 10:00 Tranquil Stretch 12:30 Duplicate Bridge 1:30 Animal Tales From Icy Wonderlands 2:00 Step By Step Fluid Paint Art 3:00 Contagious Laughter Hour 4:00 Azalea Cocktails & Trivia 7:15 Finish The Melodies Quiz	24 10:00 Fit For Life 10:30 St. Helen's Church Communion 11:00 Aquacise -Pool 1:30 Mad About Mahjong 2:00 Art Design- Teacup Garden 3:00 On This Day- The Brooklyn Bridge Opens 4:00 Never Ending Trivia 7:00 Even The Odds Game	25 9:30 Friday Funnies 10:00 Work It Out 11:00 Core Aquatics 11:30 Lunch At Outback Steakhouse 1:00 The Power Of Classical Music 2:00 Take Away All You Can 3:00 Open Art Studio All Levels 7:15 Finish That Phrase	26 9:00 Good News In The Morning 11:00 The Story Of Big Ben 1:00 Trivia Challenge 2:00 Mind over Matter 3:30 Card Sharks 4:30 Step By Step- Crepe Flowers **7:15 Singing the Night Away With Tom & Juliane**
27 10:30 Christ Church Service 1:30 Young At Art- Family Photo Scrap Booking 2:00 Social Bridge 2:30 Card Sharks 3:00 Scrabble Competition 4:00 Before-B-4 7:30 Cinematastic- The Belle Of New York	28 9:00 Things That Humor Us 10:00 Strength & Conditioning 10:45 Words of Inspiration Bible Study 11:00 Aquacise 12:00 Memorial Day Luncheon 2:00 Jack Pot Bingo 4:00 The Wonderful World Of Life In A Drop Of Water 7:30 NetFlix Presents- Roman Holiday	29 9:15 Fresh Off The Press 10:00 Say Yes To The Stretch 11:00 Qi Gong 1:30 Pinochle Challenge 2:00 The Game of Mad Gab 3:00 Stroke Of Luck - Card Challenge 4:00 Classical Piano With Peter Utz 7:30 Jeopardy Battles	30 9:00 Q&A Trivial Pursuit 10:00 Tranquil Stretch 12:00 Resident Birthday Celebration 12:30 Duplicate Bridge 1:30 Black Jack Tourney 2:00 Make A Wish Thumb Print Dandelions 3:00 Contagious Laughter Hour 4:00 Blueberry Mojito & Convo 7:15 Finish The Melodies Quiz	31 9:30 Catch Phrase 10:00 Fit For Life 10:30 St. Helen's Church Communion 11:00 Aquacise -Pool 1:30 Mad About Mahjong 2:00 Zentangle Doodles 3:00 Never Ending Trivia 4:00 Nail The Jackpot 7:00 Even The Odds Game		

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All programs are subject to change due to circumstances beyond our control. Thank you for your understanding.

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

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Difficult

"It may be possible to gild pure gold, but who can make his mother more beautiful?"
-Mahatma Gandhi

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

Gladiola
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.