

Happy BIRTHDAY

Ellen M. 5/01	John B. 5-23
Charles B. 5/02	Alma P. 5/23
Laddie K. 5/04	Robert B. 5/24
Barbara S. 5/06	Donna F. 5/24
Deanna S. 5/14	Pat R. 5/01
Susan S. 5/17	Amy M. 5/28
Peter R. 5/22	Russell H. 5/30



INDEPENDENT LIVING

harborchase.com

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MAY 2023

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Life Enrichment

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Director of Beautification

It's Getting



In Here

Are you a spicy food fan? Not so much? Some haven't tolerated spice their entire lives, while others have loved it their entire lives. Some found a happy medium and became spice girls and boys at some point down the line. New research shows there may be some method to this madness – a scientific one, in fact.

The recent 2021 Nobel Prize in Medicine and Physiology winners can shed some light on the subject. Dr. Ardem Patapoutain and Dr. David Julius focused on the body's receptors, specifically those related to temperature and touch. Their studies included testing with the organic compound capsaicin. It's what gives us the "mouth's on fire" feeling when we eat spicy food. The further the testing went, the more environmental factors were considered. Testing in warmer climates was included. As trials went on, a conclusion became clear: Cells responded to both heightened temperatures as well as capsaicin. Thus, a new discovery was made and TRP, the temperature sensing protein, emerged.

Now that you know environmental factors play a role in your spice-o-meter, does it change the way you feel about it? There are a lot of scientific variables that affect our palettes. Something to keep in mind.

Regency Park - Independent Living

MAY 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p>10:45 Words of Hope 1</p> <p>11:00 Movements Of Power</p> <p>1:00 Tai Chi Essentials</p> <p>1:30 Gin Rummy is Here</p> <p>2:00 Backroad Travel Experiences</p> <p>2:00 Every Now & Zen</p> <p>7:30 Action Presents Batman</p>	<p>10:45 Aqua Stretch & Swim 2</p> <p>11:00 Reach and Stretch</p> <p>1:00 Powerback with Tai Chi</p> <p>2:00 Word Chain Duel</p> <p>3:00 Fun With Bacci</p> <p>4:00 Old School Whiskeypedia</p> <p>7:15 Let's Get Cycling</p> <p>7:30 Popcorn & A Movie</p>	<p>10:00 Be Tech Savvy 3</p> <p>11:00 Fired Up Fitness</p> <p>1:00 Book club Presents</p> <p>2:00 Back In Time</p> <p>3:00 Garden Scavenger Hunt</p> <p>3:30 Vocals by Julie</p> <p>4:00 On The Green Again</p> <p>7:15 Residents Vs. Staff</p> <p>7:30 The Kings Daughter</p>	<p>10:30 St. Helen's Communion 4</p> <p>10:45 Hydro Workout Aquatics</p> <p>11:00 Emphasis on Fitness</p> <p>1:00 Raise The Curtain</p> <p>2:00 What's In That Sequence?</p> <p>3:30 Uno Flip Strategies</p> <p>3:30 Kentucky Daze</p> <p>6:30 Oslo Chamber Orchestra</p> <p>7:30 Movie Night: Dream Horse</p>	<p>11:00 Yin Meets Yang </p> <p>11:30 Lunch at Ay Jalisco</p> <p>1:00 Can You Phase 10?</p> <p>2:00 Calming Senses QiGong</p> <p>2:00 Smartini Word Pursuit</p> <p>3:00 Let's Make A Deal</p> <p>3:30 Songs to Live By</p> <p>7:15 What's The Invention</p> <p>7:30 Deuces Are Wild</p>	<p>9:00 Morning Conversation 6</p> <p>10:30 Aquatic Water Curls</p> <p>11:00 Zumba Gold For Seniors</p> <p>1:00 Trivia Countdown Begins</p> <p>2:00 Can You Get A Triple?</p> <p>3:30 Highest Double Starts</p> <p>5:00 Kentucky Derby Watch Party</p> <p>7:30 News Of The World</p>
<p>9:00 Word In Review 7</p> <p>11:00 The Sketchbook Project</p> <p>1:30 Men's Pool Challenge</p> <p>2:30 Bet On Your Chances</p> <p>3:00 Four Corners Wins It All</p> <p>3:30 Five Of A Kind Beats All</p> <p>7:15 Paint By Number</p> <p>7:30 Cinema Magic: Dog</p>	<p>10:45 Inspiration Bible Study 8</p> <p>11:00 Stretch And Flex</p> <p>1:00 Learn Phase 10</p> <p>2:00 Yoga On The Rocks</p> <p>3:30 We All Scream For Trivia</p> <p>3:30 Pietro's Piano Concert</p> <p>4:00 Folk Tales and Fables</p> <p>7:15 East Rolls The Dice</p> <p>7:30 Movie: Iron Mask</p>	<p>10:45 Aqua Cardio Challenge 9</p> <p>11:00 Suited Pokeno War</p> <p>11:00 Stability In Movement</p> <p>1:00 Power Of Art</p> <p>2:00 All Wild Uno</p> <p>3:30 Songs To Live By</p> <p>4:00 And That's Rumoli</p> <p>7:15 Nighttime Comedy Theater</p>	<p>10:30 We Act Out 10</p> <p>11:00 Moving With Purpose</p> <p>12:00 Baked Potato Bar</p> <p>1:00 Health Rhythm Techniques</p> <p>2:00 Eights Are Wild</p> <p>3:30 Regency Chop Show</p> <p>7:15 Work it Out</p> <p>7:30 Phantom of the Opera</p>	<p>10:30 St. Helen's Keep the Faith 11</p> <p>10:45 Low Impact Aquatics</p> <p>11:00 Tone Up Exercise</p> <p>1:00 Lights Camera Action</p> <p>2:00 Cut, Deal & Fold</p> <p>3:00 Roll that Sequence</p> <p>3:30 Karaoke For All</p> <p>7:30 Big Puzzle Mania</p>	<p>11:00 Body Balance Exercise 12</p> <p>11:30 CW. Willis Family Farm</p> <p>1:00 How's Your Aim Cornhole?</p> <p>2:00 Power House QiGong</p> <p>2:00 It's A Gamble of Fun</p> <p>3:00 Wild Card Creations</p> <p>3:30 Dance, Dance, Dance</p> <p>7:30 Pay It Forward</p>	<p>10:30 Powerhouse Pool Aquatics 13</p> <p>11:00 Word Search Wizards</p> <p>1:00 Timed Trivial Pursuit</p> <p>2:00 Name Your Game</p> <p>3:00 Scattergories and Categories</p> <p>3:30 Broadway with Johnny</p> <p>7:15 Health To You</p> <p>7:30 Netflix New Release</p>
<p>Mother's Day  14</p> <p>9:00 Sitcom Take Offs</p> <p>10:00 Morning Church Group</p> <p>11:00 Can You Meld?</p> <p>1:30 Just A Dice Game</p> <p>3:00 Deuces Are Wild</p> <p>3:30 Mother's Day Tribute</p> <p>7:15 Yin Meets Yang</p> <p>7:30 Classic Drama: Mrs. Brown</p>	<p>10:00 All Smiles Day 15</p> <p>10:45 Upper Room Devotions</p> <p>11:00 Cardio Fitness Corner</p> <p>2:00 Fusion Word Play</p> <p>2:00 Strike A Pose</p> <p>3:00 All In Win Or Lose</p> <p>3:30 All That Jazz</p> <p>7:30 At The Movies</p>	<p>10:45 Aquatic Pool Experts 16</p> <p>11:00 Forever Fit Exercise</p> <p>11:00 Breakable Heart Molds</p> <p>1:00 Qigong With Powerback</p> <p>2:00 Dealer Deals Twenty-One</p> <p>3:00 Sip & Paint</p> <p>4:00 Sports Trivia Challenge</p> <p>7:30 Comedy Presents: Blithe Spirit</p>	<p>10:00 Technology & Wellness 17</p> <p>11:00 Stretch and Be Fit</p> <p>11:30 Bridge Friends Luncheon</p> <p>12:30 Double Duplicate Bridge</p> <p>1:00 Play Or Pass</p> <p>2:00 Royal Straight Flush</p> <p>3:00 Smartini Group Discussion</p> <p>7:15 Make A Move</p> <p>7:30 Drama Presents: Greenland</p>	<p>10:30 Disciples of Truth 18</p> <p>10:45 Aqua Cardio Exercise</p> <p>11:00 Longevity Land Exercise</p> <p>1:00 Center Stage Drama</p> <p>2:00 Shuffle Up & Deal</p> <p>3:00 Bocce Ball Battles</p> <p>3:30 Beautiful Piano Sounds</p> <p>4:00 Creative Art & Ink</p> <p>7:30 Movie: The Father</p>	<p>11:00 Move And Groove 19</p> <p>12:00 Lunch and Learn Pizza</p> <p>1:00 Quoting The Quotes</p> <p>2:00 Calling Whole Board</p> <p>2:00 Qigong With Powerback</p> <p>3:00 Fun With Rackin' Rack-O</p> <p>4:00 Acceptable Buzz Words</p> <p>7:30 Backyard Game Night</p>	<p>9:00 Steps For Change 20</p> <p>10:30 Watermind And Fit</p> <p>11:00 Zumba Gold For Seniors</p> <p>1:00 Challenge Yourself To Rummikub</p> <p>2:00 Game On Speak Out</p> <p>3:30 All That Rhythm</p> <p>4:00 Skip-Bo In The Afternoon</p> <p>7:15 DVD Madness Night</p>
<p>9:30 Keeping the Faith 21</p> <p>11:00 No Vowel Challenge</p> <p>1:30 Meet Me At Scrabble</p> <p>2:30 Cover All Takes All</p> <p>3:00 Pool Shark Challenge</p> <p>4:00 Old Testament Trivia</p> <p>7:30 Drama: Dear Frankie</p>	<p>10:00 You And Me By The Sea 22</p> <p>10:45 Words Of Inspiration</p> <p>11:00 Fit For Life</p> <p>11:00 Winds And Dragons</p> <p>2:00 What's In That Sequence?</p> <p>2:00 Keep Calm & Yoga</p> <p>3:00 Red Hat Ladies Meet</p> <p>4:00 Make The Dealer Bust First</p> <p>7:30 Sixty Seconds Guess Who</p>	<p>10:45 Time Lapse Aquacise 23</p> <p>11:00 Stress Buster Exercise</p> <p>11:00 Fourteen Tile Mahjong</p> <p>1:00 Art with Powerback</p> <p>2:00 Make The Dealer Bust</p> <p>3:00 It's All In The Bacci</p> <p>7:30 Silver Screen Presents</p>	<p>11:00 Rise and Shine Exercise 24</p> <p>12:30 Contract Bridge Club</p> <p>1:30 Your Word Against Mine</p> <p>2:00 Can You Guess My Actions?</p> <p>3:00 Double Cornhole Challenge</p> <p>3:30 Music For The Lendy Hop</p> <p>4:00 Biggest Game Quest</p> <p>7:15 Out To Sea</p>	<p>10:30 Catholic Rosary For All 25</p> <p>10:45 Ultimate Water Club</p> <p>11:00 Raise The Dumbbells</p> <p>12:00 Coastal Pizza Party</p> <p>1:00 Broadway In Midday</p> <p>2:00 Fill Or Bust</p> <p>3:30 Name That Tune</p> <p>4:00 Finish The Pair</p> <p>7:15 Thirty-Second Madness</p>	<p>9:30 Florida Oceanographic Coastal Center 26</p> <p>11:00 Core Balance Workout</p> <p>1:00 Bean Bag Anyone?</p> <p>2:00 Calming Senses Qigong</p> <p>3:00 Men's Pool League</p> <p>3:30 Karaoke With Jim</p> <p>4:00 Reaction Word Challenge</p> <p>7:30 Netflix Movie Night</p>	<p>10:00 Coastal Aquatic Creation 27</p> <p>10:30 Low Impact Aquatics</p> <p>11:00 Steps For Change</p> <p>1:00 Ten Blitz Battle</p> <p>2:00 Mind Over Matter</p> <p>3:00 Rocking Tile Rummikub</p> <p>3:30 All That Music</p> <p>4:00 Sudoku Number Showdown</p> <p>7:15 Red Carpet Premiere</p>
<p>10:00 Morning Prayer Service 28</p> <p>11:00 No Vowel Challenge</p> <p>11:30 Hot Seat, Can You Guess It?</p> <p>1:00 Team Jeopardy Challenge</p> <p>1:30 Universal Pool Sharks</p> <p>2:00 Today's Canasta Mania</p> <p>3:00 Bet, Check, Fold</p> <p>4:00 It's All In The Moves</p> <p>7:30 Death on The Nile</p>	<p>10:45 Power of Praise  29</p> <p>11:00 Strength And Conditioning</p> <p>11:00 How Do I Meld Thirty?</p> <p>1:00 Win Lose or Draw</p> <p>2:00 It's All In The Cards</p> <p>3:00 No Time Like Today</p> <p>3:30 Memorial Day Happy Hour</p> <p>4:00 Make The Dealer Bust</p> <p>7:15 A Sixty-Second Challenge</p>	<p>10:45 Pool Noodle Aqua Fitness 30</p> <p>11:00 Dealer Wins All</p> <p>11:00 Stretch And Be Fit</p> <p>1:00 Croquet In The Garden</p> <p>2:00 What's In That Sequence?</p> <p>3:00 First Pinochle Wins</p> <p>3:30 Musical By Julie</p> <p>7:30 Netflix Presents- 42</p>	<p>11:00 Stretch and Tone 31</p> <p>12:30 Social Bridge With Friends</p> <p>1:00 Acrylics on Point</p> <p>2:00 It's All About History</p> <p>2:00 Baseball Swing Derby</p> <p>2:00 Chocolate Chip Cookie Day</p> <p>3:00 Deuces Are Wild</p> <p>4:00 Words With Friends</p> <p>7:30 Movie and Popcorn</p>	 <p style="text-align: center;">HAPPY MOTHER'S DAY MAY 14</p>		

HELLO, MAY



AMERICA	FIESTA	HONOR	MILITARY	PIÑATA
AUNT	FLOWERS	LOVE	MOM	SISTER
CINCO DE MAYO	FREEDOM	MARGARITA	MOTHER'S DAY	SOLDIER
COUNTRY	GRANDMOTHER	MEMORIAL DAY	MUSIC	TACOS
FAMILY	GUACAMOLE	MEXICO	PEACE	TROOPS

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UPCOMING EVENTS

JULIE LENDONSTONE
May 3rd @ 3:30pm

KENTUCKY DAZE /
PETER UTZ
May 4th @ 3:30pm

OSLO MIDDLE
ORCHESTRA
May 4th @ 6:30pm

CINCO DE MAYO /
MCCULLOCH
May 5th @ 3:30pm

KENTUCKY DERBY
May 6th @ 5:00pm

PIETRO IANNOTTI
May 8th @ 3:30 PM

JIM GOLDSTEIN
May 9th @ 3:30pm

BAKED POTATO BAR
LUNCH
May 10th @ 12:00pm

HEALTH RHYTHM
May 10th @ 3:30pm

REGENCY PARK CHOP
SHOW
May 10th @ 3:30pm

PETER UTZ
May 11th @ 3:30pm

JIM NUZZI
May 12th @ 3:30pm

JOHNNY NICK
May 13th @ 3:30pm

SALLY & MARSHALL
May 14th @ 3:30pm

JAZZ SOCIETY
May 15th @ 3:30pm

SIP & PAINT
May 16th @ 3:00pm

BRIDGE LUNCHEON
May 17th @ 3:30pm

PETER UTZ
May 18th @ 3:30pm

LUNCH & LEARN PIZZA
May 19th @ 12:00pm

DAN HARDCASTLE
May 20th @ 3:30pm

RED HAT LADIES
May 22nd @ 3:30pm

PETER MCCULLOCH
May 24th @ 3:30pm

PETER UTZ
May 25th @ 3:30pm

JIM NUZZI
May 26th @ 3:30pm

SALLY & MARSHALL
May 27th @ 3:30pm

JOHNNY NICK
May 29th @ 3:30 pm

JULIE LENDONSTONE
May 30th @ 3:30pm

BASEBALL SWING DERBY
May 31st @ 3:30pm

Happy MOTHER'S DAY



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 is a small list of favorite "Momisms":

- "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 clean underwear; what if you're in an accident?"

A horse of a DIFFERENT COLOR

At its inception in 1875, the Kentucky Derby was designed to be a show of pageantry as well as a horse race—a vision of Meriwether Lewis Clark, Jr. Clark appealed to those of elevated stature to attend the elite event. Fancy attire became the norm, as it was indicative of such stature at the time. The more eye-catching and fashionable, the better, and this included ladies' headwear.

Clark's initial vision set the stage for the fashion fanfare of the Kentucky Derby, which occurs May 6-7 this year. Among the sea of polished suits and designer daywear are many women donning ornately extravagant hats, which are not only tradition, but also a source of good luck.

Speaking of good luck, what are some other race rituals?

- Something known as a hot brown sandwich is commonplace during Derby days. Back in the 1920s, the Brown Hotel created the upscale offering that's transitioned into a Derby delicacy. Tomato, bacon and turkey are topped with Mornay sauce on thick toast in an open-face display.
- Bourbon is the staple liquor. Old Forester and Woodford Reserve are the former and current brands of choice.
- Naturally, bourbon would be a key ingredient in the traditional Derby drink, the Mint Julep. It was served back in 1875 and now more than 120,000 are served annually.



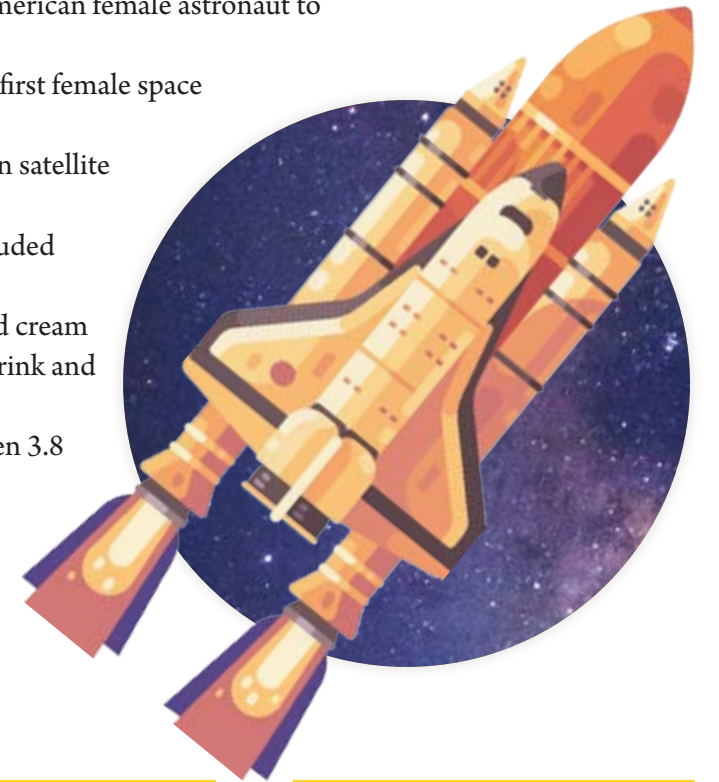
SPACE: THE FINAL FRONTIER

Do you ever look up at the night sky and marvel in all its wonder and beauty? It's hard to avoid becoming enthralled with its magnificence. There's so much color, light and vastness to behold, especially in the far reaches of the countryside, where you aren't limited by the city lights and smog.

It makes celebrating National Space Day on May 6 that much better. This occasion is celebrated on the first Friday of May annually and acknowledges the universe, the strides made in science and research, and exploration of the unknown. In honor of Space Day, let's look at a few of the U.S. achievements, noteworthy milestones and all-around trivia related to the outer realm.

- In 1992, Dr. Mae Jemison became the first African-American female astronaut to make her way into outer space.
- In 1999, Eileen M. Collins became the space shuttle's first female space commander.
- In 1958, Explorer 1 launched. It was the first American satellite orbiting earth.
- Two meals were aboard Apollo 11. The first meal included bacon squares, sugar cookie cubes, peaches, a pineapple-grapefruit drink and coffee. The second comprised cream of chicken soup, beef stew, date fruitcake, an orange drink and grape punch.
- The astronauts aboard each space shuttle are each given 3.8 lbs. of food daily. One pound of that is packaging.

And, the facts become even more interesting as we delve deeper. There's so much to learn!



IN A GALAXY FAR, FAR AWAY

"May the Force be with you." You don't have to be a Star Wars fan to recognize that legendary quote, the inspiration behind Star Wars Day and its catch phrase, "May the Fourth be with you." Not surprisingly, the unofficial holiday is observed on May 4, and has been since 2011. The commemoration honors franchise writer and director George Lucas and the cultural phenomenon he birthed in 1977 with the release of "Star Wars: Episode IV – A New Hope."

How much do you know about the 12 franchise films? Here's some behind-the-scenes trivia to help you become better acquainted with all that is Star Wars.

- Episode VI: Chewbacca had his own security squad during filming. Ironically, he needed protection from people chasing the elusive mythical creature

Bigfoot and also from hunters who mistook him for an actual animal.

- Episode II: Members of the all-male pop group NSYNC originally had cameos as Jedi Knights. Lucas cut their scenes, though.
- Episode I: The vehicle driven by Anakin Skywalker had a Maserati Birdcage frame as its foundation. Meanwhile, Obi-Wan Kenobi and Qui-Gon Jinn's communication devices were modeled after the Lady's Gillette razor.
- Episode III: Darth Vader's exceptional army of clone troopers didn't include any actual humans. The soldiers were 100 percent computer-generated imagery (CGI).




MAY

Dates to Celebrate

May Day	5/1
Cinco de Mayo	5/5
National Nurses' Week.....	5/6-5/12
National Pet Week.....	5/7-5/13
Mothers' Day.....	5/14
National Skilled Nursing Care Week	5/14-5/20
Armed Forces Day	5/20
Memorial Day	5/29
National Senior Health & Fitness Day.....	5/31

Birthstone: Emerald

Flower: Lily of the Valley | Zodiac Signs: Taurus/Gemini