

# livfun

MacKenzie Place

MAY 2012 • ENJOY THE JOURNEY

## And They're Off!

May 5 marks the 138th annual Kentucky Derby. This one-and-a-quarter-mile race for 3-year-old thoroughbreds is held the first Saturday in May at historic Churchill Downs in Louisville, Ky.

Horse racing has been a part of Kentucky's heritage since as far back as the 1700s. It wasn't until 1872, though, that Colonel Meriwether Lewis Clark Jr. went to Europe and visited several jockey clubs and horse tracks. He came back to America and organized the Louisville Jockey Club to raise funds for a track just outside town. That was the start of Churchill Downs, named after John and Henry Churchill, Clark's relatives who donated the land.

The Derby became known as "The Run for the Roses" because the winner receives a garland of roses. This tradition supposedly started when New York socialite E. Berry Wall gave women roses at a post-Derby party in 1883. Clark saw this and got the idea

to make the rose the official flower of the Derby. However, it was not until 1896 that the first garland was given to the winner.

The first official Kentucky Derby was held May 17, 1875. A colt named Aristides won under jockey Oliver Lewis. In 1973, the horse Secretariat was the first Derby winner to break the two-minute barrier, with a time of 1:59. Secretariat went on to win the Triple Crown, meaning he won the Kentucky Derby, the Preakness Stakes and the Belmont Stakes. Only 11 horses have won the Triple Crown; the first was Sir Barton in 1919 and the latest was Affirmed in 1978.

Fun traditions like donning large spring hats and sipping mint juleps are a big part of the Derby's appeal. This year, gather with friends in your spring finest to cheer on your favorite picks. Armed with a little history of "The Greatest Two Minutes in Sports," you're now ready to celebrate this year's Derby in style. Let the races begin!

## Feathery Fun

Thanks to longer days and inviting spring sunshine, May is an ideal time to try new outdoor hobbies. Bird watching is an especially fun place to start. It's a simple way to learn about nature and even socialize. What's more, this hobby can be tailored for your individual mobility and energy level. You can observe your feathered friends from the comfort of your community's porch, a balcony or your own window. Or you can amp it up a notch and explore nearby parks or nature trails. Particularly in spring, just a walk around the perimeter of your building can lead to some fun sightings.

How do you get started? Of course, you can enjoy bird watching with no equipment at all. However, you may find that a good pair of binoculars makes it even more fun. Another helpful tool is a bird-watching checklist. These checklists exist for every state and province and can be found online or in the many bird-watching field guides available. They're a handy indication of which birds you're likely to spot in your area. For a little friendly competition, get together with fellow bird enthusiasts to see who can fill out their checklist first!

A field guide will enhance your bird-watching experience, too. Descriptions and pictures help you identify which birds you've spotted. "Peterson Field Guide for Eastern Birds" and "Peterson Field Guide for Western Birds" are great resources for new birders.

Next, you've got to find the birds! Some folks like to attract them with feeders and various flowers. If your community has a bird feeder set up, well — that's the place to begin! However, there are plenty of places to spot these creatures even without feeders. Sometimes it's just a matter of patiently waiting. So grab some binoculars, round up some friends and get started!



## Summertime Veggies

Summer brings an abundance of fresh vegetables. Throughout the year, you can usually find most of your favorite produce at local grocery stores and farmers markets, but this time of year, some lesser-known vegetables are also available. Have you ever wondered how to cook beets or how to use Swiss chard or avocado? Here are some easy ways to add some unique vegetables to everyday cooking.

**Beets:** Roast them until they are soft. Peel off the skins and cut them up. Serve in a salad with orange slices. Beets taste great with balsamic vinegar dressing!

**Swiss Chard and Spinach:** Use in pasta dishes, lasagna or omelets. You can also serve these veggies as a side by sauteing them in olive oil with garlic, vinegar and spices.

**Tomatoes:** Create a summer salad with onions, cucumber, olive oil, vinegar and pepper. Let the salad sit in the fridge for about an hour before serving.

**Peas:** Cook peas with garlic, onion and chicken stock for a simple side dish. You can also mix green peas with chicken, diced onions and almonds for a refreshing chicken salad.

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# WEEKLY SCHEDULE

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<b>10:30 NONDENOMINATIONAL SERVICES, BLM</b> <b>11:00 Sunday Brunch Buffet, P</b> 1:30 Chess, B 4:00 Hymn Sing With Gordon	9:00 Head to Toe: Intermediate, PF 10:15 Aqua Fit Water Aerobics, PFP 11:00 Supervised Swim, PFP 2:00 Posit Science, CR 3:30 Positively Moving With Parkinson's, PF 3:30 Billiards Game, L	9:00 Head to Toe: Beginner, PF <b>10:00 One Plus One Gentlemen's Club, ABD</b> 10:00 Balance Principles, PF 10:00 Bible Study, AR <b>11:00 Gentle Yoga/Tai Chi (All Levels), AC</b> 2:00 Posit Science, CR 2:30 Bunco, B <b>3:00 Movie Matinee, TH</b> <b>3:30 Zumba (Intermediate), PF</b>	9:00 Head to Toe: Intermediate, PF 10:15 Aqua Fit Water Aerobics, PFP 11:00 Supervised Swim, PFP 2:00 Posit Science, CR <b>3:15 Chix With Stix Knitting Club, ALB</b> 3:30 Positively Moving With Parkinson's, PF	9:00 Head to Toe: Beginner, PF 10:00 Balance Principles: Intermediate, PF 11:00 Fun Fit, PF 2:00 Posit Science, CR <b>3:00 Movie Matinee, TH</b>	9:00 Head to Toe: Intermediate, PF <b>10:00 Mexican Train Dominoes, B</b> 10:00 Walk Fit: Intermediate, PF <b>11:00 Circuit Training, PF</b> <b>1:00 Hand and Foot Cards, B</b> 2:00 Posit Science, CR 3:30 Parkinson's Exercise Class \$, PF	9:00 Head to Toe: Beginner, PF <b>10:00 Hand and Foot Card Game, B</b> 10:15 Aqua Fit Water Aerobics, PFP 11:45 Blood Pressure Check, PF 2:00 Saturday Afternoon Movie, TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Locations</b> Activities Room, AR Al 3rd Floor Rehab, Rehab Arbours Back Dining RM, ABD Arbours Bistro, ALB Arbours Chapel, AC Arbours Lobby, ALL Arbours Loft, L Back Dining Room, BD Ballroom, BLM Bistro, B Computer Room, CR Library, LB Living Room, LR Nancy Lewis Park, NLP Outing, O Outing \$, O-\$ Palmer's, P Palmer's Patio, PP Pre Paid Outing \$\$, PPO\$ PrimeFit, PF PrimeFit Patio, PFP PrimeFit Pool, PFP Theater, TH						
<b>2:00 Early Afternoon Movie, TH</b> <b>2:45 Game of Pictionary, B</b>	<b>8:30 First Monday Breakfast: East Coast Deli, O-\$</b> 1:30 Scrabble, AR <b>7:00 Entertainment w/ Vocal Fusion, B</b>	<b>3:30 Hearing Aid Cleaning, BLM</b> <b>6:00 Explore Our Journey Through Travel, TH</b>	<b>1:00 Pete Field Commissary Run, O</b> <b>1:00 Explore Your Creativity: Water Colors With Art Moore, AR</b> <b>2:00 Cooking With Chef, B</b> 3:00 Texas Hold 'Em Poker, B	<b>8:15 Bird Banding/Chico Canyon, O-\$</b> <b>3:30 New Resident Orientation, PF</b> <b>6:00 Front Range Fiber Artisans Meeting, BLM</b> <b>10:30 Pike's Peak Library Lobby Stop, ALL</b> <b>11:30 Sack Lunch Serenade, O</b>	<b>2:00 Abigail, Rachael and Anna, ALL</b> <b>3:00 New Resident Welcome Mixer &amp; Piano Music w/Bob Jackson, B</b> <b>4:00 Happy Hour, B</b> <b>11:00 Poetry Club, LB</b> <b>1:30 Pillar: Are You Ready for the Unexpected?, BLM</b> <b>3:00 Entertainment w/ Skip Moore, B</b> <b>3:45 Book Club, AR</b> <b>4:00 Happy Hour, B</b>	CINCO DE MAYO <b>2:30 Cinco de Mayo Celebration: Spanish Dancing, B</b> <b>5:00 Piano Music With Alex Kim, B</b> <b>1:30 Piano Music w/ Bob Jackson, B</b>
MOTHER'S DAY <b>3:30 Pillar Movie w/ Warren Epstein: "The Help," TH</b> <b>5:00 Piano Music With Alex Kim, B</b>	1:30 Scrabble, AR <b>6:00 Game Night, B</b>	<b>4:45 Dinner: Red Robin Restaurant, O-\$</b>	<b>1:00 Pete Field Commissary Run, O</b> <b>1:00 Explore Your Creativity: Water Colors With Art Moore, AR</b> 3:00 Texas Hold 'Em Poker, B	<b>9:00 Cripple Creek, O-\$</b>	<b>2:00 Abigail, Rachael and Anna, ALL</b> <b>3:00 Entertainment w/ Starlighters, B</b> <b>4:00 Happy Hour, B</b>	ARMED FORCES DAY <b>2:30 Entertainment w/ The Song Spinners, B</b> <b>5:00 Piano Music With Alex Kim, B</b>
<b>2:00 Early Afternoon Movie, TH</b>	<b>1:30 Beading Buddies, AR</b> 1:30 Scrabble, LB <b>6:00 Game Night, B</b>		<b>8:30 Arbours Breakfast: Olive Branch, O-\$</b> <b>10:30 Flower Arranging, L</b> <b>11:00 Arbours Resident Council, ALB</b> <b>2:00 Birthday Party w/ George Sisneros, B</b>	<b>10:30 Pike's Peak Library Lobby Stop, ALL</b> <b>1:45 Glen Eyrie Tea, PPO\$</b>	<b>11:00 Poetry Club, LB</b> <b>3:00 Entertainment w/ Skip Moore, B</b> <b>4:00 Happy Hour, B</b>	<b>10:00 Orchid Society, BLM</b> <b>1:30 Piano Music w/ Bob Jackson, B</b>
<b>2:00 Early Afternoon Movie, TH</b> <b>5:00 Piano Music With Alex Kim, B</b>	MEMORIAL DAY <b>11:00 Memorial Day Celebration, PP</b> 1:30 Scrabble, AR <b>3:00 Coffee and Conversation, B</b> <b>6:00 Game Night, B</b>			<b>9:00 Celestial Seasonings Tour, O-\$</b> <b>1:00 Positively Living, TH</b>	<b>Birthdays</b> Betty Mills, 5th Nola Kidd, 7th Darold Howe, 7th Jim Griffith, 8th Kathryn Rubin, 12th Clyde Richmond, 12th John Stansfield, 13th Dick Alderson, 13th John Carey, 15th Paul Ferry, 15th Joyce Hamilton Bailey, 16th Sayde MacKay, 16th Charlie Angell, 17th Tom VanCamp, 18th Homer Webb, 23rd Gena Olson, 23rd Edward Goosman, 27th Helen Bishaw, 29th	

# Refreshing Summer Beverages



During warm months, it's important to stay hydrated. Water should be your go-to beverage. However, it's OK to mix in a few fun drinks, too. In the summer, iced tea is a delicious option. While tea has been served hot for centuries, iced tea supposedly got its start when plantation owner Richard Blechynden was selling hot tea at the St. Louis World Fair. He poured some tea over ice and served it cold to patrons to help them cool off.

According to WebMD, tea has been linked to possible health benefits. It's generally considered much healthier than soda, and tea drinks tend to have less sugar than fruit juices. It's also easy to make, and there are caffeine-free varieties as well.

Some studies indicate the high antioxidant levels of green tea

can fend off cancer, alleviate high cholesterol, and even lower your risk for Alzheimer's. (However, you should not drink green tea if you take certain medications, such as the blood thinner Coumadin. Talk to your doctor for more information.) The most common iced tea, like the kind you normally get at restaurants, is what's known as black tea. Studies suggest black tea might alleviate the risk of stroke. Both green tea and black tea contain caffeine. Herbal, caffeine-free teas can be served over ice, too – the possibilities are endless!

Here's a recipe for an invigorating twist on iced tea. Enjoy!

## Peach-Mint Green Tea

- 2 cups water
- 5 green tea bags
- 12-ounce can peach nectar
- 1/2 cup fresh mint leaves
- 3 tablespoons sugar

Bring water to boil and add tea bags. Steep for five minutes. Remove bags and stir in nectar, mint and sugar. Cover and chill for up to 24 hours. Serve over ice.

# Sleep Tight!

Did you know that May is Better Sleep Month? These tips may prevent you from tossing and turning throughout the night.

The most important thing you can do to sleep better is to keep a consistent schedule. Try to fall asleep around the same time every night. Keeping a schedule will regulate your sleep-wake cycle and help you stay asleep for a full eight hours. Another tip: Make sure you don't go to bed too hungry or too full. Eating certain foods just before bed has been shown to cause vivid dreams, which may leave you feeling tired in the morning. And, of course, ingesting caffeine before bed, or even too late in the afternoon, can keep you up longer. If you have trouble falling or staying asleep, stick to non-caffeinated beverages at the day's end. Decaf coffee and herbal tea are just a few options.

Another helpful habit is to have a bedtime ritual to prepare your body for sleep. Try taking a hot shower or soaking in a relaxing bath. Read a book or listen to soothing music. Studies have shown that electronic devices, particularly those with backlit screens, may keep you from falling asleep. For that reason, try to do something besides watching the TV or using the computer when bedtime draws near. Setting up your room for sleep is also important. Most people sleep best in slightly cool, dark, quiet places. Turn on a fan or invest in a sleep mask to create the perfect sleep setting.

Limiting naps and exercising regularly will improve your slumber as well. Try to nap no longer than 30 minutes a day in the middle of the afternoon. Exercise helps make you tired, but you should work out at least two hours before bedtime, since people tend to feel more energized immediately after a workout.

Here's wishing you more restful, rejuvenating sleep throughout Better Sleep Month and beyond. Sleep tight!



## Summertime Veggies (Continued)

**Zucchini:** Try something different – create a healthy ratatouille by mixing summer squash, onions, bell peppers, eggplant and tomatoes and then simmering the mixture in tomato sauce.

**Avocado:** There's nothing quite like fresh guacamole, and it's surprisingly easy to make. Just mix chopped avocado, onions, tomatoes, cilantro, lime juice and seasonings. Avocado slices also make a fun addition to any salad or even to a turkey sandwich.

**MacKenzie Place**  
RETIREMENT  
IN FULL BLOOM  
1605 Elm Creek View  
Colorado Springs, CO 80907  
719.633.8181