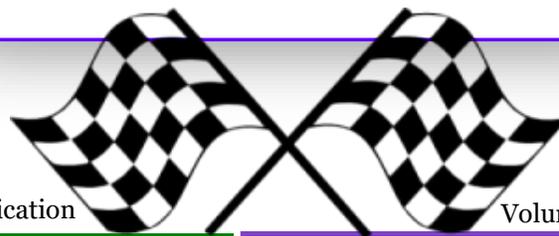




A community where older adults are valued and never feel alone.



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The Laughing Column

“Be Glad Your Nose Is On Your Face”

Jack Prelutsky - 1940

Be glad your nose is on your face, not pasted on some other place, for if it were where it is not, you might dislike your nose a lot.



Imagine if your precious nose were sandwiched in between your toes, that clearly would not be a treat, for you'd be forced to smell your feet.

Your nose would be a source of dread were it attached atop your head, it soon would drive you to despair, forever tickled by your hair.

Within your ear, your nose would be an absolute catastrophe, for when you were obliged to sneeze, your brain would rattle from the breeze.

Your nose, instead, through thick and thin, remains between your eyes and chin, not pasted on some other place-- be glad your nose is on your face!

RULES!

We must follow the rules!!

- Leslie Jean Gray

The battle is not over yet.

"We all have mask fatigue. I do not want to wear this thing anymore but I also do not want to make anyone sick or get sick myself. Yes, I'm vaccinated, but, it's the RULE!"

Indiana is relaxing some of its COVID-19 regulations. The governor lifted the statewide mask mandate on Tuesday, April 6. However, local governments and businesses can still require them. The Well is one who still requires a mask.

With that being said, we must

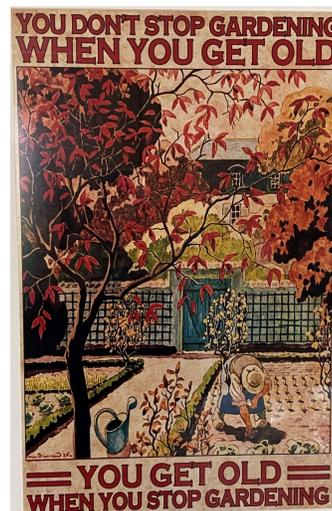


properly wear our mask at the activities in The Well facility until we are told the rules have change and we are free. This facility is a gift to BOAA. In order to be in good standing with them and to have a place to socialize with everyone...We. Must. Properly. Wear. Our. Mask! OH, and **NO FOOD** allowed at the activities.

Thank you for your cooperation. Please remember to be safe, be kind and follow the rules. Not just for you but for everyone!

5 Reasons to get out and GARDEN!

- 1. Fresh Produce**
Harvesting your own vegetables helps you eat healthier.
- 2. Outdoor Activity**
Tending to your garden is an enjoyable form of exercise.
- 3. Stress Relief**
Gardening encourages you to slow down & live in the present.
- 4. Strong Body**
Working in the sunlight gives you a dose of bone strengthening Vitamin D.
- 5. Mood Boost**
Growing plants makes you happier! Enjoy the rewards of your labor.





Tom's Take

RUN FOR THE ROSES



Tom Lacey
Chairman of the Board of Directors of BOAA

Last fall in this column I professed my love of October as my favorite month. Now we are embarking on the early days of May, my second most favorite month of the year.

It's ironic that these months are my favorites, as May is almost the antithesis of October. May is the beginning of life, a time to spring and jump, a prelude to robust and active life. October is a time of falling leaves, a time to prepare for solitude and rest, a time to await the spring and burst of the next May. The cycle of life in two months.

May is filled with many meaningful events. Early in the month we honor our mothers on the second Sunday. Now, most of us honor our mothers 365 days a year, but Mother's Day is a special day set aside so that Mom can see firsthand how much we love, honor, and respect her. In our family Mother's Day is always a big day, centered on Mom by those who love her the most and including a nice dinner out. We bring cards and gifts, which are thoughtful, but Mom feels special just by our presence and our attention.

May is extra special in the heart of the Midwest because of two of the greatest races in the world. On the first Saturday in May, Louisville, Kentucky, hosts the most famous horse race in the world: the Kentucky Derby. I don't know much about horses, but I do know that the horses in the derby are special. Their personalities and body language exude confidence and the competitive spirit that is bred in them. They seem to live for that moment, Post Time!

Near the end of the month Indianapolis hosts the most famous automobile race in the world, the Indianapolis 500 on Memorial Day weekend. The drivers of 33 of the fastest cars in the world qualify to compete on the fastest oval race in the world. It also brings a big payday for the winner. If I remember right, the winners of the last few races have been awarded close to \$3,000,000. Because the race occurs on Memorial Day weekend, the 500 has been synonymous with honoring and mourning the military personnel serving in the United States armed forces. The homage to those that served and paid the ultimate price for our freedoms is an integral part of

the Indy 500.

When I was growing up our Memorial Day celebrations always included an afternoon visiting our family's gravesites with flowers and listening to the Indianapolis 500 on our car radio, made exciting by the race announcers. The day would be capped off with a picnic at a park in New Castle, Indiana, with fried chicken and all the fixin's and family fun on the playgrounds and ponds. My family has continued this tradition through 2020, and I'm looking forward to 2021.

Yep, I love May!

Be sure to check BOAA's social calendar for our May events! Seems appropriate for May ... new life and robust activities!

* * * * *

"When I was fourteen, my father was so ignorant I could hardly stand to have him around. When I got to be twenty-one, I was astonished at how much he had learned in seven years."

- Mark Twain

=ATTENTION ALL VOLUNTEERS=

Volunteer Recognition Social
Wednesday, June 2, 1 to 3
Arbuckle Acres Park, Shelter #3

CALL TEAM

The BOAA Call Team has, over the last year, been checking in once a month with several of our participants. This has been a great service to the elderly of our community and we have so enjoyed getting to know you. If, for any reason, you would like to stop getting these calls, please let your caller know the next time they reach out and we will no longer call. Thank you for being a part of BOAA - we value you - and your participation in our activities.

TRANSPORTATION

"BEEP BEEP" Need a ride? You have an appointment at the beauty salon? Need to go to the drug store or grocery store? Call us, 317-440-5110, leave a message and we can pick you up.

VOLUNTEERS NEEDED

Activities are being added, more services are being offered by BOAA and more volunteers are needed! If you have an interest in helping to assist or lead games, assist in the office, or provide transportation to appointments, please call Sandy Tolle at 317-979-2099. Serving others is always a blessing!



Parking Lot Bingo

The fun continues and we will be visiting several of our beautiful parks.

May 4th Williams Park
May 18th Williams Park
June 1st Stephens Park
All at 10AM Register at Brownsburg Parks - Online Services

Shhh! Rumor has it that chair yoga may be coming back. Details coming soon.

Just Laugh

Birthdays are good for your health. Studies have shown that people who have more birthdays live longer!

Here are some fun facts to entertain you and fuel your discussions!

The photo considered to be the very first in the history of photography was taken in 1826 by Joseph Niepce. It is entitled "View From the Window" and required an 8-hour exhibition.

Space smells like seared steak.

Greenland Sharks can live to be over 500 years old.

The moon sometimes has moonquakes. According to the U.S. Geological Survey, these are caused by tidal stresses connected to the distance between the Earth and the moon.

Rowdy goats have to wear pool noodles on their horns.

Pigeons are able to differentiate between the paintings of Monet and Picasso.

Bee hummingbirds are so small that they are often mistaken for insects.

In 2009, research conducted by Texas researchers and published in the journal PLOS One showed that Brazilian free-tailed bats could communicate distinguishable syllables and phrases to sing a love song to attract suitors.

Humans are the only animals that blush or feel embarrassed—a most complex emotion that requires understanding the opinions of others as well as other factors.

Sometimes one bee stings another.

Matthew McKnight was hit by a car in 2001 and has since held the record for the greatest distance thrown in a car accident. The car was travelling at

70 miles per hour and McKnight was propelled 118 feet away. Fortunately, he survived.

Since 2002, in Florida, pregnant pigs are constitutionally protected against caging. This amendment considers that during pregnancy, a pig must be able to turn around freely.

The very first color photo dates back to 1861. It was taken by the British physicist James Maxwell.

Your nostrils can only work one at a time. This explains, among other things, why, when you have a cold, you have only one blocked nostril at a time.

The wood frog can refrain from peeing for up to 8 months.

It has already happened that the total weight of ants on Earth equals the total weight of humans. This would have happened about 2,000 years ago.

Manatees are also known as "floaty potatoes".

The very first aerial photograph was taken by the French inventor Turnache in 1858. He photographed the city of Paris from a balloon.

There are only two mammals that enjoy spicy foods: humans and tree shrews.

Just like humans, koalas have fingerprints.

Sea lions can dance to a beat.

Looking at a picture of a cute animal can increase your productivity.

Welcome To BOAA!



Hi my name is Lindsey Lyngholm! I am the new marketing intern for BOAA. I am a junior at West Virginia University majoring in Communication Studies. I am a member of Alpha Xi Delta. I am from Brownsburg and I graduated from Brownsburg High School in 2018. I'm very excited to see what this summer holds!

Just Laugh

Why did it get so hot in the baseball stadium after the game?
All the fans left!

How do you have a space party?
You planet.

Activity Directors Corner - Vicky Byarley

Please call 317-440-5110 to reserve your spot!

So much to do, so much fun to have! Mark your calendars. May activities at the Well Community Center, enter in door #3. **Masks are still required and temperature checks will be taken.** Doors will open at 12:30.

Tuesday	May 4	Euchre	1-4	Orange room	Tuesday	May 18	Euchre	1-4	Orange
Thursday	May 6	Hand & Foot Card game	1-4	Blue room	Thursday	May 20	Hand & Foot Card game	1-4	Blue room
Tuesday	May 11	Fitness Through The Ages	1-1:45	Orange room	Tuesday	May 25	Fitness Through The Ages	1-1:45	Orange room
Tuesday	May 11	* Bingo-10 games	2:30	Orange room	Tuesday	May 25	Bingo-10 games	2:30	Orange room
Thursday	May 13	Hand & Foot Card game	1-4	Blue room	Thursday	May 27	Hand & Foot Card game	1-4	Blue room

Looking ahead:

June 1st Euchre
June 3rd Hand and Foot card game
June 8th Fitness Through The Ages and Bingo

* 5/11 Bingo sponsored by Neighbor Care

NO FOOD in the Community Center.

Join BOAA for our 1st Social in the Park! **May 12th, 12-2 p.m., Arbuckle Park, Shelter #3.** Bring a chair and your mask to the warm outdoors to have fun and fresh air. A box lunch will be provided by Park Square Manor. PLEASE, RSVP, so preparation for the appropriate number of lunches can be made. CALL 317-440-5110 with your RSVP. Thank you!

BOAA Board of Directors

Chairman: Tom Lacey
Vice Chairman: Vacant
Treasurer: Tom Kmetz
Secretary: Jenn Cox
Gen'l Member: Vicky Byarley



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*BOAA is dedicated to
enhancing the lives of
older adults and their
families in Brownsburg, IN.*

Introducing...
Scott Armstrong



Hello, I was born and reared in Rushville, Indiana. I have lived in Hendricks County for 40 years, residing in Danville 25 years and Brownsburg 15 years. For 25 years I was involved in retail life with Danners, Big Lots, Family Dollar, and Cracker Barrel. I was in sales of whole house surge protectors for 37 years in 15 states. My wife, three children, and five grandchildren are a most important and rewarding part of my life, and I truly enjoy and appreciate them. I enjoy traveling with my wife Ginny and listening to old time radio programs on XM. Assisting at our church and regular attendance is very important. I love people and fried chicken. I have been known to tell Dad jokes. For the past two years I have been involved with BOAA by participating in activities and attending social outings.



BOAA readers
please meet Karol
Dodds. NOT Karen
Dodds! My sincere
apologies to ...
KAROL!



PLEASE
PLACE
STAMP
HERE