

Week of April 3, 2026

Louisville, KY

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Happy Easter and a *Walk in the Sun*

Well good morning, friends. Pull up a chair, grab that cup of coffee, and let's talk about what this week's got in store for us. I've had my nose to the ground and my ears perked up, and I've got some good news.

Spring has officially shown up to the party, and she brought her good manners this time. We're looking at sunshine and upper 60s most of this week, with a few peeks at 70 degrees by Saturday. That's the kind of weather where you open the windows, let the breeze roll through, and remember why you put up with February. Now, there might be a sprinkle or two early in the week — Monday and Tuesday could see some light rain — but nothing that should keep you inside for long. By Wednesday, it's all blue skies and birdsong.

And speaking of this weekend — **Happy Easter!** 🐣 Whether you're heading to sunrise service, hosting the family for dinner, or just enjoying a quiet Sunday with a good hymn on the radio, it's a

beautiful time. If the grandkids are coming over, the weather should be perfect for hiding eggs in the yard. Pro tip from a dog who's found a few himself: hide a couple in plain sight for the little ones, and tuck one really good one behind the azaleas for the older kids. Everybody wins.

Now, for Easter dinner — or really any night this week — let me suggest something easy and seasonal. A slow cooker ham with pineapple and brown sugar. You set it and forget it, and your whole house smells like Sunday dinner by noon. Pair it with some fresh asparagus (just a little olive oil, salt, and fifteen minutes in the oven at 400°) and you've got a meal that looks fancy but took about ten minutes of actual work. If ham isn't your thing, a simple baked chicken with lemon and rosemary is just as good. The key this time of year is letting the fresh flavors do the heavy lifting.

The nice weather also means it's a wonderful week to get moving. Nothing fancy — just a walk. Even ten or fifteen minutes around the block does wonders. The dogwoods are starting to bloom, the redbuds are showing off in pink and purple, and there's something about seeing your neighborhood wake up in spring that just lifts the spirit. If walking isn't comfortable, try some gentle stretching on the porch. Seated leg lifts, ankle rolls, shoulder circles — your joints will thank you. The warm air makes everything loosen up a little easier than it did in January, and that sunshine is nature's best vitamin D supplement.

Now here's a fun one for you. On **April 4th, 1974**, a massive tornado outbreak swept across the Ohio Valley, and Louisville took a direct hit. The F4 tornado tore through the south end, devastating neighborhoods from Shively to Cherokee Park. 315 people were injured and 2 lost their lives in Jefferson County alone. It was the day Louisville learned to take those sirens seriously. If you were here for it, you remember exactly where you were. And if you've got a story from that day, I'd love to hear it — that's living history, and it matters.

So this week, enjoy the sunshine, stretch those legs, and maybe tell somebody a story they've never heard before. That's what spring is for — coming back to life, one good day at a time.

Happy Easter, friends. 🐾

— *Harvey* 🐾

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